Providing Resources and Community to Lesbian, Gay, Bisexual, Transgender, and Questioning Youth

The Lambert House LGBTQ Youth Center
Ken Shulman, MPA, Executive Director
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www.lamberthouse.org
Charitable Tax ID# 94-3036815

Fact Sheet 2022

Number of Youth Served
1,317 individual LGBTQ+ youth

Where Youth Lived

7 Countries on Six Continents:
Australia
Brazil
Indonesia
Malaysia
Saudi Arabia
United Kingdom
United States

In-Person Service Locations
Washington State: Algona-Pacific, Carnation, Covington, Enumclaw, Fairwood, Lake Forest Park, Maple Valley, Seattle, Snoqualmie, Vashon Island

Who We Served
- 70% minors, ages 10-17
- 30% young adults, ages 18-22
- 282 youth were BIPOC
- 107 youth were homeless
- 44% self-identified as transgender or non-binary
- Of 351 youth answering an income question, 59% were low or very-low income
- 7% left high school without graduating

In-Person and Virtual Programming
20 Virtual Online Programs (as of 6/22)
15 In-person Programs

Where Funding Came From (cash and in-kind)
- 30% Individual donors
- 17% LGBT & Allied Community groups
- 14% King County
- 12.5% Foundation and corporate grants
- 11% City of Seattle
- 10% Employer match
- 5.0% Plymouth Church UCC
- 0.5% Vehicle donations

Where Your Donations Went (cash and in-kind)
- 72% to programs & services
- 16% to administration
- 12% to fundraising, including capital campaign

Volunteers
123 long-term skilled volunteers serve as diverse and affirming role models and informal mentors for LGBTQ+ youth. The volunteers are cited by many alumni as the highlight of their Lambert House experience. Volunteers contributed 15,480 hours in direct service with youth in one recent year. Their contributions of time and expertise also make Lambert House extremely cost-effective.

Goals
- Complete our capital campaign for purchase and expansion of our facility
- Secure funding for simultaneous online and in-person programming

Contact
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Overview

Since 1981 the Lambert House LGBTQ Youth Center has cared for, championed, and celebrated over 15,000 individual minors and young adults through over 500,000 service contacts. The Center was founded to address health and mental health disparities faced by LGBTQ+ youth disproportionately. Its employees and 123 skilled weekly volunteers provide in-person support in 10 locations for more LGBTQ+ youth than any other organization in the Northwestern United States. Lambert House is the only social service agency in Seattle and King County (Pop. 2.25 million) dedicated solely to LGBTQ+ youth. In-person service locations include: Algona-Pacific, Carnation, Covington, Enumclaw, Fairwood, Lake Forest Park, Maple Valley, Seattle, Snoqualmie, and Vashon Island. Lambert House offers both online and in-person programs.

Lambert House’s online programs serve LGBTQ+ youth living in 28 U.S. states and seven countries on six continents. Our national and international reach make Lambert House one of the leading LGBTQ+ youth agencies in the world. Seventy percent (70%) of the youth is minors, ages 10 - 17. Thirty percent (30%) is young adults, ages 18 - 22. The percentages of racial minority youth and staff are proportional to the racial composition of Seattle and King County, WA, where Lambert House is headquartered: 35%. International participants are mostly people of color.

Lambert House delivers programs, services, and global advocacy that span eight categories: 1) Social Connection, Peer Support, Resilience, and Self Esteem Building; 2) Family Success, Bullying Resistance and School Retention; 3) Mentoring; 4) Homeless Services including Meals, Clothing, Personal Hygiene Items, and Referrals; 5) HIV and STI prevention and Healthy Relationships Education; 6) Culture, Sports, and Outdoor Recreation; 7) Workplace Skills Development, Youth Leadership, and Academic Internships, and; 8) Systems Advocacy and Training for Professionals from Around the World (30 countries to date).

Lambert House programs are evidence-based and informed by Positive Youth Development and Minority Stress Theory. There are 50 prevention and intervention programs and services. Prevention emphasizes two protective factors for LGBTQ+ youth: peer social support and adult mentoring. These protective factors minimize health and mental health risks that LGBTQ+ youth face disproportionately including: Parental rejection; homelessness; depression; suicide; substance use disorders; HIV; and bullying.

In one indication of program efficacy, LGBTQ+ youth have actively sought, participated in, and returned to Lambert House’s programs more than 9,000 times since the beginning of the Covid-19 Pandemic.

Lambert House is a force against bigotry and in the struggle to build a world in which LGBTQ+ children and young adults are healthy and command equality in their families, schools, and communities.