

Outreach Education

Regional Pediatric Nursing Grand Rounds

Supporting Mental Health of LGBTQ+ Youth: Using Affirming Care to Address Risk Factors and Promote Resilience

Presented by Jaclyn Aldrich, Ph.D. and Amy Curtis, MD
Thursday, June 3, 2021 | 1 pm - 2 pm PST via Webex

Program Objectives – The learner will be able to:

- Review gender and sexuality terminology and definitions.
- Explain the minority stress model and its application to understanding adverse health outcomes for LGBTQ+ teens.
- Illustrate the provider's role in promoting affirming care for LGBTQ+ youth and their families.
- Identify prevalence of mental health challenges and risk factors for suicide among LGBTQ+ youth.
- Summarize current best-practice approaches to understanding suicidality and risk assessment in adolescents.
- Describe evidence-based treatment strategies for working with suicidal youth across varying healthcare settings.



Dr. Aldrich is currently a post-doctoral fellow in acute psychiatric care at Seattle Children's, working as part of the Crisis Care Clinic and Psychiatry and Behavioral Medicine Unit (PBMU). She recently graduated from Seattle Pacific University after completing her internship in clinical child and pediatric psychology at Primary Children's Hospital in Salt Lake City. Dr. Aldrich has worked extensively with children, adolescents, and their families with a focus on adolescent self-harm, suicidality, depression and anxiety, and severe psychiatric illness.

Dr. Curtis (she/her) is a child and adolescent psychiatrist at Seattle Children's and faculty member at the University of Washington Medical School. Children's-based practice locations include the Gender Clinic, Outpatient Psychiatry Clinic, the Autism Center, and the inpatient unit (PBMU). Her clinical, research, and academic work focuses on finding strategies to better support the mental health and wellbeing of LGBTQ+ youth and their families, particularly those with intersecting identities related to gender diversity and neuro diversity.

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Webcast

- No CE credits offered for webcast.

To successfully earn credit, participants must:

- Arrive no later than 10 minutes after the start of the presentation and attend the entire presentation.
- Sign or initial the attendance sheet.
- Complete the evaluation.

Accreditation

- Provider approved by the California Board of Registered Nursing, Provider Number 16541 for 1.0 Contact Hour (Pending)
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