

LGBTQIA+ Mental Health Rights Policy

Sunflower Mountain Mental Health (SMMH)

Effective Date: January 1, 2025

Purpose

Sunflower Mountain Mental Health (SMMH) is committed to **providing inclusive, affirming, and culturally competent mental health care** for LGBTQIA+ individuals. This policy outlines **patient rights, access to care, and protections for LGBTQIA+ mental health services** in compliance with **Medicare, Medicaid, HIPAA, the Affordable Care Act (ACA), and Colorado healthcare regulations**.

Scope

This policy applies to all LGBTQIA+ individuals seeking mental health services at SMMH, including those covered under **Medicare, Medicaid, and commercial insurance plans**.

LGBTQIA+ Mental Health Services Covered by Medicare & Medicaid

Under **Medicare and Medicaid**, LGBTQIA+ individuals have the right to access **mental health care without discrimination**. Covered services include:

- **Individual Therapy & Counseling** (Affirming care for anxiety, depression, PTSD, trauma, and identity exploration)
- **Psychiatric Services & Medication Management**
- **Gender-Affirming Mental Health Support** (For transgender, non-binary, and gender-diverse individuals)
- **Support for Coming Out, Gender Dysphoria, and Identity Exploration**

While **SMMH does not currently prescribe gender-affirming hormone therapy**, this is solely because it falls outside our clinical specialty. However, we are deeply committed to supporting trans, non-binary, and gender-diverse individuals in every step of their healthcare journey. Our team can provide **referrals to trusted clinics** that specialize in gender-affirming hormone therapy and will gladly **assist in coordinating care** to ensure a seamless, respectful, and affirming healthcare experience. **Throughout this process, we will continue to provide ongoing mental health support** tailored to your needs, working collaboratively with your broader care team to ensure your emotional well-being is fully supported alongside your medical care.

If you are experiencing mental health concerns, you have the right to seek treatment **without discrimination** under federal healthcare protections.

For additional rights, refer to the **Medicare Beneficiary Rights Policy**.

Non-Discrimination & Gender-Affirming Care Protections

SMMH is committed to providing **mental health care without discrimination** based on:

- **Sexual orientation, gender identity, or gender expression**
- **HIV/AIDS status or history of medical transition**
- **Relationship status** (Including same-sex, non-monogamous, and polyamorous relationships)
- **LGBTQIA+ family structures** (Including LGBTQIA+ parents, guardians, and youth)

Under the **Affordable Care Act (ACA) and Section 1557**, healthcare providers **cannot** discriminate against LGBTQIA+ individuals. **Medicare and Medicaid require equal access to mental health services for all individuals**, regardless of gender identity or sexual orientation.

For more details, refer to the **Non-Discrimination Policy**.

Crisis Support for LGBTQIA+ Individuals

If you or someone you know is experiencing a crisis, help is available:

- **The Trevor Project (LGBTQ Youth Crisis Support):** Call (866) 488-7386, text START to 678-678, or visit www.thetrevorproject.org
- **Trans Lifeline (Peer Support for Trans & Non-Binary Individuals):** Call (877) 565-8860
- **LGBT National Help Center:** Call (888) 843-4564 or visit www.lgbthotline.org
- **National Suicide Prevention Lifeline:** Call 988

For more crisis resources, refer to the **Crisis & Emergency Response Policy**.

How to Access LGBTQIA+ Mental Health Services at SMMH

To schedule an appointment or learn more about our services:

- **Call or text (719) 679-5022**
- **Visit our website for more information**
- **Reach out via our secure patient portal**

SMMH is here to support your mental wellness journey—you are seen, you are valid, and you are not alone.

Policy Compliance & Monitoring

SMMH reviews **LGBTQIA+ mental health policies annually** to ensure alignment with **federal, state, and insurance regulations**. SMMH will attempt to notify patients of any **major changes to services or rights**.

Last Updated: March 2025

For further assistance, please contact SMMH at **(719) 679-5022** or visit www.sunflowermountainmentalhealth.com.