



## JUNE HIGHLIGHTS



**June is World Refugee Awareness Month.** The NCTSN invites you to join us in observing World Refugee Awareness Month and, on June 20th, World Refugee Awareness Day. In doing so, we focus on the millions of refugees who live around the globe, recognizing their plight as well as their valuable contributions to our communities. It is also a time to consider their needs for basic material, social, and legal protection, as well as for mental health services to help them cope with and heal from the traumatic experiences they have endured.

Source: [http://www.nctsn.org/nctsn/nav.do?pid=ctr\\_aware\\_wram](http://www.nctsn.org/nctsn/nav.do?pid=ctr_aware_wram)

**June is National Gay and Lesbian Pride Month.** In 2000 former President Bill Clinton officially declared June Gay and Lesbian Pride Month in commemoration of the Gay Liberation Movement's beginnings, sparked by the June 1969 Stonewall Riots. However, the month commemorates much more than just the riots. There are parades, educational programs and memorials for people lost to HIV/AIDS. Many appropriate items exist for Gay and Lesbian Pride events, including promotional rainbow-themed products. Gay and Lesbian Pride Month is an excellent time to sponsor events that teach tolerance and spread awareness, as well as commemorate both the hardships in the GLBT community has overcome and the strides they've made to gain equal rights.

Source: <http://www.awarenessdates.com/2008/06/gay-and-lesbian-pride-month.html>

# MENTAL MINUTES

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## Snapshot: About Refugees



Although refugees have been a constant and accepted part of human migration for centuries, the development of the nation-state and fixed borders in the 19th century caused countries to shun refugees and turn them into international pariahs. In the past, groups

of people facing religious or racial persecution would often move to a more tolerant region.

Today, political persecution is a major cause of out-migration of refugees and the international goal is to repatriate refugees as soon as the condition in their home country becomes stable. According to the United Nations, a refugee is a person who flees their home country due to a "well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion."

Source: <http://geography.about.com/od/globalproblemsandissues/a/refugees.htm>

## Snapshot: About LGBT



We all have a sexual orientation and a gender identity, and this shared fact means that discrimination against members of the Lesbian,

Gay, Bisexual and Transgender community, based on sexual orientation and/ or gender identity, is an issue that transcends that community and affects all of us.

Sexual orientation covers sexual desires, feelings, practices and identification. Sexual orientation can be towards people of the same or different sexes (same-sex, heterosexual or bisexual orientation). Gender identity refers to the complex relationship between sex and gender, referring to a person's experience of self expression in relation to social categories of masculinity or femininity (gender). A person's subjectively felt gender identity may be at variance with their sex or physiological characteristics.

Amnesty International believes that all people, regardless of their sexual orientation or gender identity, should be able to enjoy their human rights. Although the [Universal Declaration of Human Rights](#) does not explicitly mention sexual orientation or gender identity, evolving conceptions of international human rights law include a broad interpretation to include the rights and the protection of the rights of LGBT people around the world.

Source: <http://www.amnestyusa.org/lgbt-human-rights/about-lgbt-human-rights/page.do?id=1106573>

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## MENTAL MINUTE

Using the information given below, place the letters A to P inclusive in a 4x4 grid, such that no square is vacant and each square contains a different letter.

1. L is above J which is to the right of H.
2. O is above C and H and below I which is to the left of B.
3. M is to the left of D and below G.
4. N is below E, above D and to the right of A which is above G, below P and to the right of O and F.

# Helping Families Support Their Lesbian, Gay, Bisexual, and Transgender (LGBT) Children

BY CAITLIN RYAN, Ph.D., A.C.S.W. Director, Family Acceptance Project™ – San Francisco State University

## Some Family Behaviors that Increase Your LGBT Child's Risk for Health and Mental Health Problems

### BEHAVIORS TO AVOID:

- Hitting, slapping or physically hurting your child because of their LGBT identity
- Verbal harassment or name-calling because of your child's LGBT identity
- Excluding LGBT youth from family events and family activities
- Blocking access to LGBT friends, events, and resources
- Blaming your child when they are discriminated against because of their LGBT identity
- Pressuring your child to be more (or less) masculine or feminine
- Telling your child that God will punish them because they are gay
- Telling your child that you are ashamed of them or that how they look or act will shame the family
- Making your child keep their LGBT identity a secret in the family and not letting them talk about their Identity with others

See full article: [http://www.ll.georgetown.edu/research/gucchd/NCCC/documents/LGBT\\_Brief.pdf](http://www.ll.georgetown.edu/research/gucchd/NCCC/documents/LGBT_Brief.pdf)

### LGBT Adolescents: Becoming Visible

In the past, very few adolescents “came out” to their families or told others they were gay. Most lesbians, gay men, and bisexuals (LGB) waited until they were adults to talk about their LGB identity with others. Fear of rejection and serious negative reactions kept many LGB adults from openly sharing their lives. Until the 1990s, there were limited resources for LGBT youth. Gay and transgender adolescents had few sources of information to learn about their identity or to find support.

More recently, the Internet, school diversity clubs, and LGBT youth groups have helped gay and transgender youth find accurate information, guidance, and support. With greater access to resources, more LGBT youth are coming out (sharing their gay or transgender identity with friends, family, and other adults) during adolescence. So family members, teachers, and providers need accurate information about sexual orientation and gender identity to help provide support for LGBT adolescents.

Research on adolescents over the past 20 years shows that sexual orientation—a person's emotional connection and attraction to another person—develops early. In fact, research shows that both gay and straight children have their first “crush” or attraction to another person at around age 10. Homosexuality and bisexuality are part of normal sexual identity. No one knows why some people are gay or bisexual and others are heterosexual. But we know that no one, including parents, can “make” someone gay. Adolescents are much more likely to be open about their gay or transgender identity when they are not afraid of rejection, ridicule, or negative reactions from family and friends.

### Exposing the Myths

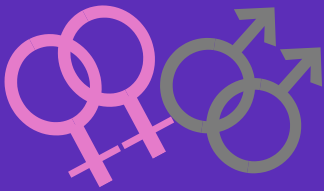
There are still many myths about sexual orientation. Families and providers often believe that young people have to be adults before they can know they are gay. Many assume that being gay is a “phase” that youth will grow out of as they get older. Some think that teens may decide to be gay if they have a gay friend, read about homosexuality, or hear about gay people from others. These myths are very common and they are also incorrect.

Today, adolescents have much wider access to accurate information about sexual orientation and increasing information about gender identity. Accurate information helps them understand feelings they have had since childhood. And a wide range of services for LGBT youth helps many find peer and community support. Adolescents in our research for the Family Acceptance Project™ (FAP) said they were attracted to another person of the same gender at about age 10. Some knew they were gay at age 7 or 9. Overall, they identified as lesbian, gay, or bisexual, on average, at age 13.4. Their families learned about their LGB identity about a year later.

Research on supporting both children's gender identity and transgender adolescents is very limited. Most providers have had little training or guidance on how to support children who feel like their inner sense of being male or female does not match their physical body. Children develop gender identity—a deep sense of being male or female—at early ages. They express clear gender choices for clothes, toys, and personal items. And they begin to express gender identity at about ages 2-3. Children and adolescents who do not look or behave the way that girls and boys are expected to behave by their families and by society are often ridiculed by others. Their behavior may also be called *gender variant* or *gender non-conforming*. Many parents are ashamed or embarrassed by their children's gender non-conforming behavior.

They often fear that these children will be hurt by others. And they need education and accurate information to support their child's emerging gender identity. Adolescents who are gender non-conforming or who identify as transgender also have more access to information about gender expression and identity through LGBT community groups and online resources. Such groups and resources help them understand their gender identity at younger ages than older transgender adults who typically came out as adults. Adolescents in our research for FAP who identify as transgender came out as transgender, on average, at age 16.

See full article: [http://www.ll.georgetown.edu/research/gucchd/NCCC/documents/LGBT\\_Brief.pdf](http://www.ll.georgetown.edu/research/gucchd/NCCC/documents/LGBT_Brief.pdf)



## Refugees: The Global Refugee and Internally Displaced Persons Situation

### Refugee Population

There are an estimated 11-12 million refugees in the world today. This is a dramatic increase since the mid-1970s when there were less than 3 million refugees worldwide. However, it is a decrease since 1992 when the refugee population was nearly 18 million, high due to the Balkan conflicts. The end of the Cold War and the end of regimes that kept social order led to the dissolution of countries and changes in politics that led to unbridled persecution and a huge increase in the number of refugees.

### Refugee Destinations

When a person or family decides to leave their home country and seek asylum elsewhere, they generally travel to the closest safe area possible. Thus, while the world's largest source countries for refugees include Afghanistan, Iraq, and Sierra Leone, some of the countries hosting the most refugees include countries like Pakistan, Syria, Jordan, Iran, and Guinea. Approximately 70% of the world refugee population is in Africa and the Middle East. During 1994, Rwandan refugees flooded into Burundi, the Democratic Republic of the Congo, and Tanzania to escape the genocide and terror in their country. In 1979, when the Soviet Union invaded Afghanistan, Afghans fled to Iran and Pakistan. Today, refugees from Iraq migrate to Syria or Jordan.

### Internally Displaced Persons

In addition to refugees, there's a category of displaced people known as "Internally Displaced Persons" who are not officially refugees because

they have not left their own country but are refugee-like inasmuch as they have been displaced by persecution or armed conflict within their own country. The leading countries of Internally Displaced Persons include Sudan, Angola, Myanmar, Turkey, and Iraq. Refugee organizations estimate that there are between 12-24 million IDPs worldwide. Some consider the hundreds of thousands of evacuees from Hurricane Katrina in 2005 as Internally Displaced Persons.

### History of Major Refugee Movements

Major geopolitical transitions have caused some of the largest refugee migrations in the twentieth century. The Russian Revolution of 1917 caused approximately 1.5 million Russians who opposed communism to flee. One million Armenians fled Turkey between 1915-1923 to escape persecution and genocide. Following the establishment of the People's Republic of China in 1949, two million Chinese fled to Taiwan and Hong Kong. The world's largest population transfer in history occurred in 1947 when 18 million Hindus from Pakistan and Muslims from India were moved between the newly created countries of Pakistan and India. Approximately 3.7 million East Germans fled to West Germany between 1945 and 1961, when the Berlin Wall was constructed.

When refugees flee from a less developed country to a developed country, the refugees can legally remain in the developed country until the situation in their home country has become stable and no longer threatening. However, refugees who have migrated to a developed country often prefer to remain in the developed country since their economic situation is

often much better. Unfortunately, these refugees often have to remain illegally in the host country or return to their home country.

### The United Nations and Refugees

In 1951, the United Nations Conference of Plenipotentiaries on the Status of Refugees and Stateless Persons was held in Geneva. This conference led to the treaty called the "Convention Relating to the Status of Refugees of 28 July 1951." The international treaty establishes the definition of a refugee and their rights. A key element of the legal status of refugees is the principle of "non-refoulement" - a prohibition of the forcible return of people to a country where they have reason to fear prosecution. This protects refugees from being deported to a dangerous home country. The United Nations High Commissioner on Refugees (UNHCR), is the United Nations agency established to monitor the world refugee situation.

The refugee problem is a serious one; there are so many people around the world who need so much help and there's just not enough resources to help them all. The UNHCR tries to encourage host governments to provide assistance but most of the host countries are struggling themselves. The refugee problem is one that developed countries ought to take a greater part in to reduce human suffering worldwide.

Source: <http://geography.about.com/od/globalproblemsandissues/a/refugees.htm>

## Recipe Round-Up: Sweet Potato Soufflé

### Ingredients

- |  |                              |
|--|------------------------------|
| 4 large sweet potatoes                       | 1 teaspoon nutmeg            |
| 2 tablespoons olive oil                      | 1 teaspoon cloves            |
| 1/2 cup skim milk                            | 1 teaspoon cinnamon          |
| 1/2 cup dry sherry                           | 1 pinch salt                 |
| 1/2 cup brown sugar                          | 4 large egg whites           |
| 2 tablespoons sugar                          | 2 oranges cut in thin slices |
| 1/2 cup frozen orange juice from concentrate |                              |

### Directions

1. Preheat oven to 350°F.
2. In a large pot, cover the sweet potatoes with water and bring to a boil. Boil until tender.
3. Drain and peel the potatoes and place in a large mixing bowl. Mash well.
4. Add the olive oil, milk, sherry, brown sugar, orange juice, nutmeg, cloves, cinnamon and salt. Beat well with a mixer.
5. Spoon mixture into an oiled, ovenproof gratin dish.
6. Bake until the potatoes are hot, about 25 minutes.
7. While the soufflé is cooking, make the meringue. In a clean bowl, whip egg whites until almost stiff. Gradually add the sugar and continue to beat until soft peaks form.
8. During the last five minutes of cooking the soufflé, top with the meringue mixture.
9. Return to oven and remove when the meringue is lightly browned. Garnish with the sliced oranges.

Number of Servings: 10

Per Serving: Calories 95, Carbohydrate 18g, Fat 2g, Fiber 2g, Protein 3g, Saturated fat 0g, Sodium 25mg

Source: <http://www.foodfit.com/recipes/recipe.asp?rid=658>



Our sister agencies provide an extensive array of mental health services for both children and adults. "Our mission is to provide high-quality, easily accessible services for Georgians, focused on promoting mental and emotional well-being through personal and professional development, family preservation, resource coordination, and individualized treatment.

## Resource Readiness

**Refugee Family Services** serves to support the efforts of refugee women and children to achieve self-sufficiency in the United States by providing education and economic opportunity.

**Phone:** (404) 299-6217

**Website:** <http://www.refugeefamilyservices.org/index.php>

**U.S. Committee for Refugees and Immigrants** serves to address the needs and rights of persons in forced or voluntary migration worldwide by advancing fair and humane public policy, facilitating and providing direct professional services, and promoting the full participation of migrants in community life.

**Phone:** (703) 310-1130

**Website:** <http://www.refugees.org/>

**Youth Arts and Voices** aims to provide refugee and immigrant children and youth with an opportunity to share their voice.

**Phone:** (888) 572-6500

**Website:** <http://www.brycs.org/>

**The Lesbian, Gay, Bisexual & Transgender Community Center** provides a home for the birth, nurture and celebration of their organizations, institutions and culture; cares for their individuals and groups in need; educates the public and their community; and empowers their individuals and groups to achieve their fullest potential.

**Phone:** (212) 620.7310

**Website:** <http://www.gaycenter.org/>

**The National Coalition for LGBT Health** aims to work on Goals and Objectives that have been organized around five areas: research; policy; programs and services; professional and cultural competency and the diversity of the national LGBT community.

**Phone:** (202) 558.6828

**Website:** <http://www.lgbthealth.net/index.shtml>

**The Gay, Lesbian and Straight Education Network** strives to assure that each member of every school community is valued and respected regardless of sexual orientation or gender identity/expression.

**Phone:** (212) 727.0135

**Website:** <http://www.glsen.org/cgi-bin/iowa/all/home/index.html>

## Self Care Corner: Summer Eating

**Summer may bring to mind outdoor picnics with hot dogs and chips, but a Purdue University expert says the season also provides the perfect opportunity to plan delicious, healthy meals.**

Laura Palmer, a Cooperative Extension Service specialist in foods and nutrition and a registered dietitian offers the following suggestions for making the most of summer with foods that are both appetizing and nutritious:

**Be meat savvy.** Choose lean cuts of beef, including round, sirloin and loin cuts. Tenderize the meat to increase flavor and texture without adding fat. Marinate in salsa, low-calorie salad dressing, wine or citrus juices.

"Grilled chicken breasts, turkey tenders and lamb kabobs also make great alternatives to high-sodium hot dogs and hamburgers," Palmer says.

**Aim for variety.** Kick up the health factor of grilling with vegetables and fruits. Cooking vegetables on the grill adds flavor. Make kabobs with fruit and grill on low heat until the fruit is hot and slightly golden. These healthy snacks also make consuming the recommended daily fruit and vegetable intake simple.

**Don't forget to stay hydrated.** Summer heat can cause dehydration. "Water is the best option when temperatures soar, but you can add slices of lemons or strawberries for natural flavor," Palmer says.

**Make eating healthy a priority this summer by focusing on simple snacks that don't take much prep work.** Keep fresh berries in the refrigerator to add to salads, yogurt and ice creams. Wash fresh green beans to dip in yogurt or low-fat cottage cheese. Keep healthy extras, like lettuce and tomatoes, in your produce bin. Try homemade popsicles by freezing 100 percent juice. Cut up raw vegetables to serve with low-fat dips. "Fruit smoothies are a snap to make. Just toss some fresh fruit, yogurt and milk in your blender," Palmer says. "Your options for healthy summer eating are limited only by your imagination."

Source: <http://www.medicalnewstoday.com/articles/67779.php>

### Mental Minutes Solution

SOLUTION:

I	B	P	E
O	F	A	N
C	L	G	K
H	J	M	D

Source: <http://perplexus.info/show.php?pid=6740>



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Serving the Mental Health Needs of the Residents of Georgia.