

ORGANIZATION INFORMATION

Stand With Trans
36520 Saxony Rd.
Farmington, MI 48335
<http://www.standwithtrans.org>

Year Founded: 2015

PERCENTAGE OF WOMEN ON BOARD: 70

PERCENTAGE OF WOMEN ON STAFF: 50

PERCENTAGE OF WOMEN ON PROJECT: 50

ORGANIZATION CONTACT

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REQUEST CONTACT

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PROJECT INFORMATION

TITLE: ERASING THE STIGMA: LGBTQ YOUTH MENTAL HEALTH, RECOGNIZING THE SIGNS, AND CREATING POSITIVE OUTCOMES

TYPE OF GRANT: First time

TOTAL PROJECT COST: \$20,385

TOTAL REQUESTED AMOUNT: \$20,000

PURPOSE

This program will seek to support Jewish families who have a child who identifies under the LGBTQ umbrella (with an emphasis on the “T” for transgender) and is struggling with their mental health. In one or two sessions parents will learn how to identify the signs of severe depression, debilitating anxiety, suicidality and other expressions of mental illness and then how to respond, support and nurture their child back to health. The program will discuss how to get help, what sort of help to look for, where to find it and how to know if it’s the appropriate course of action. A primary theme, within the context of Jewish values is pikuach nefesh (saving a life). Jewish parents, the Jewish community and all who are connected have an obligation to protect our children.

Parents/caregivers will learn skills so they can effectively prioritize (academics vs mental health – which comes first?) their child’s needs. Communication among the family is critical; the program will address how to begin productive, positive dialogue and how to give their child the opportunities to talk about what they need and where they are struggling in a safe space without judgement.

Skills taught will include advocacy to elicit the best possible outcomes for the child. For example, “how to work with the schools to advocate for your child?” Attendees will also identify possible sources of support (temple, synagogue, therapist, camp, pediatrician, etc).

While not the focus, participants will gain a working knowledge of gender and sexuality and how uncertainties and lack of support/acceptance play into poor self-esteem and mental health with LGBTQ youth.

The program will combine lecture with interactive exercises. Families will hear from LGBTQ youth who experienced a variety of mental health issues and how they dealt with the day-to-day and the big picture to move forward. The culmination of the program will be a 3-hour Safe Talk suicide prevention course delivered by Friendship Circle's Teen Director, Rabbi Yarden Blumstein. "They have a fascinating statistic that every five people trained, is two successful interventions in the first 90 days," said Blumstein.

<https://www.fox2detroit.com/news/u-matter-suicide-prevention-helps-teens-in-crisis>

The discussions will weave in a Jewish lens so families will feel more confident about managing decisions and supporting their children. The concept of Tikkun Olam – "repairing the world," begins at home. Stand with Trans is committed to supporting transgender youth and their families, so they "have the tools needed" so they will be "empowered, supported and validated as they transition to their authentic life."

Possible structure will include:

Session 1: Overview of gender identity/sexual orientation, statistics (Trevor Project report), how to recognize behaviors in the child that may be problematic, and how to find help

Session 2: Opening the lines of communication within the family, defining the child's needs and how best to support (could also be part of Session 1) and ideally, a youth panel

Session 3: Safe Talk Suicide Prevention Training (parents and youth)

ORGANIZATION DESCRIPTION

The mission of Stand with Trans is to provide the tools needed by transgender youth so they will be empowered, supported and validated as they transition to their authentic life.

ORGANIZATION ANNUAL BUDGET: \$56,000

RATIONALE (NEED)

Per the Trevor Project's inaugural National Survey on LGBTQ Youth Mental Health in 2019, the following was reported:

39% of LGBTQ youth seriously considered attempting suicide in the past twelve months, with more than half of transgender and non-binary youth having seriously considered;

71% of LGBTQ youth reported feeling sad or hopeless for at least two weeks in the past year;

29% of transgender and non-binary youth respondents have attempted suicide.

Additionally, without supportive parents, **57% of trans youth** attempted suicide vs only 4% who attempted suicide with parent support. (transpulseproject.ca) Stand with Trans is confident that when a parent is educated and can provide the right sort of care for their child, that child's life is saved; further, community is strengthened (tikkun olam) when its future (the children) is embraced, accepted and empowered.

LETTER OF INTENT SUMMARY REPORT



Additionally, 75% of trans youth without parental support have depressive thoughts vs 23% with supportive parents. In fact, the rate of depression, anxiety and poor mental health for trans youth is no different than their peers when they receive family support.

This program is critical to taking away the stigma of mental health. An increasing number of youths are coming out as LGBTQ and without the understanding and support, they will continue to struggle, often in silence. The more we talk about mental health, the more can be done to overcome the lack of awareness, the hushed conversations and the perpetuation of shame felt by families.

POPULATION SERVED

The total number of Jewish people the project will serve:

Women	Age 0-12	0	Men	Age 0-12	0
Women	Age 13-18	8	Men	Age 13-18	8
Women	Age 19-25	0	Men	Age 19-25	0
Women	Age 26-45	12	Men	Age 26-45	10
Women	Age 49-69	8	Men	Age 46-69	5
Women	Age 70+	<u>0</u>	Men	Age 70+	<u>3</u>
		28			26

TOTAL JEWISH PEOPLE SERVED: 54

TOTAL WOMEN: 28

TOTAL MEN: 26

TOTAL NUMBER OF NON-JEWISH PEOPLE SERVED: 10

WOMEN: 5 Men: 5

ACTIVITIES AND OUTCOMES

The formation of a planning committee is already in the works. This team will help to structure content, optimum delivery format, how it should be broken out (one or two sessions) and will aid in marketing the program to the Jewish community in the metropolitan Detroit area. Further, this committee will help to identify the most appropriate speakers/experts in the field and help to secure speaker and panelist commitments.

Currently, planning partners include but are not limited to: Amy Wayne, MPH, Youth Mental Health Coordinator, Jewish Federation of Metropolitan Detroit; Rabbi Yarden Blumstein, Teen Director, Friendship Circle and Safe Talk trainer; Monica Sampson, LMSW; Lindsay Toman, doctoral candidate, Wayne State University; Sara Wiener, LMSW, Director of Mental Health Services within the Child and Adolescent Gender Clinic at Mott Children's Hospital. We will also be reaching out to community partners at Temple Israel, Congregation Shaarey Zedek, Temple Beth El, Eric Adelman (Kadima), Frankel Jewish Academy and Hillel Day School, among others.

Key objectives/outcomes for each of the events:

- Help families to better understand what mental illness is and isn't, how to recognize the signs and where to go for help.
- Work to erase the stigma associated with mental illness.
- Teach skills that will last a lifetime, strengthening the Jewish community and contributing to sustainability.
- Overall, greater family acceptance and unity, improved mental health for LGBTQ+ youth, specifically trans youth, increased community understanding regarding gender identity and sexual orientation and how this all ties into healthy Jewish families.
- Stand with Trans will engage with STATCOM (Statistics in the Community) at University of Michigan for program evaluation. This is provided by graduate students in the Departments of Biostatistics, Statistics, and the Program for Survey Methodology. SWT will consult with STATCOM throughout and will establish an evaluation plan immediately upon initiation of programming.

SOCIAL IMPACT

LGBTQ+ individuals are not going anywhere, so as an organization, Stand with Trans is committed to creating a kinder, gentler world for families and the next generation. Greater education, awareness and understanding, creates a kinder world. Gemilut Hasadim – “kindness/compassion,” is a foundation for Jewish teachings. Efforts such as this workshop series are an opportunity to normalize a population that is marginalized, brutalized, bullied and misunderstood.

Additionally, as those who've struggled with self-harm, depression, suicidality, and more, get help and gain strength, they are likely to be powerful role models for their peers. When parents and caregivers embrace mental health issues as they would for any other illness, they inadvertently educate their friends, families, neighbors, co-workers and others within the community. Together they can erase the stigma.



JEWISH WOMEN'S FOUNDATION
OF METROPOLITAN DETROIT

LETTER OF INTENT PROJECT BUDGET FORM

STAND WITH TRANS - ERASING THE STIGMA

PROJECT EXPENSES:	Total for the Project	Amount Requested from the JWF
Salaries - admin, event/project coordinator 250 hours @\$25/hr	6,250	6,250
Salaries - director supervision, planning, incremental to current roles/responsibilities - 75 hours @\$35/hour	2,625	2,240
Payroll Taxes	400	400
Fringe Benefits	1,510	1,510
Consultants & Professional Fees	2,000	2,000
Insurance	0	0
Travel (mileage)	300	300
Equipment	500	500
Supplies	700	700
Printing & Copying	1,000	1,000
Postage & Delivery	50	50
Rent	in kind	in kind
Utilities	in kind	in kind
Maintenance	in kind	in kind
Evaluation	in kind	in kind
Digital tool kit	550	550
Marketing	2,500	2,500
Other (<i>Specify</i>) - video taping of two sessions	2,000	2,000
TOTAL EXPENSES	20,385	20,000

SOURCES OF REVENUE:	(A) Pending Revenue	(B) Committed Revenue
Grants/Contracts/Contributions:		
Jewish Women's Foundation	20,000	0
Government		
Foundations		
Corporations		
Individuals		
Earned Income (<i>Admissions, Fees, etc</i>)		
In-Kind Support (<i>Indicate Source</i>)		
Other Revenue (<i>Specify</i>)		
SUBTOTAL REVENUE	20,000	0

(C) TOTAL REVENUE (A plus B)

20,000



BOARD OF DIRECTORS
AS OF JULY 30, 2019

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Rosalind G. Keith

VICE PRESIDENT

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TREASURER

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Cameron Parkins

Tejinder Gill

STAND WITH TRANS

Previous JWF Grants

YEAR	AMOUNT	PROJECT/PROGRAM
2018	\$18,125	How to Raise a Diverse, Authentic Family While Living Jewishly