

Memo

To: Alameda County Behavioral Health Department (ACBHD) and Community Residents
From: Alameda County Behavioral Health Department
Date: October 1, 2024
Subject: Commemorating LGBTQ+ History Month (October 2024)

Dear Colleagues and Community Members,

Alameda County Behavioral Health Department (ACBHD) would like to celebrate LGBTQ+ History Month and express its importance. This month provides a valuable opportunity to reflect on the rich history and ongoing journey of the LGBTQ+ community.



The Transformative Power of LGBTQ+ History Month

LGBTQ+ History Month encourages understanding and celebrates community members by:

1. **Historical Illumination:** highlighting often overlooked or suppressed narratives, enriching our understanding of human diversity.
2. **Identity Affirmation:** celebrating LGBTQ+ historical figures and milestones, we validate and empower LGBTQ+ community members.
3. **Ally-Education:** providing a structured opportunity for allies to deepen their understanding and support of the LGBTQ+ community.
4. **Progress Reflection:** allowing us to reflect on how far we've come in the fight for equality while highlighting the work that still needs to be done.

History of LGBTQ+ History Month

LGBTQ+ History Month began in the United States in 1994. Rodney Wilson led the initiation of this month, as he believed in dedicating a month to celebrating and teaching gay and lesbian history.

October was chosen for several reasons:

1. National Coming Out Day (October 11th) was established as a widely recognized date in the LGBTQ+ community.
2. October fell within the academic year, easing engagement with schools in the observance.
3. October included the anniversary of the first National March on Washington for Lesbian and Gay Rights in 1979 (October 14th).

Since its inception, LGBTQ+ History Month has grown into a global observance, with organizations worldwide participating in events, educational programs, and campaigns to celebrate LGBTQ+ history and promote equality.

ACBHD's Commitment

Alameda County Behavioral Health Department supports the overall mental health and well-being of community members, including those who identify as LGBTQ+.

During LGBTQ+ History Month, ACBHD will:

Provide LGBTQ+-affirming mental health resources and referrals

Partner with local LGBTQ+ organizations to expand access to culturally competent care

We encourage community members to participate in these initiatives and to take this opportunity to learn more about LGBTQ+ history and the ongoing journey toward equality and acceptance.

Remember, ACBHD is committed to providing inclusive, affirming, and culturally competent mental health services to all members of our diverse community. If you or someone you know needs support, please reach out to our LGBTQ+-affirming mental health services.

For more information about our LGBTQ+ History Month activities or to access mental health resources, please visit our website

<https://www.acbhcs.org/office-of-the-director/office-of-health-equity/> or contact our office at [1-800-491-9099](tel:1-800-491-9099).