



"Piyaassskomon: Gaize"

"Piyaassskomon: Gaize" was one of the first baskets I completed after beginning to come out to friends and family members as non-binary. The title comes from the Passamaquoddy word for corn, "piyeskomon," and the New York Ballroom scene affirmation, "Yas!" I hope other Two Spirit people and non-indigenous LGBTQ+ see my art and feel inspired to be themselves.

– Geo Neptune



"My family supports me. My healthcare provider should, too."

Make sure you're having the conversations that matter with your patients.

**See us.
Stand with us.**

**Lesbian • Gay • Bisexual
Transgender • Queer • Two Spirit**

**We're ready to talk about identity.
Ask us.**

www.npaihb.org/2SLGBTQ

This campaign is supported with funds from the Indian Health Service and the Secretary's Minority AIDS Initiative Fund.

9 in 10 patients

would disclose their sexual orientation and gender identity to healthcare providers if asked.*

Ask

- Ask clients how they prefer to be identified. Ask everyone. Ask every time.
- Develop a relationship to improve trust and offer better care.

Affirm

- Use preferred names and pronouns. All staff. Every visit.
- Ensure access to gender-neutral restrooms.

Acknowledge

- There is no universally correct concept of gender identity or sexual orientation.
- Different cultures define gender and sexual orientation in different ways.
- The word Two Spirit refers to a Native person, who expresses their gender identity or spiritual identity in indigenous, non-Western ways.

Advocate

- Train staff to treat all clients with affirmation and respect.
- Become certified as an LGBTQ-affirming provider: wpath.org/gei/certification
- Find and share resources:
 - ♦ ihs.gov/lgbt/health/twospirit
 - ♦ fenwayhealth.org
 - ♦ howardbrown.org

* <https://www.ncbi.nlm.nih.gov/pubmed/28437523>;

<https://www.ncbi.nlm.nih.gov/pubmed/28235242>

Allie's Story

Allie is Native and queer. After they had a bad experience with a psychiatrist, they avoided seeking mental health and medical care for ten years. Finally, due to trouble concentrating at work and extreme anxiety, they decided to look for a therapist.

"I needed help, and I recognized that my need for help was greater than my fear of being judged," they say.

"I found a therapist who really got me. I could talk to him about anything. I brought up being queer. He didn't bat an eye. It was no problem. I was thinking about alternative sexualities. He was all for it.

"I thought, Oh. He actually cares about my mental health. It doesn't matter to him—who I'm attracted to, my gender expression. He actually sees what I am doing. He sees me."

"He was very nonjudgmental. I felt safe.

"He changed the way I thought about myself. He changed the way I thought about my mental health. He changed the way I thought about health in general.

"I credit him with saving my life."

To hear the rest of Allie's story, text DOCUMENTARY to 97779.

