



## Support. Educate. Empower.

ENVISION: YOU seeks to close gaps in behavioral health outcomes for LGBTQ+ individuals through co-created community programming, advocacy engagement, public awareness campaigns, and evidence-based training.

### How Do We Help?



#### Educate the Community

We raise public awareness around LGBTQ+ behavioral health concerns through a variety of statewide, community informed initiatives. Additionally, we promote policy and legislation that improve both access to care and advance equity for those living with a mental health and/or substance use disorder.



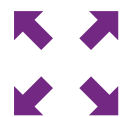
#### Encourage Recovery

We know that seeking behavioral health support is one of the most difficult and important steps a person with a mental health condition can take and we work to empower individuals to find the courage to seek the support they need.



#### Enhance Resources

We collaborate with partners including other nonprofits, government agencies, and institutions of higher learning to promote access to affirming resources while also advancing research, education, and training.



#### Expand Training

We recognize that admitting you need help is one thing. Finding a welcoming and affirming provider to support your recovery process is often more challenging. To address this concern, we developed a comprehensive, evidence-based training program to advance behavioral health interventions, improve outcomes, and ensure members of the LGBTQ+ community find culturally responsive care.

People in the LGBTQ+ community experience mental health issues at higher rates.

**61%** Have depression

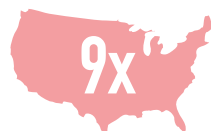
**45%** Have PTSD

**36%** Have an anxiety disorder

40 percent of transgender individuals have attempted suicide in their lifetime.

**40%**

That is nearly 9 times the rate in the United States.



LGBTQ+ individuals are more than twice as likely as their straight and cisgendered counterparts to have a mental health disorder in their lifetime.

**200%+**



**VS.**

**25%** **10%**

Nearly 25% of LGBTQ+ individuals have a substance use disorder compared to about 10% of cisgender heterosexuals.

LGBTQ+ older adults face unique challenges, including the combination of anti-LGBTQ+ stigma and ageism.

**31%** Approximately 31% of LGBTQ+ older adults report depressive symptoms.

**39%** report serious thoughts of taking their own lives.

## Programs Underway

### Behavioral Health Provider Training Program

A multi-level training program to enhance the ability of mental health professionals to provide culturally responsive and affirming care to members of the LGBTQ+ community. This evidence-based training program provides a deeper understanding of the unique experiences and challenges faced by members of the LGBTQ+ community, improves treatment outcomes, and increases client satisfaction.

### Finding Hope

A peer support program that offers a sense of belonging, which can combat feelings of isolation and loneliness for participants. Peer support groups can also provide validation and understanding for each other's experiences. This can be especially helpful for individuals who may have struggled to find acceptance and understanding from others in their lives.

### How to Have The Talk

A public awareness effort that seeks to reduce stigma related to asking for help when struggling with a mental or emotional health concern. This campaign aims to foster healthy conversations about mental health in the LGBTQ+ community by providing education and resources to help individuals feel more comfortable reaching out and providing support.

### Q is for Questioning

A series of interactive, community-based workshops are being held throughout Colorado. This program, aimed at parents, guardians, or family members of LGBTQ+ youth, will foster healthy conversations and family relationships between young LGBTQ+ individuals who are exploring their gender and sexual identity and the adults in their life.

### You:Flourish

A smartphone application that will address significant barriers LGBTQ+ individuals have when looking for mental health professionals and resources that affirm their identity and life experience. The app will also include a peer network to find belonging and support, along with a wellness hub for content created by and for members of the LGBTQ+ community. The app is scheduled to launch in late 2023. To learn more, go to [you-flourish.com](http://you-flourish.com).

## What Makes Us Unique?

