

# Offering Culturally Sensitive Virtual Health Education Seminars for the LGBTQ+ Community in a Student-Run Free Clinic with Community Organizations and Medical Students

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Stanford Medicine's Cardinal Free Clinics and The San Mateo County Pride Center

## Introduction/Background

- Cardinal Free Clinics (CFCs) - weekly free clinics that provide care to underserved and vulnerable populations
- 22% Bay Area residents identify as LGBT

- Assessment of Bay Area: need events that “fosters connection among and outside of” LGBTQ+ community
  - Build connections within community and with allies
  - Accessibility of events excludes suburbs

### Objectives:

- Create safe space for LGBTQ+ health education
  - Community trust
- Address disparate access to relevant LGBTQ+ health education
- **Trans Talks** - monthly webinar on queer and trans health
  - Partner with San Mateo County Pride Center (SMCPC) and Stanford LGBTQ+ Health Program

1.7 million LGBT adults live in California



## Project Description

- We host free, monthly health education webinars on LGBTQ+ health topics, geared towards community members, students, healthcare providers, etc.
- Medical students in clinical rotations with Dr. Laniakea in the LGBTQ+ program prepare a 40 min talk, followed by a 20 min Q+A



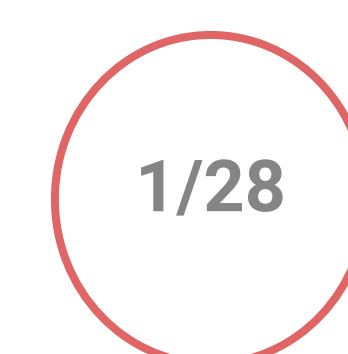
**PrEP**  
 Established **webinar setup** and Q&A format



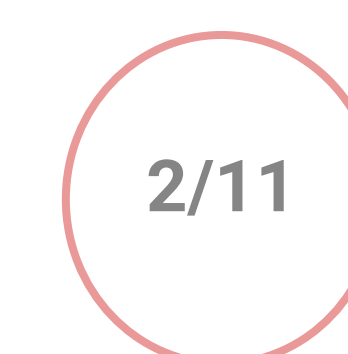
**Safer Sex**  
 Established **pre-registration questions**, began collecting publicity info and sending follow-up email with **resources**



**Gender-affirming surgery**  
 Began publicizing to university campuses **nationally**

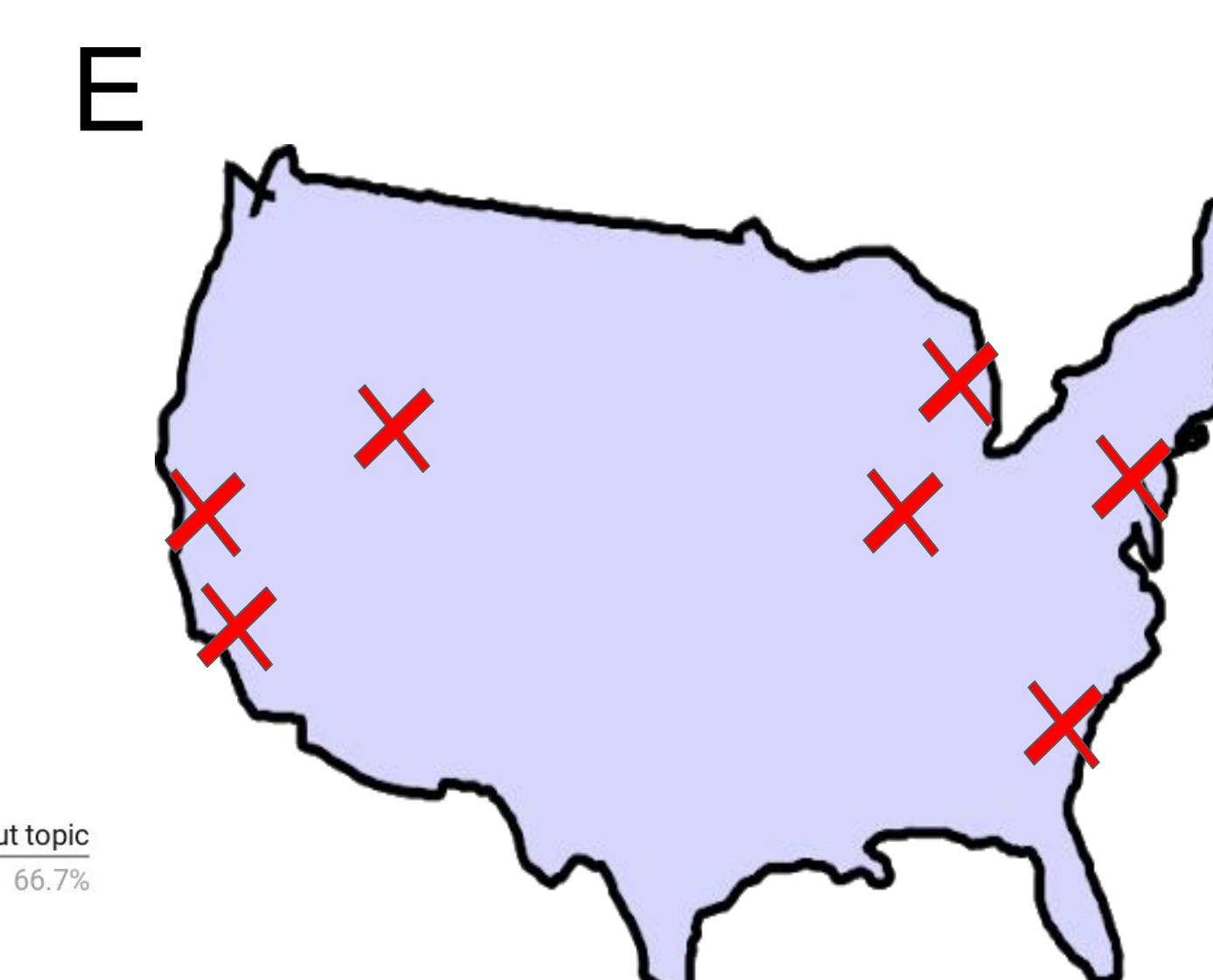
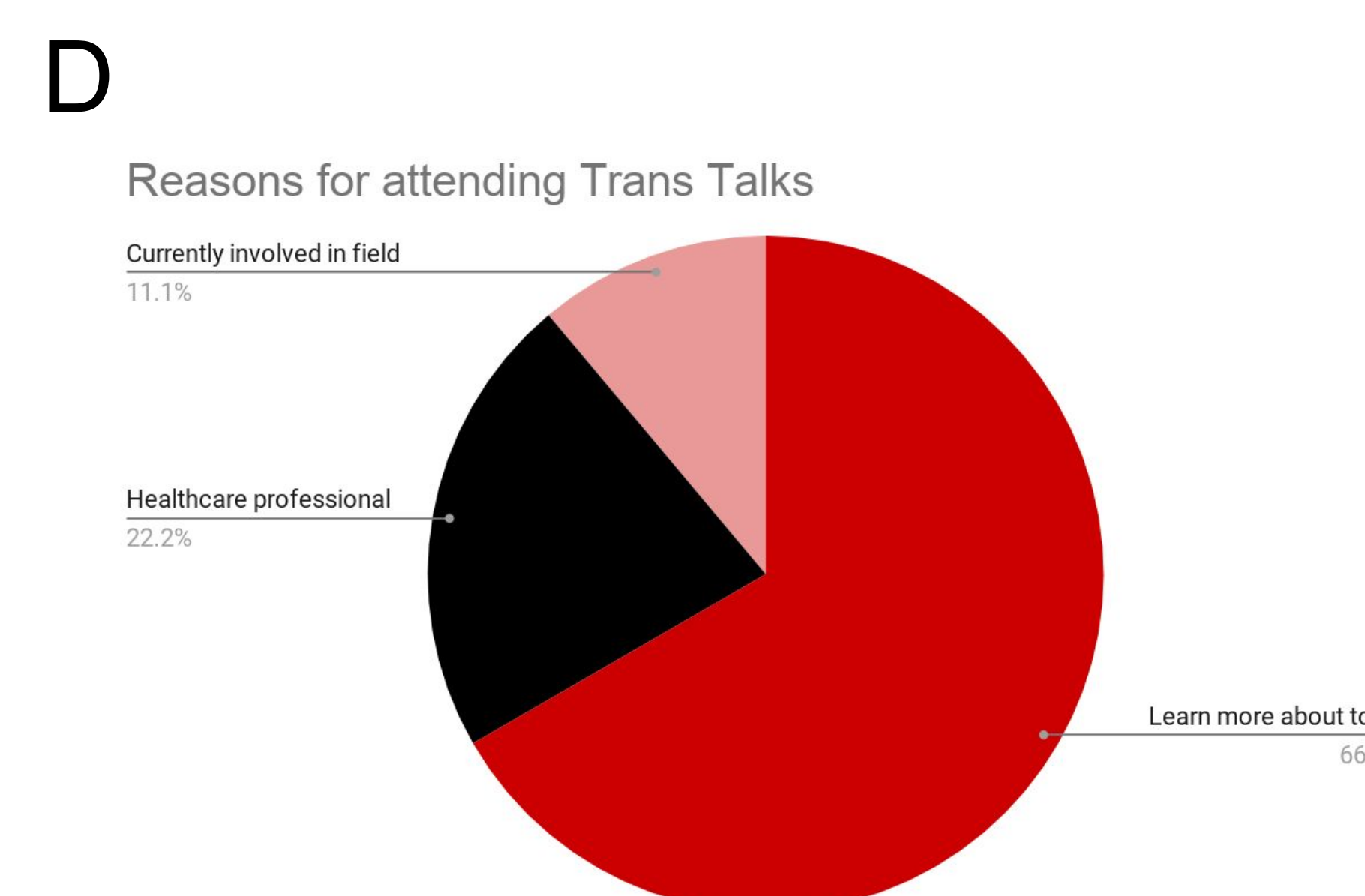
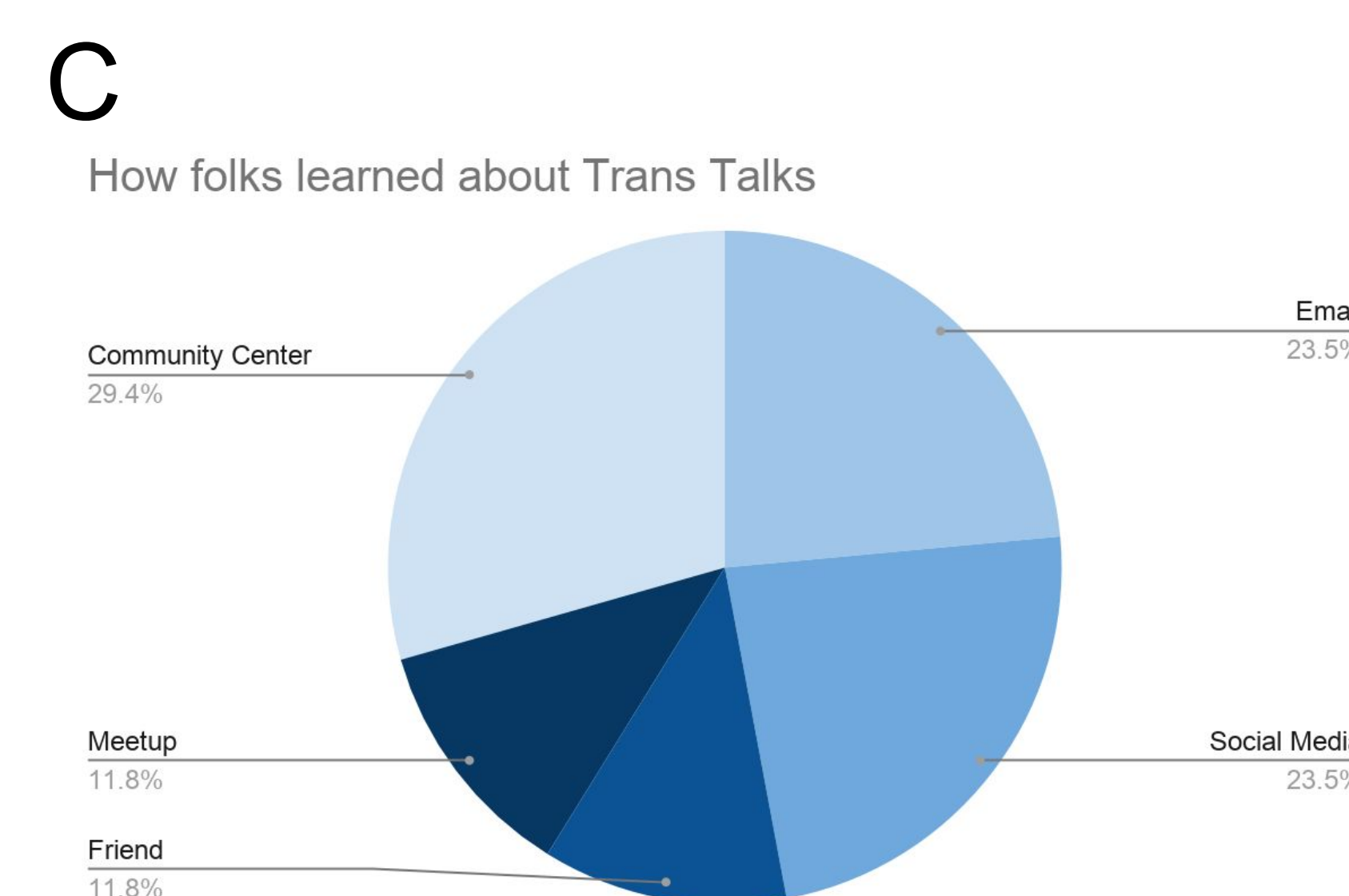
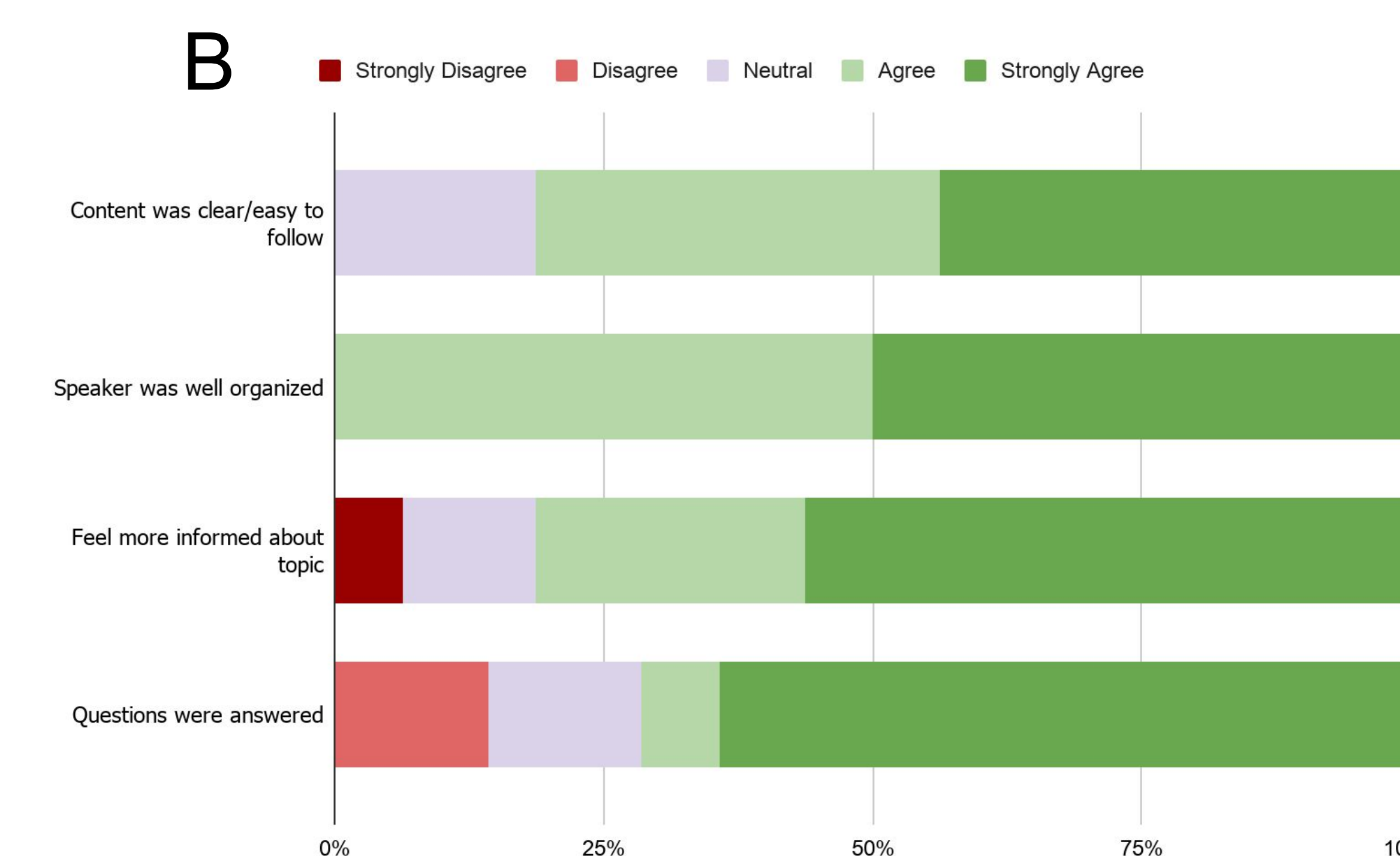
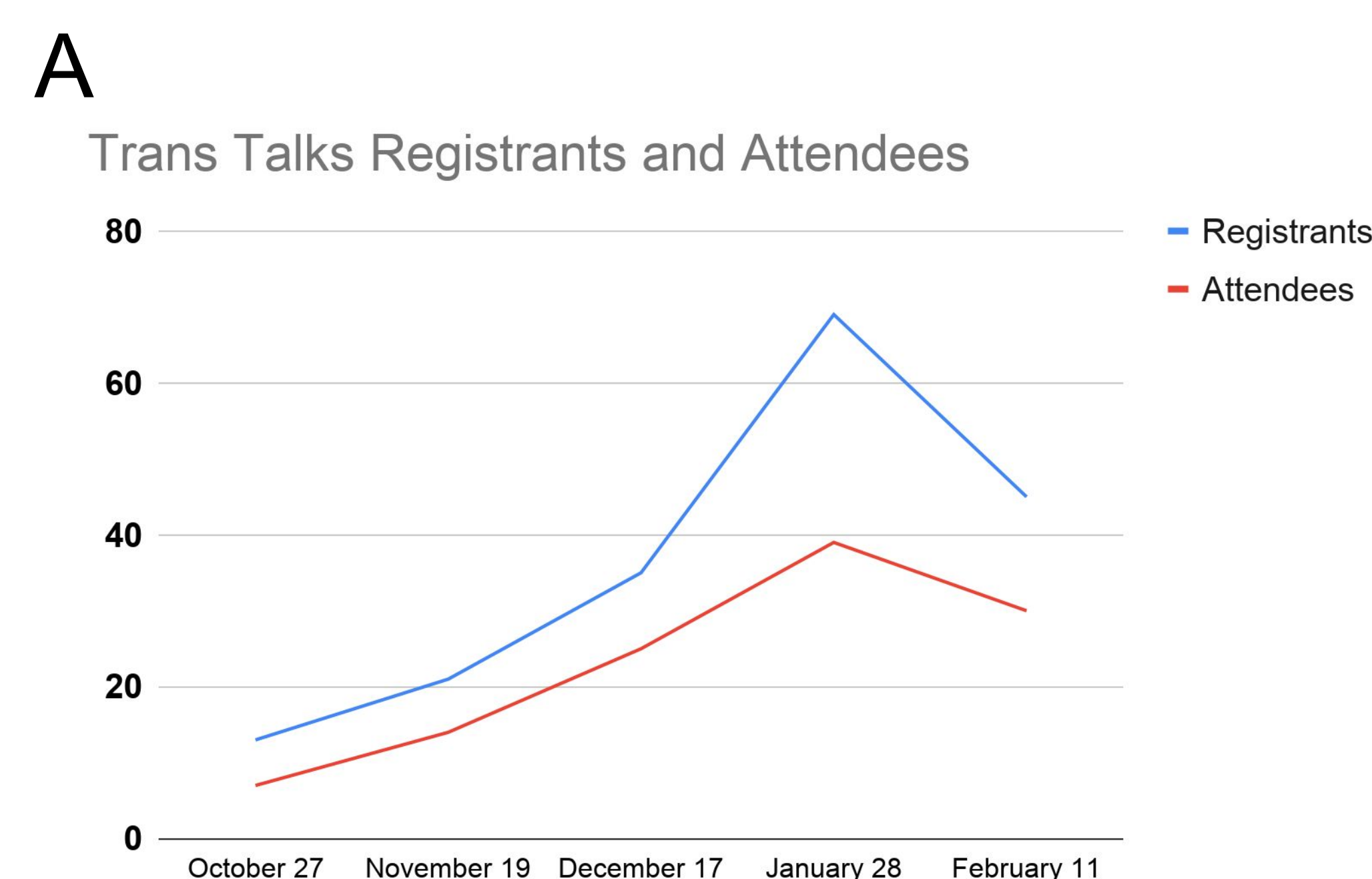


**Voice Therapy**  
 Created a **feedback form** for community, began **live captioning**, San Mateo Pride Center established **intake speaker form**



**Neurodiversity**  
 Began publicizing to **healthcare providers**

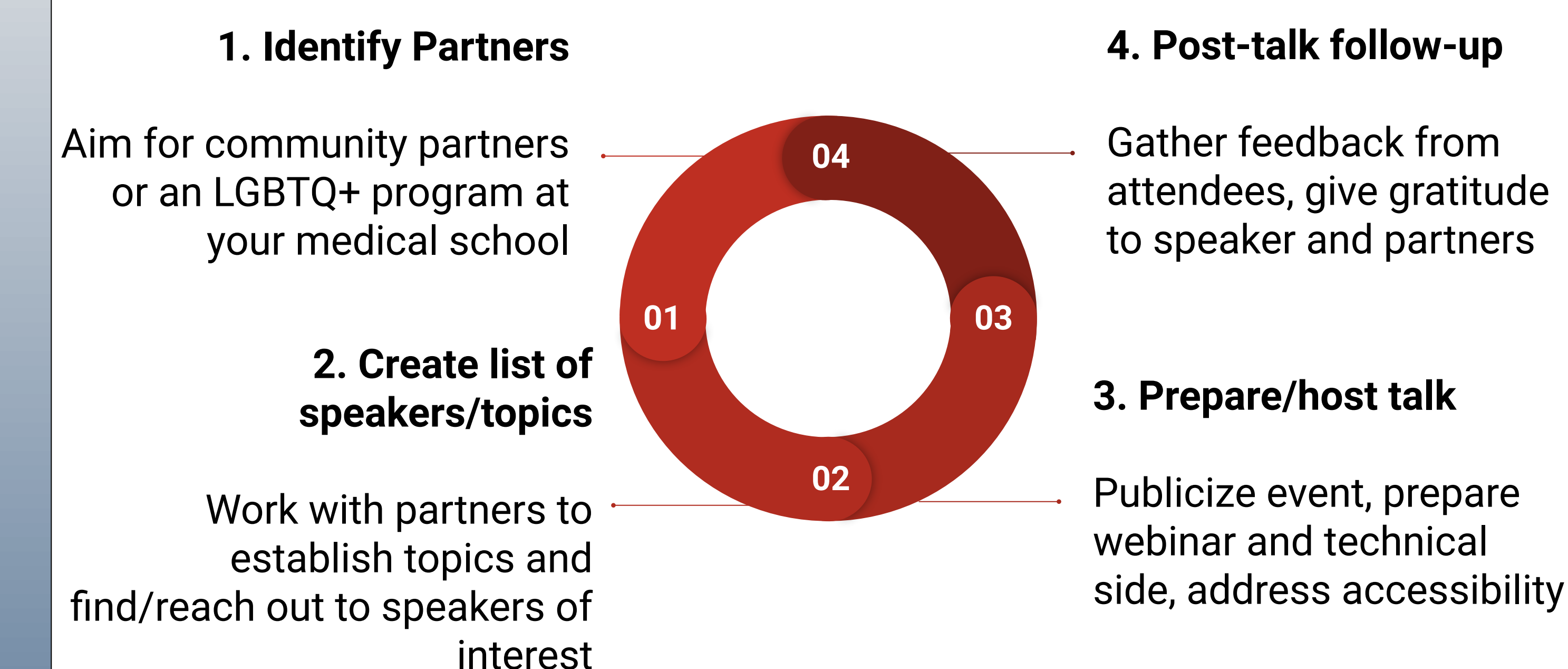
## Outcomes



## Lessons Learned

- Unique intersection that meets the needs of community members, providers, and students.
- LGBTQ+ community members have a safe space to learn about their health through education
- Students gain the opportunity to meet their health needs
- Trans Talks provides a platform for queer patients and allies to interact with allied physicians and physicians of similar identities
- Healthcare providers stay up to date on latest LGBTQ+ health guidelines

## Recommendations



QR code links to a checklist of recommendations to plan your own webinar series



## San Mateo County Pride Center

- The mission of the San Mateo County Pride Center is “to create a welcoming, safe, inclusive, and affirming community climate that fosters personal growth, health, and opportunities to thrive for individuals of all ages, sexual orientations, and gender identities through education, counseling, advocacy, and support.”
- 1021 S. El Camino Real, San Mateo, CA 94402
- Phone: 650-591-0133 | Email: [info@sanmateopride.org](mailto:info@sanmateopride.org)

## Acknowledgements

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