



Improving Emotional and Behavioral Outcomes for LGBT Youth: A Guide for Professionals (SCCMH)

Ph.D. Sylvia K. Fisher, M.A. Jeffrey M. Poirier, Ph.D. Gary M. Blau

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Despite growing social acceptance, many young people who are lesbian, gay, bisexual, or transgender experience harassment and bullying, family rejection, and social stigmatization—putting them at high risk for depression and other mental health challenges. How should the mental health community best respond? Answers can be found in this book, which provides a road map to practices, interventions, and policies that will make a positive difference for LGBT youth and their families.

Offering clear and practical information not available in any other volume, this book gives readers the research-based knowledge and recommended practices they need to work toward a stronger system of care and services and supports for LGBT youth and their families. Mental health administrators, policy makers, program developers, and school psychologists will

- discover **10 guiding principles** of knowledgeable, sensitive, and responsive systems of care for LGBT youth
- deepen their understanding of the **development and expression of sexual identity**
- provide **culturally and linguistically responsive services and supports** (includes a helpful self-assessment checklist)
- develop interventions that **foster resilience, increase assets and strengths, and mitigate risk factors**
- reduce the incidence of **suicide-related and self-harming behavior**
- address the needs of LGBT youth who are **homeless**
- **involve young people and families** in the planning and implementation of services and supports
- successfully **blend formal mental health services and natural supports**
- provide effective support for LGBT youth and their families in **schools and out-of-home care settings**
- **use social marketing** as a tool to reduce discrimination and promote social inclusion

This book equips readers with the very latest research findings, specific practice and policy recommendations, and reliable Internet resources to help professionals support young people who are LGBT and their families as they achieve positive mental health and become increasingly resilient.

With this urgently needed guide to evidence-based, family-driven, youth-guided, and culturally and linguistically competent practices and policies, mental health and other professionals will advance systems of care that improve outcomes for LGBT youth and their families.

Learn more about the *Systems of Care for Children's Mental Health* series.

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