

OUT AT HOME

Clinical Care and Support for the LGBTQ+ Community



The Home for Little Wanderers' Out at Home program provides outpatient, therapeutic support services for LGBTQ+ individuals of all ages, families, couples and caregivers. It is operated in coordination with Waltham House, The Home's residential group home for LGBTQ+ youth—the first of its kind in New England when it opened in 2002.

Many young people have experienced difficulty and discrimination due to their gender expression or sexual identities. Out at Home was created with the goal of providing LGBTQ+ competent clinical care, with a strong emphasis on keeping youth within their home environments and communities by offering comprehensive, specialized services and resources that educate, support, strengthen and empower.

Our clinicians offer innovative, ever-evolving programming, whether providing in-person or virtual

clinical care, leading confidence and community-building group sessions, or counseling LGBTQ+ students in Greater Boston schools and colleges.

Our primary goals are to:

- ♥ Offer competent, clinical services to folks in the LGBTQ+ community, including their family members and other supports, by providing individual, family, couples and group therapy
- ♥ Connect prospective clients to clinicians who have both specialized training and lived experience
- ♥ Provide training and consultation to organizations in the community to further access to capable providers
- ♥ Offer a minimal barrier approach to access Gender Affirming Care

About Us

Out at Home is an outpatient clinical service that addresses the challenges many LGBTQ+ folks face in finding a highly skilled and affirming clinician. Since it was established in 2019, Out at Home has expanded throughout the Greater Boston area to provide support for youth, families, couples and adults. We are a team of clinicians with a combination of lived experience and ongoing training aimed at continuously growing and improving.

THE HOME FOR LITTLE WANDERERS **ME**

BETTER, BRIGHTER FUTURES FOR KIDS

888-HOME-321 • THEHOME.ORG

Out at Home's team of clinicians combine lived experience and ongoing training to provide support to individuals of all ages, families, couples and groups.

OUR SERVICES

- ♥ Individual therapy sessions for the LGBTQ+ community with licensed and master's level clinicians
- ♥ Family therapy, group therapy and couples counseling with licensed and master's level clinicians
- ♥ Trauma-informed therapeutic approaches
- ♥ Clinicians who can provide EMDR, Dance and Movement Therapy, Narrative Therapy, Solution-Focused Therapy, CBT, DBT, ACT, Motivational Interviewing and a variety of other generalist practices
- ♥ Collaboration and support within and outside of our home state of Massachusetts to support the LGBTQ+ community in accessing affirming and competent care with their providers
- ♥ The provision of letters of support for Gender Affirming Surgery following assessment
- ♥ Life skills support and community resource connections
- ♥ Professional development and instruction services



GROUPS ARE AVAILABLE, PLEASE SEE OUR WEBSITE FOR MOST UPDATED GROUP OFFERINGS!

TRAINING AND CONSULTATION SERVICES

Out at Home is driven to expand access to affirming and skilled providers and offers training and consultation to outside professionals and agencies. Our clinicians work closely with programs to ensure the training we provide is relevant to the program's model and service delivery method.

"The team listened to our needs so carefully and provided what was asked of them. The content of the training was spot-on and the clinicians artfully integrated theory, fact and clinical strategies. I was also impressed with how they gracefully and proactively addressed potential biases, which kept the training focused on skill building."

—External Training Client

About The Home for Little Wanderers

For over 200 years, The Home for Little Wanderers has helped build stable lives and hopeful tomorrows for children and their families. Our agency has advanced child welfare in America for over two centuries by drawing on our rich legacy as we look to—and shape—the future. Our 25+ innovative programs share a common mission: to help children and families to build permanent, positive change. Every day, we work to provide safe surroundings, permanent loving relationships and a secure path toward a better, brighter future.



For more information, visit thehome.org/out-at-home or call 617-267-3700. To make a referral, email OutatHomeintake@thehome.org.