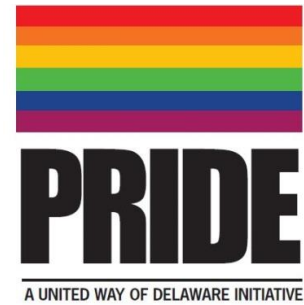


Resource Guide for Delaware LGBTQ Youth & Their Families



This guide is designed to link LGBTQ Youth and their families to public and non-profit agencies statewide that provide physical and behavioral health services specifically for children, teens and their families.

Delaware law allows teenagers age 12 and older to access birth control, pregnancy testing and counselling, as well as Sexually Transmitted Diseases (STD) testing without parental consent.

Delaware law allows teenagers age 14 and older to access behavioral health services including substance abuse counseling without parental consent.

Delaware 211

<http://www.delaware211.org/>

Delaware 2-1-1 provides one central resource for access to the health and human service organizations that offer the support to make a difference.

Whether faced with the panic of a natural disaster or struggling to meet everyday basic needs, Delaware residents can rely on 2-1-1 for a direct response and prompt assistance.

This free service is confidential and available when you need it.

Dial Delaware 2-1-1 Monday through Friday from 8 AM–9 PM or use this website to find out how we can help you in these—and many more—areas of need.

Department of Services for Children, Youth and their Families - Prevention and Behavioral Health Services

<http://kids.delaware.gov/pbhs/pbhs.shtml>

The Division provides voluntary behavioral health services to children up to the age of 18 and their families who:

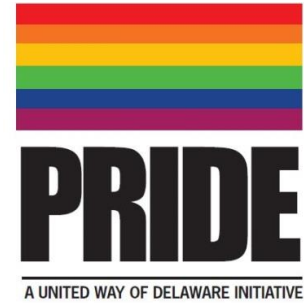
- Could benefit from programming and services that promote health and well-being
- Do not have insurance to cover behavioral health services
- Have Medicaid and who require more than the basic Medicaid 30-hour annual outpatient benefit available through the [Diamond State Health Care Plan](#).

Routine outpatient services – Refer to your private insurance or Medicaid benefit information or insurance card for eligible mental health or behavioral health services.

Working to Improve the Lives of LGBTQ Youth and Adults

Facebook Group - UWDPRIDE

<http://uwde.org/affinity-groups/pride-council>



Resource Guide for Delaware LGBTQ Youth & Their Families

Child Priority Response (Crisis) Services – Call 1-800-969-HELP 4357)

Child Priority Response services are available to any child physically present in the state who is under the age of 18 and is determined to be “*at imminent danger to self or others as a result of a mental health or substance abuse disorder*”.

Central Intake – Call 1-800-722-7710 or email at:

DSCYF_Intake_General@state.de.us

Public School Based Services

<http://kids.delaware.gov/pbhs/pbhs.shtml>

K-5 Early Intervention Program

The K-5 Early Intervention Program is a voluntary program managed in partnership with the Department of Education and participating local school districts. The program employs Family Crisis Therapists statewide to work with children and families identified as “at-risk”. Family Crisis Therapists assigned to designated elementary schools provide a range of interventions designed to remove barriers to academic and social success. The program focuses on providing a “System of Care” by enhancing collaboration among state agencies and communities to meet the needs of children and their families. To contact specific points of contact by school district, please refer to the following list of contacts at: http://kids.delaware.gov/pbhs/pbh_opei_who.xls

Clinical Services Management - DPBHS is part of the Diamond State Health Care Plan. With the exception of the 30-unit annual benefit for routine outpatient services, the Division acts as the managed care organization (MCO) for all children’s behavioral health services provided under Medicaid in Delaware.

Care Assurance/Managed Care – As part of the Medicaid managed care system, DPBHS clinical services management teams, each headed by a licensed behavioral health practitioner, work with families and service providers to refer clients to the appropriate level of care. Teams authorize services, review progress in treatment and assure continuity of care. Care assurance differs from a standard managed care process in that teams take an active role in other aspects of case management. They work with all the agencies involved with youth and their families such as schools, protective services, youth rehabilitation services, treatment providers, etc. to assure that there is a unified service plan.

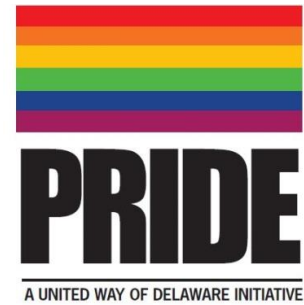
When a case is first opened under a clinical services management team, a team member meets with the family to provide information about how they will work with them.

Working to Improve the Lives of LGBTQ Youth and Adults

Facebook Group - UWDPRIDE

<http://uwde.org/affinity-groups/pride-council>

Resource Guide for Delaware LGBTQ Youth & Their Families



School Based Health Centers <http://dhss.delaware.gov/dhss/dph/chca/dphsbhchome01.html>

School-Based Health Centers (SBHCs) are located in twenty-nine public high schools within the state. Through contract with Delaware Health and Social Services, Division of Public Health, medical sponsors are responsible for administering such programs. In Delaware, SBHCs are operated by a multi-disciplinary team of health professionals who use a holistic approach to address a broad range of health and health-related needs of students. SBHCs are not a substitute for the student's personal physician and/or medical home but rather, act as a source for referral to outside medical care and as points of contact for supportive, comprehensive health services.

With school board/governing entity approval the following services may be provided:

- diagnosis and treatment of sexually transmitted diseases;
- limited reproductive health services;
- HIV testing and counseling.

All school-based health centers must receive written parental permission prior to providing medical, mental and nutritional health services to students. School records and center records are kept separately to insure confidentiality. For a complete list of health centers.

<http://dhss.delaware.gov/dhss/dph/chca/dphsbhcceninfo01.html>

Gay Straight Alliances (GSA)

GSA clubs provide a safety net for students during the coming out process. With a GSA club, youth break through the isolation to find support from peers and school staff. GSA clubs unite LGBTQ students, straight allies, and members of the school community who are committed to making schools safer and more accepting for LGBT students.

GSAs draw on the courage of LGBTQ youth and the commitment of straight allies working in partnership to build bridges, improve school climates, and change school policies. Strong, well-supported GSAs can have a major impact on the education environment and possess the power to transform individuals, school cultures, and educational institutions.

Hospitals

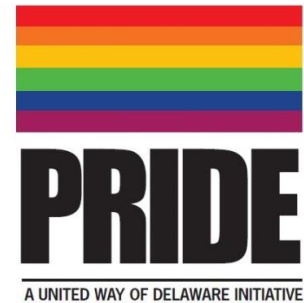
Eight of Delaware's hospitals participated in Human Rights Campaign Healthcare Equality Index and were named Leaders in LGBT Healthcare Equality. Facilities awarded this title meet key criteria for equitable care, including non-discrimination policies for LGBT patients and employees, a guarantee of equal visitation for same-sex partners and parents, and LGBTQ health education for key staff members.

Working to Improve the Lives of LGBTQ Youth and Adults

Facebook Group - UWDPRIDE

<http://uwde.org/affinity-groups/pride-council>

Resource Guide for Delaware LGBTQ Youth & Their Families



Bayhealth – Kent General, Dover, DE
Bayhealth – Milford Memorial, Milford, DE
Beebe HealthCare, Lewis Delaware
Christiana Care Health System - Christiana Hospital, Stanton, Delaware
Christiana Care Health System - Wilmington Hospital, Wilmington, DE
Nanticoke Memorial Hospital, Seaford, DE
***Nemours/Alfred I. duPont Hospital for Children, Wilmington, Delaware**
VA Medical Center, Wilmington, DE

Clinical Resources for LGBTQ Youth

Nemours Children Hospital System – Adolescent Medicine

<http://www.nemours.org/service/medical/adolescentmedicine.html>

Our Adolescent Medicine team is specially trained in the care of children ages 10 to 17. They're uniquely qualified to evaluate and treat any health concerns related to puberty. It means they know just how to speak and listen to your child.

Health Resources and Service Administration

HRSA health centers care for you, even if you have no health insurance. You pay what you can afford, based on your income. Health centers provide

- checkups when you're well
- treatment when you're sick
- complete care when you're pregnant
- immunizations and checkups for your children
- dental care and prescription drugs for your family
- mental health and substance abuse care if you need it

Henrietta Johnson Medical Center – Wilmington <http://henriettajohnson.publishpath.com/>

Westside Family Healthcare – Wilmington, Newark, Dover -

<http://www.westsidehealth.org/en-us>

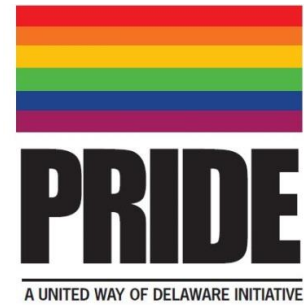
La Red Health Center – Georgetown, Seaford <http://www.laredhealthcenter.org/>

Working to Improve the Lives of LGBTQ Youth and Adults

Facebook Group - UWDPRIDE

<http://uwde.org/affinity-groups/pride-council>

Resource Guide for Delaware LGBTQ Youth & Their Families



Non-profit Agencies

These United Way of Delaware partner agencies are committed to providing services to Delaware's LGBTQ community – our children, youth and their families.

Big Brothers Big Sisters of Delaware – <http://bbbsde.org/> **LGBTQ Youth Mentoring Program:** Adult mentors are matched with LGBTQ (lesbian, gay, bisexual, transgender, or questioning) youth who are in middle or high school. Mentors work with a group of students through a school's GSA (gay, straight alliance) or Diversity Club; or are matched with a young person who is interested in individual mentoring. Commitment is 2 to 4 times per month for the school year.

Brandywine Counseling & Community Services - <http://www.brandywinecounseling.org/> is a trusted and accessible community resource that transforms the way society responds to how people view the multiple dimensions of recovery. With integrity, we promote hope and empowerment to persons living with addiction, mental health and HIV related challenges. Office locations in Wilmington, Newark, Dover, Georgetown and Ellendale.
<http://www.brandywinecounseling.org/locations#la>

Children & Families First - <http://www.cffde.org/services/SupportingTeens/familytherapy.aspx>
In the Integrated Functional Family Therapy program, also known as FFT, trained therapists and case managers work with teens and their families to address behavioral issues and improve their relationships. FFT services are evidence-based, which means that studies have proven them effective in reaching and engaging challenging families with complex problems. Offices in Wilmington, Dover, Seaford and Georgetown <http://www.cffde.org/aboutus/locations.aspx>

Delaware Guidance Services for Children and Youth - <http://www.delawareguidance.org/> exists to provide quality mental health services for children, youth, and their families. We believe that all children have a right to good mental health and should have access to quality therapeutic care, regardless of their ability to pay. DGS provides a continuum of non-residential mental health Services including family focused treatment, group therapies, psychiatric & psychological services, family, school, & community based treatment, emergency evaluations, development of family support networks and 24-hour mobile crisis intervention. Offices are located in Wilmington, Newark, Dover, Lewes, and Seaford.

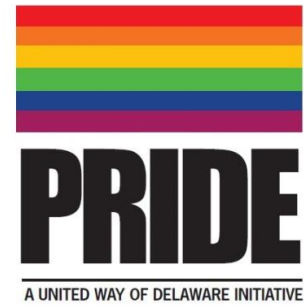
Jewish Family Services of Delaware - <http://www.jfsdelaware.org/Counseling.html>
Confidential and caring outpatient behavioral health services are provided by licensed clinical social workers and board certified psychiatrists for many different populations and age groups

Working to Improve the Lives of LGBTQ Youth and Adults

Facebook Group - UWDPRIDE

<http://uwde.org/affinity-groups/pride-council>

Resource Guide for Delaware LGBTQ Youth & Their Families



including children, adolescents, adults and older adults, in our Wilmington, Newark and Lewis locations.

PFLAG (Parents and Friends of Lesbians and Gays)

<http://community.pflag.org/>

Founded in 1972 with the simple act of a mother publicly supporting her gay son, PFLAG is the nation's largest family and ally organization. Uniting people who are lesbian, gay, bisexual, transgender, and queer (LGBTQ) with families, friends, and allies, PFLAG is committed to advancing equality and full societal affirmation of LGBTQ people through its threefold mission of support, education, and advocacy.

PFLAG has over 350 chapters and 200,000 members and supporters crossing multiple generations of American families in major urban centers, small cities, and rural areas in all 50 states.

PFLAG Wilmington Delaware - <http://www.pflagwilmde.org/>

PFLAG Rehoboth Beach - [https://www.facebook.com/pages/Pflag-](https://www.facebook.com/pages/Pflag-RehobothBeach/336504986387017)

[RehobothBeach/336504986387017](https://www.facebook.com/pages/Pflag-RehobothBeach/336504986387017) - PFLAGRehobothBeach@gmail.com -

<http://www.pflagrehobothbeach.org> - 302-841-1339

PFLAG Dover - Central DE - Contact Jim Hartman at: hartman_30@msn.com

ASK - Alphabet Soup Kids - support and social group for LGBTQ+ Youth (12-18)

Meetings are held twice a month on the 2nd and 4th Saturday (during the school year) at Jewish Family Services of Delaware, 99 Passmore Rd., Wilmington, DE 19803. The support group meets from 11:00 a.m. - 12:30 p.m. followed by a social hour and all denominations are welcome. This group is under the direction of licensed professional counselors Barbara P. Conrad, MS and certified in Gestalt Therapy & Sharon Zimmer, MS in Educational Counseling. *You MUST confirm attendance 2 days prior to the meeting by texting Sharon Zimmer, 302-438-1545 or email: cztwins@hotmail.com. The coming out process is tough enough - now you can turn to ASK for help and support.

PTKDelaware – Parents of Transgender Kids Support Group

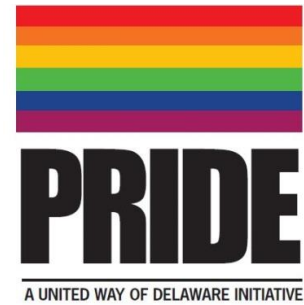
Monthly meeting the 3rd Thursday of the month at Nemours duPont Hospital, 1600 Rockland Rd., Wilmington, DE 19803 – meetings start at 6:30PM. If you want to attend a meeting please email your name along with the age of your child to PTKDelaware@gmail.com.

Working to Improve the Lives of LGBTQ Youth and Adults

Facebook Group - UWDPRIDE

<http://uwde.org/affinity-groups/pride-council>

Resource Guide for Delaware LGBTQ Youth & Their Families



Parents will be able to network with other families that are going through similar experiences while raising a transgender or non-conforming child.

Sexually Transmitted Diseases (STD)

Delaware law allows teenagers age 12 and older to access birth control, pregnancy testing and counselling, as well as Sexually Transmitted Diseases (STD) testing without parental consent.

Children & Families First Adolescent Resource Center -

<http://www.cffde.org/services/SupportingTeens/arc.aspx> is a comprehensive counseling, educational and medical service program for youth, to help reduce risk-taking behaviors, especially related to sexual health. The ARC program helps teenagers and young adults create and sustain healthy, responsible attitudes, behaviors, and choices about their sexuality. Office locations in Wilmington, Newark and Dover.

ARC's group education sessions address issues relating to sexual health. Presentations are geared for elementary, middle and high school youth. Topics include: Puberty education, Healthy relationships, Life planning, Communication skills, Teen pregnancy, Decision making, STDs, Contraception. Parent groups are also available to help adults become an ask able parent.

The medical component is designed to meet the unique needs of adolescents. Teens receive individual education and counseling every time they are seen for medical care. Adolescents ages 12-20 may receive: Birth control, STD testing and treatment, Pregnancy determination, HIV testing, Emergency contraception.

National HIV and STD Testing – Find Free, Fast and Confidential Testing

<https://gettested.cdc.gov/>

Find Answers to Your Questions

[How do HIV, Viral Hepatitis, and STDs relate to each other?](#)

[How do I protect myself and my partner\(s\) from HIV, Viral Hepatitis, and STDs?](#)

[What puts me at risk for HIV, Viral Hepatitis, and STDs?](#)

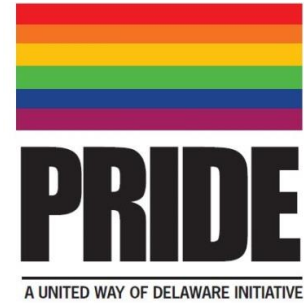
[What are sexually transmitted diseases and should I be tested?](#)

[What is viral hepatitis and should I be tested?](#)

Working to Improve the Lives of LGBTQ Youth and Adults

Facebook Group - UWDPRIDE

<http://uwde.org/affinity-groups/pride-council>



Resource Guide for Delaware LGBTQ Youth & Their Families

Delaware Division of Public Health - Sexually Transmitted Disease Program - <http://www.dhss.delaware.gov/dhss/dph/dpc/stds.html> - It is the mission of the Sexually Transmitted Disease Program to provide statewide management, education and training for the prevention and treatment of sexually transmitted diseases.

Struggling with Addiction – Help is Here

<http://www.helpisherede.com/#what-you-need-to-know>

What you need to know: addiction is a disease. It is not a moral issue or a personal weakness and causes two types of dependence: **Physical dependence** is the result of physical changes in the brain through the use of an addictive drug, which produces symptoms of withdraw in the absence of that drug. **Psychological dependence** is the result of prolonged use of an addictive drug, causing an emotional need or compulsion to continue using it. Prevention starts with education. Recovery begins with treatment.

Delaware Reproductive Health Services

<http://www.dhss.delaware.gov/dhss/dph/chca/dphfpservices1a.html> - Under **Title X** of the Public Health Services Act, the Division of Public Health offers a wide range of reproductive health services and supplies to both women and men.

Delaware Tobacco Prevention and Control Program

<http://www.dhss.delaware.gov/dhss/dph/dpc/tobacco.html>

Tobacco use remains the number one underlying cause of premature death and disability in Delaware and the nation. The Delaware Division of Public Health works to prevent the use of tobacco products through its Tobacco Prevention and Control Program (TPCP).

Delaware Kick Butts Generation (KBG) - <http://www.ysmoke.org/> - A youth-led program in schools and communities to counter tobacco marketing.

Delaware Coalition Against Domestic Violence

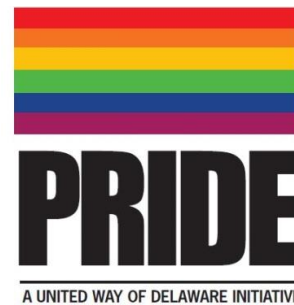
<http://www.dcadv.org/> DCADV is the statewide, nonprofit coalition of agencies and individuals working to stop domestic violence in Delaware.

Working to Improve the Lives of LGBTQ Youth and Adults

Facebook Group - UWDPRIDE

<http://uwde.org/affinity-groups/pride-council>

Resource Guide for Delaware LGBTQ Youth & Their Families



Domestic Violence Victim Services – 24 hour Hotlines:

	New Castle County	Kent/Sussex
Domestic Violence Hotline	762.6110	422.8058
Abriendo Puertas		745.9874
Contact Lifeline/Rape Crisis	761.9100	1.800.262.9800
Mobile Crisis Unit	1.800.652.2929	1.800.345.6785
Child Abuse Hotline	1.800.292.9582	1.800.292.9582

Suicide Hot Line

Child Priority Response	1-800-969-4357 New Castle	1-302-424-4357 Kent /Sussex
Lifeline:	1-800-273-(TALK)8255 under 18	1-800-652-2929 over 18

Grief Counseling –

Supporting Kidds - <http://www.supportingkidds.org/> a compassionate pathway to healing for grieving children and their families, and to empower the community to support them in the grieving process. 1.302.235.5544

Working to Improve the Lives of LGBTQ Youth and Adults

Facebook Group - UWDPRIDE
<http://uwde.org/affinity-groups/pride-council>