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Cascade AIDS Project Awarded \$20,000 For LGBTQ+ Family Mental Health Start-up Program

PORTLAND, OR (January 31, 2018): Cascade AIDS Project (“CAP”) is proud to announce that it has been awarded \$20,000 from the Oregon Community Foundation to start up an LGBTQ+ Family Mental Health Program.

The program will establish a Family Mental Health Program for LGBTQ+ individuals and families at Oregon’s first LGBTQ+ primary health care clinic, Prism Health. The program addresses the comprehensive set of mental health needs faced by the LGBTQ+ community, and aims to bring on a mental health specialist with significant experience with the LGBTQ+ community.

In Oregon, LGBTQ+ individuals are more likely to suffer from depression and anxiety. LGB have nearly twice the rate of mental distress and more than double the rate of suicide ideation relative to heterosexuals. Transgender adults have 25 times the rate of suicide ideation as non-LGBTQ+. LGBTQ+ youth are five times as likely to attempt suicide as heterosexual youth. Caitlin Wells, CAP’s Director of Healthcare Operations, notes this program will help amend those disparities.

Prism Health opened its doors for primary care in May 2017 and is now ready to utilize its six on-site mental health suites. Starting a mental health program has always been part of Prism’s plan to deliver comprehensive culturally affirming LGBTQ+ healthcare in Portland and Southwest Washington.

The LGBTQ+ Family Mental Health Program will be fully operational by the end of 2018.

About Cascade AIDS Project & Prism Health

Cascade AIDS Project is the oldest and largest AIDS Service Organization in Oregon and Southwest Washington. Prism Health, a primary care health center, an integral part of CAP’s expanding mission to serve the broader LGBTQ+ community and will help remove barriers and improve access to health care for all LGBTQ+ individuals. For more information about CAP visit www.cascadeaids.org. For more information about Prism Health visit www.prismhealth.org. ###