



PFLAG Colorado Springs

Parents, Families, Friends, and Allies United
With LGBTQ People to Move Equality Forward

April 2021

American Psychological Association Opposes Transgender Conversion “Therapy” in Historic Statement

The biggest professional psychologist organization in the U.S. has come out against transgender conversion therapy in a new statement, saying that the practice puts “individuals at significant risk of harm.”

In a resolution adopted in February, the APA says that gender identity change efforts (GICE) “cause harm by reinforcing anti-transgender and anti-gender nonbinary stigma and discrimination; and by creating social pressure on an individual to conform to an identity and/or presentation that may not be consistent with their sense of self.”

“There is a growing body of research that shows that transgender or nonbinary gender identities are normal variations in human expression of gender,” said APA President Jennifer F. Kelly in a statement. “Attempts to force people to conform with rigid gender identities can be harmful to their mental health and well-being.”

“Individuals who have experienced pressure or coercion to conform to their sex assigned at birth or therapy



LGBTQ Nation is an online news magazine headquartered in San Francisco which reports on issues relevant to the lesbian, gay, bisexual, transgender and queer community.
www.lgbtqnation.com

that was biased toward conformity to one’s assigned sex at birth have reported harm resulting from these experiences, such as emotional distress, loss of relationships, and low self-worth,” the resolution states.

“The APA opposes the dissemination of inaccurate information about gender identity, gender expression, and the efficacy of GICE, including

(Continued on page 2)

PFLAG Support for Winter Youth Drop-in Center— Bill Oliver

The Place (formerly named Urban Peak) and *Inside Out Youth Services* have formed a wonderful collaboration in providing a safe and warm winter haven for youth experiencing homelessness, a major percentage of whom are LGBTQ. Restricted by Covid, *Inside Out*, which has supported our LGBTQ+ youth for over 30 years, is mostly conducting its programs online. This has freed up its downtown facility as the drop-in location. *The Place*, which has 20 beds for homeless youth as well as providing many key services to them, is using its Street Outreach Team to staff the winter center.

The story of this key collaboration appeared in the December 15th *Gazette*, available here:

<http://bit.ly/3qTw8q8>. Operating 10:00 - 4:00, Mon-Fri, the article notes that the center “is a spot for youth to hang

out, get warm, pick up basic supplies including gloves and socks, talk with case managers and potentially work toward re-housing. Users can grab a bite to eat, sit in a comfortable chair, use a computer to connect with family or look for a job, and just chill.”

This vital stopgap effort was an unbudgeted expense for both organizations, and they are hoping to find the funding to keep it going through our chill winter season. *PFLAG* has long been an ally of both organizations, including hosting tables at their annual fundraisers. Having built up our reserves in the last couple of years, *PFLAG* has recently been able to make a \$1,000 donation to each organization. Reader contributions may be made through their websites:
<https://theplacecos.org>
<https://www.insideoutys.org>.

April PFLAG Meeting
Zoom Online

Tuesday, April 20
7:00 p.m.

Conversation and Support

To attend the meeting, please send an email message to:
virtualmeeting@csplag.org

You will receive an email with information about how to join the upcoming meeting. If you don't get this email within 30 minutes, please send an email to:
information@csplag.org

Please note: The link for the meeting changes every month, so don't use last month's link!

Our virtual meetings are bringing together people from out of town and also out of state.

Everyone is welcome.

You can't change the people around you, but you can change the people around you.

Read that again.

Can You Spot the Billboard?

Colorado Springs PFLAG is commissioning a billboard to be put up in April to promote transgender awareness in our community.

(Look near the “Iscaiot” sculpture on the Colorado Avenue Bridge)



APA—Conversion “Therapy”

(Continued from page 1)

the claim that gender identity can be changed through treatment, the characterization of transgender or gender nonbinary identity as a mental disorder and the promotion of treatments that prescribe gender identity or expression consistent with one’s birth-assigned sex as effective for clients with gender dysphoria,” the statement says.

“There is no question that denying a person’s gender identity is wrong,” said Human Rights Campaign Pres. Alphonso David in a statement. “The consensus from the American Psychological Association further reinforces that we must rely on transgender people and their healthcare providers to determine treatment for gender affirming care in accordance with current medical best practices — this is not the place for politicians.”

Republican lawmakers in several states proposing bans on gender affirming health care for transgender young people have been claiming that transgender young people can be made to grow up into cisgender adults if their identities are not affirmed. The APA resolution contradicts that.

In 2009, the APA issued a statement opposing the practice of gay conversion therapy.

Currently 20 states ban the practice, as well as many local governments. Colorado banned conversion therapy for minors in May, 2019.

Read complete Alex Bollinger article: <https://bit.ly/39BrpTD>

Colorado Springs PFLAG

This newsletter is published by the Colorado Springs Chapter of PFLAG. PFLAG provides support, education and advocacy for people who are LGBTQ+, their families, and allies.

To receive this newsletter regularly, go to the website: www.cspflag.org.

To contact PFLAG, send email to: information@cspflag.org.

Colorado Springs PFLAG Support Line: (719) 425-9567

Facebook: PFLAG—Colorado Springs <https://www.facebook.com/PFLAGCS/>

PFLAG National Office website: www.pflag.org

PFLAG on Facebook—Excerpts from our Facebook Page

Transgender Day of Visibility

President Joe Biden issued the first presidential proclamation recognizing Transgender Day of Visibility on March 31.

Also known as TransVisibility Day, the event was founded in Michigan in 2009, and is widely celebrated around the world. This is the first time it has been acknowledged by an American president.

The day is dedicated to celebrating transgender people and bringing awareness to the discrimination and violence they face every day.

In his proclamation, Biden said Trans Day of Visibility recognizes the generations of activism by transgender and nonbinary people.

“Their trailblazing work has given countless transgender individuals the bravery to live openly and authentically,” Biden wrote.

“This hard-fought progress is also shaping an increasingly accepting world in which peers at school, teammates and coaches on the playing field, colleagues at work, and allies in every corner of society are standing in support and solidarity with the transgender community.”

President Biden also mentioned “the first openly transgender American to be confirmed by the United States Senate” — Dr. Rachel Levine, the assistant secretary for health — and “patriotic transgender service members, who are once again able to proudly and openly serve their country” — a reference to his executive order undoing former President Donald Trump’s ban on transgender people serving in the military.

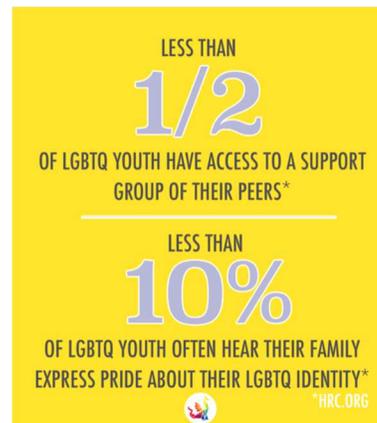
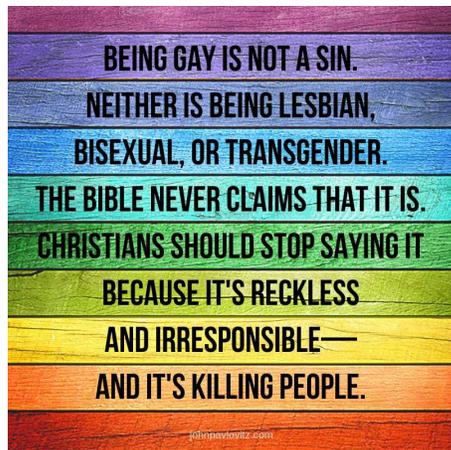
Read this complete article by Jo Yurcaba on *Out News/NBC* <https://nbcnews.to/2QPIBP1> and an article on Dr. Rachel Levine at: <https://nbcnews.to/3rLT4r0>

TransParent Group

The TransParent group for parents of gender variant and transgender youth is meeting virtually on Zoom on the third Thursday of the month from 6:00—7:30 p.m. For more information, and to receive the Zoom meeting link, email transparenting@insideoutys.org or call Inside/Out at (719) 328-1056.



Be an ally this Transgender Day of Visibility. Start with my pronouns.



We are so thankful for Inside/Out Youth Services in Colorado Springs!

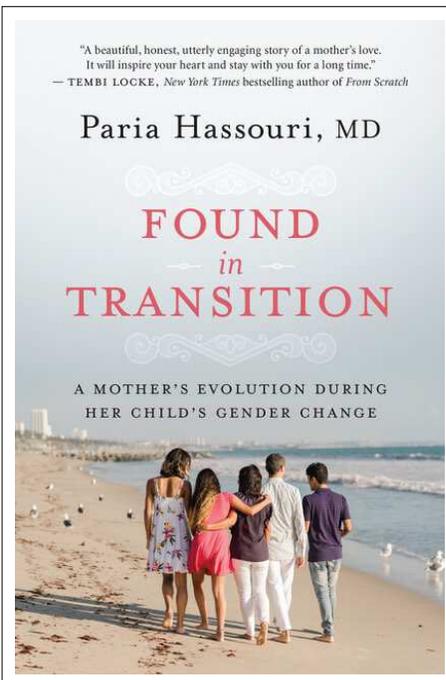
- Cindy Waldmann
PFLAG Facebook Editor

Thank You

To the Saponas Foundation, First Congregational United Church of Christ and the Ruskey/Bianchi Family for their significant, ongoing support of Colorado Springs PFLAG.



Found in Transition — Book Review



Book Review by Danette Tritch

A couple of recently published family memoirs have captured my attention, so I am writing another review, this time for *Found in Transition: A Mother's Evolution During Her Child's Gender Change* by Paria Hassouri, MD. (New World Library, September 2020)

Hassouri's memoir covers an intense year in the life of this Iranian-American family in Los Angeles, CA. She and her husband are both doctors, and their middle child, assigned male at birth, seeks help from school staff to announce to his parents that he has been hurting himself and it's because he's a girl.

This comes by way of a phone call while Hassouri and her husband are in Thailand. The memoir chronicles a mother's experience through the grief, denial, learning and acceptance of having a trans child.

Hassouri and her husband did not see this coming. Their child had demonstrated struggles with mood and depression, school difficulties and awkward social development. Ava had previously expressed to her parents that she was bisexual.

Between 8th - 9th grades Ava demonstrates persistence and insistence with gender expression wearing mostly girls clothing, wanting to grow out her hair and wear makeup, deal with facial hair growth, and begin hormones. The family first deals with finding therapy for Ava, but they also push back and create resistance, much of that based on fear.

Hassouri's journey is self reflective. As the child of immigrant parents spending her formative years in Pittsburgh, blending in and being accepted in American culture and living up to her parents' expectations guided her life. She begins to unravel her own life impulses of self-doubt, fear and even body issues by watching her child's self advocacy and self awareness at such a young age.

Slowly, Hassouri begins to really see her daughter rather than feel loss for a son, deal better with the anxiety she has for Ava's future, and embrace the transformation her family must make.

But Hassouri is also honest and frank with her experiences and especially her emotions. Initially blindsided by the news, Hassouri chronicles the devastation she felt, the flood of tears, and the constant questioning and what-ifs of the medical aspect of transition.

It was especially her daughter's choice of name and even the label deadname that caused the most resistance, as Hassouri and her husband had given all of their children Iranian names.

Hassouri, of course, finds resources in a parent support group called Transforming Families, is guided by medical and mental health professionals and continues to respond to Ava's expressed needs. It is also interesting for Hassouri to reflect on her training as a pediatrician, noting that it really wasn't until recently, 2018, that the American Academy of Pediatrics endorsed trans affirming medically necessary care for trans children.

By the end of this packed year of family changes, Ava has transitioned at the same school for her sophomore year, has the support of her siblings, extended family and friends, is on some hormone regimen and has officially changed her name and gender. Most of all her parents have watched their daughter become happy in her authentic self, excited about the future.

NOTE: After finishing this memoir I was able to join a book talk/interview with the author sponsored by TransFamily Support Services of Southern California. (www.transformingfamily.org)

(Danette's first book review, of *Once a Girl, Always a Boy* by Jo Ivester, appeared in the February 2021 PFLAG newsletter, available on the chapter website: www.cspflag.org)

Danette Tritch has been a Colorado Springs PFLAG member since 2017. She is the Volunteer Facilitator of TransParenting with Inside Out Youth Services. In addition, Danette does parent and family advocacy with El Paso County Youth Suicide Prevention and the Safe at Schools Coalition. Contact her at: transparenting@insideoutys.org



BULLETIN BOARD

Save the Dates

July 15—Off the Street Breakfast—Fundraiser for The Place (In-person breakfast event) 7:30—8:30 am. Location to be announced.

July 16-18 — PrideFest 2021— Although the large weekend festival with thousands of people will not be taking place this year, the PrideFest committee is planning lots of fun pride events throughout the city the entire week. Of July 11-18 If you have a local business or organization and would like to be involved please send the organizers a message on Facebook: <https://www.facebook.com/pridefest/>

July 24—Off the Street Breakfast—Fundraiser for The Place (Virtual Event) 9:30—10:00 a.m. Online event and breakfast delivery.

Safe Place

Have you seen the yellow and black Safe Place® signs around town? Youth in Colorado Springs can access immediate help and safety at any location with a Safe Place sign. Locations



include The Place, 423 East Cucharras Street (<https://theplacecos.org/>) Pikes Peak YMCA, 316 North Tejon Street and other locations (<https://ppymca.org>) and Pikes Peak Library District, 20 North Cascade Ave. and other locations <https://ppld.org/>

You don't always know where other people are on their journeys.

Therefore, PFLAG meetings, both in-person and virtual, must always be a safe space.

Who you meet, and what you hear

Must remain strictly confidential.

Gallup Poll Finds More Americans Than Ever Identify as LGBTQ



Young people waving a rainbow flag in West Hollywood, CA on November 7, 2020

An estimated 5.6 percent of Americans identify as lesbian, gay, bisexual, transgender or queer, according to a new Gallup report. That's up from 4.5 percent in 2017, the last year polling on the issue was conducted by the organization.

Of those surveyed who identified as LGBTQ, 54.6 percent identified as bisexual, 24.5 percent as gay, 11.7 percent as lesbians, 11.3 percent as transgender and 3.3 percent said they used another term to describe their identity (i.e., queer or same-gender loving). The total exceeds 100 percent because respondents were able to choose more than one category.

The percent of Americans who self-identify as lesbian, gay, bisexual, transgender or queer increased 60 percent between 2012 and 2020, according to Gallup.

Younger Americans are increasingly likely to consider themselves part of the LGBTQ community: Nearly 16 percent of Generation Z, those 18 to 23 in 2020, consider themselves something other than heterosexual. That compares to just two percent of Americans 56 and older

Read complete article in *Out News* by Dan Avery, March 4, 2021 at <https://nbcnews.to/31xpj2H>

Support Colorado Springs PFLAG—Become a Member

You can join at any time of the year. The current membership year extends from October 1, 2020 to September 30, 2021.

Name: _____

___ New member ___Renewing member

Address: _____

City: _____

State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____

E-mail _____

Check here if you wish to receive the newsletter by e-mail _____

- ___ Regular Membership \$ 30
- ___ Supporting Member—Silver 40
- ___ Supporting Member—Gold 60
- ___ Supporting Member—Platinum 100

Amount Enclosed: \$ _____

Each year our chapter contributes \$15.00 for each paid membership to the PFLAG national office to support its mission.

Make checks payable to Colorado Springs PFLAG and mail to P.O. Box 49131, Colorado Springs, CO 80949. Membership fees and additional donations are tax deductible. Or pay by credit card online at website: www.cspflag.org PFLAG is a 501(c)(3) nonprofit organization.