



# Gender Inclusive Bathrooms at AHP

The AHP Services Center has switched to gender inclusive bathrooms in support of transgender, non-binary, and gender non-conforming community members. With this change, AHP takes another step toward ensuring that all clients, staff, and visitors to the AHP Services Center feel welcome.

Transgender, non-binary and gender non-conforming people often face bullying or harassment when using toilet facilities, which creates anxiety and fear around a basic human need that most people take for granted. AHP's gender inclusive restrooms will provide freedom from what can be a daily struggle just to use the bathroom.

"It's really about being reflective of the community we serve in a respectful and welcoming way," said Lori Thoemmes, AHP's Director.

Our multi-stall bathrooms have new signs, which indicate the specific facilities they contain (for example, toilet, urinal), so that people can choose the bathroom that is right for them. These signs describe what's in the bathroom, rather than restricting who is allowed to use it, an approach that acknowledges the reality of multiple gender identities. The first-floor restroom nearest the reception desk will continue to be available as a single-use, locking bathroom.





# AHP UPDATES

JULY-SEPTEMBER 2018

The UCSF Alliance Health Project supports the mental health and wellness of the lesbian, gay, bisexual, transgender and queer (LGBTQ) and HIV-affected communities in constructing healthy and meaningful lives.

## AHP GROUPS

For more information: [ucsf-ahp.org](http://ucsf-ahp.org)

For more info, call 415-476-3902 and ask for the triage staff person.

Most groups require an assessment process. Drop-in groups do not require an assessment or RSVP.

### For People who are Lesbian, Gay, Bisexual, Transgender, or Queer

#### Sex & Sobriety\*

A 14-week group looks at navigating sober sexuality and attaining emotional intimacy. For gay and bisexual men with at least two months of current, continuous sobriety.

#### Gay & Bi Men's Group\*

Ongoing group for gay and bisexual men exploring issues of mental and physical wellness.

#### Taking the Wheel\*

A 12-week substance use disorder group that will explore a different topic each week to help participants identify coping strategies to reach and maintain their goals of recovery from problematic drug and alcohol use. A 12-week commitment is required.

#### Trans Support Group\*

Ongoing group for transgender and gender nonconforming people who want to explore their gender, relationship issues, self-esteem, and mental and physical wellbeing. Open to all genders.

### For HIV-Positive People and People with AIDS

#### Living and Thriving with HIV Support Groups

Ongoing groups to talk about relationships, dating, sex, aging, being positive in San Francisco, medical issues, and more. Ongoing groups require three-month commitment.

#### Long-Term HIV Survivors

Ongoing group for those with long-term HIV and mental health concerns.

### OPEN TO ALL

#### Psychoeducation Group\*

A 10-week group focused on topics—including communication, finances, and mental health—that enhance living skills and increase overall wellness.

#### Home Base Drop-In Group for People with Substance Use Concerns

Thursdays, 10:30AM to 12:30 PM. First-time attendees need to arrive at 10 AM. Harm Reduction based group.

#### Wellness Group

Ongoing group explores issues of aging, building social skills, managing mental health symptoms, and living with chronic physical health concerns.

#### Support Group for People Considering Returning to Work, or Other Activity

For HIV-positive people and those recovering from a disabling mental illness who want to discuss the possibility of returning to work or other gainful or meaningful activity. ■

\* Membership in groups marked with a star (★) is limited based on income and insurance restrictions.

