

Mama Dragons  
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EIN 82-5393053



## Therapist-led Bi-monthly Support Groups for Parents of LGBTQ Children

### Executive summary

Mama Dragons serves more than 10,000 mothers, directly impacting their 13,000 LGBTQ children by fostering affirming parenting. One of the greatest needs of LGBTQ people is educated and affirming parents. Research shows that LGBTQ youth are at least **4x more likely to attempt suicide**, with suicidal ideation on the rise in the LGBTQ community.

LGBTQ children are currently experiencing increased mental health needs due to anti-LGBTQ legislation throughout the United States. This, combined with difficulty getting their children therapeutic support, has created an increased need for mental health education and support which is often provided by their parents. The National Council of Mental Wellbeing reports the average wait time to access behavioral health services is about six weeks. When looking for an LGBTQ specialist in certain areas, wait times can stretch into months.

During this wait when a child is in crisis, parents are the first line of defense. Supporting parents through this process and providing therapist-led education can help parents understand how to best support their child's mental health needs.

### Overview:

Mama Dragons has identified a need for bi-monthly therapist-led support groups to help parents whose LGBTQ children are actively struggling with depression, anxiety, self-harm, eating disorders, suicidal ideation and other mental health issues.

### **Program Goals:**

- Provide a safe and supportive space for parents to express their emotions, concerns, experiences, and questions related to their child's LGBTQ mental health needs
- Increase knowledge and understanding of the mental health issues affecting their LGBTQ children
- Develop coping strategies and self-care techniques to manage stress and emotional distress
- Promote resilience and emotional well-being in parents and their families surrounding LGBTQ children

### **Program Activities:**

- Bi-monthly therapy group sessions led by at least two licensed mental health professionals and lasting 1.25 hours
- Sessions with a focus topic and a one-page resource document for participants
- Group discussions and activities focused on addressing common challenges faced by parents of LGBTQ children
- Education and information on mental health topics related to LGBTQ issues, including depression, anxiety, self-harm, eating disorders, and suicidal ideation
- Skill-building exercises and resources for managing stress, promoting self-care, and building resilience
- Referral to additional resources and support services as needed

### **Program Outcomes:**

- Improved emotional well-being for LGBTQ children and greater support for their parents
- Increased knowledge and understanding of mental health issues affecting parents of LGBTQ children
- Increased coping skills and self-care techniques for managing stress and emotional distress
- Strengthened relationships between parents and their LGBTQ children
- Increased resilience and emotional well-being in families

**Budget:**

- The cost of this program is estimated at \$14,000 and will include the following:
- Salaries for licensed mental health professionals to lead therapy group sessions
- Creation of topic based one page resource documents for participants
- Administrative costs (e.g. Zoom, program oversight, production of materials)
- Promotion and outreach materials (e.g. flyers, social media advertising)
- Evaluation and program assessment

**Conclusion:**

LIFT aims to provide support and resources for parents who are struggling with the emotional challenges of raising an LGBTQ child. The program will provide a safe and supportive space for parents to express their emotions, increase their knowledge and understanding of mental health issues related to LGBTQ identity, and help them and their children to develop coping skills and self-care techniques. The program will contribute to increased resilience and emotional well-being for parents and their families.

This project will impact 384 parents and their 500 LGBTQ children annually. It will:

- Provide a supportive space for parents to express their emotions, concerns, and experiences related to their child's LGBTQ mental health needs
- Increase knowledge and understanding of mental health issues affecting LGBTQ children
- Develop LGBTQ children's coping strategies and self-care techniques for managing emotional distress
- Promote resilience and emotional well-being in parents and their families

**Topics Include**

When your LGBTQ child has:

1. Disordered eating
2. Substance abuse issues
3. Self-harm problems
4. Chronic or acute suicidal ideation, mental health hospitalizations

5. Ongoing depression and anxiety
6. Non-affirming family
7. Boundary problems
8. Experienced bullying
9. Issues with sexual activity, safety, or promiscuity
10. Issues with managing conflict at home
11. Neurodiversity impacting mental health
12. Experienced abuse (sexual, physical, emotional)

Budget Request			
<b>Total Grant Award Requested (USD)</b>		<b>\$14,000.00</b>	
Expense Type (line item)	Description of Expense Type (line item)	USD Budgeted Expense	Other Notes / Comments
<i>Topic based 1 pager curriculum (12 topics)</i>	<i>Costs for mental health educator to research and write 1-page topic-based curriculum (4 hours per topic @ \$50/hr)</i>	<b>\$2,400.00</b>	<i>For use of 3 years</i>
<i>Therapist costs to facilitate groups of up to 16 participants</i>	<i>2 therapists per session at \$375.00</i>	<b>\$9,000.00</b>	<i>12 months</i>
<i>Administrative costs</i>	<i>5% of executive director role</i>	<b>\$2,500.00</b>	<i>12 months</i>
<i>Marketing costs</i>	<i>5% of marketing director role</i>	<b>\$2,500.00</b>	<i>12 months</i>
<i>Operation costs</i>	<i>(insurance, zoom, organization costs)</i>	<b>\$608.00</b>	<i>12 months</i>
	<i>Fundraising costs &amp; processing fees</i>	<b>\$1,600.00</b>	
<b>Income</b>	<i>Session Registration (\$10.00 member, \$30.00 non member) 80% session attendance rate</i>	<b>\$4,608.00</b>	<i>12 months</i>
	<b>Total</b>	<b>\$14,000.00</b>	