



Transcending ADOLESCENCE

RESILIENCE FOR TRANS YOUTH

Transgender youth

are 2-3x more likely to experience depression, anxiety, self-harm, suicidal ideation, suicide attempt, suicides & inpatient & outpatient mental health treatment. ^[1]

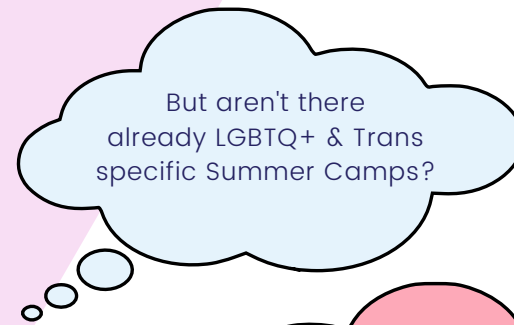
WE HAVE A
PROBLEM
WITH THAT

HERE'S OUR **SOLUTION**

Resilience Retreats

Intentional, outdoor spaces for trans youth to develop the habits, skills & support structures that contribute to resilience.

It's summer camp, made for trans kids, with a mental health emphasis.



[1] Reisner ScD, MA, Sari L. "Mental health of transgender youth in care at an adolescent urban community health center: A matched retrospective cohort study" Journal of Adolescent Health, vol. 56, issue 3, March 1, 2015.

THE DIFFERENCE IS

S.P.E.A.R.

S.P.E.A.R. is the outline of our curriculum

S.P.E.A.R. was developed by our founder, Christina, when reflecting on what increased her resilience throughout her transition.

Support

Supportive peers, family & mentors are essential for finding an outlet & receiving help when it's most needed.

Physical Recreation

Recreation provides an outlet for stress & a source of independence.

Empowerment

Empowering adolescents is the goal - creating a strengths-based program that celebrates achievement in a supportive community.

Advocacy

Advocacy is supporting a cause - any cause. Campers find a voice, become the change & exercise agency to overcome feelings of defeat.

Reflection

Whether alone, with peers or with mental health professionals, Reflection unlocks the knowledge-of-self to find calm in the storms of life.



What's our **TIMELINE?**

Now

Fundraising \$75k before July 1.
Reaching out to partner orgs.
Recruiting Campers.
Finalizing the program for 2023.
Recruiting volunteers.

Winter & Summer Retreats

Our inaugural Family Resilience Retreat at a lake-front camp property in Central Florida in January of 2023. Open to Transgender & non-binary teens from across the US, aged 13-17 and their families.

TARR's Summer session will offer a 2 week session with 1 week in Florida & 1 in North Carolina. Exact dates are TBD.

Summer 2023 & beyond

Refer campers to our completely virtual mentorship space courtesy of the Trans Mentor Project.

Expand to all LGBTQ+ youth. Offer sessions in multiple regions of the country.



SUPPORT OUR WORK

Growth

Whether by one-time corporate donation or a monthly recurring donation as low as \$5 - donors produce Resilience Retreats.

Support

There is no Resilience Retreat without them.

Feeling

No matter where you are or how much time you have, we have a volunteer role for you.

Refer us to grants or partner orgs.

In addition to visibility to the public, we need visibility to other organizations in the LGBTQ+ and outdoor access spaces.

Share what we're doing!

-  @transcending_adolescence
-  /TranscendingAdolescence
-  transcendingadolescence.org
-  info@transcendingadolescence.org

WHO?

Makes Resilience Retreats Happen

Christina, our founder, spearheads the program.

Volunteer mental health students & professionals serve as camp counselors.

Our board fundraises & plans the details of our retreats.

Outreach Specialists form partnerships with other LGBTQ+ organizations to recruit campers & raise awareness.