



Transcending ADOLESCENCE

RESILIENCE FOR TRANS YOUTH

A 2024 study by The Trevor Project, found that there has been up to a 72% increase in suicide attempts among trans and gender diverse youth ages 13-17, as a direct result of states enacting anti-transgender laws.^[1]

WE HAVE A
PROBLEM
WITH THAT

HERE'S OUR **SOLUTION**

Resilience Retreats

Intentional, outdoor spaces for trans youth to develop the habits, skills & support structures that are proven to increase resilience. Our program evaluation showed a 50% decrease in suicidal ideation among our participants.

“it’s truly an experience that I hope every trans kid will get to be a part of at least once in their life”

~ 2023 camper

FUN FACT: TA is the first summer camp program started in Florida that is exclusively for gender diverse youth

Yes! And they are doing great work. The difference is how we use our evidence-based curriculum to improve health outcomes.

Welcome to your
Resilience Retreat
#ExperienceSPEAR



THE DIFFERENCE IS **S.P.E.A.R.**

S.P.E.A.R. is the outline of our curriculum

S.P.E.A.R. was developed by our founder, Chrissy, when reflecting on what increased her resilience throughout her transition.

Support

Supportive peers, family & mentors are essential for finding an outlet & receiving help when it's most needed.

Physical Recreation

Recreation increased endorphins, provides an outlet for stress & a source of independence.

Empowerment

Empowering adolescents is the goal – creating a strengths-based program that celebrates achievement in a supportive community.

Advocacy

Advocacy is supporting a cause – any cause. Campers find a voice, become the change & exercise agency to overcome feelings of defeat.

Reflection

Whether alone, with peers or with mental health professionals, Reflection unlocks the knowledge-of-self to find calm in the storms of life.

[1] Lee, W.Y., Hobbs, J.N., Hobaica, S. et al. State-level anti-transgender laws increase past-year suicide attempts among transgender and non-binary young people in the USA. *Nat Hum Behav* (2024). <https://doi.org/10.1038/s41562-024-01979-5>



What's happening in 2025?

What makes this year special???

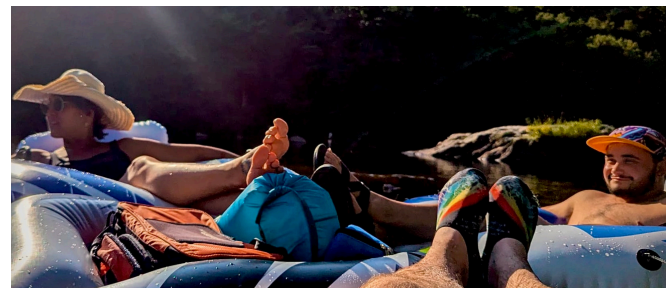
Transcending Adolescence has applied for accreditation through the American Camp Association. Accreditation is a completely voluntary and transparent peer review of our entire camp operation! Between now and camp, we will be working tirelessly to organize all of our policies and procedures, ensuring they are up to, if not exceeding, industry standards. All of this will culminate at camp in June 2025, when volunteers from the ACA will visit camp, observe our program in action, and review all of our program policies. After that, our scores will be submitted to the ACA for review and in November of 2025, TA will learn whether or not we have earned accreditation.

Now through Spring we need to...

- Fundraise \$150k before June 1st.
- Build partnerships with other organizations
- Recruit Campers & Volunteers.

Summer 2025 & beyond

- Our Summer Resilience Retreat will be hosted in North Carolina June 24th-29th, 2025.
- Help campers remain connected to each other through our official TA Discord Server.
- Refer campers to a completely virtual mentorship space courtesy of the Trans Mentor Project.
- Continue expanding our program to serve additional regions of the U.S. and North America



SUPPORT OUR WORK

Growth

Whether by one-time corporate donation or a monthly recurring donation as low as \$5 – donors produce Resilience Retreats.

Support

There is no Resilience Retreat without THIS..

Feeling

No matter where you are or how much time you have, we have a volunteer role for you.

Refer us to grants or partner orgs.

In addition to visibility to the public, we need visibility to other organizations in the LGBTQ+ and outdoor access spaces. Did you know that many companies have LGBTQ+ employee resource groups that often sponsor non-profits? Find out from your employer today!

Share what we're doing!

- @transcending_adolescence
- /TranscendingAdolescence
- TASpear.org
- info@TASpear.org



WHO?

Makes Resilience Retreats Happen

Christina, our founder, spearheads the program.

Our board and leadership team fundraise.

Volunteer, trans and gender diverse, mental health and recreation professionals serve as camp counselors.

Outreach Specialists form partnerships with other LGBTQ+ organizations to recruit campers & raise awareness.

Let's give some snaps to our goofy directors Chrissy, Jake & Haiden, & our Junior Counselor Coordinator, Alex, who work year round, planning details and making this camp a reality! *Pictured above being silly at camp