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PREFACE



This guide is designed for guidance counselors and other student personnel staff in schools. It seeks to provide a directory of information, agencies and services sensitive to the specific needs of lesbian, gay, bisexual and transgender youth, and the needs of youth in families with a gay, lesbian, bisexual or transgender parent(s), or family member(s). The focus is on New Jersey, but information is provided on places in New York and Pennsylvania, and nationally where appropriate. The Youth Advisory Board of the New Jersey Lesbian and Gay Coalition has compiled the directory.

An electronic version of this directory is available (or will be very soon) at the HiTOPS website, www.hitops.org/publications. Any parts of the electronic or hard copy version of this guide may be copied for distribution to parties for whom it would be helpful.

While the Board has made every effort to provide accurate, up-to-date and appropriate information, we have learned that programs move, phone numbers change and websites are modified. For these reasons, we cannot vouch for the permanency of the information. Further, we could not check all of the links from the websites we have included. We remain confident, however, that meeting the need for this information overwhelmingly outweighs the occasional problem. If you have additions that we have missed, questions or concerns, please contact us at:

The Personal Liberty Fund
PO Box 11335
New Brunswick, NJ 09906

We will make every effort to up-date the website as information comes in and is confirmed.

The Youth Advisory Board is particularly indebted to the Gay, Lesbian, Straight Education Network (GLSEN); The Safe Schools Coalition of Washington; the Lesbian, Gay, Bisexual and Transgender Community Center in New York City; and the Lesbian Gay Bisexual Transgender Center at the University of Pennsylvania. All have been rich sources of information in constructing this guide.

INTRODUCTION



A recent national survey of gay, lesbian, bisexual and transgender (GLBT) students found these sobering results:

- 85% of GLBT youth reported that they sometimes or frequently hear homophobic remarks in their school (words such as “faggot,” “dyke,” or “queer”).
- Almost half of these youth (46.5%) reported that they heard homophobic remarks from other students.
- About one-quarter of the youth (23.6%) reported hearing homophobic remarks from faculty or staff.
- Almost half of the youth (46.1%) reported that faculty or staff were never present when such remarks were made or never intervened when present.

For all young people, feeling that school is a hostile or unsafe place interferes with their ability to learn:

- 69% of GLBT youth surveyed reported experiencing some form of harassment or violence in school.
- Students who said they had experienced anti-gay harassment were 6 times more likely than their non-harassed peers to skip at least one entire day of school in the past month out of fear for their safety.

The availability of positive resources about GLBT-related issues and supportive faculty or staff can go a long way in creating a more positive school climate for youth. On average, however, only a third of youth surveyed reported having access to GLBT-related resources in their schools. Further, the direct impetus for the creation of this guide arose from requests to the New Jersey Lesbian and Gay Coalition by school staff for resources and information.

The purpose of this guide is to take a step in addressing these needs. It has a two-fold purpose: its statewide distribution is intended to raise awareness among school administrators, teachers, counselors and support personnel about the needs of the often invisible GLBT students in their midst. Unfortunately, GLBT students are only too good at hiding, hoping to remain invisible in order to avoid rejection, harassment, or worse. In addition, the guide is intended to provide a ready source of information, referrals, and resources in New Jersey for GLBT youth, their families, their friends and the educators who work with them. The organizations, agencies, websites, and guides listed herein are often not widely known. We hope that by compiling them in one easy-to-use reference guide that we will be assisting you in better meeting the needs of all your students.

Please share this guide with anyone who might best make use of it, and check for updates and expanded resources through the HiTOPS Teen Health Center website, at www.hitops.org/publications.



Note: You can find a copy of "An Administrator's Guide to Handling Anti-Gay Harassment" and "An Educator's Guide to Intervening in Anti-Gay Harassment" at the website for The Safe Schools Coalition of Washington State, www.safeschoolscoalition.org. The guides are extremely clear and helpful. They may be duplicated.

The American Psychological Association

750 First St. NE
Washington, DC 20002-4242
Phone: (202) 336-5500
Fax: (202) 682-6352
Web: www.apa.org

This organization has begun the Healthy Lesbian, Gay, and Bisexual Students Project (HSP), www.apa.org/ed/lgbt.html, which is designed to serve the needs of all personnel working with this student population. The project can be accessed through the Association's website, which includes "Just the Facts about Sexual Orientation and Youth: A Primer for Principals, Educators and School Personnel."

American Civil Liberties Union (ACLU)

125 Broad St., 18th Floor
New York NY, 10004
Phone: (212) 549-2627. (Phones are staffed from 9 a.m. to 5:30 p.m.)
Fax: (212) 549-2650
Web: www.aclu.org/safeschools
E-mail: lgbthiv@aclu.org

The Lesbian & Gay Rights Project of the American Civil Liberties Union has launched "Every Student, Every School." The in-service training program at the core of this campaign is geared to teach educators about the problems caused by homophobia in schools and how to take positive steps to resolve them. "Every Student, Every School" offers more than just the training program for schools. It also offers resources concerning how to advocate for district-wide nondiscrimination and anti-harassment policies, and how to resolve such common gay-related student issues as same-sex dates for proms and gay student clubs.

**Committee on Lesbian and Gay Concerns
of the National Association of Social Workers**

15 Park Row, 20th floor
New York, NY 10038
Phone: (212) 501-2690
Email: nasw@naswnyc.org
Web: www.naswnyc.org

This committee provides social and educational support for social workers.

Gay, Lesbian and Straight Education Network (GLSEN)

121 West 27th St., Suite 804
New York, NY 10001
Phone: (212) 727-0135
Fax: (212) 727-0254
Email: glsen@glsen.org
Web: www.glsen.org

GLSEN provides student curriculum and staff training materials designed to fight anti-gay prejudice and hate motivated violence in schools. The organization also provides guidance and support in organizing Gay-Straight Student Alliances in schools.

GLSEN CT

179 A Louisiana Ave.
Bridgeport, CT 06610
Email: glsenct@aol.com
Web: www.outinct.com/glsen/

This organization, together with Planned Parenthood of CT, has published "Tackling Gay Issues in School." This document contains recommended curriculum, staff development and extra-curricular activities and resources.

Governor's Commission on Gay and Lesbian Youth

State House
Room 111
Boston, MA 02133
Phone: (617) 828-3039

Massachusetts has, as a state, set up a model program for addressing anti-gay bigotry in schools. The report, "Making Schools Safe for Gay and Lesbian Youth," outlines what they have done to address this issue.

**Harvard Gay and Lesbian School Issues Project
Harvard Graduate School of Education**

2 Appian Way
10 Longfellow Hall
Cambridge, MA 02138
Phone: (617) 491-5301

This project produces materials for teachers, counselors and administrators. It also produces gay and lesbian curriculum for schools, K-12.

Lambda Legal Defense and Education Fund

120 Wall St., Suite 1500
New York, NY 10005-3904
Phone: (212) 809-8585
Fax: (212) 809-0050
Email: lambdalegal@lambdalegal.com
Web: www.lambdalegal.org

This organization publishes several useful documents that can be downloaded from the organization's site. Two of these documents are "Improving School Policies and State Laws: A Landmark Compendium of Model Policies and Laws," www.lambdalegal.org/cgi-bin/pages/documents/record?record=196, and "Legal Perspectives on Ensuring a Safe and Non-discriminatory School Environment for Lesbian, Gay, Bisexual, and Transgendered Students," www.lambdalegal.org/cgi-bin/pages/documents/record?record=706.



National Education Association

1201 16th St, NW
Washington, DC 20036-3290
Phone: (202) 822-9700
Web: www.nea.org/

This organization publishes several documents of value to the educator. Among them are: "Strengthening the Learning Environment: A School Employees Guide to Gay and Lesbian Issues" and "Just the Facts about Sexual Orientation and Youth: A Primer for Principals, Educators and School Personnel." (The latter source was jointly developed by a variety of professional organizations and can be requested by email to ccalhoun@nea.org.)

National Youth Advocacy Coalition (NYAC)

1638 R Street NW, Suite 300
Washington, D.C. 20009
Phone: (202) 319-7596
Fax: (202) 319-7365
Email: nyac@nyacyouth.org
Web: www.nyacyouth.org

NYAC is the only national organization focused solely on information and education addressing the broad range of issues facing gay, lesbian, bisexual and transgender (GLBT) youth. Their Bridges Project is the national clearing house for providing information, resources and assistance to GLBT youth and those that support them.

New Jersey Education Association Sexual Orientation Issues in Schools Committee

180 West State St.
P.O. Box 1211
Trenton, New Jersey 08607
Phone: (609) 599-4561
Fax: (609) 392-6321
Web: www.njea.org

This committee has been established to address questions of sexual orientation in schools. It has developed training materials regarding employee rights and responsibilities regarding issues of sexuality.

The Safe Schools Coalition of Washington

Phone: (888) 307-9275

Phone: (206) 233-9136

Email: questions@safeschoolscoalition.org

Web: www.safeschoolscoalition.org

This organization produces the most frequently cited source of information for educators. It identifies sources of information and guidelines for administrators, teachers, GLBT students and their families when dealing with instances of harassment. The Resource Guide is available for download, at no cost, on the website.

Sexuality Information and Education Council of the United States (SIECUS)

130 West 42nd St. Suite 350

New York, NY 10036-7902

Phone: (212) 819-9770

Fax: (212) 819-9776

Email: siecus@siecus.org

Web: www.siecus.org

This organization provides comprehensive information and educational resources on human sexuality. "SIECUS Reports" is a bimonthly professional journal.

University of Medicine and Dentistry of New Jersey

65 Bergen St.

Room 715

Newark, NJ 07107

Phone: (800) 249-7750

The Division of Adolescent and Young Adult Medicine has two programs available to schools. They focus on testing, treating and prevention aspects of teen health:

- *STOP (Spend Time on Prevention)*
The program uses a mobile unit to visit Newark area high schools. It provides information on HIV and free HIV testing. If a teen tests positive, the teen is enrolled in the START program.
- *POWER Outreach: Peer Outreach Workers Educating Risk Takers*
Phone: (973) 972-1373
This is a teen theatrical group that presents programs on substance abuse, HIV and sexual orientation for Newark-area schools.

U.S. Department of Education

400 Maryland Avenue, SW
Washington, DC 20202-0498
Phone: (800) 872-5327
Web: www.ed.gov/

This department publishes guides for schools on addressing harassment and hate crimes toward students, and for developing school and district policies and procedures around these issues. Probably most useful is the guide, "Protecting Students from Harassment and Hate Crime."

The following book has been cited and endorsed by an impressive number of practitioners in the field and many of the organizations listed above as an excellent text on counseling gay, lesbian, bisexual and transgender youth:

Ryan, Caitlin and Futterman, Donna. ***Lesbian and Gay Youth: Care and Counseling.*** New York, NY, Columbia University Press, 1998.





SOCIAL SUPPORT ORGANIZATIONS

Gay and Lesbian Youth in New Jersey (GALY-NJ)

South Orange Chapter
First Presbyterian & Trinity Church
111 Irvington Ave.
South Orange, New Jersey 07079

Meets from 1:30-4:30 p.m. on Saturdays.

New Brunswick Chapter
The PRIDE Center
1048 Livingston Ave.
North Brunswick, NJ 08902

Meets from 2-5 p.m. on the first and third Sunday of the month.

For more information about the chapters, call Gay Activist Alliance in Morris County (GAAMC) in the evening at (973) 285-1595.

Web: www.galynj.org

This is a social support network of adult volunteers and young people, ages sixteen through twenty-one. It is designed to serve young people who self identify as lesbian, gay, bisexual, or unsure of sexuality. Activities include rap groups, speakers, social activities and cultural events with lesbian and gay themes. It is designed as "safe space" where young people can meet to gain a better understanding of themselves, interact socially with peers and build self-esteem without unwelcome pressures.

Certain rules apply at all meetings, among them are:

- no drugs or alcohol
- no overt sexual behavior
- no contact between adult volunteers and group members outside the group meetings and planned activities.

HiTOPS

21 Wiggins Street
Princeton, NJ 08873
Tel: (609) 683-5155
Fax: (609) 683-9507
Email: hitops@hitops.org
Web: www.hitops.org

“First & Third” is a professionally run group that provides educational and social support for gay, lesbian, bisexual and transgender youth. Activities include rap sessions, phone help, guest speakers, and mutual sharing. Meets from 2:30-4:30 p.m. on first and third Saturday of the month. Call Corrine during the day at (609) 683-5155.

Keeping It Safe (KIS)

514 Cooper St.
Camden, New Jersey 08102
Phone: (856) 963-2432
Email: little_m@camden-ahec.org

This is a social support group for lesbian, gay, bisexual and transgendered youth. Meets at 6 p.m. on Wednesdays.

Pride Center of New Jersey, GLBT Community Center

1048 Livingston Avenue
North Brunswick, NJ 08902
Tel: 732-846-2232
Email: info@pridecenter.org
Web: www.pridecenter.org

This center has a lending library and is a resource center for all age groups. In addition, it provides meeting space to numerous GLBT groups & organizations. Check the website for groups meeting here.

Under the Rainbow

The PRIDE Center

1048 Livingston Ave.
North Brunswick, New Jersey 08902
Phone: (732) 846-2232.

This organization provides support and socializing for the eighteen through twenty-five year-old gay and lesbian population. Meets at 7:30 p.m. on Fridays.

ViSAGE (The Straight and Gay Experience)

Verona, NJ 07044

Phone: (973) 285-1595

Email: visageforyouth@hotmail.com

Web: <http://geocities.com/visagenj/>

This is a social support group for fourteen to twenty-one year-olds who are gay, lesbian, bisexual, transgender or questioning. It provides brief counseling, information, and referral to PFLAG for parents and family members.

New York City:

Youth Enrichment Services (YES)

The Lesbian, Gay, Bisexual and Transgender Center

208 West 13th St.

New York, NY 10011

Phone: (212) 620-7310

Deaf and hearing impaired callers can reach the Center through the NY State Relay Service: (800) 662-1220 (TDD/TTY) (800) 421-1220 (voice)

Email: info@gaycenter.org

Web: www.gaycenter.org

This program provides lesbian, gay, bisexual and transgender youth under the age of twenty-two with opportunities for support, community building and self-exploration in a safe, drug- and alcohol-free environment. There are weekly workshops in writing, visual arts, theater, video, media outreach and leadership development. In addition, YES provides counseling for lesbian, gay, bisexual, and transgender youth and offers coming out support groups. YES also offers a weekly program for young women, the Friday Night Young Women's Rap Group.

Philadelphia:

The Attic Youth Center

419 South 15th St.

Philadelphia, PA 19107

Phone: 215-545-4331

Email: phaedrusoo@aol.com

Web: http://hometown.aol.com/phaedrusoo/attic_homepage

This center offers seminars, classes, workshops and a meeting place for gay, lesbian, bisexual and transgender youth, ages thirteen to twenty-three. It is open from 1-9 p.m. on weekdays.

40 Acres of Change
c/o COLOURS ORGANIZATION, INC
1201 Chestnut St
Philadelphia, PA 19107-4123
Phone: (215) 496-0330

This is a youth group for and about sexual minority youth of color. They hold weekly meetings, workshops, parties, and trips; and publish a monthly newsletter.

Genders Within
c/o COLOURS ORGANIZATION, INC
1201 Chestnut St
Philadelphia, PA 19107-4123
Phone: (215) 496-0330

This is a support program for transgender youth of color. The group meets at 6 p.m. on Tuesdays.

RAVE
1233 Locust St.
Philadelphia, PA 19107
Phone: (215) 985-3382

This organization provides social and sexual support for young gay and lesbian Latinos.

SOCIAL SUPPORT HELPLINES

**Gay and Lesbian Switchboard of
New York Project**
Phone: (212) 989-0999
National toll free phone: (888) 843-4564
Web: www.glnh.org

This helpline is a special project under the sponsorship of the Gay & Lesbian National Hotline. It offers free and anonymous services. Callers will be able to speak directly to trained volunteers who can access a national database of referrals specific to the gay and lesbian community.



MENTAL HEALTH AGENCIES

Note: The Personal Liberty Fund is unable to recommend specific therapists who work well with gay, lesbian, bisexual, transgender or questioning youth as we have no way of insuring quality. The following organizations have established relationships with therapists and are, therefore, in a better position to make specific recommendations.

We have, however, included in the appendix a guide to selecting a therapist, "Choosing a Therapist: Advice for Seeking a Professional's Help." We encourage you to review this guide with every student who may need this type of support. The guide will also help the family of a student engaged in the process of finding this type of assistance.

HiTOPS

21 Wiggins St.
Princeton, NJ 08873
Phone: (609) 683-5155
Fax: (609) 683-9507
Email: hitops@hitops.org
Web: www.hitops.org

This agency runs a teen health and education center that provides clinical care and educational outreach relating to sexual and reproductive health, and healthy relationships. It provides referrals to therapists in Mercer, Middlesex and Somerset counties.

New Jersey Psychological Association Referral Service

349 East Northfield Road, Suite 211
Livingston, NJ 07039-4806
Phone: (973) 535-9888 or 800-281-6572 (in state only)
Fax: (973) 535-6451
Email: NJPsych1@aol.com
Web: www.psychologynj.org

This service provides referrals to licensed NJPA psychologists throughout New Jersey. They can direct callers who request a referral for gay-affirming psychological services to an appropriate and geographically convenient psychologist.

National Association of Social Workers, New Jersey Chapter

The Lesbian, Gay, Bisexual, Transgender Issues Committee

2 Quakerbridge Plaza

Hamilton, NJ 08619

Phone: (609) 584-5686 or (800) 932-0004

Fax: (609) 584-5681

Email: naswnj@aol.com

This committee has compiled a list of therapists with interest/experience in working with clients who are lesbian, gay, bisexual or transgender. Contact either Pat Brennan at (609) 695-0161 or Barry Moore at (973) 746-6196.

New York City:

The Hetrick-Martin Institute

2 Astor Place

New York, NY 10003

Phone: (212) 674.2400

TTY: (212) 674.8695

Fax: (212) 674.8650

Web: www.him.org

Email: info@HMI.ORG

This Institute serves GLBT youth, questioning youth and their families with an extensive set of services ranging from both individual and family counseling, to social support opportunities and emergency housing. It serves young people from the ages of twelve through twenty-one.



Philadelphia:

Voyage House

1431 Lombard St.

Philadelphia, PA 19146

Phone: (215) 545-2910 (available 24 hours)

This gay sensitive agency provides counseling, support services, and short-term emergency housing for young people, ages twelve through seventeen.

MENTAL HEALTH HELPLINES

Gay Activist Alliance in Morris County, Gay Helpline of NJ

P.O. Box 137,
Convent Station, NJ, 07961
Tel: (973) 285-5590 (Office)
Helpline: (973) 285-1595
TTY/Speech or Hearing-impaired (973) 285-0889
Fax: (973) 539-8882
Email: gaamc@gay.com (general info and questions)
Web: www.gaamc.org

GAAMC is a not-for-profit, volunteer-run organization that exists to provide the gay, lesbian, bisexual and transgender community with a variety of support services. Gay Helpline of NJ is a volunteer-operated service that offers a comprehensive information source, and counseling and support. The Helpline operates from 7:30-10:30 p.m. Helpline volunteers are trained to handle a wide variety of calls.

The Peer Listening Line

Phone: (800) 399-PEER

This is a toll-free helpline, staffed from 7-10 p.m. on Monday through Friday (as staffing allows) by trained gay youth volunteers backed by mental health professionals. The hotline provides peer support, resource referral and safer sex information.

National Gay and Lesbian Youth Hotline

(800) 347-8336

This helpline operates from 7-11:45 p.m. on Thursday to Sunday, and provides crisis intervention and referral services to gay and lesbian youth nationwide.

Trevor Helpline

(800) 850-8078

This helpline focuses on issues confronting young people who are questioning their sexuality, and on those who may be considering suicide. It offers a chance to talk with trained counselors who can also assist in locating local resources.

PHYSICAL HEALTH AGENCIES

Every county health department in the state offers HIV testing facilities or information on area HIV testing sites. The following is a partial list of sites that specifically offer programs, testing and information on HIV and other sexually transmitted diseases for teens, as well as general health care information. For more information on local testing sites, call your county health department. In addition, an extensive list of sites for STD testing can be found on the State Department of Health website: www.state.nj.us/health/cd/stdclinics.htm.

YTH

HLT

Checkmate

550 Cookman Ave.
Asbury Park, NJ 07712
Phone: (732) 774-3100.
Fax: (732) 774-3220

This site offers free, confidential HIV testing for those thirteen to eighteen years of age.

HiTOPS

21 Wiggins St.
Princeton, NJ 08873
Phone: (609) 683-5155
Fax: (609) 683-9507
Email: hitops@hitops.org
Web: www.hitops.org

This agency runs a teen health and education center that provides clinical care and educational outreach relating to sexual and reproductive health, and healthy relationships.



Henry J. Austin Health Center

321 N. Warren St.
Trenton, NJ 08618
Phone: (609) 278-5967 or 5968
Web: www.Henry-J-Austin.org

This center offers anonymous HIV testing to teens.

Hyacinth Foundation

78 New Street, 2nd Floor
New Brunswick, NJ 08901
Phone: (732) 246-0204 (Office)
Hotline: (800) 433-0254

This foundation provides counseling, testing, referrals and legal assistance. In addition, it runs support groups, maintains a buddy program, and operates an AIDS hotline. Its youth speakers' bureau and drama group (HOLLA: Helping Others Learn Living Abilities) do presentations on HIV/AIDS and sexuality.

**Jersey City Medical Center
AIDS Health Services**

Floor 10C
50 Baldwin Ave.
Jersey City, NJ 07304
Phone: (201) 915-2295
Fax: (201) 915-2213

This organization provides anonymous and confidential HIV testing at no cost.

**Latinos United for Prevention
and Education (LUPE)**

Raritan Bay Health Center
530 New Brunswick Ave.
Perth Amboy, NJ 08861
(732) 324-5022

This Center provides HIV testing for anyone thirteen years and older. Signed parental consent forms are required for those under the age of eighteen. The Center also offers STD referral.



Mercer County HIV Consortium-Information and Referral Line and AIDS Resource Center

1040 Hamilton Ave.

Trenton, NJ 08618

In Mercer County: (800) 550-6755

Office: (609) 278-9555

Fax: (609) 278-0553

This information and referral line, based at the AIDS Resource Center in downtown Trenton, will answer questions relating to all aspects of HIV/AIDS, including prevention, education, medical services, transportation and housing. The agency's hours are 9 a.m.-5 p.m. on Mondays, Wednesdays, and Fridays. After-hours messages are recorded and returned on the next business day (All calls are confidential.) The center also provides confidential counseling, testing, and referrals to agencies.



New Brunswick Counseling Center

84 New Street

New Brunswick, NJ 08901

Phone: (732) 246-4025 (Office)

Fax: (732) 246-1214 (FAX)

This agency provides pre- and post-test counseling, free testing for HIV (with parental consent), service referrals for HIV clients, support groups, and educational and informational workshops.

Ocean County Health Department (Toms River office)

175 Sunset Ave.

Toms River, NJ 08754-2191

Phone: (732) 341-9700, Ext. 7502.

This department offers confidential and anonymous HIV testing between 5:30-8 p.m. on Tuesdays for those twelve years of age and older. Both pre- and post-test counseling are provided to encourage behavior that will keep the person HIV negative. If the person is found to be positive, counselors cover treatment options.

Ocean County Health Department (Lakewood office)

225 Fourth St.
Lakewood, NJ 08701
Phone: (732) 341-9700, Ext. 7502

This site offers free, confidential HIV testing between 5:30-7:30 p.m. on Mondays for those twelve years of age and older.

Somerset Medical Center Ryan White Clinic

110 Rehill Ave.
Somerville, NJ 08876
Phone: (908) 685-2444

This clinic offers confidential testing for those eighteen and older from 1:30-3 p.m. on the second and fourth Tuesdays of the month.

**START: Screening Treatment and Risk Reduction for Teens
University of Medicine and Dentistry of New Jersey
The Division of Adolescent and Young Adult Medicine**

65 Bergen St.
Room 715
Newark, NJ 07107
Phone: (800) 375-9482
Fax: (973) 972-0832

This program offers HIV counseling and support for those sixteen to twenty-five.

**UMDNJ-Robert Wood Johnson Medical Center
Department of Pediatrics
Division of Allergy, Immunology, and Infectious Diseases
Robert Wood Johnson Pediatric AIDS Program**

1 Robert Wood Johnson Place
Room 322
New Brunswick, NJ 08901
Telephone: (732) 235-7894 or 235-7114
Evenings/Weekends/Holidays: (732) 828-3000
(Ask for Pediatric ID Attending on call)

This division offers HIV testing, diagnosis and treatment for children and teen-agers. It is open from 8:30 a.m.-5 p.m. on Monday through Friday. In addition, this agency offers outreach programs on HIV to high schools.

New York City:

The Adolescent Health Center /Mount Sinai Medical Center

312 East 94th Street
New York, New York 10128
Phone: Medical services: (212) 423-3000
Mental Health Services: (212) 423-2981

This center serves adolescents between the age of twelve through twenty-one. It offers complete physicals, acute and walk-in medical care, family planning, pregnancy testing, STD information and health education, HIV risk reduction and testing and medical services for HIV-positive youth. The mental health program includes individual, group and family therapy, and a wide range of group programs. It offers groups for gay, bisexual and questioning young men and women. The Ryan White program offers services to those affected by HIV and to HIV-positive youth. Services include individual and group counseling, and a large support group for HIV-positive youth. All services are free.

Callen Lorde Community Health Center

356 West 18th St.
New York, New York 10011
Phone: (212) 271-7200
Phone for the HOTT youth services: (212) 271-7212
Web: www.callen-lorde.org

This center's HOTT Program serves lesbian, gay, bisexual, transgender and questioning adolescents and young adults (ages thirteen through twenty-one). It offers free, confidential, comprehensive primary medical care (including a full continuum of HIV care), social services, counseling and health education. Services are delivered both on-site at Callen-Lorde and on the mobile HOTT medical van.

Montefiore Medical Center Adolescent Clinic

3332 Rochambeau Ave.
Bronx, NY 10467
Phone: (718) 882-0232

This center provides confidential HIV testing from 1-5 p.m. on Thursdays, as well as counseling, comprehensive primary care and acute medical, OB-GYN, and sexually transmitted disease treatment. A large percentage of patients are gay, lesbian, bisexual, and transgender adolescents.

Philadelphia:

Philadelphia Community Health Alternatives

1201 Chestnut Street

Philadelphia, PA 19107

Phone: (215) 563-0652/563-0658

Fax: (215) 546-6107

Hotline: (215) 732-2437 9 a.m.-7p.m. on Monday-Tuesday; 9 p.m.-5 p.m. on Wednesday-Friday; and 10 a.m.-4 p.m. on Saturday.

This agency provides free and anonymous HIV testing. In addition, it provides a variety of services for people with HIV/AIDS and education about HIV/AIDS.

PHYSICAL HEALTH HELPLINES

American Social Health Association Resource Center's National Herpes Hotline

(800) 230-6039

The helpline answers questions specific to herpes diagnosis and treatment, as well as communication between partners and with health care providers. Additionally, the service provides referrals to a network of ASHA-coordinated support groups, called HELP Groups, including, at the time of publication of this directory, two in New Jersey.

National STD/AIDS Hotline Centers for Disease Control

(800) 342-AIDS

(800) 344-7432 (Spanish)

(800) 243-7889 (TDD)

This helpline provides specialists who answer calls on more than twenty sexually transmitted diseases, including herpes, syphilis, chlamydia, gonorrhea, trichomoniasis, as well as pelvic inflammatory disease, and other related conditions. Also offered is a Group Calls Program that allows callers to turn a call into a group learning experience through the use of a speakerphone. This program has been used to provide STD/AIDS education to classroom students, educators, health care workers and parents.

National Sexually Transmitted Disease Hotline

Phone: (800) 227-8922

New Jersey STD/AIDS Hotline

Phone: (800) 624-2377

This helpline provides 24-hour information and referral for individuals seeking guidance about AIDS and AIDS testing. Personnel can explain test procedures and illnesses, locate testing sites and provide assistance in finding social support organizations

HOUSING RESOURCES

Anchor House, Inc.

482 Centre Street

Trenton, NJ 08611,

Phone: (609) 396-8329

Fax: (609) 396-1239

Email: anchorhouse@erols.com

This is a short-term emergency shelter for runaway, homeless and abused youth, eight to seventeen years of age.

Anchorage

229 Chestnut Ave.

Trenton, NJ 08611

Phone: (609) 989-1625

This is a transitional living program for homeless youth. It serves young people sixteen to twenty-one years of age who can stay up to eighteen months. In addition, Anchorage has a limited number of supervised apartments for those eighteen and older. Employment, education and life skills training are also available on an out-client basis. The agency is open 24 hours a day, seven days a week.



Covenant House

929 Atlantic Ave.
Atlantic City, NJ 08401
Phone: (609) 348-4070

Covenant House of NJ

14 William Street
Newark, NJ 07102
Phone: (973) 621-8705

These are runaway shelters for short-term crisis situations; they do have an independent living program ranging from six to eighteen months. The organization offers a full-range of services, from legal to health. While eighteen to twenty-one is their normal age range, they will help those under eighteen. However, they will contact the family. After speaking with the family, a decision is made on whether to involve the Division of Youth and Family Services, or another agency.

Voyage House

1431 Lombard St.
Philadelphia, PA 19146
Phone: 215-545-2910 -24 hr. line

This gay sensitive agency provides counseling and support services for young people, ages twelve through seventeen. In addition, they provide short-term emergency housing for young people.

HOUSING RESOURCE HELPLINES

National Network of Runaway and Youth Services

Phone: (202) 783-7949

National Runaway Switchboard

Phone: (800) 621-4000
(800) 621-0394 (TTY)

This helpline operates 24 hours a day. It provides:

- information and referrals to housing, medical services, and counseling
- message delivery between youth and their parent/guardians
- crisis intervention and suicide counseling.



Note: These resources provide a wide range of information for GLBT youth and their families and friends. The information runs the gamut from scholarship opportunities to practical advice on what to do if one is unexpectedly “outed.”

AllTogether.com - A Place to Explore Sexuality and Coming Out

www.Alltogether.com

This site offers diverse voices to introduce GLBT and straight youth, and their families to the GLBT community. It also provides suggestions on coming out to GLBT youth and their families. It is a joint effort of the Human Rights Campaign, the Boston Gay, Lesbian, Bisexual Speaker’s Bureau, and PlanetOut.

Bi Visibility Project

www.glaad.org/glaad/bi_visibility/index.html

This site, sponsored by the Gay and Lesbian Alliance Against Defamation (GLAAD), answers questions about bisexuality.

The Cool Page for Queer Teens

www.pe.net/~bidstrup/cool.htm

This site includes a variety of materials including guidance on what to do if “you are outed unexpectedly” and how to handle trouble in school. It has a special section for transgender youth.

My Child is GAY! Now What Do I Do?

Web: www.pe.net/~bidstrup/parents.htm

This site addresses, with honesty and sensitivity, the most common and deeply felt questions of parents.

!Outproud!

The National Coalition for Gay, Lesbian and Bisexual Youth
www.outproud.org

This is the site of The National Coalition for Gay, Lesbian, Bisexual & Transgender Youth. It provides a rich collection of online brochures from a wide variety of sources on issues confronting GLBT youth and the educators who serve them. In addition, it identifies, in a link to Queer America, organizations that support the needs of GLBT youth (searchable by area code or zip code). It also identifies and links to organizations and publications focusing on the GLBT community.

Person Project

www.youth.org/loco/personproject/

This web is a network of organizations to ensure youths receive unbiased information on the GLBT community. It has links to New Jersey, GLSEN and GLBT scholarship opportunities.

Project Youth - Youth Empowerment & Support

www.projectyes.org/index.htm

This is the site of an educational organization in Florida that is working to ensure the healthy development of gay, lesbian, bisexual and transgender youth. It includes teen stories, a parent's page and links to other sources.

Queer Resources Directory

www.grd.org/QRD/www

This site contains sections about GLBT youth, history, health and more.

Youth Resource

www.youthresource.com/queeryouth/index.htm.

Youth Resource provides a list of sites of and for youth of color, Hispanic youth, bisexual youth and transgender youth. It is sponsored by the Advocates for Youth.





Note: You can find a copy of the “Family’s Guide to Handling Anti-Gay Harassment” at the website for The Safe Schools Coalition of Washington State, www.safeschoolscoalition.org. The guide is extremely clear and helpful. It may be duplicated.

Parents, Families and Friends of Lesbians and Gays (PFLAG)

1726 M Street NW
Suite 400
Washington, DC 20036
Phone: (202) 467-8180
Fax: (202) 467-8194
Web: www.pflag.org

This national organization is dedicated to promoting the health and well being of gay, lesbian, bisexual and transgender persons, their families and friends. It provides:

- support to cope with an adverse society
- education to enlighten an ill-informed public
- advocacy to end discrimination and to secure equal civil rights.

The local chapters provide opportunities for dialogue about sexual orientation and gender identity, and act to create a society that is healthy and respectful of human diversity. An up-to-date list of chapters in New Jersey, New York and Pennsylvania can be found at the organization’s website.

Lambda Families of New Jersey

P.O. Box 1385
Maplewood, NJ 07040
Phone: (973) 763-8511
Email: webmaster@lambdafamiliesofnj.org
Web: <http://www.lambdafamiliesofnj.org>

This is an organization of families headed by parents who are gay, lesbian,

bisexual or transgender. It sponsors social events, publishes a monthly newsletter, advocates for families in local and national policy issues, networks with similar organizations, provides support for those considering parenthood, and organizes family-oriented activities for children.

Center Kids

The Lesbian, Gay, Bisexual and Transgender Center

208 West 13th Street

New York, NY 10011

Phone: (212) 620-7310

Deaf and hearing impaired callers can reach the Center through the NY State

Relay Service: 800 662-1220 (TDD/TTY) 800 421-1220 (voice)

Email: info@gaycenter.org

Web: www.gaycenter.org

This program supports lesbian and gay parents, their children, and members of the community considering parenthood. It offers support groups, advocacy and recreational activities. It also houses the New York City chapter of COLAGE.

COLAGE: Children of Lesbians and Gays Everywhere

National Office: 3543 18th ST #1

San Francisco, CA 94110

Phone: (415) 861-KIDS (5437)

Fax: (415) 255-8345

E-mail: colage@colage.org

Web: www.colage.org

This national organization fosters the growth of daughters and sons of lesbian, gay, bisexual and transgender parents of all racial, ethnic, and class backgrounds. It provides education, support and advocacy for those families.

ViSAGE (The Straight and Gay Experience)

Verona, NJ 07044

Phone: (973) 285-1595

Email: visageforyouth@hotmail.com

Web: <http://geocities.com/visagenj/>

This social support group is for fourteen through twenty-one year-olds who are gay, lesbian, bisexual, transgender, or questioning. It provides brief counseling, information, and referral to PFLAG for parents and family members.

Family Pride Coalition

P.O. Box 34337
San Diego, CA 92163
Tel: (619) 296-0199
Fax: (619) 296-0699
Email: pride@familypride.org
Web: www.familypride.org/

This coalition is a resource for GLBT parents, their partners and children, and supporters of their families. It provides advocacy, information and education - and supports similar statewide organizations.

HiTOPS

The Teen Health and Education Center

21 Wiggins Street
Princeton, NJ 08873 (Mercer County)
Tel: (609) 683-5155
Fax: (609) 683-9507
E-mail: hitops@hitops.org
Web: www.hitops.org

This center provides clinical care and educational outreach relating to sexual and reproductive health, and healthy relationships. It offers brief counseling, information and referral to PFLAG for parents and family members.

Gay Activist Alliance in Morris County, Gay Helpline of NJ

P.O. Box 137
Convent Station, NJ, 07961
Tel: (973) 285-5590 (Office)
Helpline: (973) 285-1595
TTY/Speech or Hearing-impaired (973)-285-0889
Fax: (973) 539-8882
Email: gaamc@gay.com (general info and questions)
Web: www.gaamc.org

This not-for-profit volunteer run organization exists to provide the gay, lesbian, bisexual, and transgender community with a variety of support services. Gay Helpline of NJ is a volunteer-operated service that offers a comprehensive information source, counseling and support. The helpline operates nightly from 7:30 to 10:30, and volunteers are trained to handle a variety of calls.

Lambda Legal Defense and Education Fund

120 Wall St, Suite 1500
New York, NY 10005-3904
Phone: (212) 809-8585
Fax: (212) 809-0050
Email: lambdalegal@lambdalegal.com
Web: www.lambdalegal.org

This organization publishes "Stopping Anti-Gay Abuse of Students in Public Schools: A Legal Perspective," a source for parents, students and educators who are experiencing or witnessing anti-gay harassment at school.

LEGAL RESOURCES



Note: The New Jersey Bar Association at (732) 249-5000 provides the phone number of local Legal Aid Society offices, which offer legal services on a graduated-fee scale according to the client's ability to pay.

American Civil Liberties Union Lesbian and Gay Rights Project

125 Broad St, 18th Floor
New York, NY 10004
Phone: (212) 549-2627
Fax: 212-549-2650
Email: lgbthiv@aclu.org
Web: www.aclu.org/issues/gay

This project offers help to individuals who face harassment or discrimination at school; work in education and want to be sure they are meeting their legal obligations; seek more information on gay youth and school issues; or want to help make schools safer for all students. The New Jersey affiliate of the ACLU can be reached at (973) 642-2084. The Philadelphia affiliate can be reached at (215) 592-1513. The Delaware affiliate can be reached at (302) 654-3966.

Hyacinth Foundation

78 New Street, 2nd Floor
New Brunswick, NJ 08901
Phone: (732) 246-0204

While not the main focus, Hyacinth does offer legal assistance.

Lambda Legal Defense and Education Fund

120 Wall Street, Suite 1500
New York, NY 10005-3904
Phone: (212) 809-8585
Fax: (212) 809-0055
Web: www.lambdalegal.org

This national organization is committed to achieving full recognition of the civil rights of lesbians, gays and people with HIV/AIDS through impact litigation, education and public policy work. Requests for legal assistance should be made between 10 a.m.-noon on Mondays and Wednesdays and between 1-4 p.m. on Tuesdays and Thursdays.

**National Center for Lesbian Rights
LGBT Youth Project**

870 Market Street
Suite 570
San Francisco, CA 94102
Phone: (415) 392-6257
Fax: (415) 392-8442

This organization runs a toll-free line for LGBT youth seeking information or assistance on legal rights and resources. The number is (800) 528-6257. It is staffed from 9 a.m. to 5 p.m. (Pacific Standard Time) on Monday through Friday.

**National Institute for GLBT Concerns
in Education, Inc.**

55 Glen Street
Malden, MA 02148-2414
Phone: (617) 321-3569
Fax: (617) 321-9901

This organization provides legal advice regarding educational equity issues.

CHOOSING A THERAPIST:

ADVICE FOR SEEKING A PROFESSIONAL'S HELP



Choosing a therapist can be a daunting task, since it is hard to know how to find the right person. It is helpful to see yourself as an “educated consumer” in this process, since you have a right to shop around, make comparisons, and ask questions of any prospective therapist that will help you find someone with whom you feel comfortable. It is also helpful to keep in mind that for counseling or therapy to be effective, you and the therapist have to work as a team in understanding and resolving your difficulties. The right match is important. While experience and credentials are important, they are only half the equation for successful therapy. You want to choose someone who feels right to you.

There are basically three steps to choosing a therapist.

FIRST, get two or three names and numbers of therapists in your area. This directory lists some professional associations that can give you referrals (see below). You can also get referrals from:

- a friend or family member
- a trusted teacher, coach, nurse, or school counselor
- another health professional, such as your family doctor or your health clinic
- your priest, minister, or rabbi
- the yellow pages in the phone book (if you are really stuck, but it’s not the best option).

SECOND, have a brief (5-10 minute) phone conversation with these therapists, to “feel them out.” In this phone call you can tell the therapist briefly about your current situation or problem and why you want to come to therapy. In these few minutes, you shouldn’t expect a free therapy session on the phone, but you can get a feel for how the therapist treats you – do they make it easy for you to talk? Do they respond in a way that feels comfortable to you? This might be a good time to ask about schedules and fees (including sliding scale/reduced cost fees and insurance coverage if you have some), to make sure that you are able to work with this therapist. If you feel OK about this therapist from this phone call, set up an initial consultation appointment. If your instincts are telling you that this person might not be right for you, thank them politely for their time, say that

you are calling several people, and that you will call back later if you want to make an appointment. That way, you leave the door open if you do want to check them out further.

THIRD, once you've made an appointment with one or two therapists, consider your first session a "trial run" to see if you feel comfortable with him or her. It is natural to feel nervous at the beginning, but after talking for a while you should find that the therapist is helping to put you at ease. After you have discussed your main concern/problem for a while, you might want to ask a few questions to help you find out about this therapist. There is no single right answer to these questions, but the therapist should answer non-defensively and provide enough information that you feel reassured. Possible questions include:

- How long have you been practicing? (More than a few years...)
- What areas do you specialize in? (It is better if the therapist has experience working with teenagers and young adults.)
- How many clients have you worked with that have had similar issues to mine (e.g., exploring sexual orientation/coming out issues, transgender issues, family issues, etc.)?
- What about confidentiality? Will you be talking to my parents/family?

Note: The answer should be NO. What you say in the therapy session, even if you are a minor (under 18) is private. The only time a therapist must break confidentiality is if you or someone else is putting you in imminent danger. Even then, the therapist should tell you first that they have to contact your parents/guardian.

Look for a therapist who is willing to listen carefully and explore issues with you, rather than one who offers a quick solution or gives a lot of advice. You may want to meet two or three times before you decide to work together. These sessions, called consultation sessions, will help you determine if the therapist is right for you. Trust your instincts about finding the right therapist. And if anything happens in the therapy that makes you very uncomfortable, be sure to speak up right away. Tell the therapist if you can, but be sure to tell another adult you trust. Therapy is hard work, but your therapist should always be sensitive to how it is feeling for you.



Questionnaire for Assessing Community Referral Resources For Sensitivity to Lesbian and Gay Adolescents

- 1.** Has the agency worked with lesbian and gay clients in the past? How often?
- 2.** Do any open lesbians or gay male staffs work for the agency?
- 3.** Does the agency routinely provide care for adolescents?
- 4.** Is the agency supportive of lesbian and gay youth?
- 5.** What is the treatment philosophy/approach to working with gay and lesbian youth?
- 6.** Are providers familiar with adolescent developmental needs?
- 7.** Are providers familiar with the needs of lesbian and gay youth?
- 8.** Has the agency sponsored special training or supported continuing education for staff on the needs of lesbian and gay youth clients?
- 9.** Does the agency provide services to people with HIV/AIDS?
- 10.** Are agency personnel knowledgeable about HIV/AIDS?
- 11.** Does the agency provide on-site HIV/AIDS counseling and testing?
- 12.** If counseling and testing is provided elsewhere, what kind of linkages are in place to ensure access to follow-up care?
- 13.** Does the agency have linkages to programs serving adolescents?
- 14.** Does the agency have linkages to programs serving lesbian and gay clients?
- 15.** Do agency policies include lesbian and gay clients?
- 16.** Do agency brochures and outreach materials include lesbian and gay clients?

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Friends of the New Jersey Educators’ Resource Guide For Serving Gay, Lesbian, Bisexual, Transgender, and Questioning Youth

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