



### "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](http://www.npaihb.org/2SLGBTQ)

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# 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](http://wpath.org/gei/certification)
- Find and share resources:
  - ♦ [ihs.gov/lgbt/health/twospirit](https://ihs.gov/lgbt/health/twospirit)
  - ♦ [fenwayhealth.org](http://fenwayhealth.org)
  - ♦ [howardbrown.org](http://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.

