

Parent | Educator | Advocate
Resource Booklet

Caring for our LGBTQ Youth

Bethel | Eugene | Springfield

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March 2018 | Google document compiled by Julie Heffernan jheffern@uoregon.edu with support of local counseling and teaching staff. This crowd sourced resource list and **is not a blanket endorsement** for any service provider listed here. This is strictly a directory of LGBTQ youth related resources in this region. Please be a critical consumer. We aspire to support you as you support youth.

I. Bethel/Eugene/Springfield LGBTQ Youth Support Groups

Eugene Springfield Youth and Parent Support Groups

LGBTQ Youth Group at Amazon Community Center:

For information, call the Amazon Community Center at 541-682-5373

13-18 years of age

Facebook page

<https://www.facebook.com/LGBTQ-Youth-Group-Eugene-2387629554795442/>

TRANS*PARENT | Family Support Group (UOTeachOUT)

3rd Thursday Monthly (5:30-7:00pm)

**no meetings during summer months June/July/Aug*

Unitarian Universalist Church

1685 W 13th Ave, Eugene, Oregon 97402

Meets on the third Thursday of each month

TRANS*PARENT | Support Group Monthly Playdate (UOTeachOUT)

Pre-k through 5th grade playgroup

1st Saturday Monthly (1:00-3:00pm)

**no meetings during summer months June/July/Aug*

Unitarian Universalist Church

1685 W 13th Ave, Eugene, Oregon 97402

Meets on the first Saturday of each month

Trans Youth DBT Group | Support Group for Trans Teens

High-school-age dialectical behavioral therapy (DBT) group

Tuesdays weekly (4:00-5:30pm)

Odyssey Community Counseling

2149 Centennial Plaza #4

Eugene, Oregon 97401

Call (541) 741-7107 for program information and availability

Area Transgender Advocacy Organization

TransPonder <https://transponder.community/>

II. Support Group Agreements and Structure

Three Basic Agreements for Successful Support Groups:

1. **Confidentiality** A spoken agreement of confidentiality provides a sense of security to participants. An explicit confidentiality agreement allows for building an environment of trust. Both security and trust are crucial to a successful support group atmosphere. It is common for support groups to require members agree to maintain confidentiality, essentially adhering to the idea, “What is said here, stays here.”
2. **Anonymity** An explicit agreement to anonymity allows all families to participate with a sense of privacy and safety. If you see someone who attends a support group when you are out in public, it’s fine to acknowledge them as a friend or acquaintance and chat without revealing the private nature of your connection to anyone else. However, it would be inappropriate to tell someone else where you met or to share/discuss another group member’s confidential family information without explicit consent from that person.
3. **Voluntary Disclosure** Successful support groups establish a norm in which participation is always voluntary. People have a right to simply listen and others may become frequent speakers. Practice asking for what you need and practice share discussion time accordingly.

Suggested Additional Conditions for a Support Group:

4. **Secure and Private Location:** When providing support to a marginalized population it is ideal to offer meetings in a secure location. Some suggested secure locations: a reserved room in the public library, a public school reserved room, a church reserved room, a community center reserved room.
5. **Facilitation:** A professional outside facilitator is helpful in maintaining the framework for a support group. It is difficult to lead and organize a support while simultaneously being supported by the group. Where possible recruit an outside person to facilitate the group for a monthly meeting. Some suggested places to look for a facilitator: a counselor (private practice or part of a service provider), a *Welcoming Congregation* minister, an educator, a non-profit employee.
6. **Predictability and Publicity:** Selecting a specific recurring day of the month for your meeting makes it easier for people to find over time. Posting meetings in a public space and

III. Individual and Family Counseling with LGBTQ Youth and Families Expertise

Private Counselors with LGBT Expertise (alphabetically listed)

Name	Contact	Family Counseling	Child Counseling	Adult Counseling
Lori Haymore	(541) 953-5406		Ages 14+	X
Annelise Heitman	(541) 647-2489	X		X
Brent Horner	(541) 663-4533			X
Emily Johnson	(541) 716-5704	X	X	X
Bree McKenzie	(541) 716-6075		Ages 14+	X
Noelle Osborn	(541) 653-7778	X		X
Brian Parks	(541) 393-5983			X
Jayson Peterson	(541) 579-9288	X	X	X
Stacie Rowan	(541) 615-9094		Ages 14+	X
Jordan Shin	(541) 342-8144			X
Chaunce Windle	(541) 516-1654		Ages 14+	X

Community Agencies (alphabetically listed)

<p>Center for Healthy Relationships University of Oregon 1655 Alder St. (541) 346-0923 Individual and family therapy for all ages Sliding scale payment</p>				
<p>Emergence/Odyssey Community Counseling 2149 Centennial Plaza #4 Eugene, Oregon 97401 (541) 741-7107 Insurance and sliding scale options available</p>				
Name	Contact	Family	Children	Adults
Jayson Peterson	(541) 741-7107	X	X	X
<p>Eugene Therapy 401 E 10th Ave Eugene, OR 97401 (541) 868-2004 Insurance and sliding scale options available</p>				
Name	Contact	Family	Children	Adults
Linda Cathey	(541) 868-2004	X	X	X
Mandy Hull	(541) 868-2004	X	X	X
Brandon Marshall	(541) 868-2004	X	X	X
Robert Noble	(541) 868-2004	X		X
Katie Ostrove	(541) 868-2004	X	X	X
Jen Porter	(541) 868-2004	X		X
<p>Looking Glass 260 E 11th Ave Eugene, OR 97401 (541) 484-4428 Insurance and sliding scale options available</p>				
Name	Contact	Family	Children	Adults
Alexis Yalon	(541) 484-4428	X	X	X

PeaceHealth Medical Group
 Behavioral Health Services
 1200 Hilyard Street, Suite 420
 Eugene, OR 97401
 Insurance options available

Name	Contact	Family	Children	Adults
Chaine Brant	(458) 205-7070	X	X	X
Brandon Pipkin	(458) 205-6444	X	X	X

Ophelia's Place
 (for girl-identified youth ages 10 to 18)
 1577 Pearl St. #100
 Eugene, OR 97401
 (541) 284-4333
 Sliding scale payment

Name	Contact	Family	Children	Adults
Parisa Emam	(541) 284-4333	X	X	
Jessica Sarontay	(541) 284-4333	X	X	

South Lane Mental Health
 1345 Birch Ave.
 Cottage Grove, OR 97424
 (541) 942-3939
 Insurance and sliding scale options available

Name	Contact	Family	Children	Adults
keisha janney	(541) 623-6069	X	X	X
Jessica Williams	(541) 767-4088	X	X	X

IV. School District and State Education Contacts and Support for LGBTQ Youth

Name	Email Contact	Phone	Role
Chris Parra	chris.parra@bethel.k12.or.us	541-689-3280	Superintendent
Remie Calalang	remie.calalang@bethel.k12.or.us	541-689-3280	HR Director (ext. 2101)
Amy Tidwell	amy.tidwell@bethel.k12.or.us	541-689-3280	Director of Special Programs (ext. 2030)
Tina Gutierrez-Schmich	tina.schmich@bethel.k12.or.us	541-689-3280	Equity Director
Gustavo Balderas	balderas_g@4j.lane.edu	541-790-7707	Eugene District Superintendent
Charis McGaughy	mcgaughy_c@4j.lane.edu	541-790-7550	Assis. Superintendent for Instruction
BJ Blake	blake@4j.lane.edu	541-790-7550	Director of Secondary Ed.
Brook Wagner	wagner_b@4j.lane.edu	541-790-7550	Director of Elementary Ed.
Karen Hardin	hardin@4j.lane.edu	(541) 790-7668	Human Resources Administrator
Karen Perez-DaSilva	perez_k@4j.lane.edu	541-790-7714	Equity, Instruction & Partnership Admin
Bruce Smolnisky	Bruce.Smolnisky@springfield.k12.or.us	(541) 726-3201	Superintendent
David Collins	brett.yancey@springfield.k12.or.us	(541) 726-3262	Assis. Superintendent for Instruction
Suzanne Price	Suzanne.Price@springfield.k12.or.us	(541) 726-3227	Director of Elementary Ed.
Kevin Ricker	Kevin.Ricker@springfield.k12.or.us	(541) 726-3224	Director of Secondary Ed.
Brian Megert	Brian.Megert@springfield.k12.or.us	(541) 726-3405	Director of Special Programs

State Education Contacts

Oregon Department of Education

Title IX | Student and Family Civil Rights

Civil Rights Specialist, Karin Moscon (Gender Equity).....503-947-5706

Oregon Deputy Superintendent of Public Instruction

Vikki Pointer, Executive Assistant (503) 947-5740

Colt Gill, Deputy Superintendent (503) 373-0036

Oregon State Board of Education (manager)

Lisa Pinherio.....503-947-5616

Oregon State School Board Members ([contact list](#))

Oregon Assistant Superintendent (Civil Rights Division)

Dr. Darryl Tukufu - Assistant Superintendent.....Phone: (503) 947-8549

Dr. Markisha Smith - Director.....Phone: (503) 947-5669

All Oregon Civil Rights Specialists

Winston Cornwall (K-12)503-947-5675

Elliot Field (Special Education, IDEA).....503-947-5797

Karin Moscon (Gender Equity).....503-947-5706

V. Classroom Supports and Resources for Inclusive Classrooms

HRC Welcoming Schools ([elementary education](#))

Gay Lesbian Straight Education Network (GLSEN) [LGBT Inclusive Curriculum](#)

Our Whole Lives OWL [Comprehensive Sex Ed Curriculum](#)

Teaching Tolerance: [Creating an LGBT-Inclusive School Climate](#)

Gender Spectrum: [Education Resources](#)

Gay Straight Alliances ([GLSEN resource](#))

VI. Oregon Statewide LGBTQ Advocacy Youth Supports

[Oregon Safe Schools and Communities Coalition](#)

[TransActive](#) (Portland)

[Basic Rights Oregon](#)

[Oregon Chapter of the ACLU](#)

National LGBTQ Youth Supports

[Gay Lesbian Straight Educator Network GLSEN](#)

Education network for LGBTQ inclusive and safe schools

[Trevor Project](#)

Crisis intervention for LGBTQ youth

[Family Acceptance Project](#)

The Family Acceptance Project® is a research, intervention, education and policy initiative that works to prevent health and mental health risks for lesbian, gay, bisexual and transgender (LGBT) children and youth, including suicide, homelessness and HIV – in the context of their families, cultures and faith communities. We use a research-based, culturally grounded approach to help ethnically, socially and religiously diverse families to support their LGBT children.

[Gender Spectrum](#)

Gender inclusive schools and classrooms welcoming all children and teens are within any school community's reach with our education focused resources.

[COLAGE](#)

COLAGE is an organization created in 1990 by the children of several lesbian and gay male couples who felt a need for support. COLAGE is run and operated by people of all ages who have a LGBTQ parent or parents.