

NEWSLETTER

Glass Lawler Mental Health Edition



RELEASE DATE
APRIL 2024

lgbtqcolorado.org/mental-health

Your Guide to Being in the Know



Your Glass Lawler Mental Health Events - April 2024

- April 3 & 17, 2024
 - 4:00 - 5:30 PM



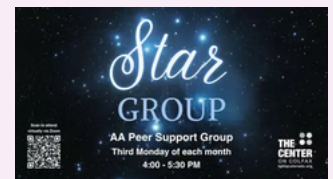
- April 8, 2024
 - 4:00 - 5:30 PM



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



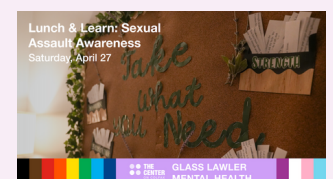
- April 15, 2024
 - 4:00 - 5:30 PM



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



- Lunch n Learn
 - April 27, 2024
 - 1:00 - 2:30 PM



WHAT'S INSIDE?

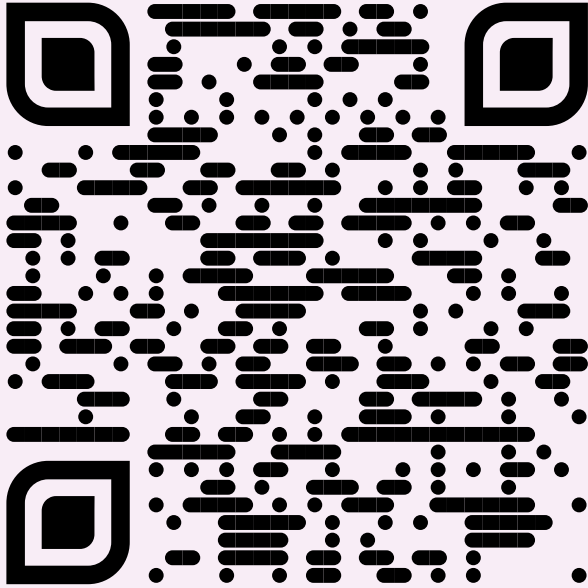
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April Calendar

Scan the QR code for the full calendar of events



- **April 17: Religious Trauma Support Group**
- **April 17:** JustSayKnow - Harm Reduction Peer Support Group
- **April 18:** Next Stop: Transit Training
- **April 18:** Denver Pride Center Stage Auditions
- **April 19:** Board Breakers on Colfax
- **April 22:** Lesbian Lounge
- **April 22:** Servicios de la Raza Drop-In
- **April 22: Bisexual Peer Support Group**
- **April 23:** STI Testing from Denver Health
- **April 24:** Fingerprinting
- **April 24:** Narcotics Anonymous
- **April 25:** Open Art Studio
- **April 25:** LGBTQ+ Writers Group
- **April 26:** Disability Peer Support Group
- **April 27: Lunch & Learn - Sexual Assault Awareness**

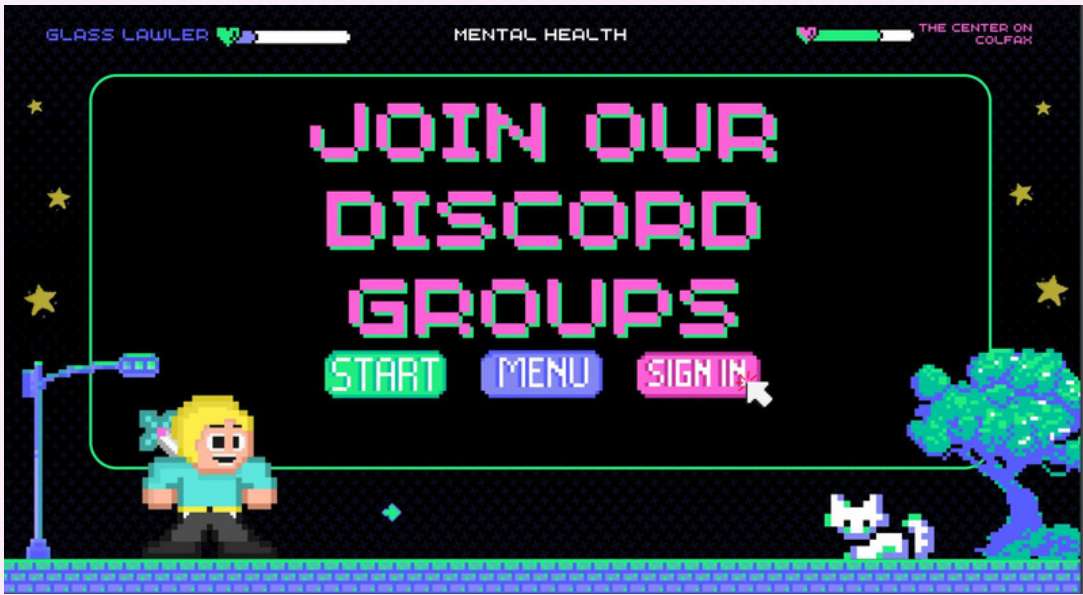
MENTAL HEALTH FACT

April is Sexual Assault Awareness Month

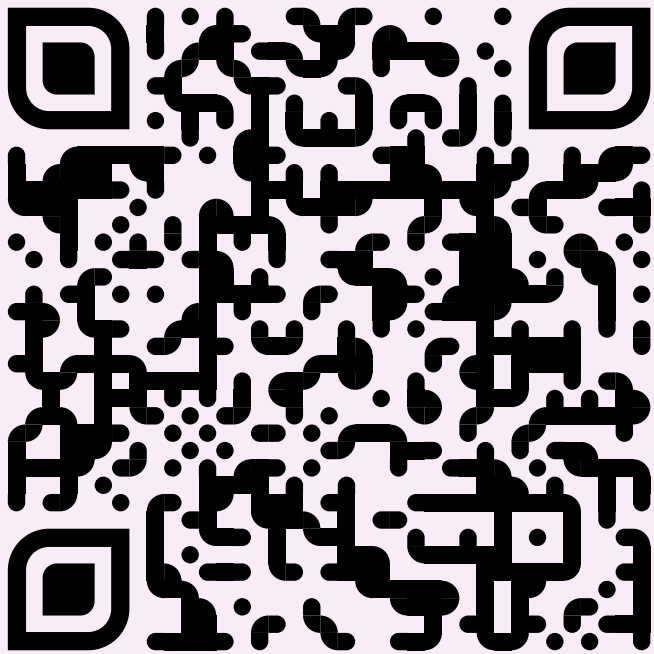
In order to keep us all in the know and to emphasize the importance of sexual assault awareness, here are some facts that specifically pertain to our community.

- Due to fear of discrimination, victim-blaming, and lack of support, many LGBTQ+ individuals may be hesitant to report instances of sexual assault, leading to significant underreporting of such incidents.
- Access to culturally competent and inclusive support services, including counseling, crisis hotlines, and advocacy organizations, is crucial for LGBTQ+ survivors of sexual assault. However, such services may be limited or inaccessible in some regions.
- Building supportive communities and networks within the LGBTQ community is essential for raising awareness about sexual assault, challenging harmful stereotypes and attitudes, and providing solidarity and resources for survivors.
- Advocacy efforts to address systemic issues, such as discrimination, stigma, and inequality, are essential for creating safer environments for LGBTQ individuals and reducing the prevalence of sexual assault within the community.

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!

March Highlights

Lunch n' Learn



On March 22, Glass Lawler Mental Health hosted its first Lunch n' Learn about LGBTQ+ Wellness and Mental Health. Participants enjoyed complimentary sandwiches, chips, and drinks while our director, Jaylin, discussed strategies for maintaining well being. Attendees participated in various activities, and the event concluded with a guided meditation.

Transgender Day of Visibility

Our director Jaylin participated in The Center's Transgender Day of Visibility celebration last month. Nearly 200 people came out to celebrate this joyous occasion! The event featured resources from community organizations, speed friending, an open mic, and speakers.



March Highlights

Femme Underground

Saga hosted their second annual Femme Underground benefit concert this past month. This show featured 4 amazing bands from around the Denver area. All proceeds raised from ticket sales were donated to Undestructable, a local nonprofit.



The Center's Got Talent

West Of 50 hosted their annual Center's Got Talent variety show at the end of March! The show was amazing and showcased many talented LGBTQ+ folks.



GLMH Spotlight

Andrew Sterling

Welcome to the Glass Lawler Spotlight section of our newsletter! This month, Jaylin Goodloe sat down with Andrew Sterling, a dedicated professional working in the treatment industry and with people with disabilities.

Jaylin Goodloe: Thank you so much for joining us and for being our Glass Lawler Spotlight for this month! How are you doing today?

Andrew Sterling: I'm doing pretty well - I'm pretty excited to be able to participate in this interview!

JG: How does it feel to be chosen as a recipient of the Glass Lawler Spotlight?

AS: Honestly, I feel a little selfish. I want to use this spotlight as chance to raise awareness of an opportunity for people with disabilities and individuals suffering with substance abuse - both adolescents and adults - to receive really high quality care.

JG: What can you tell us about how we view mental health and recovery now, versus in the past and before COVID-19?

AS: That's a great question. I think one of the first things is the virtual platform we now have available. Insurance companies are now allowed to provide virtual care, the same as if it were in-person care. I think this has opened a massive amount of doors for people who are extremely resistant to treatment, or to walking into facilities and sitting in rooms where they don't feel comfortable. It gives people an opportunity to receive care in the comfort of their own home. After the pandemic, I think virtual opportunities have really impacted the game and opened doors, especially in rural communities that have no in-person treatment options at all.

JG: What is your favorite thing to do to take care of your own mental health?

AS: I personally love traveling. I love being able to go to what some people call "third-world countries" and being able to absolutely immerse myself. I personally love culture shock - it gives



me an opportunity to adapt quickly, to feel extremely uncomfortable, but then kind of come into my own in that environment. I love having a language barrier because I did sign language for three years, and I like being able to see what actually works in communication via body language. In addition to traveling, I also love going hiking, dirt biking, and spending time with my dogs. It's the little things for me that fuel me to recharge.

JG: That's beautiful, I like hiking too. Could you tell us more about the work you do and what inspired you to pursue a career in mental health, recovery, and substance abuse?

AS: Sure! I was inspired by my own struggles with addiction, rooted in childhood trauma and lack of proper discipline in my life. Giving back to the community while staying sober is my motivation. There's nothing better than being able to help someone in crisis. It's fulfilling and it keeps me grounded. There's nothing better than being able to give someone a little bit of light at the end of the tunnel, especially when it's someone who is resistant to treatment. It's about offering a light in the darkness, especially to those resistant to treatment, and showing them that getting help and recovering is possible.

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GLMH Spotlight

Andrew Sterling

JG: Your answers are really insightful. Can you elaborate on what drives you to support others in their journey?

AS: It's the least I can do in terms of what's been offered to me and my journey of recovery. In my opinion, you can't do this alone - you need to lean on other people who are supportive of your recovery, or have been through recovery themselves. Honestly, it's a piece of me that needs to be doing this work.

JG: What is the hardest thing about taking care of yourself and your mental health?

AS: It's so hard to turn people away from treatment - like how do you say "no sorry, you'll have to join the waitlist, but here's a few resources in the mean time." How do you put your head down at night, knowing that you did your best, but you're not going to save everybody? What we can do is offer resources to people within our immediate area. One of my biggest challenges is emotionally detaching myself from these cases, especially when we're dealing with adolescents who need additional support. But at the end of the day, what matters most is being a part of the support system, even if we can't fix every aspect of a client's life.

JG: I appreciate you for the work you do - I know it's hard.

AS: It's worth it to help people change their lives - when you get the opportunity to open those eyes that have been closed for 15+ years, helping them to see that it is their life on the line.

JG: Thank you for your answer. Now for a lighthearted question! If you could be any day of the week, which day would you be and why?

AS: I would want to be Thursday! It's a day you can look forward to because the next day is Friday, even when you still have work and things to do on Thursday. It's a good day because you're right around the corner from the weekend. I enjoy my weekend. I love going to the mountains and spending time with my dogs, and just getting out there in beautiful Colorado. I like that I can use Thursday to plan what I want to do over the weekend.



JG: Okay last question: Is there anything you'd like to share with the community about the work you're doing now, or will be doing in the future?

AS: Yes! We're currently focusing on Soulful Recovery, which is a virtual intensive outpatient program for adolescents ages 13-17, and adults ages 18-64. We provided group therapy, case management, medication management, individual therapy, and family programs. For now, we're just working in Colorado, but our goal is to expand into other states. We are primarily focusing on rural communities that don't currently have any care. In addition to removing transportation barriers to care, we are also working to eliminate financial barriers by working with Medicaid and as many insurance companies as possible. Our main focus right now is ensuring highest quality care we can offer in Colorado.

JG: Thank you for that! Is there anything else you'd like to share!

AS: Not really. Thank you so much for having me!

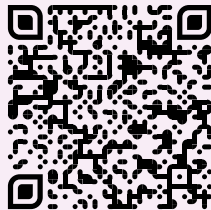
JG: Thank you, too!

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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?*

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.*

We will never share your email address. Ever.

[SIGN UP](#)

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Bisexual Support Group Announcement

we have expanded

You see it correctly - we have expanded the Bisexual Support Group! The group will now be held every first and fourth Monday of the month, Be on the lookout for when and where the groups will be held! This wouldn't have been possible without you. Thank you to all of our community members who have entrusted us during this journey!

Bisexual Peer Support Group

First and Fourth Mondays
4:00 - 5:30 PM

Scan to attend
virtually via Zoom



Glass Lawler Summer Kickoff Barbecue

Join us on May 31, 2024 at 4:00 pm to celebrate Mental Health Awareness Month! The event will feature tons of activities, including a yoga session, games, food, and more. Come kick off summer with us! Stay tuned for an RSVP form coming soon.



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Lunch n' Learn

Saturday, April 27, 1:00 - 2:30 PM

Join Glass Lawler Mental Health for a Lunch & Learn! Chelsea from Phases of the Mind Therapy will be leading a discussion about sexual assault awareness and how the LGBTQ+ community is affected. We'll also discuss the importance of safety and how to keep yourself safe in uncomfortable situations. Food and nonalcoholic beverages will be provided.



Chelsea (she/her) is a queer social worker and sex therapist who has supported children and families in Denver since 2014. She owns a private sex therapy practice, Phases of the Mind Therapy, where she primarily supports LGBTQ+ adults as well as individuals who have experienced sexual trauma. She trained as a Clinical Sexologist at Widener University's Center for Human Sexuality Studies and spent several years working for the City and County of Denver as a social caseworker in Sexual Abuse Intervention and Human Sex Trafficking.

When Chelsea is not being a school social worker in Denver Public Schools (helping 3-11 year olds with BIG feelings) or a Sex Therapist, you can probably find her sitting in her backyard watching the birds or drinking tea somewhere in the sun.

She loves to connect with community and would love to hear from you - a hello, feedback, or burning question are all things to send to Chelsea's inbox at chelsea@phasesofthemindtherapy.com

RSVP for the Lunch & Learn at lgbtqcolorado.org/event/lunch-learn-sa-awareness/

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