



SUPPORTER
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COLLAB

WITH

Transcending
ADOLESCENCE



RR

Resilience
Retreat



MAXIMIZE
YOUR
IMPACT

WITH

PARTNERSHIP
OPPORTUNITIES



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EXPERIENCE SPEAR

SUPPORT

PHYSICAL RECREATION

EMPOWERMENT

ADVOCACY

REFLLECTION

OUR CURRICULUM SPEAR WAS DEVELOPED BY OUR FOUNDER, CHRISSY. HER JOURNEY AS A TRANS WOMAN OF COLOR, EXPERIENCE IN PUBLIC HEALTH, AND PASSION FOR ADVOCACY GUIDED HER REFLECTIVE PROCESS TO LEARN WHAT MADE HER A RESILIENT TRANS ADULT. RESILIENCE RETREATS SHARE THIS WITH YOUNG PEOPLE BY CONNECTING THEM WITH NATURE, EACH OTHER AND INTENTIONAL YOUTH-LED GROUP DISCUSSIONS THAT AIM TO IMPROVE HEALTH OUTCOMES FOR TGNB PEOPLE.



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THE IMPACT OF SPEAR

FINDINGS FROM AN EXTENSIVE PROGRAM ANALYSIS CONDUCTED BY YALE UNIVERSITY SHOWED SIGNIFICANT IMPROVEMENT IN THE MENTAL HEALTH OF TGNB YOUNG PEOPLE WHO ATTENDED RESILIENCE RETREATS.



TRANScending the Binary: Increasing Sustainable Social & Community Support for Gender Diverse Adolescents

Authors: Jacob Hofheimer, BA, Yale School of Nursing, Christina Guiriba, Founder of Transcending Adolescence, Nate Quinn Faculty: Christine Rodriguez, DNP, APRN, FNP-BC, MDiv, MA, Yale School of Nursing

BACKGROUND

Transcending Adolescence utilizes the unique framework, SPEAR (Support, Physical recreation, Education, Advocacy, Reflection), to empower gender diverse adolescents, ages 13-17, and foster resilience and mental health in these youth through the setting of a mental health summer camp. Campers participate in a range of activities from traditional summer camp programming such as rock climbing, canoeing, backpacking, and field games, as well as activities designed to promote mental wellbeing including group Campfire Conversations and one-on-one counseling with mental health interns.



THEORETICAL FRAMEWORK

- Madeleine Leininger stated it best when she indicated that "nursing as a caring science should focus well-beyond the traditional nurse-patient interactions and dyads to include families, groups, communities, total cultures, and institutions."
- The emphasis of this approach is of the utmost importance as the ever-evolving needs of our marginalized, diverse communities continue to be impacted by health inequities and disparities.
- Gender Diverse adolescents disproportionately suffer from anxiety, depression, self harm & suicidal tendencies as a result of bullying, harassment, discrimination and a society that frequently uses fear mongering to invalidate transgender identities.

OBJECTIVES & PURPOSE

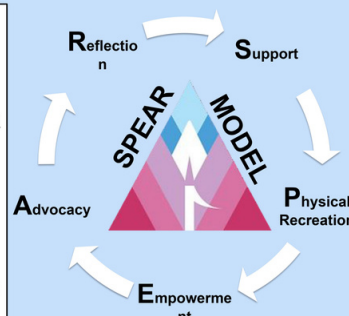
- Describe the major healthcare disparities & inequities adolescents who hold gender diverse backgrounds face daily.
- Define various terminology related to gender diverse individuals.
- Provide the audience with resources & strategies that will ultimately provide a safe, welcoming, & affirming environment for gender diverse individuals.



The purpose of this study is to equip gender diverse adolescents with necessary mental strengths and knowledge needed to progress through their own individual transition. Through SPEAR, TRANScending Adolescence promotes forward movement to help gender diverse adolescents cope with the inevitable challenges they will face within our society and within themselves.

METHODOLOGY

Design: Pretest/Posttest Quasi-Experimental Design
Participants: 15 participants in a group mental health setting in various areas across a central Florida campground with 2-3 Interns working on their Mental Health Licensing certifications.
Data Collection: Google Forms
Analytics Approach: Metrics & Analytics by Board Leadership



RESULTS

75%

of respondents to our post-camp survey stated campfire conversations were helpful.



25%

felt less anxious.

50%

had less suicidal thoughts.



75%

of respondents stated they felt more prepared to handle transphobia.



CONCLUSIONS & IMPLICATIONS

Through the utilization of the S.P.E.A.R. model one can empower gender diverse adolescents, while fostering resilience and mental health. Pretest/posttest data depicts a reduction in the health inequities and disparities that plagues gender diverse adolescents, such as anxiety, suicidal ideation, and discrimination. Participants felt more prepared to handle transphobia within their daily lives as a result of participating in such program. Programs that foster the well-being of gender diverse adolescents are crucial in light of recent anti-trans legislation and can aid in the mitigation of health inequities and disparities seen within gender diverse adolescents.



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PARTNERSHIP OPPORTUNITIES

- REQUEST A TRAINING
- SPONSOR A RETREAT
- SPONSOR A CAMPER
- DONATE
- VOLUNTEER



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CULTURAL HUMILITY TRAINING

Contact us for requests and pricing*



TRANSCENDING ADOLESCENCE (TA) OFFERS A ROBUST COMPREHENSIVE OVERVIEW OF KEY CONCEPTS THAT INCLUDE GENDER IDENTITY AND EXPRESSION, SEXUALITY, AND HOW TO AFFIRM LGBTQ+ PEOPLE IN A HEALTHCARE SETTINGS AND WORKPLACES. THE GOAL IS TO CLARIFY LGBTQ+ CULTURE AND LEARN BEST PRACTICES WHEN WORKING WITH LGBTQ+ PEOPLE. PARTICIPANTS WILL DIVE INTO THE FOLLOWING TOPICS TO STRENGTHEN BONDS BETWEEN ALLIES AND THE LGBTQ+ COMMUNITY:

- **GENDER IDENTITY**
- **PRONOUN USAGE**
- **GENDER EXPRESSION**
- **HOW TO RECEIVE FEEDBACK AND CORRECTION WHEN MISGENDERING SOMEONE**
- **INTERSECTIONALITY**
- **HEALTH DISPARITIES AMONG THE LGBTQ POPULATION**

THESE TRAININGS ARE MEANT FOR HEALTHCARE WORKERS, STUDENTS, CORPORATIONS, ORGANIZATIONS, ALLIES AND MORE! IN ADDITION TO THIS TRAINING PARTICIPANTS WILL PRACTICE USING PRONOUNS, EXPRESS INTERNAL CONCERNS AND/OR STRUGGLES, AND RECEIVE ADDITIONAL FEEDBACK FROM THE FACILITATOR ON HOW TO PRESENT A MORE INCLUSIVE, WELCOMING ENVIRONMENT WHERE LGBTQ+ PEOPLE FEEL SAFE.

*Sliding scale to accommodate various needs



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SPONSOR RESILIENCE RETREATS

CORPORATIONS, SMALL BUSINESSES & ORGANIZATIONS CAN EMPOWER TRANS & NON-BINARY YOUNG PEOPLE BY SPONSORING A RESILIENCE RETREAT MONETARILY, OR PROVIDING AND COORDINATING THE DROP-OFF OF RETREAT NECESSITIES.

IN 2022, DAYTONA'S LOCAL TARGET™ GIFTED US WITH A BOATLOAD OF SNACKS FOR OUR HUNGRY CAMPERS AND VOLUNTEER STAFF!

WE WELCOME YOUR

TIME, TALENT & TREASURE





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SPONSOR A CAMPER

MAXIMIZE
YOUR
IMPACT



THE MOST DIRECT WAY TO MAKE AN IMPACT IS BY SPONSORING A CAMPER. OUR EXECUTIVE BOARD FUNDRAISES YEAR-ROUND TO ENSURE PROGRAMS ARE ACCESSIBLE TO EVERYONE REGARDLESS OF SOCIOECONOMIC STATUS.

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(REGISTRATION & TRAVEL)

SUMMER 2024, FLORIDA

\$650

(REGISTRATION)

FALL 2024, BERKSHIRES

\$1,000

(REGISTRATION & TRAVEL)



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PARTNERSHIP SPECTRUM

MUCH LIKE THE GENDER SPECTRUM, YOU CAN FALL ANYWHERE ALONG THE SPECTRUM THAT'S COMFORTABLE FOR YOU. CORPORATIONS, SMALL BUSINESSES, ORGANIZATIONS, AND INDIVIDUALS CAN EMPOWER TRANS & NON-BINARY YOUNG PEOPLE BY SPONSORING A RESILIENCE RETREAT MONETARILY. PARTNERS ARE RECOGNIZED ON OUR SOCIAL MEDIA AND MORE!

Partners don't hold back when it comes to taking action. They rally around us to make their presence known and amplify the voices of all those who come together for the cause. Partners support the longevity of our collective impact & reinforce efforts on EVERY level.

PARTNERS



ALLIES



Allies have a personal stake in our mission. An ally takes a stand to protect and support our community with contributions that increase our ability to expand. An ally displays an additional level of commitment by partnering with us to achieve strategic goals that increase our capacity to run impactful programs, empower TGNB people & support more youth.

Support is the first pillar of our curriculum. Being a supporter is crucial to improving the quality of life among TGNB youth. One supportive adult can reduce the risk of suicide and self-harm by 40%.

SUPPORTERS



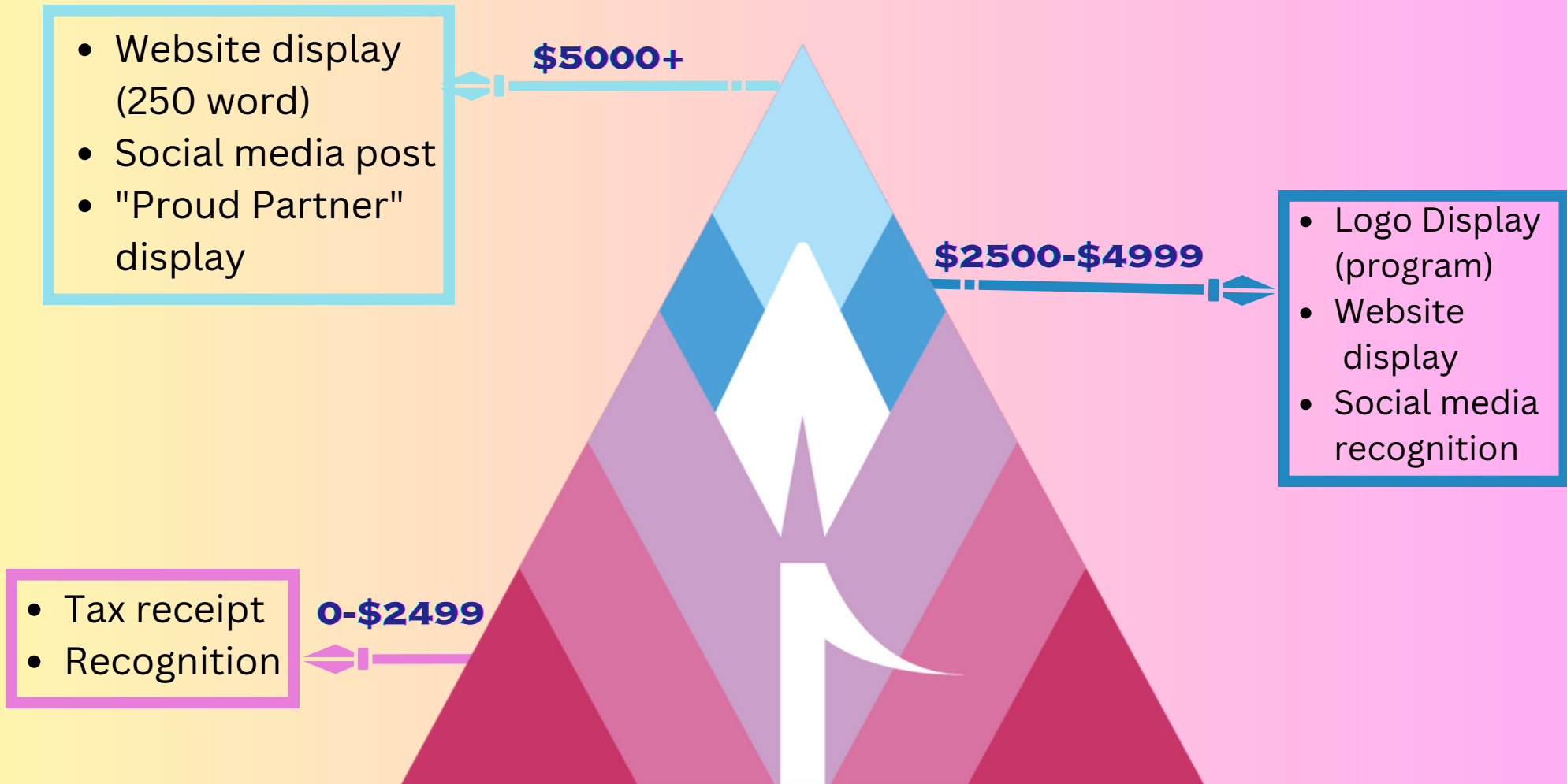


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PARTNERSHIP SPECTRUM

CORPORATIONS, SMALL BUSINESSES, ORGANIZATIONS AND INDIVIDUALS CAN EMPOWER TRANS & NON-BINARY PEOPLE BY SPONSORING TRANSCENDING ADOLESCENCE. WE WOULD LOVE TO RECOGNIZE YOUR COMMITMENT ON OUR SOCIAL MEDIA AND MORE!





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