



## [San Mateo County Pride Center \(click for website\)](#)

### **August 2024 Updates**

- August 2024 Pride Center newsletter - <https://tinyurl.com/smcpcaugust2024newsletter>

### **Pride Center Hours of Operation:**

Come visit us! In addition to information, services, and events, we have a **public computer lab, an LGBTQ+ lending library, a food pantry, and a selection of clothes and gender affirming garments.** We are here for YOU.

- Anyone who needs to drop by the center outside of these hours, please connect with us directly as we strive our best to remain accessible.
- **Onsite Hours: Tuesday, Wednesday and Thursday from 11:30am - 6:30pm**
- Virtually, our programs and services are available **Monday - Friday 10:00am- 7:00pm** or as scheduled with your clinician.
- We are located at 1021 S. El Camino Real San Mateo, 94402 (corner of 11<sup>th</sup> and El Camino). Accessibility information: <https://sanmateopride.org/accessibility>

### **Face masks required at Pride Center**

**Based on the recent notification from San Mateo County Health that we are experiencing a high level of COVID-19 infection, the Pride Center is temporarily re-instating our on-site mask policy effective immediately.** We will remove the temporary mandate once the virus levels return to normal/as we are updated.

As a reminder, we have face masks and COVID tests available on-site if you need them. We also continue to use air purifiers, sanitize surfaces regularly throughout the day, and keep windows open for increased air flow and circulation.

If you need support or connections to resources, please contact us at [info@sanmateopride.org](mailto:info@sanmateopride.org)

### **Openings for Mental Health Services at the Pride Center:**

No waitlist currently!

The Pride Center provides both **therapy and case management services**. For therapy services we accept Medi-Cal/HPSM and self-pay clients (sliding scale available). Case management services are provided free of charge. Services are available to clients located in California. Priority is given to LGBTQ+ community members based in San Mateo County. If you are interested in receiving mental health services, please fill out our online Clinical Services Request Form at <https://sanmateopride.org/mental-health-services-2>

Outlet also has clinical openings. For more information, please contact Mimi Castro (he/him) at [mimi@acs-teens.org](mailto:mimi@acs-teens.org)

### **New Mental Health Trainees!**

Starting mid-August, **Emily (master's level trainee)** will be joining the Pride Center's clinical team!

### **Welcome Wadie!**

**Please join us in welcoming our new trainee, Wadie Zakhary, MSW (He/Him/His)**

Wadie grew up in Cairo, Egypt, where he worked in marketing. Wadie's previous work and relocation to the U.S. enforced his passion for supporting people in unleashing their human potential. This led him to pursue a master's in social work in New York City, where he worked with people of many backgrounds and concerns, including depression and gender challenges. Wadie is very passionate about supporting people in the ways he can.

On a personal note, Wadie is a vegan, a fiction/gay fiction reader, a walker, an occasional hiker, a tea drinker, a cat dad, an ex-dog dad, and a nature lover.

### **Can You Support the Pride Center by Volunteering?**

**Virtual and onsite** volunteer roles with the Pride Center include, but are not limited to:

- Supporting with community events
- Assisting with fundraising/development goals
- Youth or Older Adult specific programming
- Become a peer group facilitator (We are currently seeking volunteer co-facilitators for our monthly **Gay Men's and Trans\*** peer support groups!)
- Social media support
- Join our [Community Advisory Board](#)

To learn more, or if you have other ideas of how you can support by volunteering, please **contact Low (she/they) at [Lowellyn.Sunga@sanmateopride.org](mailto:Lowellyn.Sunga@sanmateopride.org)** (preferred) or 650-591-0133 who can help you figure out the best match for a mutually rewarding experience.

You can also **complete our Volunteer Interest Form**: <https://sanmateopride.org/get-involved/volunteer/>

## **FriGay Flicks**

### **FILM: Nyad (Rated PG-13)**

In honor of the summer Olympics, we're watching Nyad (2023)!

This event is free and open to the public. Light snacks will be provided. Doors open at 5:30 and the movie will start at 6 pm.

The Pride Center is located at 1021 S. El Camino Real in San Mateo, 94402. Our building is located at 11th and El Camino.

### **About the Film:**

Annette Bening, Jodie Foster, and Rhys Ifans star in NYAD to tell a remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida.

To watch a trailer, follow this link: <https://youtu.be/3anCgVSQb3Q?si=ytqgPdFt3nvBxn7Y>

## **Pride Cabaret**

We hope to see you on **August 24** for a special community event!

Location: Red Morton Center 1120 Roosevelt Ave, Redwood City, CA.

Time: 7pm

We are excited to be co-hosting the Pride Cabaret with our amazing partner, Fuse Theater! Enjoy an evening of entertainment and help us fundraise for the Pride Center!

Tickets as low as \$5 available via the link: <https://fuse.na.ticketsearch.com/>

Are you a performer? We have slots open! Performers are paid \$50. Email [nrojasdomke02@gmail.com](mailto:nrojasdomke02@gmail.com) for more information!

August 24th 7pm. Red Morton Center 1120 Roosevelt Ave.  
Redwood City, CA.

## **SaturGay Cinema: Mean Girls (Rated PG-13) Double Feature Saturday, September 14 (Doors: 3:30pm, Screenings start at 4pm)**

### **FILM: Mean Girls (Rated PG-13)**

Join us for our special Mean Girls Back to School Double Feature! You heard that right, we

said double feature- join us for both the original 2004 film and the new 2024 musical film.

### **About the Film:**

Cady Heron is a hit with the Plastics, an A-list girl clique at her new school. But everything changes when she makes the mistake of falling for Aaron Samuels, the ex-boyfriend of alpha Plastic Regina George. 2004 version stars Lindsay Lohan, Rachel McAdams, and Lizzy Caplan. 2024 version stars Angourie Rice, Renee Rapp, and Auli'i Cravalho. Both versions feature Tina Fey and Tim Meadows

### **Closed Captioning will be utilized for this film.**

Registration is required: <https://tinyurl.com/MeanGirlsDoubleFeature>

This event is free and open to the public. For this longer evening, pizza will be provided. Doors open at 3:30 and the movie will start at 4 pm.

At 4 pm we will start with the new 2024 Mean Girls, have a little dinner break, then start the original 2004 Mean Girls around 6:15.

Dressing like your favorite character is encouraged, but not required. Unlike the plastics, you CAN sit with us!

### **Name and Gender Change Workshop**

If you are looking for support in changing your name on your legal documents, join our monthly name and gender marker workshops.

**The format of the Name and Gender Change workshop is changing. We are moving from offering this workshop once a month to twice a month.** The Name and Gender Change workshop will now occur on the 2nd and 4th Wednesdays of the month from 6-7:30 PM.

Part 1 will be on the 2nd Wednesday and Part 2 will be on the 4th Wednesday. Part 1 will cover court order forms, filing instructions, and fee waivers. Part 2 will cover updating social security documents, DMV documents, passports, birth certificates, and other documents.

**Upcoming dates: August 14 and 28, September 11 & 25**

Please reach out to [info@sanmateopride.org](mailto:info@sanmateopride.org) or call 650-591-0133 if you have questions.

### **Trans Talks**

Pride Center and Stanford LGBTQ+ Health Program co-host Trans Talks, a free, monthly workshop series that centers the health and wellness of our Transgender and Gender Diverse community members. Every month, a different medical student from Stanford's LGBTQ+ Health Program will share information and lead a discussion.

**This month's Trans\* Talks is scheduled to take place on August 22.** Please stay tuned for information about the workshop.

If you are interested in rewatching/ watching these presentations or if you are interested in seeing recordings\* of other previous presentations, please use this link:

[tinyurl.com/transtalks-recordings](https://tinyurl.com/transtalks-recordings)

## **Upcoming Programming:**

### **Transcending Through Art: An Expressive Arts Therapy Group for Transgender/Nonbinary/Gender Expansive Teens (Ages 13 – 19)**

**This is an 8-week expressive arts therapy group for gender expansive youth, ages 13-19, who identify as Transgender, Nonbinary, Gender Fluid, Gender Non-conforming, Gender Creative and Questioning teens.** All skill levels welcome, no prior experience required. Art supplies will be provided. Additionally, participants are invited to bring their own supplies.

What can I gain from this group?

- Nurturing Joy & Euphoria through: Creative exploration of identity and self-expression
- Processing emotions outside the body
- Developing strategies towards self-regulation & co-regulation
- Creating identity-affirming community

This group is \$30/session but there are spots available for sliding scale fee. Please contact us for other potential billing options.

**This group runs from September 10<sup>th</sup> - October 29<sup>th</sup> onsite at the San Mateo County Pride Center (1021 S. El Camino Real).** For accessibility information about, please use this link-

For accessibility and parking information, please use this link:

<https://sanmateopride.org/accessibility/>

Questions? Connect with Jazz Slavin (they/them), MFT Trainee at

[jazz.slavin@sanmateopride.org](mailto:jazz.slavin@sanmateopride.org)

## **Community Programs & Announcements:**

### **The County of San Mateo Commission on the Status of Women:**

**Many women lost several years of income and savings due to the pandemic.** It is important to us to be inclusive and include the specific issues of trans women, in particular trans women business owners. The County of San Mateo Commission on the Status of Women seeks **to connect with trans women or organizations that support and/or work with trans women**, to gather input on the below question.

As a start, here are some sample questions:

- What do you think is the primary driver for these gaps and do you have any data regarding women in SMC that sheds light on this?
- Are there some specific drivers that are different for trans women?
- There are more women-owned businesses in CA than any other state in the US. Do you have any data on SMC trans women business owners' challenges to build wealth?
- Do trans women-owned businesses have retirement plans? If not, why not? Are they aware of and signed up with CalSavers?
- Do trans women say they need more financial education or financial coaching?
- Are trans women more afraid or cautious about investing than men or non-trans women?
- Who else would you suggest that we talk to for this information?

To share any responses and/or schedule time to meet, please **reach out to Susan Takalo (she/her)** at [swillstakalo@gmail.com](mailto:swillstakalo@gmail.com)

## Peer Support Groups

We are currently **seeking volunteer co-facilitators for our Gay Men's Group & Trans\* Group**. These are all virtual opportunities for community members 18+. For more information, contact Ishani Dugar (xe/them) or 650-554-1234 (text ok)

- Please note: Most groups are meeting on Zoom, stay tuned for updates.

### Peer Support Groups- Upcoming meeting dates

- LGBTQ Parent Group- Monthly on the 1<sup>st</sup> Tuesday from 7:30-8:30pm PST
  - Upcoming dates: September 3, October 1
- LGBTQ Book Club (18+) - Monthly on the 1<sup>st</sup> Wednesday from 4:30- 6pm PST
  - This group is hybrid- community members have the option of meeting onsite at the pride center or on Zoom!
  - To access a list of books we're reading click [this link](#).

- Upcoming book:
  - September 4: *Jane Steele* by Lyndsay Faye
- Registration is required: [tinyurl.com/smcpc-bookclub](https://tinyurl.com/smcpc-bookclub)
- Polyamory Peer Power (18+)- Monthly on the 1<sup>st</sup> Wednesday from 7- 8:30pm PST
  - Registration is required: <https://tinyurl.com/smcpc-polyampower>
  - Upcoming dates: August 7, September 4
- Trans\* Group (18+)- Monthly on the 1<sup>st</sup> Thursday from 6-7:30pm PST
  - Registration is required: <http://tinyurl.com/smcpc-transgroup1>
  - Upcoming meeting dates: September 5, October 3
- Gay Men’s Group (18+)- Monthly on the 4<sup>th</sup> Tuesday from 6-7pm PST
  - Registration is required: <https://tinyurl.com/SMCPC-gaymensgroup>
  - Upcoming dates: August 27, September 24
- Queer Women’s Social Group (18+)- Monthly on the 4<sup>th</sup> Friday from 6-7:30pm PST
  - Registration is required: <https://tinyurl.com/smcpc-queerwomensgroup>
  - Upcoming dates: August 23, September 27

## **Reminders & Resources:**

### **The Pride Center’s Year In Review!**

To read our Year in Review for Fiscal Year 2022 – 2023 its entirety, click [here](#)

### **General Pride Center information:**

- Resources: <https://sanmateopride.org/resources/>
- Events: <https://sanmateopride.org/events/>
- Peer Support groups: <https://sanmateopride.org/programs/peer-groups/>
- Youth Resources: <https://www.acs-teens.org/what-we-do/outlet/>



### **San Mateo County PRIDE Initiative Report**

***From: Dana Johnson (they/ them/ theirs)- PRIDE Initiative co-chair  
LGBTQIA+ Commission Meeting- Tuesday, August 22, 2024***

- ❖ **About the PRIDE Initiative:** The PRIDE Initiative is committed to creating welcoming and inclusive environments grounded in equality and parity for LGBTQ+ community members living and working in San Mateo County. By adopting an interdisciplinary and inclusive approach to collaborating, the PRIDE Initiative looks to partner with individuals, organizations, and providers that work to ensure that services are sensitive and respectful of LGBTQ+ issues.
  - **Join us at the next Pride Initiative meetings (via virtually) on  
\*\*\*Wednesday, September 11, 2024 from 4:30-6pm**
    - PRIDE Initiative and local LGBTQIA+ updates
    - Pride Initiative members approved the Pride Celebration “Smoke Free policy” at the August 2024 Pride Initiative meeting

➤ **Join the PRIDE Initiative Zoom Meeting on 8-14-24 at 4:30pm. Join using the link below**

<https://us02web.zoom.us/j/81510844451>

**Meeting ID:** 815 1084 4451

**Passcode:** PRIDEBHRS **(PLEASE NOTE: Password is now required to join)**





## **CoastPride Report**

**LGBTQIA+ Commission Meeting-** Tuesday, August 20, 2024

**From CoastPride Board Member:** Dana “TherActivist” Johnson (they/ them/ he), MSW

### ❖ **Our Vision**

A welcoming and safe Coastsides where all LGBTQ and gender-expansive individuals, their families, and allies thrive.

### ❖ **Our Mission**

Creating a Coastsides that supports and celebrates people of all sexual orientations and gender identities.

- CoastPride Events/ Trainings:
- *For events and to learn about what’s going on at CoastPride see the CoastPride newsletter.*
- **Center Hours:**
  - Drop-in—all are welcome
  - Mondays, 10am–2pm (ring the black doorbell when you arrive. (\*\*Closed on federal holidays)
  - Tuesdays and Thursdays, 2–6 pm
  - 1st Saturdays, 12 noon–2pm
- **CoastPride Groups**
  - More details regarding the groups please reach out to CoastPride Operations Director, Cameron Zeller [cameron@coastpride.org](mailto:cameron@coastpride.org)

### ❖ **Upcoming Events/ Announcements**

- **Alcove** Half Moon Bay planning is currently underway
- For more details regarding LGBTQIA+ events on the Coast, please reach out to CoastPride board member Dana “TherActivist” Johnson (they/ he) [dana@coastpride.org](mailto:dana@coastpride.org) or CoastPride Operations Director, Cameron Zeller (they/ them) [cameron@coastpride.org](mailto:cameron@coastpride.org)

# Precursors to Homelessness: An Economic Analysis of Foreclosure and Eviction Risk Among LGBTQ+ People

*Sponsored by Radian*

*Last updated November 3, 2023*

## EXECUTIVE SUMMARY

Many LGBTQ+ people experience homelessness at some point in their lifetime. Previous research suggests that LGBTQ+ youth and adults could comprise a significant share, roughly 20% to 40%, of the homeless population. LGBTQ+ youth are also disproportionately more likely to experience homelessness and housing insecurity than their cisgender and straight peers.

Using data from the Census Bureau's Household Pulse Survey (of U.S. adults age 18+) and the Human Rights Campaign /University of Connecticut 2022 LGBTQ+ Youth Study (of LGBTQ+ youth age 13-18), this report explores the precursors to homelessness, focusing on upstream determinants of parental rejection, poverty, and risk of foreclosure and eviction. Key results include:

### LGBTQ+ Youth

✦ **3.4%** of LGBTQ+ youth (age 13-18) surveyed in 2022 were experiencing housing instability at the time of the survey, including **3.6%** transgender and gender-expansive youth and **3.1%** of Cisgender LGBTQ+ youth.

✦ LGBTQ+ youth who experienced some form of parental rejection (**3.9%**) were almost twice as likely to be unstably housed than youth who did not experience any form of parental rejection (**2.3%**).

✦ Housing instability influences school performance and achievement. **One-quarter (27.3%)** of LGBTQ+ youth who experienced unstable housing were earning below a "B" grade average, compared to **13.4%** of LGBTQ+ students who were stably housed.



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## LGBTQ+ Adults

✦ LGBTQ+ adults are more likely than non-LGBTQ+ adults to be behind on their mortgage payments, adjusting for other factors like age, race, household income and other indicators of impoverishment (**OR: 1.10; 95% CI: 1.05, 1.15**).

✦ LGBTQ+ renters are also significantly more likely to be behind on their rent compared to their non-LGBTQ+ renting peers when adjusting for these factors (**OR: 1.07; 95% CI: 1.03, 1.10**).

✦ LGBTQ+ adults are more likely to be in lower income brackets than their non-LGBTQ+ peers: **62.5%** of LGBTQ+ adults reported annual household incomes below \$75,000 (the median household income in the United States), compared with **53.2%** non-LGBTQ+ adults.

✦ Among homeowners earning less than \$75,000 /year, LGBTQ+ and transgender adults are more likely than non-LGBTQ+ peers to be behind on their mortgage, reported by:

- **10.4%** of non-LGBTQ+ adults
- **12.1%** of LGBTQ+ adults
- **16.9%** of transgender adults

✦ Among low-income renters the reverse trend emerges – LGBTQ+ and transgender renters earning less than \$75,000/year are less likely to be behind on rent, reported by:

- **10.4%** of non-LGBTQ+ adults
- **12.1%** of LGBTQ+ adults
- **16.9%** of transgender adults

# LGBTQ+ Community Data

Nationally Sourced

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# Youth Health Outcomes: Mental Health

- 67% of LGBTQ+ youth experienced anxiety symptoms
- 41% of LGBTQ+ youth seriously contemplated suicide in the past year
  - 44% of Black, 42% of Latinx, and 53% of Native/Indigenous youth
- 14% of LGBTQ+ youth attempted suicide in the past year
  - 20% of trans and non-binary youth

56% of LGBTQ youth who wanted mental health care in the past year **were NOT able to get it**



Source: [LGBT People in the US: Select Findings from Generations and TransPop](#). June 2021.

Source: Trevor Project's 2023 [National Survey on LGBTQ Youth Mental Health](#). 2023.

# LGBTQIA+ Youth Mental Health

- Compared to their straight, cisgender peers, LGBTQIA+ youth...
  - Experience nearly **double** the amount of suicidal thoughts
  - Have reported anxiety **7 times** more often
  - Are diagnosed with depression at a rate of **10 to 1**
  - Will be **triple** as likely to try substances
- In California, **75%** of LGBTQIA+ youth report living in a supportive community, but...
  - **70%** experienced discrimination for their LGBTQIA+ identity
  - **50%** experienced verbal, physical, or sexual harassment
  - **44%** contemplated suicide, with **14%** attempting

# Youth Health Outcomes: Safety

- 18% of LGBTQ youth reported physical harm or threats due to their sexual orientation
- 27% of trans & non-binary youth reported physical threats or harm due to their gender identity
- LGBTQ+ youth AND young adults have a 120% higher risk of experiencing homelessness
  - Family rejection
  - Housing discrimination



Source: [LGBT People in the US: Select Findings from Generations and TransPop](#). June 2021.

Source: Trevor Project's 2023 [National Survey on LGBTQ Youth Mental Health](#), 2023.



## **LGBTQ+ COVID-19 Impact Survey Data Report**

San Mateo County Pride Center

Produced March 2021

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## **Why did we conduct this survey?**

We know that the COVID-19 pandemic has had a disproportionate impact on many underserved and vulnerable communities, but it's been difficult to assess exactly *how* the pandemic has affected different communities. To our knowledge, there hasn't been a specific, targeted effort to look at how COVID-19 has affected LGBTQ+ community members in San Mateo County. Knowing who the pandemic is affecting and how exactly the pandemic is affecting them is important because it tells us how we can best show up for our community during one of the worst public health crises in modern history.

In the Spring of 2020, the San Mateo County Pride Center was invited to participate in creating the long term COVID-19 recovery plan for the county. This report led to an invitation to participate in the county's COVID-19 Community Recovery Committees. Since the Pride Center serves the LGBTQ+ community, it made sense to participate in the Vulnerable Populations Committee. Although the Vulnerable Populations Committee proposed a strong recovery plan to support communities around race, ethnicity, age, language, and ability, there was a gap in supporting communities around gender identity and sexual orientation. When the Pride Center was presented with the opportunity to work with Ada Zhang, a Schweitzer Fellow and student at Stanford Medical School, this became the impetus for and opportunity behind the LGBTQ+ COVID-19 Impact Survey.

## **How did we distribute and analyze this survey?**

Starting in Fall 2020, we worked with our wonderful team at the San Mateo County Pride Center and key community stakeholders, such as the LGBTQ Collaboration, to send out a detailed survey for people living in or near San Mateo County. There was some overlap in regional demographics because some people work in one area but live in another. This meant that the cities that people wrote on the survey didn't always fall strictly into San Mateo County jurisdictions. The survey was primarily shared in a digital format and was available to complete for approximately six weeks from November 11, 2020 to December 4, 2020. We shared the survey through a combination of social media posts and email communications. The main social media platforms that the Pride Center uses are Facebook, Instagram, and Twitter. The survey was also promoted during external and internal meetings, through our community partners, and at the Pride Center's social events and peer support groups. A link to the survey was listed in Pride Center staff email signatures and was also featured on the front page of our website.

We want to acknowledge first and foremost that the ways we distributed the survey may have limited who was able to access the survey. Because most of our distribution was in a digital format, respondents would have needed reliable access to technology and wi-fi, as well as accounts on the social media platforms we used to share the survey. Community members may not have access to some or all of those things during the

COVID-19 pandemic. Even for community members who do have access to technology, wi-fi, and social media accounts, some people may not have had the time, energy, or ability to take the survey. We also only offered our survey in English because we did not have the resources to translate the survey into multiple languages, so we may have excluded community members who are not highly proficient in reading English. Finally, although we offered phone and paper options for the survey, we recognize that these alternative survey formats placed the burden on community members to reach out to us in order to access these alternative formats.

Many of our survey questions, like the ones about race, gender, and sexuality, were designed to allow respondents as much flexibility as possible. For these questions, we included the ability to check multiple boxes and an “It’s not listed here” choice with a write-in option. Keeping in mind the long history of suppression, oppression, and stigma experienced by LGBTQ+ people, we decided to use a survey software called Qualtrics because it was the only option we had that didn’t force people to select “Other” when their identities or experiences didn’t fit into the categories that we provided. When analyzing the data, however, we had to flatten some of these complexities because of limitations in how we could visualize and display the data. We recognize that some of the data listed in this report will feel inadequate in describing the breadth of our community’s diversity.

The survey data is listed here in aggregate, meaning that we looked at all identity and impact categories in terms of proportions and percentages so that we can respect survey respondents’ privacy. We recognize that the complexity and intersectionality of identity is an incredibly important topic, but for the sake of keeping the numbers easy to understand, this report only contains single-identity information. We think it’s also important to point out that this survey does have some under- and over-representation of different identities, because it’s simply impossible without a lot of time and resources to make sure that the people taking the survey reflect specific proportions of different identity categories.

When writing this data report, we decided not to spend a lot of time making data charts and graphs to represent the information that we collected. This is in part because we didn’t have the time and resources to do so, in part because we felt that data charts and graphs sometimes simplify very complicated issues into “bite-size” pieces of information, and in part because we wanted this data report to be as accessible as possible to as many people as possible. In order to maximize these principles, we decided that writing all of our results in list format would be the best way to report the stories and experiences that our community shared.

One final note: we also had a number of cisgender, heterosexual respondents (in other words, not people we would consider to be a part of the LGBTQ+ community, but perhaps as allies or accomplices). Their survey responses are included in the analysis of demographics (section 1) but not in the analysis of COVID-19 impacts (section 2).

We also include their survey responses as points of comparison across identity categories where relevant (section 3).

## **SECTION 1: Who responded to the COVID-19 impact survey?**

### **532 respondents**

*Although we had more than 700 responses to the survey, only 532 of these responses had enough information to include in our analysis. For the sake of consistency, we only included respondents who filled out both the demographics and the impacts portions of the survey.*

### **63 different cities** (the remaining cities had <10 respondents each)

- San Mateo	101
- Redwood City	59
- Pacifica	32
- San Bruno	31
- Belmont	27
- Daly City	25
- San Francisco	25
- South San Francisco	25
- Foster City	22
- San Carlos	21
- Burlingame	20
- San Jose	12
- Menlo Park	10

### **95% English speakers**

*According to Get Healthy San Mateo County, which used 2013-2017 US census data, about 9% of households in San Mateo County have limited English proficiency. This percentage is probably higher given the prevalence of undocumented individuals in some areas who may have not responded to censuses or annual surveys.*

### **Average age of 40, ranging from 12 to 84**

### **Gender** (11% of respondents were trans, and 1% of respondents were intersex)

- Cis women	51%
- Cis men	28%
- Non-binary/genderqueer/gender non-conforming/demigender	11%
- Trans women/transfeminine	4%
- Trans men/transmasculine	2%

- Agender 2%
- Two-spirit/Indigenous gender identity 1%

### **Sexual orientation**

*Here, the heterosexual/straight category includes gender-diverse respondents as well as cisgender respondents.*

- Heterosexual/straight 22%
- Lesbian 22%
- Gay 20%
- Bisexual/pansexual 17%
- Queer 6%
- Asexual/demisexual/asexual spectrum 6%
- Questioning 3%

### **Race**

- White 57%
- Asian, Asian American, Filipinx, or Middle Eastern 16%
- Biracial, mixed, or multiracial 11%
- Hispanic or Latinx 6%
- Black, African, or African American 3%
- Indigenous, American Indian, or Native American 1%
- Pacific Islander 1%

### **Ethnicity (20% identify as Hispanic or Latinx)**

- European or Eastern European 44%
- Multiple ethnicities 14%
- East Asian 9%
- Filipinx 8%
- South Asian 3%
- African 2%
- Indigenous 2%
- Southeast Asian 2%
- Middle Eastern, West Asian, or Arab 2%
- Pacific Islander 1%
- Jewish 1%
- Afro-Caribbean <1%

### **51% identify as having a disability; among those respondents:**

- Multiple conditions/disabilities 37%
- Mental health condition 26%

- Chronic health condition 22%
- Difficulty seeing 4%
- Learning disability 3%
- Difficulty hearing 3%
- Developmental disability <1%

**89% are United States citizens** or hold dual citizenship status, and 8% are permanent residents

**3% are military veterans**

**Education**

- Bachelor’s degree 38%
- Graduate degree 30%
- Some college 15%
- Associate’s degree 5%
- High school diploma/GED 4%
- Didn’t graduate high school 4%
- Vocational or trade certificate 2%

**Employment**

- Full-time employment 62%
- Student 12%
- Part-time employment 7%
- Self-employed 5%
- Unemployed and looking for work 5%
- Retired 5%
- Unemployed and not looking for work 3%
- Disability 1%

**Housing status**

*Unstable housing wasn’t offered as a specific choice. Therefore, those who selected “rents current home” may in fact be living in unstable housing or are at risk of eviction.*

- Stable housing 61%
- Staying with friends or family 14%
- Owns current home 14%
- \*Rents current home 9%
- \*Unstable housing 1%
- Shelter or transitional housing 1%

## Income

*According to the US Census Bureau, in 2019 the median gross rent in San Mateo County was \$2,316 per month, which is roughly \$28,000 for 12 months. The median household income was \$122,641, which means that someone making above \$100,000 a year is still spending more than 20% of their income on rent. We asked people about their annual household income, but keep in mind that the number of people an income supports may be different from household to household.*

- Above 100k	47%
- 75k to 100k	17%
- 50k to 75k	15%
- 25k to 50k	11%
- Below 25k	9%

## SECTION 2: How has COVID-19 impacted our community members?

*(\* means not offered as a specific choice, but multiple people mentioned these as part of the "it's not listed here" text input)*

### Current employment situation

- Working remotely	42%
- Working in-person	19%
- Working remotely and in-person	14%
- Was not working before the COVID-19 pandemic	13%
- Have not worked since the COVID-19 pandemic	11%

### 36% of respondents reported negative impacts on financial stability

- 18% worked fewer hours
- 17% became unemployed, struggled with finding jobs, or faced job insecurity
- 10% experienced pay cuts or unexpected expenses associated with changes in employment
- 6% had trouble receiving stipend checks or unemployment benefits
- \*1% had partners or family members who were financially impacted

### **18% of respondents reported negative impacts on housing stability**

- 14% had trouble maintaining or paying for current or future stable housing
- 3% moved into an unstable or unsafe housing situation
- \*3% had unplanned moves or other changes to their housing situation

### **85% of respondents reported negative impacts on emotional or mental health**

- 76% were unable to access the social support they needed
- 55% were unable to access the activities that sustained them prior to the pandemic
- 26% experienced worsened mental health or were unable to access adequate mental health support

### **65% of respondents reported negative impacts on physical health**

- 57% were unable to exercise, do physical activity, or maintain other healthy life habits
- 14% had trouble accessing medical care
- 12% had trouble accessing COVID-19 testing or adequate personal protective equipment (PPE)
- 9% had trouble maintaining a healthy diet or accessing healthy foods
- 6% had trouble affording medical care

### **17% of respondents reported negative impacts on safety or access to supportive resources**

- 6% experienced physical, emotional, or sexual violence or harassment
- 5% had trouble accessing safe or consistent transportation
- 5% had trouble maintaining or paying for stable access to wi-fi or mobile data
- 3% had trouble maintain or paying for stable access to childcare
- \*2% had trouble accessing other types of social support or supportive resources

## **SECTION 3: How has COVID-19 impacted community members who hold different identities?**

### **Compared to cis respondents, trans and non-binary respondents were:**

- 1.9x more likely to have experienced negative financial impacts
- 4.3x more likely to have had trouble receiving stipend checks or unemployment benefits
- 4.2x more likely to have moved into unsafe or unstable housing
- 2.6x more likely to have experienced violence or harassment
- 2.8x more likely to have trouble affording medical care

### **Compared to heterosexual respondents, non-heterosexual respondents were:**

- 6.7x more likely to have become unemployed
- 6.7x more likely to have had trouble receiving stipend checks or unemployment benefits
- 3.5x more likely to have had trouble accessing COVID-19 testing or PPE

### **Compared to white respondents, non-white respondents of all races were:**

- 2.5x more likely to have had trouble receiving stipend checks or unemployment benefits
- 1.9x more likely to have had trouble maintaining or paying for stable current or future housing
- 1.7x more likely to have experienced negative impacts on safety or access to supportive resources

### **Compared to respondents without disabilities, respondents with disabilities were:**

- 2.1x more likely to have become unemployed
- 7.3x more likely to have moved into unsafe or unstable housing
- 2.4x more likely to have had trouble accessing adequate mental health support
- 3.9x more likely to have had trouble affording medical care
- 3.7x more likely to have experienced violence or harassment

### **Compared to respondents who were 30-55 years old, respondents over 55 years old were:**

- 1.4x more likely to have had trouble receiving stipend checks or unemployment benefits
- 1.2x less likely to report negative impacts on mental and emotional health



**Compared to respondents who were over 55 years old, respondents under 30 years old were:**

- 2.0x more likely to have become unemployed
- 2.6x more likely to have had trouble accessing adequate mental health support
- 2.3x more likely to have experienced negative impacts on safety or access to supportive resources

## **SECTION 4: What has this survey told us about how COVID-19 has impacted our community members?**

First and foremost, we want to acknowledge that more than 100 survey respondents left us detailed comments at the end of the survey with additional information about how COVID-19 impacted them. That's more than 1 in 5 survey respondents! Normally it's very difficult to get people to add extra comments at the end of a detailed survey. The sheer number of comments on our survey tells us that **the kinds of things we asked about were things that people had been wanting to share, one way or another, and that this survey was an important way for people to share their experiences with COVID-19.** These comments also remind us that the data we collected in this survey can only broadly outline the very, very different ways that COVID-19 has impacted individuals, families, and communities in San Mateo County. These comments filled up 14 full pages, and we include a condensed and edited version of these comments as a supplemental section in this report. We decided to condense and edit these comments to maintain and protect the privacy and confidentiality of some of the deeply personal experiences that people shared with us. These narratives offer a fuller picture of the impact of the COVID-19 pandemic on our community. We thank everyone for trusting us with their stories.

The diversity within our community is reflected in the demographics of the people who took our survey. Our respondents came from 63 different cities and held a wide range of gender identities, sexual orientations, racial and ethnic backgrounds, and abilities. Our respondents also came from a breadth of lived experiences relating to education, employment status, housing status, and income. These differences in lived experiences are important because they help us to identify the disproportionate ways that COVID-19 impacts less privileged members of our community.

Looking at our diverse community as a whole, COVID-19 has impacted people across many dimensions of life. For every 5 of our respondents:

- 2 out of 5 reported negative impacts on their financial stability,
- 1 out of 5 reported negative impacts on their housing stability,
- 4 out of 5 reported negative impacts on their emotional or mental health,
- 3 out of 5 reported negative impacts on their physical health, and

- 1 out of 5 reported negative impacts on their safety or access to supportive resources.

These numbers are important to know because in an ideal world all of these numbers would be 0. We hurt when even a single member of our community is hurting. These numbers are even more sobering because we know that our LGBTQ+ community members face unique challenges and stigmas that contribute to all of these negative impacts.

We know that intersectionality of identity is important to consider when we talk about the disproportionate impacts of COVID-19 on different members of our community. We wanted to make sure that even given the limitations of the data we collected, we could still take a look at how different subsets of our community have been impacted by the COVID-19 pandemic. These statistics are also very daunting. We find that our gender-diverse community members report more negative impacts across different dimensions of life when compared to our cis community members. We find similar results when we look at our non-heterosexual community members compared to our heterosexual community members, when we look at our non-white/POC community members compared to our white community members, and when we look at our community members with disabilities compared to our community members without disabilities. We even find differences across community members of different ages. **These results tell us that even among people who have been negatively impacted by COVID-19, some have been more impacted than others depending on the identities that they hold.**

As a whole, this survey has shown us that COVID-19 has swept through the LGBTQ+ community in San Mateo County in ways that we wouldn't have known without asking our community members directly. We knew before conducting this survey that the LGBTQ+ community in San Mateo County is diverse, multi-faceted, and complex, and that the pandemic has affected members of our community in different ways, but through this survey we now have numbers and statistics that we can use to think about ways that we can best show up for the most marginalized and vulnerable among us. This survey has also underscored how important it is that we have the resources and infrastructure to collect data about the LGBTQ+ community, because only with this kind of information can we target our efforts and serve our community the best we can.

## **SECTION 5: Acknowledgements**

Thank you to every single person who filled out our LGBTQ+ COVID-19 Impact Survey. You all are the reason why we do this work, and your responses represent the time, love, and energy you hold for this community. We appreciate all the boxes you checked and all the comments that you left. Without you, we wouldn't have the information in this data report. This information is desperately needed so that we can target our efforts to better support our community in need.

Thank you to everyone who helped circulate the survey and to all our community partners and representatives for your assistance. The work behind this survey was done by a collective of amazing people with care in their hearts. A special thank you to the LGBTQ Collaboration, which consists of members from the Pride Center, Pride Initiative, Behavioral Health and Recovery Services, Office of Diversity and Equity, and LGBTQ Commission, for their hard work behind the scenes to inform the work of this survey. The San Mateo County Pride Center would also like to extend much gratitude to the Pride Initiative for donating five \$50 gift cards as raffle prizes for those who completed the survey. 217 respondents entered the raffle, proving that the incentive was successful.

The Pride Center thanks the Office of Diversity and Equity (ODE) and Behavioral Health and Recovery Services (BHRS) for their ongoing commitment to engaging, supporting and funding our essential work. Without their support this survey could not have happened, and neither could our core programs and services.

Lastly, San Mateo County is indebted to the work of Ada Zhang, a Schweitzer Fellow and student at Stanford Medical School. Ada's passion and dedication for this project helped launch the survey into reality, but their knowledge and skills are what enabled us to create a survey that was as inclusive as possible of all the identities our diverse and beautiful community can hold. The Pride Center is forever grateful to have benefited from their work and expertise. Ada, without you this incredible work would not be possible. Words cannot express the level of gratitude the Pride Center and San Mateo County has for you. Thank you is not enough, but it is what we offer. Thank you for everything you do and thank you for all that you are.

*This report was produced by the San Mateo County Pride Center. The data was analyzed by Ada Zhang (They/Them) and the narrative benefitted from the additional expertise of Francisco Sapp (He/Him) and Bonnie Alexander (She/Her).*

For more information regarding this report or any San Mateo County Pride Center programs or services, please reach out to:

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## **SUPPLEMENTAL SECTION 1: How do the demographics of this survey compare to existing demographics information in San Mateo County?**

- Our survey shows 4% of respondents were under 18 years old, compared to 20.2%
- Our survey shows 8% of respondents were 65 years or older, compared to 16.6%
- Our survey shows an average respondent age of 40, which is consistent with existing demographics information
- Our survey shows 89% of respondents were US citizens, compared to 85%
- Race and ethnicity:
  - o 56% white respondents, compared to 59.5%
  - o 16% Asian, Asian American, Filipinx, or Middle Eastern respondents, compared to 30.6%
  - o 11% biracial, mixed, or multiracial respondents, compared to 4.8%
  - o 3% Black, African, or African American respondents, compared to 2.8%
  - o 1% Indigenous, American Indian, or Native American respondents, compared to 0.9%
  - o 1% Pacific Islander respondents, compared to 1.5%
  - o 20% Hispanic or Latinx respondents, compared to 24%

## **SUPPLEMENTAL SECTION 2: Additional comments shared by respondents**

*Thank you to everyone who trusted us with their experiences. The following narratives have been edited and condensed to protect identities and maintain confidentiality. We hope we kept true to the integrity of what was shared.*

“In general terms, this situation has been stressful- little support from social leaders, too much confused and controversial information forcing us to accept solutions that are neither conventional nor convincing.”

### **1. Employment and unemployment**

“I lost my job for non-Covid related issues overall, though one concern my former employer had was that I had "incited panic" by sounding the alarm regarding the risks of Covid in February. I know many people now who have faced similar difficulties who were let go well after shutdowns began, as if the employers were trying to save face.”

"I am unable to work on site at any location due to being considered high risk (I have chronic moderate to severe asthma that is very difficult to control). This limits what I can apply to.”

"Work from home options are limited and I have so far been unsuccessful at finding work despite sending my resume all over the place."

"I was approved for UI in September. I haven't gotten it yet. My understanding is there are major delays."

"Both my parents lost their jobs, so I had to provide for them which created a lot of financial stress on me."

"Hours at work have been reduced. Before the Pandemic my parents helped me with childcare, but now their work schedule has changed. Which means sometimes I'm unable to go to my scheduled shifts. Therapy has to be through video calls. Limited access to gloves. Several co-workers have tested positive for Covid-19, which is terrifying."

"I've been on furlough since March and was not able to receive unemployment until June and even then I'm missing back pay to March when I filed. After the pandemic stimulus ran out I've been struggling to make ends meet and have worked only 30 hours in the last month. All the resources available for rent relief require that one is already in arrears and doesn't support those who barely making it."

"Uh, basically I have made NO money since February. My partner has been employed, but that doesn't cover our expenses. I have borrowed via cc loans and bank loans quite a bit of money, which will run out in January/February 2021."

"My income dropped by at least 60%; I work in a tech adjacent field."

"My spouse lost his job which cause to move my entire family to another county and NOW commuting 88 miles just to come to work and 88 miles to return home. COVID-19 has had a large impact in my life and family as well also losing loved ones."

"Was laid off in March 2020, was living in San Diego with roommates who were also laid off. We all had to move home back with parents to not continue to pay rent without income. We did receive unemployment after some time battling with the State, although it is not equivalent to the amount we made previously. We had to pay for individual insurance out of pocket, which lead to high medical bills as I had a fractured foot at the time among other needs."

## **2. Housing**

"I am currently living off of charity from friends, friends of friends, and family. But everyone is running dry, and I am terrified that I will be evicted. I was 3 weeks late on my rent last month because of this. I don't know what comes next."

"The inability to plan for the future, not knowing what will happen is hard. I planned to move out of state, but don't want to move away from my support system if I do get sick."

### **3. Mental health and social connections**

“I was a regular participant in Monday night Trans group at the Pride Center. The lack of shared community combined with living in a house with strangers who willfully misgender me has been traumatizing.”

“I needed IOP earlier this year. It was effectively canceled; I desperately needed this care and was unable to get it. As a result, recovery from a severe mental health crisis was significantly delayed. This ultimately would lead to me losing my job, as I was effectively on unpaid medical leave for almost two months as my doctors had not cleared me to resume work.”

“Deepening financial issues combined with massive systemic stress from the pandemic has worsened the symptoms of almost all of my mental health difficulties.”

“Loneliness has become acute at times, and relationships are under strain. I worry that I'll come out of all of this with no functional relationships at all.”

“As a queer person, chosen family is everything. Having only virtual connections has been hard and emotionally isolating. Locating therapeutic support has felt like an unending battle. I am experiencing trauma from being an essential health care worker and I am unable to access my regular self-care tools.”

“Our teenage daughter got very depressed and anxious from the pandemic and started self-harming and had a plan to kill herself. We have had to send her away from home for treatment, which has been really difficult for our entire family.”

“I feel my family is destroyed, two of my children moved away from the state looking a place more affordable after their incomes were so affected.”

“COVID-19 has forced my stepdad to stop working in order to homeschool my autistic 9-year-old brother. This has caused us to lose thousands of dollars per month when we were barely getting by before. My entire household caught COVID-19 in early March and the effects are definitely lasting. I have had diagnosed anxiety, depression, and symptoms of PTSD since I was 11 and the pandemic has made my symptoms much, much worse.”

“During the COVID-19 pandemic, I have been experiencing increasingly worse mental health episodes (depression and anxiety), and have had great difficulty securing mental health treatment due to financial limitations. There are not very many therapists/psychologists who have experience with LGBTQIA+ clients, and those who do are far out of my price range as they are not covered by my insurance.”

“I cannot be take the chance to hug my aging parents and siblings (one is a nurse in the ICU and the other is in cancer remission). I miss them.”

“I have been having bouts of severe anxiety, exacerbated by COVID-19. I do not feel like my health insurance provides adequate access to mental health care.”

“I have lost motivation to do things that I normally enjoy and it has become difficult for me to focus on school.”

“I, like many, miss being able to go out and interact with people. I am very fortunate to be have a job that allows me to work from home and to live so close (next door) to family. I do feel like there is a unique strain on the gay community - where one is often a minority in your own family - it be isolating even with your family. I am privileged in many ways and I am grateful to have a loving family, gainful employment, and nice place to live. I am well connected to my health services and to resources, I have all my essential needs met. I am just hungry for joy, novelty, and connection, like most people.”

“Isolation sent me to severe depression, suicidal thoughts. Exercise not accessible in the gym.”

“My daughter is mentally ill and has become homeless in large part because of COVID. The has affected my ability to sleep and general well being.”

“While some mental health support is available virtually, access to space to privately participate in sessions is limited and some types of support/activities cannot easily be received out of the office (e.g., EMDR).”

“Work load has increased considerably and with work from home becoming commonplace, it has blurred the boundaries between professional and personal space. This has affected stress levels and ability to carve out time for physical activity.”

#### **4. Physical health**

“I need physical therapy for multiple joint issues. While I have been given home exercises, in-person appointments are important for proper learning of the movements.”

“I feel access to doctors is reduced and no real help is available. Dental offices were closed and no emergency services available, dental insurance doesn't assist on this matter. I'm still in need of assistance and no solution, I worry a worse situation may be coming, with my dental health and our society's health.”

“I have been fearful of contracting Covid-19 due to existing health issues. As a result, I aggravated (through deconditioning) a problem I have been having with my knees. It has created a situation where it's so hard to move it hurts to do minimal walking and standing. It is a growing problem that seems to be picking up momentum in limiting my mobility.”

“I have physical and mental health disabilities. With no physical therapy, and limited mental health therapy (limited phone minutes), things have been very difficult. I need an In Home Support Services worker to really do well, and the workers are afraid to work



during COVID, and one time I had an interview with a lady, and a couple of days lady found out her teenage son was COVID positive, so not only could she not work, but I was worried about exposure.”

“To go in deeper to the health one, I know I have cavities, but I'm terrified of going into a dentist's office to get work done because of COVID. Especially as an essential worker for my office, I interact with a few other essential employees when I'm in the office and don't want to do anything to put them at risk.”

## **5. Safety**

“I cannot move, and yet I live with a person (5 people total live in my home) who uses the wrong name and pronouns for me, and disregards my life-threatening medical issues.”

“I had to move to find a safer living situation because my former housemate did not take the pandemic as seriously as I did.”

“It was one more thing heaped on the political tension of the times and created the need to learn and re-figure much of what I do. At times my self-esteem suffered, my inability to learn new ways (that others take for granted) fast enough. The spiritual community I attend faced new threats of Zoom Bombers specifically targeting queer friendly and Jewish gatherings.”

“My spouse got COVID, and I got tested at Kaiser and they got care at Stanford. They are non binary and despite sharing their pronouns were regularly mispronounced. Kaiser kept assuming I had a husband and talking about him. Made us feel unwelcome and exhausted.”

## **6. Resource access**

“This is honestly a joke right now. Beyond EBT, I have had zero success accessing community resources. I am on the brink of... something. Something bad. I am afraid and scared.”

“I need access to supportive resources. School is closed. Childcare access is limited. Therapies for my son, who has special needs, have stopped.”

“I was facing technical issues working from home, bad connectivity, I was forced to buy devices and update Internet services that it's simply not working. I realized services companies taking advantages of our needs and ignorance on this matter, which I would say it dropped us in a chaotic time.”

“Before COVID I frequently used Caltrain and the bus to get around, but these are no longer safe options. Since I don't drive, this has felt like a major blow to my independence.”

“Foster City can’t support the internet usage of so many people working and schooling from home! The best internet is lagging due to the infrastructure.”

“I am unable to access and engage with the outlets I had pre-COVID-19 that allowed me to freely express myself without worrying about homophobic microaggressions from the people around me.”

“I own a small business in personal service industry and have been made to close depending on the latest restrictions. The back and forth with reopening has caused financial strain and I have not been able to access unemployment or PPP throughout the pandemic nor received any rent relief from the office building landlords. “

“Transportation has been challenging. I don't own and can't afford a car, and I'm not comfortable taking public transportation or ubers, so I'm limited to walking distance from my house. “