



Triple Point NCW

Children's Home Society of Washington

Luz Estrada Gonzalez - Triple Point Facilitator

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What is Triple Point?

- ▶ LGBTQ+ (lesbian, gay, bisexual, trans, queer/questioning) support groups for teens ages 12-18
 - ▶ Weekly drop-in support group
 - ▶ Build Leadership skills, access behavioral health, and build support network
 - ▶ Youth can learn about community resources, receive support, and participate in regular meetings with other LGBTQ+ youth
 - ▶ Support increasing educational opportunities
 - ▶ Provide an education panel to youth
 - ▶ Provide a higher education tour (ex. WVC)
 - ▶ Support focused on Employment
 - ▶ Provide an employment focused panel
 - ▶ Put on events in rural communities
 - ▶ Connect with their community

What is Triple Point?

- ▶ **Community Outreach and Education**
 - ▶ Anti-Stigma Training
 - ▶ To school administration and Gay Straight Alliance representatives
 - ▶ Provide two trainings
 - ▶ Goals of Training
 - ▶ Creating safe space
 - ▶ Coordinating with schools
 - ▶ Awareness of challenges LGBTQ+ youth face

What is Triple Point?

▶ Mental Health Services

- ▶ LGBTQ+ teens who don't have Medicaid
- ▶ LGBTQ+ teens that don't have insurance
- ▶ LGBTQ+ teens who do have insurance, but it wouldn't be safe to use their insurance
 - ▶ Provide counseling sessions for youth
 - ▶ Ensure a need is being met
 - ▶ Decrease isolation and depression

A Brief History

- ▶ **Triple Point began 1996**
 - ▶ Providing support groups for LGBTQ+ youth
 - ▶ Providing Individual and family counseling
 - ▶ Providing training for adult allies
- ▶ Triple Point is the only specific LGBTQ+ programming in Clark and Walla Walla counties for middle school and high school youth
 - ▶ Now it includes NCW

Group Structure

- ▶ Triple Point Group is every Tuesday, beginning December 1st at 3-4pm
- ▶ Youth complete paperwork before joining
 - ▶ Youth or person referring youth email Luz
 - ▶ Luz will contact youth, and mail them the paperwork
- ▶ How will group go?
 - ▶ Group will take place over Zoom
 - ▶ Luz Estrada Gonzalez will be facilitating the meeting
 - ▶ There will be two other adult volunteers
 - ▶ Group Agreements (group rules) read out loud
 - ▶ All in group will introduce themselves
 - ▶ Finally, Activity time!
 - ▶ Two truth and a lie, scavenger hunt, show-and-tell, etc.

Counseling Referral Process

- ▶ MH Counseling Referrals will be sent to Luz Estrada Gonzalez
 - ▶ The referral form and informational page will be provided to you through the meeting facilitator.



- ▶ Questions?
- ▶ Comments?
- ▶ Thoughts and Ideas?

- ▶ Contact Luz, Triple Point Facilitator at: Luz.Estrada@chs-wa.org
- ▶ Contact Roxanne, Program Supervisor at: Roxanne.Cates@chs-wa.org