Breaking Down Silos: Innovative LGBT Wellness Programming for Community Based Organizations and Public Health Practitioners
April 18, 2017

Anthony R. Campo, M.A.
Education, Training, & Outreach Manager
LGBT HealthLink, a program of CenterLink
Roadmap

- LGBT HealthLink
- Kaleidoscope
- Pride Center
- Gilda’s Club
- Closing Thoughts
- Questions
CenterLink

✓ Nonprofit founded in 1994

✓ Helps develop strong, sustainable LGBT community centers with national network of 180+ organizations

✓ Builds a thriving network of centers for healthy, vibrant communities

✓ Recognized by the White House as a “Champion of Change”
Advance LGBT wellness by addressing LGBT tobacco and cancer health disparities

Link people with information and promote adoption of best practices

One of eight CDC-funded cancer and tobacco disparity networks

www.lgbthealthlink.org
Kaleidoscope Youth Center
Health and Wellness Collaborations

Amy Eldridge
Executive Director
Kaleidoscope Youth Center

- Established in 1994 as a 501(c)(3) charitable organization
- Serves LGBTQ and Ally Youth Ages 12-20
- Open 5 days a week with occasional weekend programming
KYC Health and Wellness Collaborations

- Equitas Health
- Offsite LGBTQ affirmative health and dental care for 18+

- Columbus Public Health

- Nationwide Children’s Hospital
  (Medical care provided at NCH THRIVE Clinic and Adolescent Clinic)

- Southeast Integrated Health
- Huckleberry House

- Walk With A Doc
  Get Fit Mind and Body

- Inclusive, Non-Binary Sex Education
- HIV/STI Testing and Education (on- and off-site)
- Teen Outreach Program (evidence-based curriculum and facilitator training for KYC staff)

- STI/HIV Education and HIV Testing (on- and off-site)

- Southeast Prevention Specialist on-site
  Counseling & Case Management offered on- and off-site
Walk With A Doc at KYC

- Nationwide Children’s Hospital (NCH) partnered with Columbus Public Health and KYC in May of 2015 to provide a monthly Walk With A Doc with youth at KYC.

- Brief health topic for each session, past topics have included stress management, healthy sleep patterns, anxiety coping techniques, healthy eating, new year’s resolutions.

- Has developed closer relationships between NCH staff and youth, and KYC staff.
By the Numbers:

- 44 States
- 301 Chapters
- Weekly, Biweekly, or Monthly
- Averaging 22 Walkers per Walk

Walk Chapters

Estimated Number of Walkers

Survey says...
Additional benefits of the walk include: high level of camaraderie, safer communities, increased energy, and much more!

- 92.4% of participants feel they are MORE EDUCATED since starting Walk with a Doc.
- 79.4% of participants get MORE EXERCISE since starting Walk with a Doc.
- 97.5% enjoy the refreshing concept of pairing physicians with communities outside the traditional setting.

www.walkwithadoc.com
Get Fit Mind and Body

- Inspired by Walk With a Doc, providing venue for more in-depth sessions and relationship building
- Incorporated into established KYC Get Fit programming
- NCH was funded by a grant from the American Academy of Pediatrics
- Fun opportunity to interact with medical providers, participate in health-related conversations, think about wellness, and get fit.
Goals of Get Fit Mind and Body

- Educate about health topics
- Encourage youth to take ownership of health and increase the prioritization of preventive care
- Increase trust in healthcare system and providers
- Youth in the program are connected to resources including transportation, insurance/financial support, and preventive healthcare services.
Get Fit Mind and Body Program Structure

- Eight 90 minute interactive sessions

- Each session has four components
  1. 20 minute fitness activity
  2. 20 minute education program
  3. 20 minute nutrition break
  4. 20 minute action item related to theme of the session

- Session Themes
Youth Feedback on Get Fit

- “It was lit.”
- “I love knowing better about my health.”
- “It helped me a lot.”
- “It has been a great experience and very informative.”
- “<3”
- “Awesome sauce.”
Youth Feedback on Youth-Led Session on Self-Care

- “It was dope.”
- “I love to know how to get more help.”
- “I had a good time figuring out how to take care of my migraines.”
- “I loved it can’t wait to use these tips at home.”
- “It was very useful.”
- “Very helpful for ppl w/ anxiety!!”
- “Very informative.”
- “Nice.”
- “Amazing.”
- “It's lit.”
Contact Information

- Amy Eldridge
- Executive Director
- Amy@KYCohio.org
- (614) 294-5437

Thank You!
THE PRIDE CENTER AT EQUALITY PARK

- LGBT Aging
  - A brief look at a couple of programs used to enhance the sociological, psychological and physiological well-being of our LGBT Senior Community at The Pride Center

Bruce Williams
Senior Services Manager
TODAY’S TOPICS

- COFFEE & CONVERSATION - the need for socialization
- EIGHTH ANNUAL BOOMER/SENIOR EXPO - an exercise in cultural competency
In the beginning - 2003 - 20/25 attendees

My introduction - 2009 - same # attendees

Senior Services Position - 2013 - still same number of attendees

Today - standing room only - 200+
Typical Tuesday Morning @ 9:45
Problem: Coffee Shop grew while Coffee & Conversation stayed the same.

Diagnosis: The Missing Link.

Solution: The Silencer.
CURRENT TYPICAL TUESDAY

- Doors open just before 10 am
- NO ONE GOES NEAR THE MICROPHONE.....between 10 and 11
- At 11 we do series of brief announcements
  - Virgin round-up
  - Sponsor presentation
  - Boo
  - 50/50 raffle
  - Leave or linger
SIZE MATTERS....but what are the other results?

- SOCIALIZATION
- COMMUNITY ENGAGEMENT
  - Financial Independence
  - Benefit to The Pride Center
  - Benefit to the LGBT Community
- AWARENESS
- ENLIGHTENMENT
- ENHANCEMENT
- PRIDE CENTER FLEXIBILITY
BSF...Before South Florida

- 25 years Executive Director CCRC
- 5,000 end of life scenarios
- Issue and Resolutions
- Hurricane Prep: $3^{rd}$ act, $3^{rd}$ $3^{rd}$ or fourth quarter
THE ALF PROJECT

- Wanted - 2009
- Lists
- Visits & Calls
- Questionnaire much like HRC
- Results......first senior health expo
BOOMER/SENIOR EXPO

Senior Health Expo
Informational Seminars
October 23, 2010 • 10:00 AM - 4:00PM

7th Annual Senior / Boomer Health Expo
Saturdays Oct 22, 2016
10:00 AM - 2:00 PM
PROGRAM ENVY....... 

- Donna - 64 pages 
- Me - 32 pages 
- Donna - create awareness of issues and need for planning 
- Me - connect those in need with community resources and symbiotically, affords providers with a viable/profitable market
THE RESULTS

CULTURAL COMPETENCY
- Providers express desire to serve our LGBT community
- The Pride Center offers training that optimizes quality patient care

IN MANY AREAS OF THE UNITED STATES THERE IS LITTLE....IF ANY, QUALITY LGBT-FOCUSED CARE

SOUTH FLORIDA
- ALF Project to multiple options at all levels of care.
  Dueling hospice.....hospices........hospi???
A product of enlightenment & bizarre intervention........
CONTACT INFO

› Bruce Williams, Senior Services Manager
  ◦ bwilliams@pridecenterflorida.org
  ◦ 954-463-9005  ext. 109
  ◦ http://www.pridecenterflorida.org/
Gilda’s Club South Florida Presents

TOUCHED BY CANCER:
Women Partnering with Women Series

Megan Scott, LMHC
Program Manager
## Programs at GCSF

**Support Groups**
- Cancer Patients & Survivors
- Caregivers/Family & Friends
- Grief
- Children & Families
- Gay Men’s Networking Support Group

**Healthy Lifestyle Groups**
- Yoga
- Watercolors
- Meditation
- Book Club

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*All programs provided free of charge to anyone affected by cancer*
Touched by Cancer: Women Partnering with Women Series

A series of workshops that took place in different locations all over Broward County with the goal of increasing cancer awareness among lesbian & bisexual women and transgender individuals.
• Paired an educational lecture with a fun activity and/or entertainment
• Food
• Access to community organizations & resources

• Medical professional who is knowledgeable about cancer risks unique to LBT individuals and is sensitive to barriers they might face
• Q&A in a safe space
• Direct contact information

Touched by Cancer: Women Partnering with Women Series
Individuals served

- Goal population of lesbian & bisexual women and transgender individuals
- Between 50-70 years old
- Uninsured and/or underinsured
- Included workshops specifically designed for LBT people of color

End total:
- 7 educational workshops
- 226 attendees
Touched by Cancer: Women Partnering with Women Series

Megan E. C. Scott, LMHC
Program Manager
Gilda’s Club South Florida
119 Rose Drive, Fort Lauderdale, FL 33316
954-763-6776 • megan@gildascubsouthflorida.org
www.gildascubsouthflorida.org

Thank You!
JOIN THE MOVEMENT TO ACHIEVE LGBT HEALTH EQUITY!

www.myLgbthealthlink.org

HealthLink members have access to:

• Weekly LGBT Health News Roundup
• Scholarships to help support and promote leadership in LGBT health
• Members-only online networking groups
• Exclusive webinars and resources available for download
• Co-branding opportunities
THANK YOU!

Anthony R. Campo
Email: anthony@lgbtcenters.org
Direct: 954.388.0625

Web: http://www.lgbthealthlink.org
Blog: http://blog.lgbthealthlink.org

Facebook: LGBT HealthLink
Twitter: @LGBTHealthLink