

**IDD/LGBTQ+**  
**Resources**  
**Fall 2019**

The following is a list of some, but certainly not all, of the resources that are available to individuals, family members and allies of people with IDD who identify as LGBTQ+ to support people in living the lives they choose. The information was gathered at a Developmental Disabilities Resource Board of St. Charles County Cultural Competency panel of experts.

**PFLAG**- PFLAG is the nation's largest and oldest LGBTQ+ family and ally organization. Uniting community members with families, friends and allies, PFLAG is committed to advancing equality through its mission of support, education and advocacy. PFLAG has more than 400 chapters and 200,000 supporters in every state, including 4 in the metropolitan area. PFLAG promotes the health and wellbeing of our loved ones through support, education and advocacy.

Website: <https://pflag.org/chapter/pflag-st-charles> OR <https://www.stcharlespflag.org/>

**Metro Trans Umbrella Group**- The metro trans umbrella group is a grass roots nonprofit providing social emotional support and community for trans expansive adults in the metro area. Along with support groups, MTUG offers assistance with finding therapists, doctors, supplies and provides education.

Website: <https://www.stlmetrotrans.com/>

**PROMO**- PROMO is Missouri's statewide organization advocating for lesbian, gay, bisexual, transgender, and queer equality through legislative action, grassroots organizing, and community education. PROMO's website contains a list of Missouri bills they are tracking and other resources.

Website: [www.PROMOonline.org](http://www.PROMOonline.org)

**Kelly Storck, LCSW**- Kelly Storck is a licensed clinical social worker with a private therapy practice in St. Louis. Kelly's focus is in gender care across the lifespan and advocacy for the rights of people who are trans, gender-expansive and non-binary. Along with this work, Kelly presents trainings on issues relevant to gender diversity and is the author of The Gender Identity Workbook for Kids: A Guide to Exploring Who You Are.

Website: <https://www.kellystorck.com/>

**Transparents USA**- Our mission is to normalize this experience through connection, support and resources. Connecting families through locally established TransParent support groups; Supporting and encouraging parents to act on behalf of their child's best interest; Organizing experienced and knowledgeable resources to assist families with their child's gender journey.

Website: <https://transparentusa.org/>

**Growing American Youth**- Growing American Youth is a social support organization for youth who live near St. Louis and who are 21 and under and may identify as lesbian, gay, bisexual, transgender, asexual or questioning their sexual orientation or gender identity.

Website: <https://www.growingamericanyouth.org/>

**Pinwheels**- Pinwheels is a new program established in the heart of University City, MO that offers a safe, stigma-free gathering where families that are seeking to embrace a child or teen's gender creativity in a kind and loving way can gain support, share ideas, and build connections. Sometimes there will be speakers for parents and sometimes just be sharing with each other. The kids and teens do not have group therapy or discussion groups; instead, they build friendships with other gender-expansive kids through shared activities. Currently, the group meets quarterly on Sundays from 1-4pm in University City for activities and hanging out for kids in elementary through high school. Pinwheels is for immediate families (including siblings) that have already decided to accept and support their gender-expansive kids and teens. Please contact Liz at 314-359-2478 or [leithskye@gmail.com](mailto:leithskye@gmail.com) for more information and location.

**Safe Circle Coalition-** Working on the primary prevention of sexual abuse against people with disabilities in the St. Louis metropolitan area. The Safe Circle Coalition offers “Quick Connections” speed dating in a safe environment and education on disability abuse prevention. Find them on Facebook @safecirclecoalition or contact Sharon Spurlock, Director of Family Support at the St. Louis Arc at [sspurlock@slarc.org](mailto:sspurlock@slarc.org) for more information.

**Empowered: A Center for Sexuality, LLC-** Empowered’s mission is to provide the utmost in socially-valid, comprehensive sexual education, trauma counseling, support, and sexual behavior interventions for individuals with and without disabilities, so they may lead healthy, safe, fulfilling lives, empowered by the knowledge that we all are, as human beings, capable of intimacy alone or with a willing and educated partner. Services include: applied behavior analysis, sexuality education, therapy and support groups, including groups for adults with intellectual disabilities.  
Website: <https://www.empoweredcenter.com/>

**Council on Quality and Leadership-** CQL has a document on individual rights related to sexuality/intimacy, dating and marriage. This can be found online at <https://c-q-l.org/resource-library/publications/cql-publications-for-free/quality-in-practice-guides/intimacy-dating-and-marriage>

**Children’s Hospital Transgender Center-** The Washington University Transgender Center at St. Louis Children’s Hospital offers the only multidisciplinary care available to children and adolescents in the St. Louis region who identify as a gender different from the sex they were assigned at birth. The Center’s physicians, nurses, therapists and support staff are dedicated to providing a safe, supportive and welcoming environment in which transgender people may receive the education, medical assistance and mental-health counseling they need to make decisions that will impact their well-being throughout their lives.  
Website: <https://www.stlouischildrens.org/conditions-treatments/transgender-center>

**St. Louis Gender Foundation-** The St. Louis Gender Foundation is a not-for-profit and non-sexual support and educational resource for gender non-conforming adults. We also welcome Significant Others, caring professionals, and all who support freedom of gender expression. The StLGF is proud of its long tradition as an open organization that does not discriminate. The major goal is to provide a nurturing environment conducive to individual growth and development and for networking among the membership regarding supportive health-care and legal professionals, and businesses in the St. Louis area.  
Website: <http://www.stlouisgenderfoundation.org/home.html>

**CenterPointe-**the area’s first residential treatment center dedicated to meeting the needs of LGTQ+ members called “True You Recovery.”  
Website: <https://centerpointehospital.com/coming-soon-true-you-recovery-at-centerpointe-hospital/>

#### **Medical Providers:**

The following local medical providers support trans and non-binary people:

- Dr. Thomas J. Baranski
- Dr. Mark Scheperle
- Southampton Healthcare Clinic

#### **If you wish to participate in Health Care related advocacy—**

1) Contact Missouri HealthNet and request that transition related exclusions for coverage be removed and that transition related care and supplies be covered under Medicaid.

Website: <https://mydss.mo.gov/healthcare>

2) Reach out to the Missouri Quality Council and request that outcomes related to sexuality, gender, and gender identity be developed. <https://boards.mo.gov/UserPages/Board.aspx?158>