

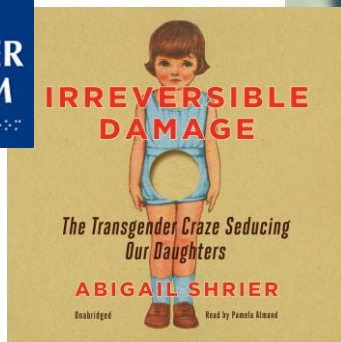
MAINE PEDIATRIC & BEHAVIORAL HEALTH PARTNERSHIP: JUNE 2026 WEBINAR

CREATING SAFE AND AFFIRMING SPACES FOR YOUTH

Brandy Brown, DSW, LCSW (ME, NY), LICSW (MN, VT)
DrBrown@TransformandRiseUp.com



SOCIOPOLITICAL LANDSCAPE



Maine prison official says transgender policy follows state and federal laws

Prison policies have been scrutinized in the wake of 4 female inmates suing the state, alleging sexual harassment and assault by a transgender prisoner.

Posted June 17
Updated June 17



Randy Billings
Staff Writer



NEWSLETTERS SIGN IN NPR SHOP GET NI

NEWS CULTURE MUSIC PODCASTS & SHOWS SEARCH

NATIONAL

Maine faces federal investigation after Gov. Janet Mills tells Trump, 'See you in court'

MARCH 2, 2025 - 8:02 AM ET
HEARD ON WEEKEND EDITION SUNDAY

By Kevin Miller

4-Minute Listen + PLAYLIST TRANSCRIPT

After Maine Gov. Janet Mills told Pres. Trump "See you in court," her state is facing federal investigations.



64° Forecast Newsletters Portland Press Herald ePapers Newspaper Archives

US attorney general says she's pulling 'nonessential' funds to Maine prisons over transgender inmate

During an appearance on 'Fox & Friends,' Pam Bondi said Maine is not following the Trump administration's priorities — an apparent reference to an executive order limiting transgender rights.

Communities: Augusta, Winthrop

Posted April 8, 2025
Updated April 8, 2025



Emily Allen
Staff Writer



Morgan Womack
Staff Writer



Health

Maine hospitals may be forced to abandon gender-affirming care for youth, per proposed federal rules

Maine Public | By Esta Pratt-Kielley
Published December 19, 2025 at 1:57 PM EST



MAINE

Maine's transgender care shield bill goes national: What to know about LD 227

The debate over the proposed bill has gone from heated, packed public hearings to letters exchanged with out-of-state Attorneys General.



Judge upholds decision blocking transgender referendum from Maine's fall ballot

Maine Public | By Kevin Miller
Published June 11, 2025 at 6:10 PM EDT



Kevin Miller / Maine Public File

A few hundred people rallied outside of the Maine State House on Saturday, March 16, 2025, to oppose Maine's current policy of allowing transgender athletes to compete in girls and women's sports.



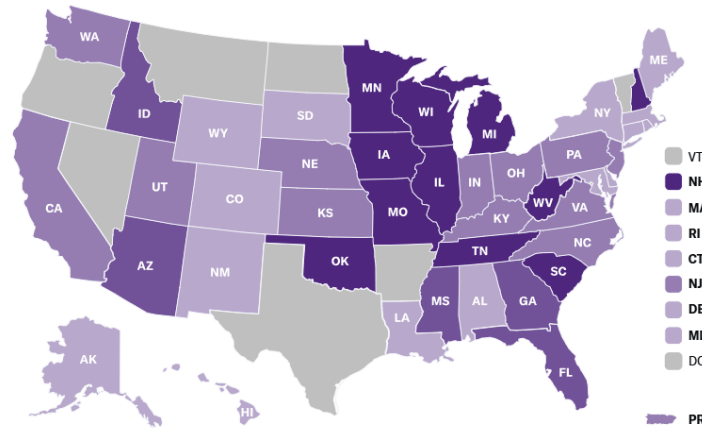
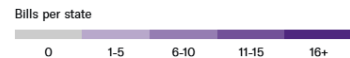
ANTI LGBTQ LAWS

▼ 2026 Legislative Session

The ACLU is tracking **530** Anti-LGBTQ bills in the U.S.

Choose a state on the map to show the different bills targeting LGBTQ Rights and take action. While not all of these bills will become law, they all cause harm for LGBTQ people.

Last updated on June 12, 2026 ⓘ



- Restricting Student & Educator Rights
- Healthcare Restrictions
- Weakening Civil Rights Laws
- Free Speech & Expression Bans
- Public Accommodation Bans
- Barriers to Accurate IDs

Legislative Document

No. 2239

I.B. 3

House of Representatives, March 19, 2026

An Act to Designate School Sports Participation and Facilities by
Sex



WHAT IS GENDER AFFIRMING CARE?



CURRENT STATE OF GENDER CARE



- 27 States have enacted bans
 - Impact 50% of Transgender Youth
 - Arkansas- 2021
- Us vs Skrmetti (June 2025)
- New Hampshire Bans (3 bills)

WHAT IS SOGI?

- **Sexual Orientation and Gender Identity**

- Sexual Orientation-

- Lesbian, Gay, Bisexual, Pansexual, Asexual...

- Gender Identity-

- Cisgender Male, Cisgender Female, Transgender Male, Transgender Female, Intersex, Nonbinary, Agender, Bigender, Pangender...

- Sex Assigned at Birth-

- Male, Female, Unknown

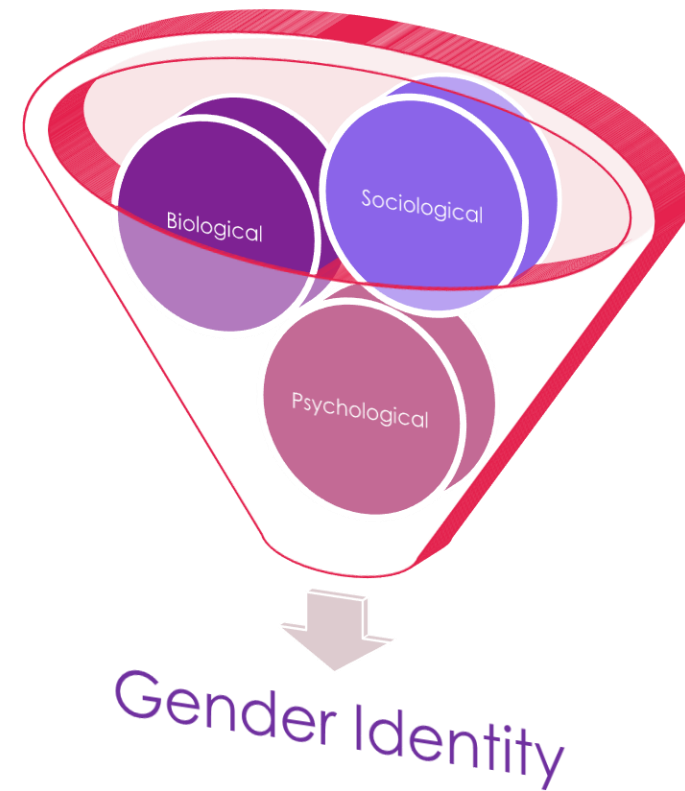
- Legal Sex*

- M, F, X, Unknown



WHAT IS GENDER?

- Biological
- Sociological
- Psychological



WHAT IS DYSPHORIA?

- Dysphoria:
 - profound state of unease or dissatisfaction
- Gender Dysphoria:
 - the distress a person experiences as a result of the conflict between a person's assigned sex and the gender they identify

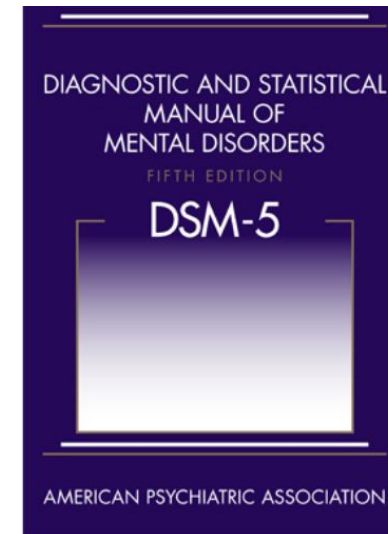


GENDER DYSPHORIA

Gender Dysphoria

A marked incongruence between one's experienced/ expressed gender and assigned gender, of at least 6 months duration

DSM- 5



PSYCHOLOGICAL FRAMEWORKS

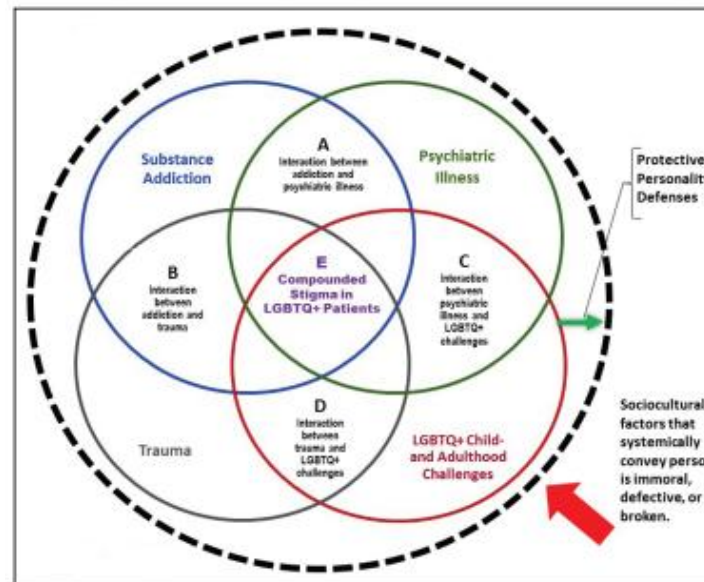
Minority Stress Model

Mental Health is Disproportionately Compromised due to:

- Prejudice
- Personal Expectations of Rejection
- Concealing Identity
- Internalized Homophobia
- Maladaptive Coping

Compounded Stigma

Additive and Cumulative Impact of having a Marginalized Identity + Addiction, Mental Illness, or Trauma



Socio-Ecological Model

Mental Health Outcomes are the Result of:

- Structural Factors
 - Social Norms & Conditions
 - Laws
 - Policy & Practice
- Interpersonal Factors
 - Interactions
- Individual
 - Beliefs & Behaviors



GENDER MINORITY STRESS AND RESILIENCE FACTORS

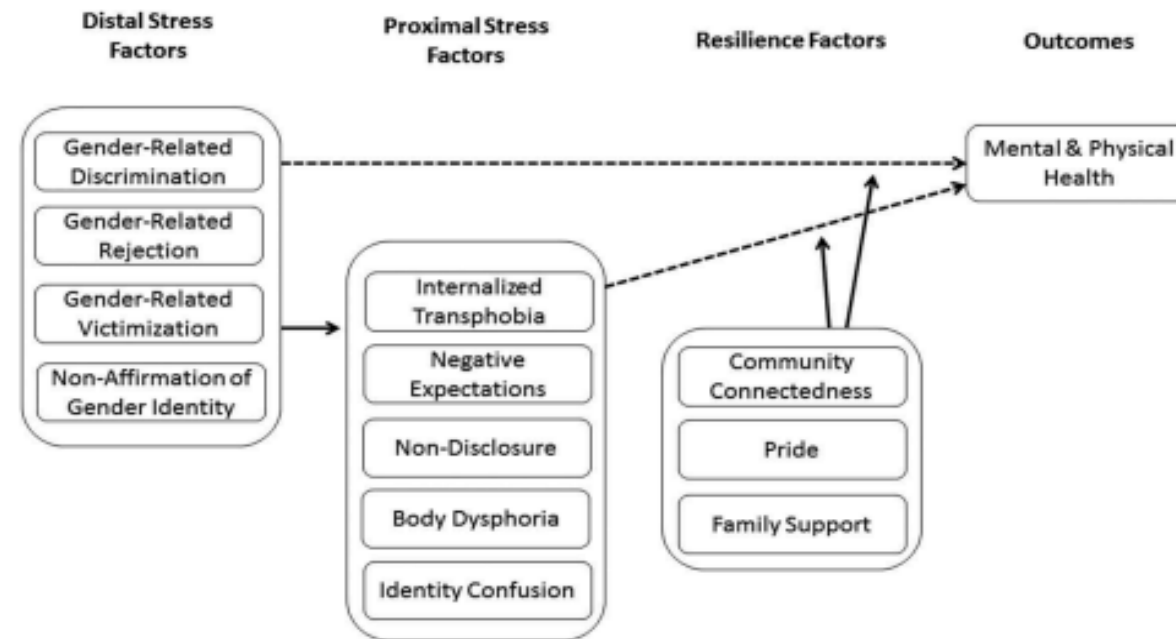


Figure 1. Gender minority stress and resilience factors.

Source: Model adapted from Testa et al. (2015). Inclusion of identity confusion and body dysphoria from Testa (2019). Inclusion of family support for gender identity in model is based on literature that highlights the importance of family affirmation (Pariseau et al., 2019).

LANGUAGE AND COMMUNICATION

- Why is the patient here?
 - Use open ended questions
 - No more attention to gender than is needed
 - Name and pronoun use
 - Ask Pronouns
 - Use Pronouns
 - Help each other out
-
- Apologize **ONCE** if you make a mistake

- “Trans” words as adjectives
 - A transgender person
 - Not *transgendered*
 - Not *transgenders*
- ‘Gender Affirming’
 - Not ‘Sex Change/ Reassignment’



MICRO- AGGRESSIONS



- Use of Heterosexist or Transphobic terminology
- Endorsement of Heteronormative Culture and Behaviors
- Assumption of universal LGBTQ+ experience
- Discomfort or disapproval of LGBTQ+ experience
- Assumption of sexual pathology or abnormality
- Denial of bodily privacy

THERAPEUTIC STRATEGIES

- Normalizing the Impact
- Facilitating Awareness
- Increase Coping Strategies
- Build Resilience
- Social Justice Education
- Increase Access to Resources
- Acceptance
- Empowerment



BUILDING RESILIENCE

Individual Factors

- Self-esteem
- Emotional intelligence
- Coping Skills
 - Distress Tolerance
 - Emotional Regulation
- Healthy relationship with body
 - Physical activity
 - Personal care/ hygiene

Social Factors

- Family acceptance
- Increasing Connections
- Promote help-seeking behavior
 - Access to services
- Affirm identity
 - Name, Pronoun
- Safety
- Promote diversity and respect



UNCONDITIONAL POSITIVE REGARD

People are just as wonderful as sunsets if you let them be. When I look at a sunset, I don't find myself saying, "Soften the orange a bit on the right hand corner." I don't try to control a sunset. I watch with awe as it unfolds.

~ Carl Rogers

- Attitude of acceptance
- Respect for free will
- People are inherently human and inherently loveable
- People are doing the best they can



DISCUSSION/ REFLECTION





RESOURCES



RESOURCES- LOCAL TO MAINE

MaineTransNet

- Peer Support Network
- www.MaineTrans.Net



EqualityMaine

- Advocacy and Education for LGBTQ+ Mainers
- www.EqualityMaine.org



EqualityMaine

Network for Older Adults (NOA)

- (Advocacy & Services for LGBT Elders; formerly SAGE Maine)
- <https://www.equalitymaine.org/NOA>



AFFIRMINGBEHAVIORALHEALTH.ORG

*Affirming Behavioral Health
aims to foster queer and
transgender joy &
resilience, empowering
LGBTQ+ Mainers to live their
fullest and most authentic
lives.*



RESOURCES- SUPPORT

- LGBTQ Youth Suicide Hotline- The Trevor Project www.TheTrevorProject.org
- TransLifeline Suicide Prevention: <https://TransLifeline.org>
- Support for Parents/ Family: www.PFLAG.org
- Family Acceptance Project www.FamilyProject.SFSU.edu
- SAGE (Advocacy & Services for LGBT Elders) www.SAGEUSA.org



FAMILY ACCEPTANCE PROJECT



Art by Sam Kirk ©2021

Family Acceptance Project®

LGBTQ YOUTH & FAMILY RESOURCES

To Decrease Mental Health Risks & Promote Well-Being



PROFESSIONAL ORGANIZATIONS AND RESOURCE GUIDES

- National Association of Social Workers (practice, advocacy):
<https://www.socialworkers.org/Practice/LGBTQIA/Sexual-Orientation-and-Gender-Diversity>
 - <https://www.socialworkers.org/About/Ethics/Ethics-Education-and-Resources/Gender-Affirming-Care-Resources>
- Gay and Lesbian Medical Association www.GLMA.org
- Lambda Legal (LGBT Legal and Civil Rights) www.LambdaLegal.org
- GLAD (Legal Advocates & Defenders) www.GLAD.org
- GLAAD (media/entertainment/news) www.GLAAD.org
- Human Rights Campaign (advocacy, lobbying) www.HRC.org
- World Professional Association of Transgender Health <https://wpath.org/>
- Advancing Effective Communication, Cultural Competence, and Patient- and Family- Centered Care for the Lesbian, Gay, Bisexual and Transgender (LGBT) Community: A Field Guide <https://www.jointcommission.org/lgbt/>

