

Current Salt Lake City VAMC Services for LGBT Veterans:

- Culturally sensitive LGBT primary care services
- Culturally sensitive LGBT mental health services (individual and group psychotherapy, medication, management, case management, substance abuse treatment, vocational rehabilitation, recreation therapy, homeless support, psychiatric inpatient care, etc...)
- LGBT Peer Support Specialists for veteran to veteran support
- Gender confirming pre/post-operative care
- Gender confirming vocal therapy
- Hormone Replacement Therapy (HRT)
- LGBT celebratory events where friends, family, and allies are invited to attend (thanksgiving and Winter Holiday Potlucks, 5th Friday Potlucks, Annual VA LGBT Pride Celebration the last Friday in June, participation in the Salt Lake City Pride Festival and Parade, etc.....

How We Accomplish Our Mission:

- Clinicians uniquely attuned to LGBT veteran needs
- Peer Support for LGBT Veteran to Veteran support
- Creation of an LGBT veteran community with celebratory events and activities for all LGBT veterans, their friends, family, & allies



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Veteran Affairs

U.S. Department of Veterans Affairs
VA Salt Lake City Health Care System
500 Foothill Blvd. (Bldg 16)
Salt Lake City, UT 84148

For more information about the Salt Lake City VAMC LGBT Veteran programs or for information on how to become involved, please contact:
Breeze Hannaford, LCSW
Phone: 801-582-1565, ext. 2764
Email: Breeze.Hannaford@va.gov



We Serve All Who Served

Salt Lake City, VAMC LGBT Veteran Program Offerings:

The Salt Lake City Veterans Administration is committed to providing culturally sensitive and supportive medical and mental health care to eligible Lesbian, Gay, Bisexual, Transgender (LGBT) Veterans, and is a proud Health Care Equality Index (HEI) Leader since 2013.



The LGBT Veteran's Support & Empowerment Group:

An inclusive, confidential, supportive therapy group for LGBT Veterans held through the Outpatient Mental Health program at the Salt Lake City Veteran's Administration, which meets on the 1st and 3rd Friday's of each month.

Aimed at providing:

- Psycho-education and psychosocial support for LGBT Veterans
- Creating a supportive network for veterans who otherwise may be isolated
- Identify ways to enhance care for LGBT veterans
- Promoting healthy lifestyle choices and positive self-images
- Providing available resources from within and outside the VAMC, to LGBT veterans.

Additional Pending and Intermittently Offered Services:

The Salt Lake City VA is continually striving to improve their support and services offered to all those who served. Feedback and suggestions are welcomed. Currently pending and intermittently offered services include:

- Culturally sensitive LGBT Military Sexual Trauma group
- HIV/AIDS support group (note: this group will be for any and all Veterans who are living with HIV/AIDS)
- Transgender Awareness Month (November) events/activities/outreach/education
- LGBT Trauma and Spirituality Group (12 session group offered annually)
- LGBT Recreation Therapy Retreats (offered twice a year (summer & winter), once in the 1st quarter and once in the 3rd quarter
- LGBT Swim Nights

Cisgender Lesbian, Gay & Bisexual Support & Empowerment Groups:

Two groups, one purpose:

- Cisgender Lesbian & Bisexual Support & Empowerment Group
- Cisgender Gay & Bisexual Men's Support & Empowerment Group

Both groups offer a safe and confidential place for cisgender (non-transgender) lesbian, gay & bisexual veterans to share thoughts and feelings about their experiences, to explore creative ways to cope with challenges they encounter, to learn from one another and to support and be supported by one another. These groups met on the 2nd and 4th Friday of each month.

Group session topics may include, but are not limited to:

- Coming out
- Family & friends
- Mental Health Issues
- The Diversity and complexity of sexual orientation
- Dealing with the aftermath of DADT
- How to engage in healthy interpersonal relationships
- Marriage and childrearing
- Religion and Spirituality
- Community resources and support
- The importance of social support
- Personal and sexual safety

Transgender Support & Empowerment Group:

Offers a safe and confidential place for transgender veterans to share thoughts and feelings about their experiences, to explore creative ways to cope with challenges they encounter, to learn from one another, and to support and be supported by one another. Group sessions include mental and medical health experts with topics relevant to transgender veterans.

Note: this group is facilitated by both a mental health therapist and an endocrinologist who specialize in providing care to the transgender population. This group meets on the 2nd and 4th Friday of each month.

Group session topics may include, but are not limited to:

- Identity development
- Personal and sexual safety
- Employment/vocational issues
- Medical Issues
- Mental health Issues
- Impact of Social Stigma
- Sexual Orientation
- Gender identity, expression, diversity, and dysphoria
- Emergence and Disclosure
- Body Issues
- Family & Friends, and the importance of social support
- Religion and spirituality
- Community resources and support

