



RAINBOW PRIDE YOUTH ALLIANCE

**Meeting The Needs Of LGBTQ+
Youth in The Inland Region**

RPYA History

- **Founded in 2001** by a group of young people advocating for a safe space
- **Has Served over 12,000 youth**
- **Mission:** to provide safe, healthy, and enriching environment for LGBTQIA+ youth of Inland Empire
- **Action:** youth centered, committed to social justice and advocating for programs, policies, and services for LGBTQIA+ youth





Alexander P. Ojeda¹, David V. Chavez², Benita Ramsey, Kevin Chann, Jae Rob, Scott Turek, Donald Wilson, Evelyn Ayala, Mary Arroyo, Justine Carrillo, & Cheyenne R. Hosseini
California State University, San Bernardino



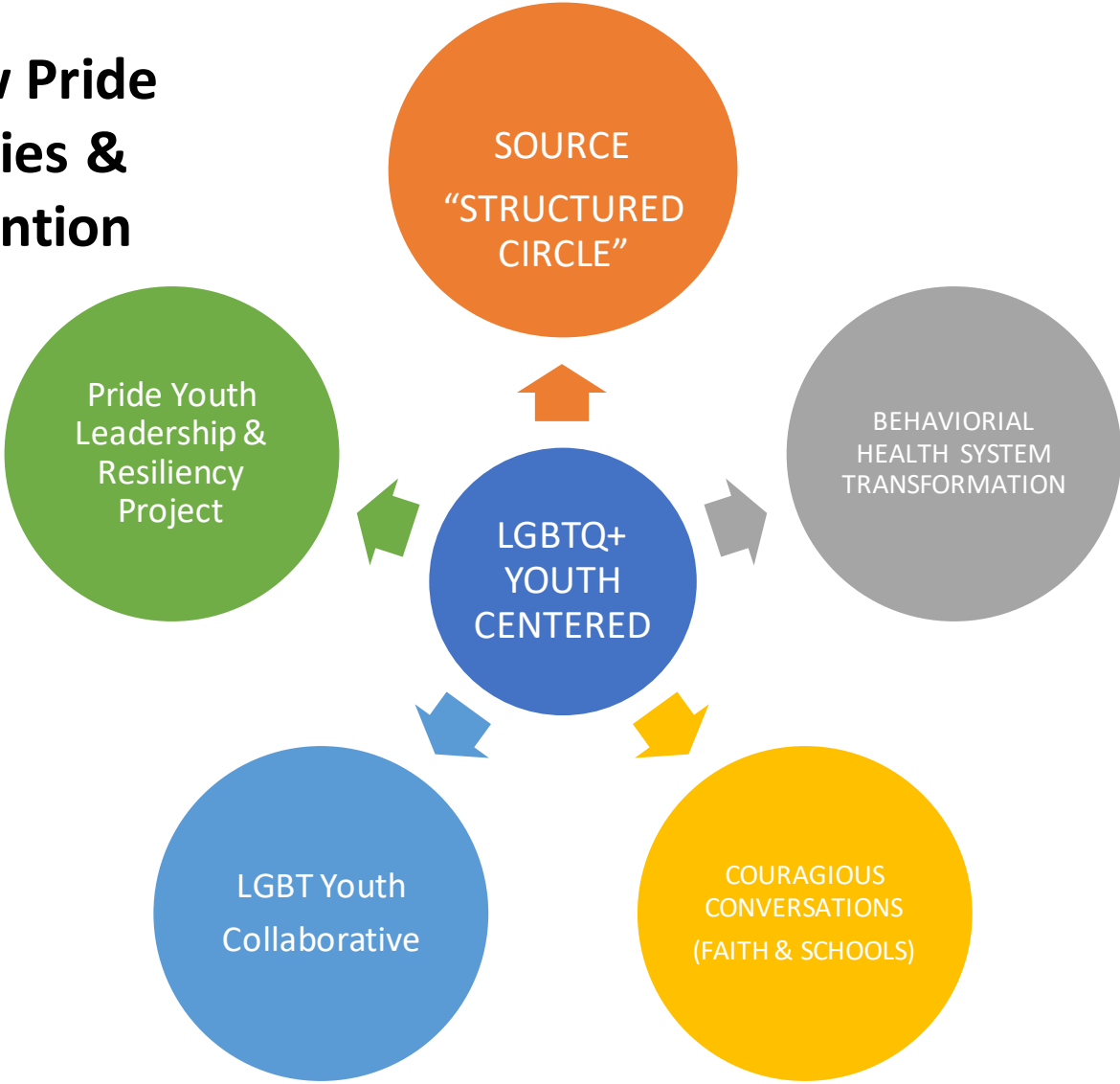
The diagram illustrates a conceptual model of factors influencing the mental health of LGBTQ youth. The components and their relationships are as follows:

- External Factors (Top):**
 - Left Box:** i. More politician / government support, ii. Policy change, iii. More public awareness, iv. More resources.
 - Middle Box:** i. More local accountability of law enforcement, schools, and employers.
 - Right Box:** i. More support groups for LGBTQ youth and their families.
- Core Model Components (Blue Boxes):**
 - Circumstances in the Environment:** i. Economy, ii. Low SES / lack of resources, iii. High Crime Rate / Unsafe, iv. Conservative County.
 - Minority Status:** i. Sexual orientation, ii. Race/ethnicity, iii. Gender.
 - Minority Identity:** (lesbian, gay, bisexual, transsexual, or queer).
 - General Stressors:** i. Recession / Job loss, ii. Crime / Bullying, iii. Family.
 - Minority Stress Processes (distal):** i. Discrimination in employment, school, and family, ii. Experience antigay violence.
 - Minority Stress Processes (proximal):** i. Expectations of rejection, ii. Concealment, iii. Internalized homophobia.
 - Coping and Social Support:** i. Support groups, ii. Substance use.
 - Characteristics of Minority Identity:** i. Prominence, ii. Valence, iii. Integration.
 - Mental Health Outcomes:** i. Negative, ii. Positive.
- Pathways (Arrows):**
 - Solid Blue Arrows (Primary Pathways):**
 - From **Circumstances in the Environment** to **General Stressors**.
 - From **Minority Status** to **Minority Stress Processes (distal)**.
 - From **Minority Identity** to **Minority Stress Processes (proximal)**.
 - From **General Stressors** to **Minority Stress Processes (distal)**.
 - From **Minority Stress Processes (distal)** to **Minority Stress Processes (proximal)**.
 - From **Minority Stress Processes (proximal)** to **Coping and Social Support**.
 - From **Coping and Social Support** to **Mental Health Outcomes**.
 - From **Characteristics of Minority Identity** to **Mental Health Outcomes**.
 - Dashed Red Arrows (Secondary Pathways):**
 - From the top external boxes to **Circumstances in the Environment**.
 - From the top external boxes to **General Stressors**.
 - From the top external boxes to **Coping and Social Support**.
 - Dashed Green Arrow (Feedback Loop):**
 - From **Mental Health Outcomes** back to **Minority Identity**.

What do you **See** here? → What is really **Happening** here? → How does this relate to **Our** lives? → **Why** does this situation, concern, or strength exist? → What can we **Do** to improve the situation, or to enhance these strengths?

BLUE – The Minority Stress Model (Meyer, 2003) incorporated with community interpretation
RED – Community response / needs assessment
GREEN – Future implementation

Rainbow Pride Strategies & Intervention



Pride Youth Leadership & Resiliency Project

A school- and community-based program for LGBTQ youth 12 to 26 years of age

Enhances youths' internal strengths and resiliency while preventing involvement in substance use and/or becoming system impacted.

Adapted from the Fairfax Resiliency prevention strategy.

The program components fall into three common resiliency areas: healthy relationships, goal setting, and coping strategies.



What We Have Learned from Our Youth

- **Nothing for Us With Out US:** Youth must be included as active partners in developing strategies to improve the health and social conditions of their lives or else we will be hearing the entire story, there will be missing pieces. They want to LEAD, not just have a seat at the Table
- Young people have great insight and ideas: Other Young People Buy into their Ideas
- Let them speak: Their voices change hearts and minds
- **They want to get Paid \$\$\$\$:** Funders and programs must create structures for paid opportunities for LGBTQ youth of color to engage in program development and delivery, research, and policy analysis and advocacy, in conjunction with support and on-going training to enable sustained success and continued growth.





What We Have Learned From Each Other

- LGBTQ Young People are Resilient, in spite of the social, cultural and systemic challenges they face.
- Engage LGBTQ young people with an Intersectional framework that fosters collaboration.