



# Wellness Guide



for LGBTQ+ Folks  
in New Mexico



# Healthcare Bill of Rights

What is "wellness?" It's unique to each of us! We can each define for ourselves what's good and right for us and our bodies.

LGBT Healthlink reminds us that we do have some rights regarding our health and well-being. From [www.HealthCareBillofRights.org](http://www.HealthCareBillofRights.org):

"Your personal life and relationships affect your health more than you realize, so your doctor and other providers need to know your story. We should feel safe talking about our sexual partners, sex lives, sexual orientation, HIV status, and gender identity."

Your rights include:

- The right to be treated with equality and respect.
- The right to not be denied service or given inferior service.
- The right to affirmation of your true gender identity.
- The right to designate who will make decisions for you.
- The right to visitation by anyone you choose.
- The right to your privacy.
- The right to protections if you are discharged due to discrimination.

This "Fierce Pride Wellness Guide" is here to help you achieve your rights. In it are agencies that have chosen to be included and they want you to be aware of what they offer. It brings you resources and information you may find helpful.

While each of us is unique and has multiple aspects to our identities, LGBTQ people do, as a group, have some health similarities. For example, as a group, we are nearly twice as likely to smoke as our heterosexual and cisgender peers. Young queer people in New Mexico, especially, are smoking at exceptionally higher rates than their peers.

Since our community has been targeted by tobacco companies, and tobacco has historically been one way that people deal with stress, it's not really surprising that we smoke a lot more. But as a community, we can choose to change that. We can support one another in quitting tobacco or e-cigarettes or in never starting. As we say in Fierce Pride, "Queer the Air!"™ We can together, crush the influence of big tobacco companies and embrace a tobacco-free community. *We deserve that!*

Please enjoy and take advantage of this first edition of the "Wellness Guide." A very special thanks goes to UNM Truman Health Services, which provided the design and printing for this guide.

We acknowledge that the guide is incomplete. This is the first time for such a publication and we intend to publish updated issues going forward. If you would like information about being included in a future issue, please contact Fierce Pride directly at [fiercepridenm@gmail.com](mailto:fiercepridenm@gmail.com). We'll be glad to put you on the contact list.

Fierce Pride is a community-led health advocacy group of lesbian, gay, bisexual, trans, and queer people in New Mexico. We support the health and well-being of our LGBTQ communities. If you are interested in partnering with us to create healthier LGBTQ communities by being a contact person where you live, please contact Fierce Pride at [fiercepridenm@gmail.com](mailto:fiercepridenm@gmail.com).

To your health!

*R.J. Dakota*

Fierce Pride Statewide Coordinator



## Quitting Together

By: Alex Ross-Raymond

**Emet Ma'yan** and **Jess Fulton** were giddy with pride when they visited the Fierce Pride photo booth at Albuquerque Pride last year, the day Emet decided to quit smoking. He recently picked up the habit again after struggling with quitting for the year prior. Together they smoked a pack a week. Emet called the free **1-800-QUIT-NOW** cessation hotline right outside the photo booth, and he hasn't had a cigarette since. A few months later, Emet's partner, Jess, also quit smoking. We met up recently and they told me how and why they quit.

"I am a parent. I had fallen in love. I didn't want to miss out later in life by getting sick and dying."

### What prompted you to quit smoking tobacco?

#### **Emet:**

It bothered me that I smoked. [At Pride 2015] I was in [gender] transition, so I was smoking a lot. I am a parent, and I'd fallen in love. I didn't want to miss out later in life by getting sick and dying. Even though I felt that way, I couldn't stop smoking.

#### **Jess:**

I used to think smoking was my reward. The tension of the day would fade away. I felt my body without thoughts. Smoking was a thing that felt good when I was lonely. Being closer to Emet, I didn't need it.

Continue to next page

## What made you decide to quit?

### Emet:

I didn't go to Pride thinking I would quit smoking. I was having a really sweet time with my sweetie. I realized my guard was down because I was at a queer event. I normally go through the world with my guard up, often having a cigarette when I get most uncomfortable. I never liked being a smoker and spent years stopping and then starting back again when a hard event hit. I would be uncomfortable in my body and my feelings, so I wanted a cigarette. But things in my life were changing. I wanted to be healthy, self-loving, self-accepting person. Smoking was not supporting that goal.

### Jess:

Cigarettes used to be a part of our fights. We could go outside and smoke together. When Emet quit, it wasn't fun to go outside and smoke alone. I hated how that felt. I wanted to spend time with him.

## What strategies did you use to help each other quit and stay off tobacco?

### Emet:

When I called the quit line, I made sure they knew I was a queer person, and I was calling from Pride. It was important to me that they would see that I was queer. I wanted them to know Fierce Pride played an important role in our community and supporting queers to quit required something that spoke to my queer identity. I appreciated that the person who called knew I was queer and the community even that started my quitting was Pride. It was like with every Tuesday phone call the person was saying, "I see you - I know who you are." We're healthier now. Our communication is healthier. Our coping mechanisms are healthier. We're healthier now.

### Jess:

It was kind of a long, slow process to totally be free of cigarettes. We each has a pack in our freezers for months, even after we had stopped smoking. It was comforting to me to have them "just in case." Then we kept them in the consoles of our cars. I used to like seeing them, like someone I knew, who didn't hang out with but didn't want to let go of. It was an independence thing - like no one was making me do anything. Eventually, that changed. One day I saw the old dented pack in the console and was like "GROSS." The attachment was gone. I threw them out and haven't bought a pack since.

# Alianza of New Mexico

## HIV Services

- Medical & Non-Medical Case Management
- Health Insurance Assistance
- Linkage to Care
- Supportive Services (food bank, etc.)

## HIV Prevention

- Free HIV testing
- Prevention Education

## Harm Reduction

- Syringe Exchange
- Narcan & Overdose Prevention
- Safer Sex Kits

to serve the needs of those in the State of New Mexico who are living with or affected by HIV

to provide education and prevention regarding this disease and to nurture the physical and emotional well-being of persons with critical health needs through compassionate programs and services

Roswell: (575) 623-1995  
Las Cruces: (575) 915-1770

[info@alianzanm.org](mailto:info@alianzanm.org)

<https://www.facebook.com/alianzaofnewmexico>



# Casa Q

Our mission is to provide safe living options and services for lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQQ) youth, and allies who are risk or experiencing homelessness.

**Email:**  
[director@casaq.org](mailto:director@casaq.org)

**Phone:**  
(505) 872-2099

**Website:**  
[casaq.org](http://casaq.org)

**Facebook:**  
[facebook.com/CasaQNM](https://www.facebook.com/CasaQNM)



# IMPACT

**Email:**

[ips@impactpersonalsafety.org](mailto:ips@impactpersonalsafety.org)

**Phone:**

(505) 992-8833

**Website:**

[www.impactpersonalsafety.org](http://www.impactpersonalsafety.org)

**Facebook:**

ImpactNM

**Twitter:**

@IMPACTNewMexico

To prevent violence by building skills and inspiring individuals to be agents of personal, community, and cultural change.

**We work with communities in:**

- Santa Fe
- Albuquerque
- Northern New Mexico
- Other areas upon request

Contact us to learn more!

we envision a world where diversity is celebrated and all people are respected, valued, and affirmed inclusive of their sexual orientation, gender identity, and gender expression.

Albuquerque  
Las Cruces  
Santa Fe  
Silver City  
Taos

**email:**

[contact@pflagabq.org](mailto:contact@pflagabq.org)

**phone:**

(505) 873-7373

**website:**

[www.pflagabq.org](http://www.pflagabq.org)

**facebook:**

PFLAG Albuquerque

**PFLAG**



## **Transgender Resource Center of New Mexico**

Written by: JL

The TGR CNM, Transgender Resource Center of New Mexico, is a great place to visit if you are looking for information on Transgender education. Located at 149 Jackson Street Northeast, Albuquerque, NM, 87108. 505-200-9086. Open Monday through Saturday, with drop-in hours from 1 to 6 p.m. [WWW.TGR CNM.ORG](http://WWW.TGR CNM.ORG)

The TGR CNM is a community-based organization and is the best place to get resources for the Trans Individuals. Trans is an umbrella term for all identities along the gender spectrum such as Male-to-Female, Female-to-Male, gender non-conforming, genderqueer, gender fluid, non-binary, and questioning. They offer an array of help, from clothing to general hygiene products. Some of the Trans clients bring to the center donations like food and clothing wherever they can. Everything is welcome, including your time as a volunteer. Drop-in services include a place to rest, someone to talk to, and a place to be yourself. TGR CNM hosts a computer lab, lending library, support groups, free confidential HIV testing, syringe exchange, free clothing, chest binders and other items. They offer informal case management; information and referrals on name change, medical care and more for the transgender and gender non-conforming people of New Mexico and their loved ones.

The TGR CNM offers a 1-hour training on Transgender lives and issues for organizations and businesses that covers basic terms, definitions, and being an ally to Transgender and gender non-conforming people. Once you have received this training, there is an extensive and more detailed 2-hour training, which covers more in-depth topics.

Support groups are offered monthly and include Rainbow Friends, Transfeminine Support Group, TransMasculine Support Group, Non-Binary Support Group, Partners of Trans & Gender Variant Persons, Youth Group (25 and under), ABQ Kids/Playgroup and Parents' Support, Las Cruces Transgender Support Group, and Santa Fe Transgender Support Group. Just come on by and check the TGR CNM out. It's a wonderful place to come and be yourself.

BEHAVIORAL HEALTH RESEARCH CENTER  
OF THE SOUTHWEST

BHRCS



A Center of Pacific Institute for Research and Evaluation

The BHRCS is part of a larger independent, nonprofit organization called the Pacific Institute for Research and Evaluation. Our overall mission is to promote, undertake, and evaluate activities, studies, and programs that improve individual and public health, welfare, and safety. In support of this mission, we create and support an environment within which skilled, innovative, and dedicated researchers and practitioners work together to expand and disseminate knowledge.

**Services:**

Community-based research  
Strategic Planning  
Logic Modeling  
Needs Assessment  
Intervention/Program Design  
Qualitative methodologies  
Quantitative methodologies  
Report Writing & Publication

**Email:**

[info@pire.org](mailto:info@pire.org)

**Phone:**

(505) 244-3099

**Website:**

[www.bhracs.org](http://www.bhracs.org)



R A N C H

P R O J E C T

Provides culturally-appropriate commercial tobacco prevention, Native Youth leadership, entrepreneurship, and financial literacy programs for New Mexico Native American communities.

**Email:**

[Margaretm@osovistaranchproject.org](mailto:Margaretm@osovistaranchproject.org)

**Phone:**

(505) 775-3061

**Website:**

[www.osovistaranchproject.org](http://www.osovistaranchproject.org)



# COMMUNITY AGAINST VIOLENCE (CAV)

## TAOS



CAV advocates for and welcomes ALL survivors of violence, regardless of sexual orientation, sexual identification, or gender expression.

Services include:

- 24-Hour Crisis Hotline for people who have, or are, experiencing domestic and sexual violence
- Emergency shelter for adults and their children who are survivors of domestic and sexual violence
- Counseling and support
- Legal and medical advocacy
- All services are *free* and *confidential*.



We believe you. Call today if you need to talk. Our **24-hour Crisis Hotline** is **575-758-9888**.

**CAV takes PRIDE in healthy relationships**

Offices: 575-758-8082, 8-5 M-F    TaosCAV.org    945 Salazar Rd., Taos, NM 87571

# EQNM

[www.EQNM.org](http://www.EQNM.org) | [info@EQNM.org](mailto:info@EQNM.org)

Albuquerque: 505.224.2766

Las Cruces: 575.650.1014

## EQUALITY NEW MEXICO



@equalitynm

“ We believe that every lesbian, gay, bisexual, transgender and queer (LGBTQ) New Mexican is a vital community member in our Land of Enchantment, that we are more than just our LGBTQ identities, and that the health and wellbeing of LGBTQ New Mexicans is crucial to creating a stronger, more balanced world. This belief compels us to challenge structural and individual barriers that limit our self-determination and ability to thrive. ”

## SERVICES

Policy Development & Advocacy • Cultural Competency Education  
Bullying Prevention • Health Care Enrollment • Community Outreach  
Social Services Referral • Board & Organizational Development  
Know Your Rights Training • Legal Assistance & Navigation



SCAN & SIGN  
UP FOR EMAIL  
UPDATES!



"I want a better life  
beginning with  
my health."

Written by: **Natasha Juliana Volkova**

I have been blessed to have seen the process of making this amazing guide for the community, from being a creative idea to being a tangible resource at everyone's fingertips. My hope for this magazine is that it will help everyone bring up the conversation about health and point people to resources. I invite you to use this amazing tool to discover and reconnect with the many amazing organizations here in New Mexico. I want to help further in sharing a little bit about my life story and the proactive steps I took in living a health conscious life.

My name is Natasha Juliana Volkova, a Native American Trans-Woman from Farmington, New Mexico. I am born for Red Running into Water and Tangled People Clans. I have been actively involved with the community the past few months here in Albuquerque, New Mexico. I moved to Albuquerque three years ago because I want a better life, beginning with my health. In my pursuit, I've taken the responsibility in knowing my HIV status with the help of Midtown Public Health Office, changed my eating habits and my fitness goals.

Coming to terms with who I've been to where I want to be wasn't easy. The help I received at Transgender Resource Center of New Mexico from name change guidance to resume building has been a true blessing. I am grateful to have found peace within myself and found support from the community.

I encourage you to take the time to value your health and make the conscious decision to take action. I am eternally grateful to the help that I received from the community. I'd like to acknowledge Fierce Pride for giving me the opportunity in sharing my journey, as well as everyone whole make this health guide a reality.

# AGING WITH PRIDE

sage<sup>SM</sup>

ALBUQUERQUE

Services & Advocacy  
for Gay, Lesbian, Bisexual  
& Transgender Elders

Monthly socials

Monthly Caregiver Support group

Education Program to provide training for service providers on  
the unique challenges older LGBT adults face.

SAGE Albuquerque provides support and social and educational programs to enhance the lives of older lesbian, gay, bisexual, and transgender individuals in Albuquerque.

for more information, visit

**WWW.SAGEABQ.ORG**

info@sageabq.org  
505-710-6987  
PO Box 26836  
Albuquerque, NM87125

**CASE MANAGEMENT, CLOTHING ASSISTANCE, EMOTIONAL SUPPORT, FITNESS ROOM, FOOD PANTRY, HOME GOODS ASSISTANCE, HOUSING ASSISTANCE, HIV TESTING & COUNSELING, INSURANCE ASSISTANCE, MEALS & MEDS, MULTILINGUAL STAFF (ENGLISH, FRENCH, NAVAJO, AND SPANISH), ONE SIGHT VISION CARE ASSISTANCE, PET HEALTHCARE ASSISTANCE, PROJECT SEEK LIFE SKILLS ASSISTANCE, PSYCHOSOCIAL SUPPORT, SYRINGE EXCHANGE, TRANSPORTATION ASSISTANCE, UTILITY ASSISTANCE, AND MORE...**

**New Mexico AIDS Services  
has served the people of  
our state since 1985.**

**625 Truman St NE  
Albuquerque 87110**

**626 E Main St, Ste 3  
Farmington 87401**

**NMAS**

NEW MEXICO AIDS SERVICES  
<http://www.nmas.net>  
[Facebook.com/NMAIDS](https://www.facebook.com/NMAIDS)

# New Mexico Coalition of Sexual Assault Programs, Inc.

To educate and advocate on behalf of all New Mexicans about the incidence and prevalence; social determinants; health outcomes; and evidence-based legal and programmatic intervention, treatment, and primary prevention of sexual violence in New Mexico, for the purpose of affecting a reduction in the statewide incidence and prevalence of sexual violence.

Email:  
nmcsap@swcp.com

Phone:  
(505) 883-8020 (Main)  
(888) 883-8020 (Toll-free)

Web:  
www.nmcsap.org

Created in 1984, NMCSAP is a private, non-profit organization, it continues to provide a variety of technical assistance and training services throughout New Mexico.



## Rape Crisis Center of Central New Mexico

To provide support and advocacy to survivors of sexual assault and abuse within the greater Albuquerque area, and to serve as a community resource on issues regarding prevention and awareness of sexual violence.

24/7 hotline: (505) 266-7711  
Counseling: (505) 266-7712

Website: <http://rapecrisisnm.org>

Twitter: @RapeCrisisNM  
Facebook: Rape Crisis Center  
of Central New Mexico

To provide culturally sensitive programs and services creating a Pan-Asian community that advocates for and supports itself.

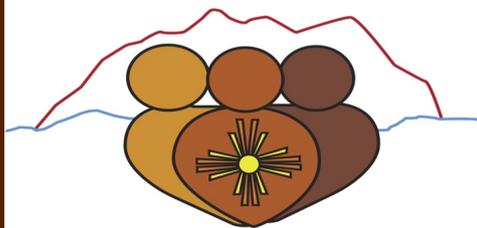
## What we do:

- Children and Family Programs
- Support Services
- Community Education
- Advocacy

New Mexico Asian Family Center  
128 Quincy St NE  
Albuquerque, NM 87108  
www.nmafc.org  
info@nmafc.org  
(505) 717-2877



New Mexico  
Asian Family Center



**YOUNG  
WOMEN  
UNITED**

Building communities where all people have the information, education, and resources we need to make real decisions about our own bodies and lives.

YWU leads policy change and community organizing by and for women of color in New Mexico. We advance an intersectional vision of reproductive justice around destigmatizing mental health and healthcare, lead criminal justice reform with a gender lens, maintain and grow access to reproductive healthcare, increase access to a full range of birthing options, and build educational equity and support for expecting and parenting young people.

Email:  
[ywu@youngwomenunited.org](mailto:ywu@youngwomenunited.org)

Phone:  
(505) 831-8930

Website:  
[youngwomenunited.org](http://youngwomenunited.org)

Facebook: Young Women United

Twitter: @YWUWomen

Instagram: @YWUWomen



# Who are UNM Truman Health Services?

Written by:

Alex Ross-Raymond

Fierce Pride Associate Coordinator

## **Transgender Patients find Quality Medical Care at UNM Truman Health Services**

Many transgender people avoid going to the doctor for a variety of reasons. Some fear discrimination by medical staff. Others have been outright refused. Some routinely misgender and misnamed in the doctor's office. The resulting lack of medical care can take a toll on their bodies.

UNM Truman Health Services is a leading provider of transgender healthcare. UNM Truman Health Services offers services to all trans+ folks, including primary medical, mental health, hormone replacement therapy, and support services. UNM Truman Health Services has highly trained non-judgemental physicians who specialize in treating trans+ patients. It only takes a few weeks to get an appointment, and if you qualify, the cost is minimal. One qualification is to have health insurance, and staff help patients to get health insurance. UNM Truman Health Services plans to add a full LGBTQ health program at a new location, but currently does not offer primary medical care to cisgender non-infected people.

## **Reducing risk of HIV Infection through PrEP Medication**

Pre-Exposure Prophylaxis (PrEP) is an anti-HIV medication that when taken by a non-infected person can reduce their risk of infection more than 90% (when taken consistently). PrEP is available for free at UNM Truman Health Services through their PrEP clinic for men who have sex with men (MSM) or anyone who is at high risk for HIV Infection.

## **Patient-Centered Care for People Living with HIV**

For those individuals living with HIV, UNM Truman Health Services offers complete wrap around services. The clinic provide complete medical care, mental health counseling, psychiatric treatment, and case management. The clinic even provides complimentary therapies such as massage, acupuncture, and dental for their patients. Truman always offers medical services to people living with HIV, regardless of their ability to pay.

## **Preventing HIV through Education and Testing**

UNM Truman Health Services is a leading prevents the spread of HIV through education and free testign while also offering somprehensive services for people living with HIV. UNM Truman Health Services first opening in 1985 and has since expanded to offer wrap-around services for patients with HIV and Prevention Outreach. They now have three locations around teh city and operate three youth centers located within schools.

Empowering people to know their HIV status is a major aspect of UNM Truman Health Services' mission. If you know your status, you can better care for yourself and your partners. They offer free testing throughout the city, at events, at Albuquerque Pride, and in three health centers. They even give free condoms, safe sex kits, and lube.

For free testing contact:

**(505) 925-7286** -or- [THSOutreach@unmmg.org](mailto:THSOutreach@unmmg.org)

Walk-ins are Tuesday mornings, Thursday afternoons, and by appointment

**801 Encino Place NE Suite B-6**

**Albuquerque, NM 87102**

UNM Truman Health Services sponsored the design and printing of this 2016 Fierce Pride Wellness Guide. A special thanks to Jeff Devereaux, AIDS AmeriCorps Volunteer, and Michelle Wood, Marketing Coordinator, for their work and collaboration with Fierce Pride New Mexico.



Together  
we shine brighter  
than a lighter!

EMBRACE A TOBACCO-FREE COMMUNITY

1-800-QUIT NOW • 1-855-DEJELOYA

FiercePrideNM@gmail.com  Fierce Pride



Community-based  
health education,  
research and  
advocacy for LGBTQ  
people in New Mexico  
since 2003.

FiercePrideNM@gmail.com

 Fierce Pride

[www.fiercepride.org](http://www.fiercepride.org)

Want to be a part of the next **FIERCE PRIDE**  
Wellness Guide?

Contact us! [FiercePrideNM@gmail.com](mailto:FiercePrideNM@gmail.com)



**Rebecca J. Dakota**  
Fierce Pride Statewide Coordinators

**Alex Ross-Raymond**  
Fierce Pride Associate Coordinator

**Special Thanks to:**

Jeff Devereaux (Design)

Michelle Wood (Design)

Natasha Volkova (Model/  
Contributor)

JL (Contributor)

All the health partners who  
submitted ads.

**It's NOT about being  
positive or negative.**

**It's about  
whether or not  
you **KNOW**.**

**HIV Prevention & Outreach**

**Community Education**

**PrEP Clinic**

**Transgender Clinic**

**HIV Positive Primary Care**

**HIV Medical Case Management**

**HIV Positive Support Groups**



**UNM Truman Health Services** Encino Place

*UNM Medical Group, Inc.*

801 Encino Place NE | Building F | Albuquerque, NM 87102  
(505) 272-1312      [THSinfo@unmmg.org](mailto:THSinfo@unmmg.org)