



News & Views



Celebrating Real Family Values

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www.pflagmodesto.org

The Board of Directors for PFLAG Modesto has changed

A word from Michael McKibban, the new President of the Board

As a new member to the Modesto PFLAG board and its new president, I have been asked to introduce myself to the rest of the membership through this newsletter. I am one of the faculty advisors for Oakdale High School Gay-Straight Alliance; in that role I will be part of the program at the Modesto PFLAG support meeting in March. I have been working with the Operations Committee since January '08 to establish a PFLAG support group in Oakdale. I want to take this opportunity to thank the many wonderful PFLAG regulars that have been so helpful in making that a reality. 2008 was quite a busy year for me, in addition to PFLAG, I was fortunate to work with Marriage Equality in developing a local newspaper campaign in opposition to Prop 8. Hopefully, this newsletter will reach you in time to invite you to join us at the candlelight vigil March 4th, the eve of the Supreme Court hearing regarding Prop 8; details will be available through Stanislaus PRIDE Center.

On the topic of support, if any parents of gay sons could make it out to Oakdale some 3rd Wednesday in the next couple of months, we have a mom that would greatly appreciate it. Currently, no one in the Oakdale support fits that specific category.

My request as new president of Modesto PFLAG is for each PFLAG member to find time in his/her schedule at least twice during the year to attend a support meeting. "When you stop needing PFLAG, PFLAG needs you."

Your 2009 president, Michael McKibban

A word from Len Revelli, new Board Member at Large

I look forward to getting to know more of you in the PFLAG family and in the community at large. It's a good time to join and better yet to **find myself in** an organization of members so vital to our community of GLBTQ and straight allies. Together, we will continue to expand PFLAG's influence and find additional ways to refine education and support for those in need. At PFLAG, you will find a home. Join us!

Best wishes, Len Revelli

Thank you to Gordon Preston, retiring President of the Board by Cathy Jennison, Treasurer of the Board. "Gordon Preston was PFLAG's first board President and set the standard for thoughtful, considered input to every decision. His support and care was felt by all who came, and we hope he and Colleen continue to share their gifts in the future. Good luck and may we see you often."

Dates to Remember

Meeting days

1st and 3rd Tuesdays
every month

7 pm Support

8 pm Program

March 3

MEET IN THE YOUTH

ROOM

Our new board president has invited Gay/Straight Alliance advisors and students for an informative presentation.

March 8

Birdcage

Is an informal, monthly social gathering for GLBTs, allies and friends. Join the group at

Bacchus

1200 "I" Street, downtown

5-9 PM

Contact **Patrick Pokorny** at

404-0538 or

ndskills1@sbcglobal.net

GLBTQ YOUTH GROUP

March 11 & 25 7-9 pm

College Avenue Congregational Church, corner of College and Orangeburg Avenues

PFLAG group in Oakdale!

March 18 7-9 pm

Golden Oaks Conference Room

1425 West "H", Oakdale

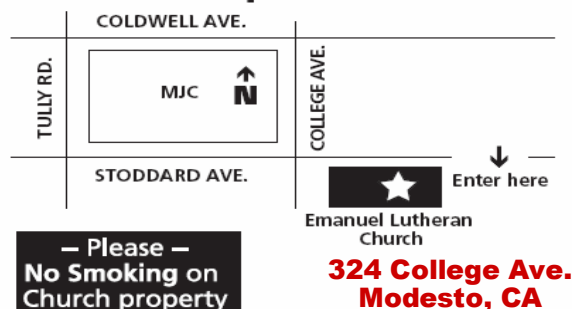
pflagoakdale@dishmail.net

Please join the group in Oakdale!

PFLAG Mission Statement:
PFLAG promotes the health and well being of gay, lesbian, bisexual, and transgender persons through: **support**, to cope with an adverse society; **education**, to enlighten an ill-informed public; and **advocacy**, to end discrimination and to secure equal civil rights. Parents, Families and Friends of Lesbians and Gays provides opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.

Have news to share or an item of interest? Want to receive the PFLAG Modesto newsletter electronically? Contact Marilyn Mettler at klizard@sprynet.com, leave a message on the helpline at 527-0776 or drop a line to P.O. Box 4311, Modesto, 95352

Location Map:



March 17
PFLAG Bingo

Family Rejection of LGB Children Linked to

Poor Health in Early Childhood

Published: December 29, 2008 in [Psychology & Sociology](#)

Full article: http://esciencenews.com/articles/2008/12/29/family_rejection_lgb_children_linked_poor_health_early_childhood

<http://familyproject.sfsu.edu/overview>

For the first time, researchers have established a clear link between family rejection of lesbian, gay and bisexual (LGB) adolescents and negative health outcomes in early adulthood. Negative parental behavior toward LGB children dramatically compromises their health. The discovery has far reaching implications for changing how families relate to their LGB children and how a wide range of providers serve LGB youth across systems of care. "For the first time, research has established a predictive link between specific, negative family reactions to their child's sexual orientation and serious health problems for these adolescents in young adulthood such as depression, illegal drug use, risk for HIV infection, and suicide attempts," said Caitlin Ryan, who is the lead author of the paper.

"This study clearly shows the tremendous harm of family rejection, even if parents think they are well-intentioned, following deeply held beliefs or even protecting their children. In today's often-hostile climate for LGBT youth, it is especially important to note that both mental health issues like depression and suicide and HIV risk behaviors were greatly increased by rejection. When put to practical, day-to-day use and shared with families and those who serve LGBT youth, these findings will lead to healthier, more supportive family dynamics and better lives for LGBT young people." said Sten Vermund, MD, a pediatrician and Amos Christie Chair of Global Health at Vanderbilt University.

Subsequent work with ethnically diverse families by the Family Acceptance Project indicates that parents and caregivers can modify rejecting behavior once they understand the serious impact of their words and actions on their LGBT children's health. In addition, even a little change in parental behavior appears to have a clear impact on decreasing LGBT young people's risk. This new family-related approach to working with LGBT youth being developed by the Family Acceptance Project engages families as allies in decreasing the adolescent's risk and increasing their well-being while respecting the family's deeply held values. (The Family Acceptance Project focuses on lesbian, gay, bisexual and transgender youth [LGBT].)

The prevailing approach by pediatricians, nurses, social workers, school counselors, peer advocates and community providers has focused almost exclusively on directly serving LGBT youth, and does not consider the impact of family reactions on the adolescent's health and well-being. "The new

family-related behavioral approach to care being developed by the Family Acceptance Project offers great promise to change the future for LGBT youth and their families by helping parents and caregivers learn how to support their LGBT children and to prevent these extremely high levels of risk related to family rejection," "Rather than seeing families as part of the problem, this approach engages them as an essential resource in promoting healthy outcomes for their LGBT children." However, redirecting practice and professional training - from not asking about family reactions to a young person's LGBT identity to engaging families in promoting their LGBT children's well-being requires a substantial shift on the part of both mainstream and LGBT providers, health systems and community programs." said Erica Monasterio, MN, FNP, in the Division of Adolescent Medicine and Family Health Care Nursing at UCSF.

Major Research Findings: Higher rates of family rejection during adolescence were significantly associated with poorer health outcomes for LGBT young adults.

Compared with peers from families that reported no or low levels of family rejection, LGBT young adults who reported higher levels of family rejection during adolescence were:

- 8.4 times more likely to report having attempted suicide
- 5.9 times more likely to report high levels of depression
- 3.4 times more likely to use illegal drugs
- 3.4 times more likely to have engaged in unprotected sexual intercourse

Latino males reported the highest number of negative family reactions to their sexual orientation in adolescence. (Thank you, Board President Michael McKibban for providing this article for the *News & Views*)

IN MEMORIUM GIFTS

Modesto community members **Keith Highiet, Betty Schroder, Ted and Margaret Leaman, Dr. RJ Moriconi and Tony Alonzo, Lewis and Shirley Woodward, Margie Lipsky, Dean and Cathy Jennison, and Doris Scanlon** have made generous donations in memory of **Wanda Revelli** who passed away December 18, 2008. Thank you all for your thoughtfulness.

If you would like to make an in memorium gift to PFLAG Modesto at any time, please send your tax-deductible donation to P.O. Box 4311, Modesto, CA. 95352-4311. We will be happy to acknowledge your contribution in the *News & Views*.