

NEWSLETTER

Glass Lawler Mental Health Edition



RELEASE DATE
JANUARY 5, 2024

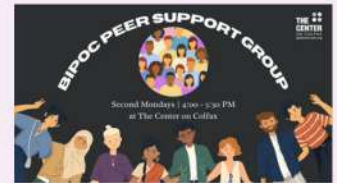
lgbtqcolorado.org/mental-health

Your Guide to Being in the Know



Your Glass Lawler Mental Health Events - January 2024

- January 8, 2024
 - 4:00 - 5:30 PM



- January 10, 2024
 - 4:00 - 5:30 PM



- January 17, 2024
 - 4:00 - 5:30 PM



- January 22, 2024
 - 4:00 - 5:30 PM



- January 27, 2024
 - 1:00 - 3:45 PM



WHAT'S INSIDE?

- Program Events pg. 1
- The Center Events and Closures pg. 2
- Mental Health Fact of the Month pg. 2
- Discord Groups pg. 3
- Glass Lawler Spotlight: Terwanda McMoore pg. 4-5
- Studies to Participate In/The Center Activities to Join pg. 6
- Interest Form for Services pg. 7
- New FAQ Page! pg. 8
- Vision Board Party pg. 9
- Mindfulness Prompt of the Month pg. 10

[READ MORE](#)

PAGE 1

January Calendar

Scan the QR code for the full calendar of events



- **January 8: Ace Space Support Group**
- **January 9: Saga Drop-In**
- **January 10: JustSayKnow Harm Reduction Peer Support Group**
- **January 11: LGBTQ+ Writers Group**
- **January 12: 39th Annual Martin Luther King, Jr. Business Awards**
- **January 13: Transgender Support Group**
- **January 15: The Center on Colfax CLOSED for Staff Service Day**
- **January 16: Nonbinary Support Group**
- **January 18: Aromantic Support Group**
- **January 19: The Center on Colfax CLOSED in observance of MLK Day**
- **January 20: Board Breakers on Colfax**
- **January 24: JustSayKnow Harm Reduction Peer Support Group**
- **January 27: Vision Board Party**
- **January 27-28: The Center's Schule of Drag**

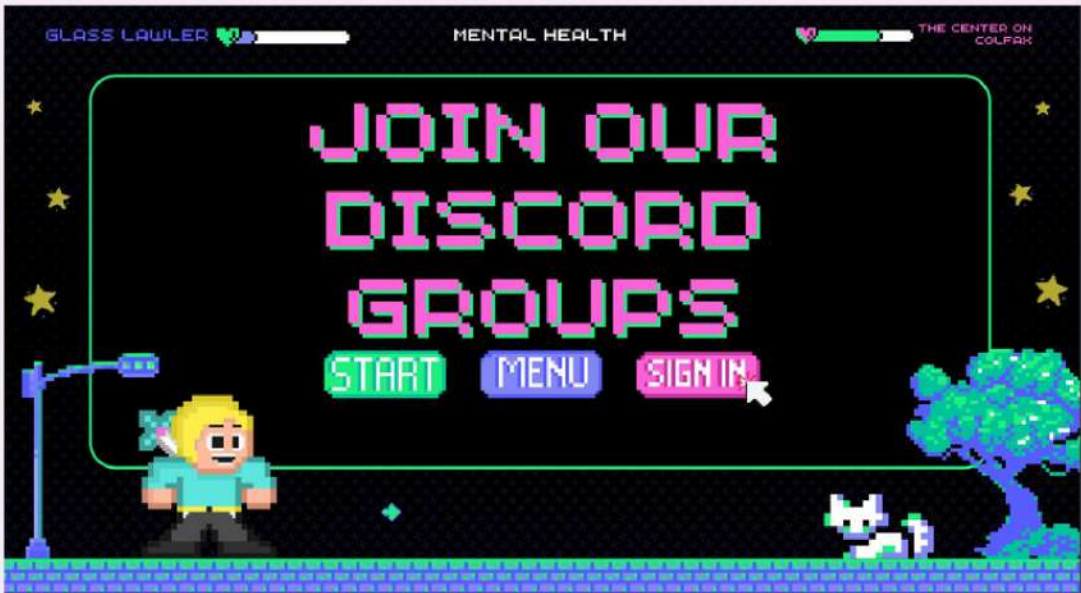
MENTAL HEALTH FACT

January is Mental Wellness Month

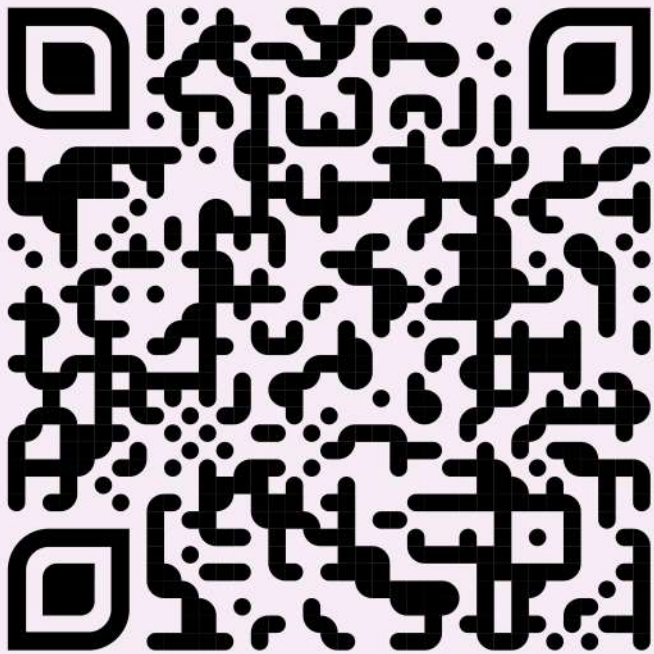
Ways to take care of your mental health this month:

- **Regular Exercise:**
 - 30 minutes of any physical activity can reduce stress
- **Adequate Sleep:**
 - Getting 7-9 hours of sleep a night can help reduce physical and mental symptoms of stress, anxiety, and depression
- **Stress Management:**
 - Practice stress management techniques such as deep breathing, meditation, yoga, or mindfulness.
- **Social Connections:**
 - Human connection is vital for mental well-being, providing support, and finding a sense of belonging.
- **Set Realistic Goals:**
 - This can help prevent feeling overwhelmed and boost your confidence as you accomplish each step.
- **Time for Hobbies and Relaxation:**
 - Engage in activities you enjoy and that help you relax.
- **Seek Professional Support:**
 - If you're struggling with your mental health, don't hesitate to seek professional help.
- **Limit Screen Time:**
 - Excessive screen time, especially on social media, can contribute to feelings of anxiety and stress.
- **Mindfulness and Meditation:**
 - Meditation, deep breathing exercises, or simply being present in the moment can help reduce stress and improve mental clarity.
- **Positive Self-Talk:**
 - Challenge negative thoughts and replace them with positive affirmations. Be kind to yourself and practice self-compassion.
- **Limit Alcohol and Substance Use:**
 - If you consume alcohol, do so in moderation, and avoid using substances as a coping mechanism.

DISCORD GROUPS



**Welcome to
Glass Lawler Mental Health
Program's server**



Need an ONLINE community? We have discord groups for all for all of our peer support groups. These groups were created to further increase accessibility for our community and to form supportive groups of like-minded individuals. Scan the QR code to join our Discord server!

Glass Lawler Spotlight

Terwanda McMoore

Welcome to the Glass Lawler Spotlight section of our newsletter! This month, Jaylin Goodloe (she/her) sat down with Terwanda McMoore (she/they), TransSeen Coordinator at YouthSeen.

Jaylin Goodloe: How are you today?

Terwanda McMoore: I'm doing well, it's been a nice holiday break. I'm currently preparing for this new year and new projects.

JG: How has your involvement in the community and at The Center influenced your work?

TM: My involvement in the community and at The Center has influenced my desire to spread the importance of mental health and being your authentic self, especially in the queer community where most of us have spent a huge part of our lives hiding who we are. Working with YouthSeen as the TransSeen Coordinator and working at our campsite increases my drive to make sure that we are providing different services geared towards the queer community, as well as their families. It has also opened my eyes to a different perspective on how to handle different situations, and even how to approach individuals in the queer community. A lot of organizations do not necessarily reach out to the queer community with resources.

JG: What is the most fulfilling part of the work you do?

TM: I would say the most fulfilling part of the work that I do is seeing people become comfortable with themselves and experiencing queer joy.

JG: How do you maintain your own self-esteem and sanity during the winter months?

TM: I enjoy the winter months, so I definitely plan on taking a few drives to the mountains and doing some snowshoeing. I've also been getting



back into meditating. Definitely for me, meditation helps me get centered and back on track. It definitely boosts my self-esteem and confidence.

JG: What is something you would like the community to know about you, or any advice you could give?

TM: Well, in January 2021 I spent a month and a half in a hospital and I almost completely died from COVID. When I was released, the journey of healing physically, emotionally, and mentally took a couple years. I realize how much I've changed from it. But it also taught me the importance of my mental health. For a while, I was turning to alcohol as a security blanket to deal with the fact that I am not the same person after my near death experience and that the experience has caused some physical and mental health issues. After a while, I realized that getting a better grip on my mental health through going to therapy and finding better ways to cope with life changes is a much better and healthier solution. I no longer felt a shame of who I was, who I am becoming, and for getting a second chance at life. So my advice to

[READ MORE](#)

PAGE 4

Glass Lawler Spotlight

Terwanda McMoore

anyone is its okay to get therapy. Explore what therapy looks like for you. It's ok to not be ok. And it's ok to change. You don't have to hide behind things that do not serve you and you can be yourself.

JG: Who is your biggest influence or someone who inspires you, and why?

TM: Well, I definitely have a few influences and a few people who have inspired me.

I'll start with Dr. Tara Jae. They are the founder of YouthSeen. I met them in 2022 when I started volunteering CampSeen, a summer camp for queer youth. CampSeen changed my life. It inspired me to be my authentic self and that it was okay to be different and embrace who I am becoming. Last year I started working full-time with YouthSeen. I was still experiencing some mental health issues and Dr. Jae displayed grace and understanding. Dr. Jae and team members worked with me and showed me support. It inspired me and helped me realize that I'm not alone, and that I can reach my goals even if it seems like it's impossible.

I have also been inspired by the group of individuals that performed in the Love Vibes shows I put on from time to time. They all influenced me to do the things that I love, to continue to be loving and kind to others as well as myself, even when I feel alone in a crowd of people.

JG: What is one song you could listen to all day, every day without getting tired of it?

TM: No woman, No Cry (Arr. Kanneh-Mason) by Sheku Kanneh-Mason



Learn more about Terwanda McMoore (she/they)

Terwanda is an Alaskan native. Throughout her life she has traveled to and lived in various locations. She has been in Denver now for 7 years.

They currently work with a nonprofit called YouthSeen, which provides various services and programs to queer youth and their families, as well as camps and services for Trans/Nonbinary folx 13+.

They are an advisory board member for Glass Lawler Mental Health at The Center on Colfax and a board member for the nonprofit Sacred Voices. She is a new cannabis business owner and also produces various shows in the Queer community.

Terwanda continues to help community members as much as possible and strives to help others find their voice and be their authentic self.

Studies you can participate in!

STUDY #1: Couples' Therapy & Culture

Jasmine Davis, a Ph.D. student in the Counseling Psychology department from the University of Denver, is completing a dissertation on couples' therapy and how couples' therapists approach culture in sessions.

Do you identify with the following?

- are 18 years or older
- live in the United States
- read English
- are in a relationship
- are currently in couples therapy with a partner

If you decide to participate in this study, you will complete a one-time online self-report survey that asks you questions about your experiences in couple therapy.

The first 100 participants will receive an electronic visa gift card for \$10. To be eligible, you must successfully complete the validity checks to protect our research from spammers and robots.

This is completely voluntary. You can choose to be in the study or not. If you have any questions about the study, please e-mail or contact Jasmin at jasmine.davis@du.edu

If you would like to participate, please follow this link or scan the QR code below.
<https://bit.ly/mcoct>



STUDY #2: TNGE BIPOC Discrimination & Mental Health

TNGE BIPOC DISCRIMINATION AND MENTAL HEALTH STUDY

Are you a transgender, nonbinary, or gender-expansive BIPOC individual?

Consider participating in a brief 15-20 minute survey about your mental health experiences.

Visit the following link to learn if you are eligible for the study:
https://umassboston.col.qualtrics.com/jfe/form/SV_eJplUyXr7fB4je6

FOR MORE INFORMATION, CONTACT ALVARO GAMIO CUERVO
(A.GAMIOCUERVO@UMB.EDU),
PHD CANDIDATE AT THE UNIVERSITY OF MASSACHUSETTS BOSTON

THIS STUDY WAS APPROVED BY THE UNIVERSITY OF MASSACHUSETTS
INSTITUTIONAL REVIEW BOARD (IRB #3991).



THE CENTER ACTIVITIES TO JOIN

Join The Center staff in participating in the MLK Marade on Monday, January 15. Meet us around 9:30-10:00 AM at the MLK statue in City Park, and join us in walking in the Marade!



Interest Form for Mental Health Services

Are you in need of therapeutic services? Using our page on The Center's website, you can sign up to receive services from Glass Lawler Mental Health. Once you are deemed eligible for our services, you will be asked to complete an intake form to determine what you'd like to focus on in your therapy sessions and the severity of your symptoms. All scheduling will be completed using Simple Practice. Scan the QR code to complete the interest form!



Glass Lawler Mental Health: Interest Form

Thank you for your interest in Glass Lawler Mental Health! Please fill out this form if you are interested in being contacted about receiving **free** therapeutic services through our program in the near future.

First Name*

Last Name*

Email Address*

Phone Number*

Are you seeking free mental health services?*

Choose one... ▼

I acknowledge that this form is only to be filled out by those seeking and consenting to free mental health services by The Center on Colfax's Glass Lawler Mental Health program.*

Choose one... ▼

We will never share your email address. Ever.

[SIGN UP](#)

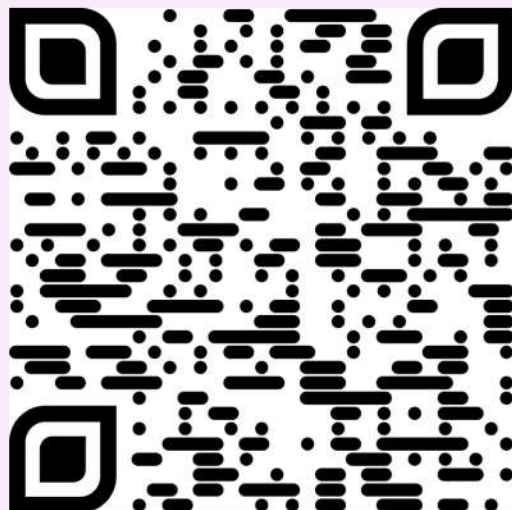
[READ MORE](#)

PAGE 7

Vision Board Party



Please Join us on January 27, 2024 at 1:00 pm to create vision boards for the 2024 year! A vision board is a board is filled with images, words, and symbols that inspire and motivate you to accomplish things you would like to achieve in your personal life, finances, career or any aspect of life you would like to elevate. This event will feature food, activities, gifts, and more. If you would like to participate, scan the QR code below and fill out the registration form!



[READ MORE](#)

PAGE 8

New FAQ Page

- How do I sign up for services?
- Do I need to reach out to Glass Lawler Mental Health after completing the interest form?
- Can I request and schedule an appointment once I have completed the interest form or accessed the client portal?
- Do I need to submit my insurance information in the Simple Practice portal?
- Can I be seen through telehealth services?
- Can I do bi-weekly sessions if my schedule does not permit weekly sessions?
- Can I access my records if I need them for another medical procedure, psychiatry appointment, legal purposes, etc.?
- Can I cycle back into services once my 12 sessions are completed?
- Am I allowed to join the peer groups the program hosts if I am receiving services?
- How do I get in contact with my clinician after hours during a crisis?

Have you had any questions about Glass Lawler Mental Health and our service offerings? Check out our new Frequently Asked Questions page on our website! This page includes answers to questions we frequently receive about the sign up process, scheduling appointments, telehealth service offerings, peer support groups, and more. To find the FAQ page, visit www.lgbtqcolorado.org/glass-lawler-mental-health/faqs or scan the QR code below!



