ASIAN/ASIAN AMERICAN LESBIAN, GAY, BISEXUAL, TRANSGENDER, AND QUEER (LGBTQ) YOUTH AND FAMILY PROGRAM: A GRANT PROPOSAL

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Adolescents are at greater risk of developing mental health disorders, with 13-20% of children in the United States experiencing a mental disorder in any given year and suicide being the second leading cause of death for children ages 12-17 (Kann et al., 2016).

LGBTQ adolescents have also been found to have an increased risk for mood or anxiety disorders, suicidal behaviors and ideation than their heterosexual counterparts (Russell & Fish, 2016).

Asian/Asian Americans have been shown to have a higher level of depression, anxiety, and suicide ideation than their peers (Homma & Saewyc, 2007).

The challenges for A/A LGBTQ youth are the negative perception of same-sex relationships, mental health stigma, and internalized homophobia within the Asian community (Szymanski & Sung, 2013).

**Goal of the grant is to create a A/A LGBTQ youth and caregiver program.** Family support has been shown to be one of the most important protective factor for LGBTQ adolescents against suicidal behaviors and promote positive mental health (Asakura, 2016, McConnell et al., 2016).

The program includes education as well as a safe environment for the A/A LGBTQ youth and their caregivers to create and increase familial support for the youth.
SOCIAL WORK RELEVANCE

• According to the National Association of Social Worker’s Code of Ethics (2008), social workers’ primary goal is to help those in need and address social problem.

• This proposed program is for a population that is in desperate need for this type of service, and addresses an important social problem - the high risk of mental health issues and suicide among adolescents.

• Social workers are specifically trained to facilitate and mediate between these different aspects of a person’s life and provide support. They are also specifically equipped to work collaboratively with families and communities to create sustainable change.
CROSS-CULTURAL RELEVANCE

- Social workers have a unique ability to create social awareness around LGBTQ A/A issues within the communities as well as in society and continue to explore the deficits and strengths of this community.

- This program seeks promote sensitivity and knowledge about the struggles of being an adolescent who identifies as A/A and LGBTQ to caregivers, while being respectful of the caregivers’ cultural identities and values.
METHODS

TARGET POPULATION

LGBTQ A/A children between the ages of 11 to 17 and their caregivers.

STRATEGIES USED TO SELECT A FUNDING SOURCE

- Online web searches using population search engines
- Government online resources to find grants
- Looking at other LGBTQ and/or A/A LGBTQ organizations financial reports for potential funders
- Local foundation programs

IDENTIFY THE FUNDING SOURCE SELECTED

Gay Asian Pacific Alliance (GAPA) Foundation Community Grants. This grant helps provide funding to projects that can potentially positively impact the Asian/Asian American (A/A) and/or lesbian, gay, bisexual, transgender, and queer (LGBTQ) community (Gay Asian Pacific Alliance Foundation, n.d). GAPA mission and values aligns with the grant proposal.
METHOD (CONT.)

SOURCES USED FOR THE NEEDS ASSESSMENT

- Federal Government Websites such as Centers for Disease Control and Prevention and U.S. Census data
- Reputable organizations - the National Gay and Lesbian Task Force, Human Rights Campaign, National Alliance on Mental Illness
- Peer Reviewed Scholarly Journals

PROJECTED BUDGET RANGE AND CATEGORIES

The total projected budget is $5,000 for the Staffing, Guest Speakers, Supplies and Printing, Travel, Equipment, Miscellaneous, Rent, and Utilities.
Program Summary and Description

The purpose of the group is to increase familial support for A/A LGBTQ youth through education, support, and therapeutic interventions. The group will consist of 8-10 A/A LGBTQ youth between the ages of 11 - 17 and their caregivers. It will be once a week for 2 hours, lasting for 10 weeks. Caregivers and youth will be separated for the first four sessions to create and trust among their peers and educated about specific topics related to their group. The remaining sessions will be conducted jointly to practice communication skills and increase trust between both groups.

Population Served

LGBTQ A/A children between the ages of 11 to 17 and their parents or caregivers in the San Gabriel Valley.

Sustainability

The group will be run by two clinicians from Pacific Clinics - APFC and additional funding will be requested for expansion.
PROGRAM OBJECTIVES

• Objective 1: Parents/caregivers are educated about the LGBTQ community and are empowered to create a positive change for their child.
• Objective 2: Parent/caregivers are taught effective parenting, communication tools, and cultivate a supportive parenting network by the end of the program.
• Objective 3: A/A youth gain effective coping skills and social support to feel secure in identifying as LGBTQ.
• Objective 4: Parents/caregivers and LGBTQ A/A youth foster positive relationships with one another.

PROGRAM EVALUATION

• Interviews - will be conducted at the beginning, end of program, and 3 months after completion of program.
  Parents will be asked a series of questions to explore their current LGBTQ knowledge, perspectives, parenting and communication skills, and relationship with the youth. The youth will be asked questions about their own perception of parents, disclosure, parent and child relationship.

• Evaluations - at each session youth and caregivers will have an opportunity to provide feedback.

• Assessment - scales completed with interviews (beginning, end and 3 post after completion)

1. Asian American Family Conflicts Scale (FCS) which assess family cohesion, adaptability and child-parent communication (Park, Kim, Chiang, & Ju, 2010).
2. Level 2 CASSS (Child and Adolescent Social Support Scale) which measures perceived support for adolescents (Keres & Kilpatrick, 2001).
3. FAPrisk Screener (Family Acceptance Project) will be used to measure health risk for LGBTQ youth related to family rejection (Ryan, Russell, Hübner, Diaz, & Sanchez, 2010).
4. PHQ-9 for depression, GAD-7 for anxiety, and C-SSRS for suicide ideation
• There continues to be a lack of research and funding for the A/A community, specifically about sexual minorities within the group.
• Relationships and collaboration are necessary in order to serve underserved and vulnerable populations/communities.
• Grant writing is an important tool for social workers to develop to sustain direct and long term services as well as advocating for vulnerable populations.
• Grants can create more innovated programs to cater for specific populations.


