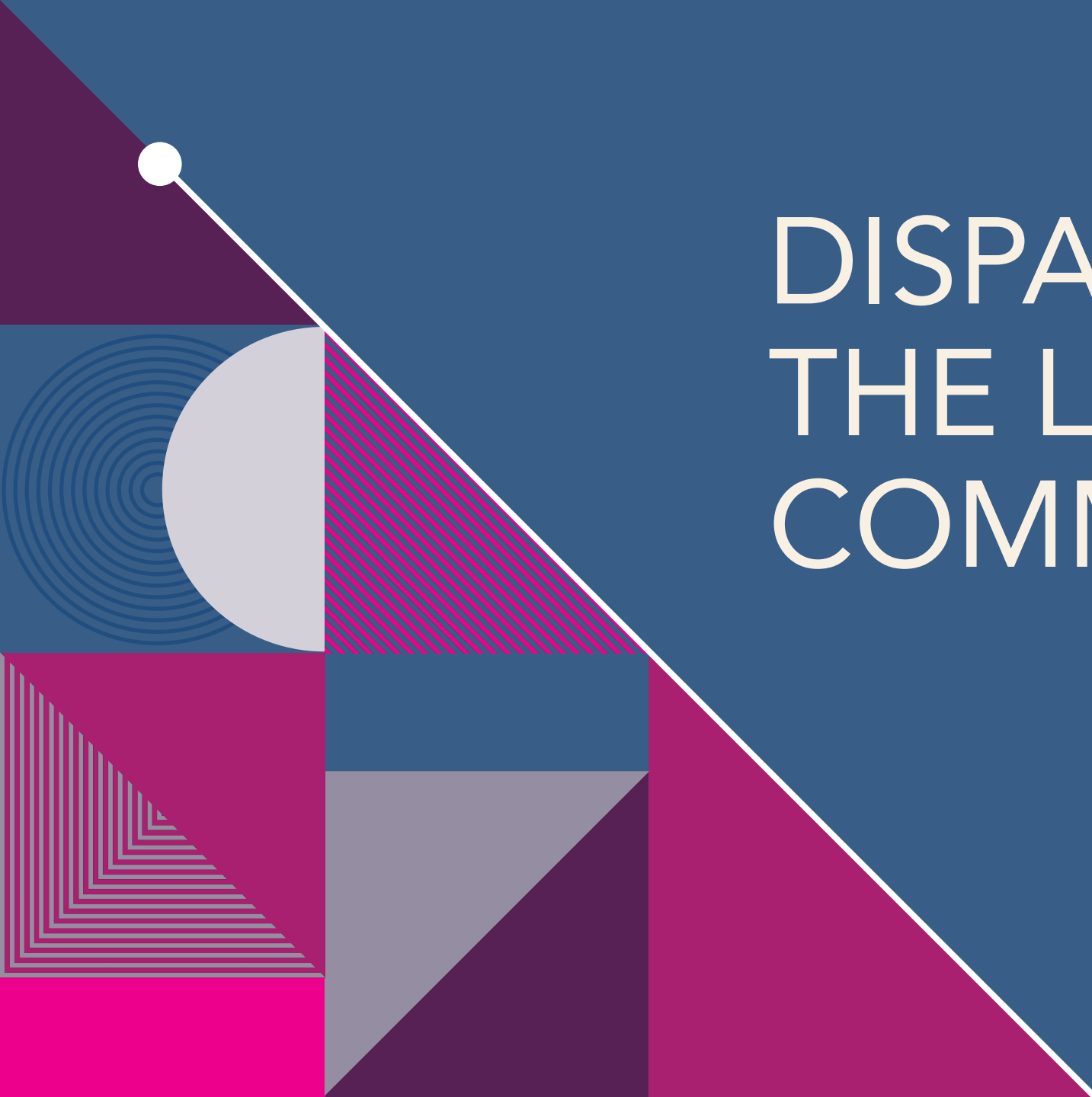
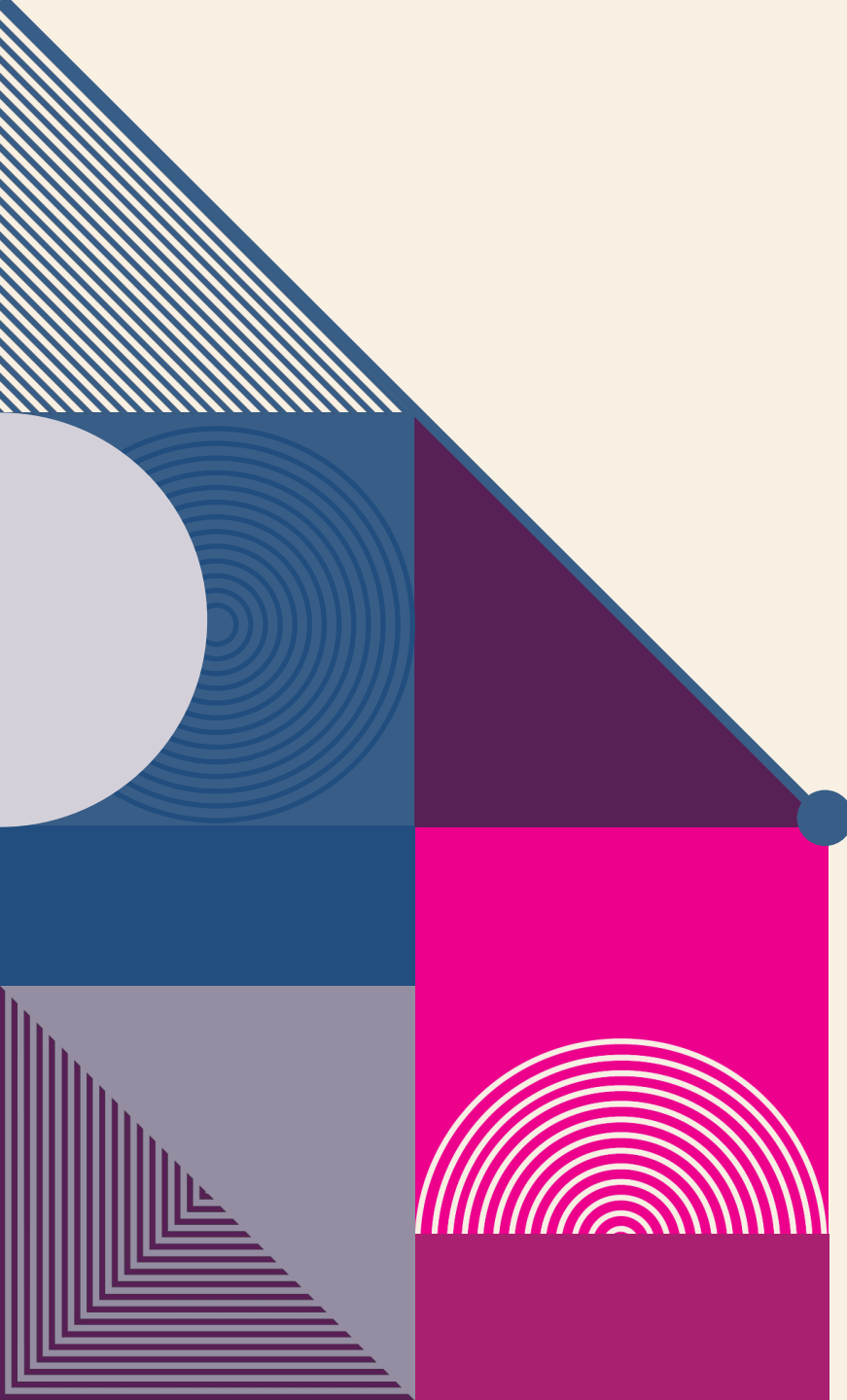




DISPARITIES IN THE LGBTQ+ COMMUNITY



AGENDA

- ❖ Understanding LGBTQ+ barriers
- ❖ Disparities of services
- ❖ How to change the system
- ❖ Audience engagement/questions
- ❖ Provide resources



SHE, HER, HERS

HE, HIM, HIS

ZIR, (HIR)

(NON-BINARY) ZE

THEY, THEM, THIER



ACRONYMS LGBTQ+:

LGBTQ+ (LESBIAN/GAY/BISEXUAL/TRANSGENDER/QUEER/ +)

INTERSEX: DESCRIBES INDIVIDUALS WHO ARE BORN WITH VARIATIONS OF SEX CHARACTERISTICS THAT FIT WITH BINARY AS MALE OR FEMALE BODIES

BINARY: GENDER AND SEXUALITY MAY BE ASSUMED BY DEFAULT TO ALIGN WITH ONES SEX ASSIGNED AT BIRTH

ASEXUAL: THIS TERM REFERS TO SOMEONE WHO HAS LITTLE OR NO SEXUAL ATTRACTION, THEY MAY HOWEVER EXPERIENCE ROMANTIC ATTRACTIONS.

PLUS: USED TO SIGNIFY ALL OF THE GENDER IDENTITIES AND SEXUAL ORIENTATION THAT ARE NOT SPECIFICALLY COVERED BY THE FIVE INITIALS.



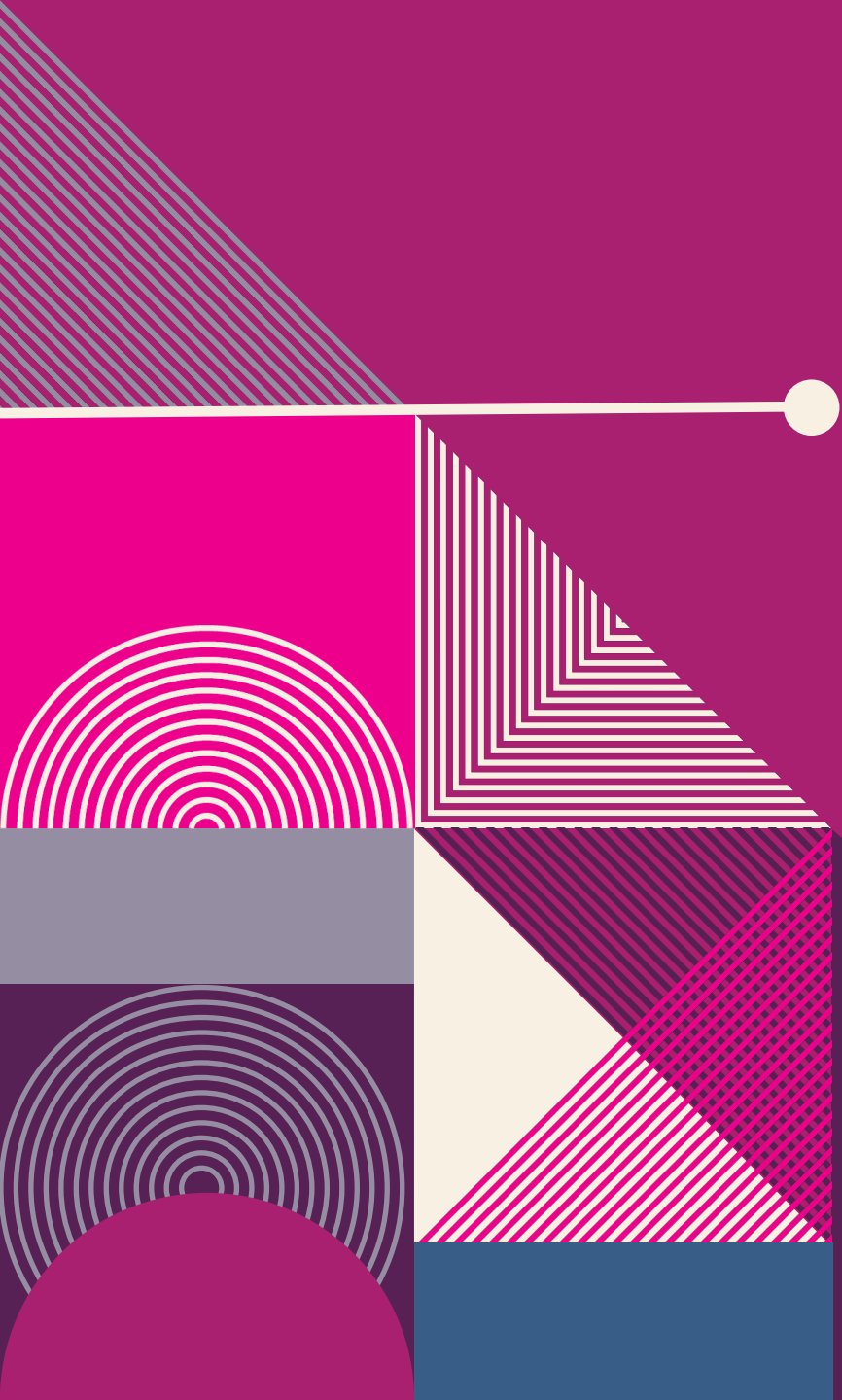
STATUS AND DISPARITIES



STATUS AND DISPARITIES

- LGBTQ individuals are more than twice as likely as heterosexual men and women to have mental health disorders in their lifetime.
- LGBTQ individuals are 2.5 times more likely to experience depression, anxiety, and substance misuse compared to heterosexuals
- Women who identify as lesbian/bisexual are more than twice as likely to engage in heavy drinking in the past month than heterosexual women. Gay/bisexual men were less likely than heterosexual men to engage in heavy drinking in the past month.





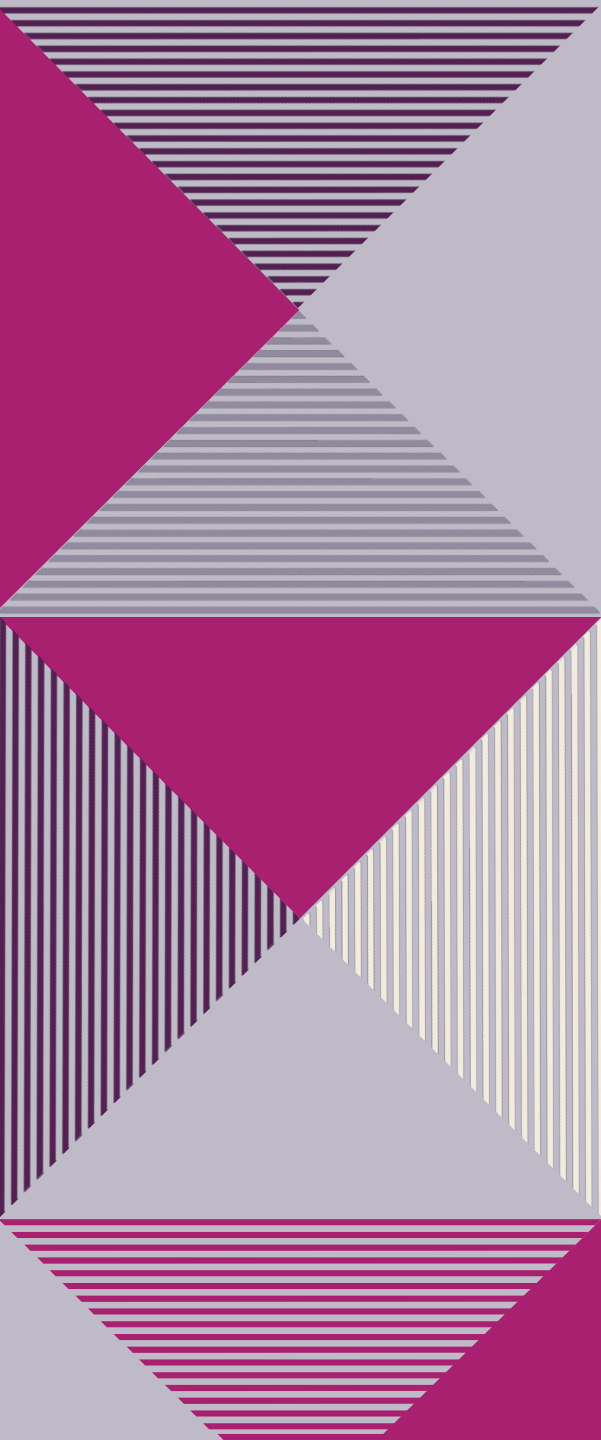
CONTINUED

- Transgender individuals who identify with different ethnicities are at an increased risk of suicide attempts than white transgender individuals
- LGBTQ+ individuals have a higher rate of mental health service use than their heterosexual counterparts
- The rate of suicide attempts is 4x greater for lesbians, gay, and bisexual youth and 2x greater for youth questioning their sexuality
- LGBTQ+ older adults face a number of unique challenges: combination of anti-LGBTQ stigma and ageism

- LGBTQ individuals may have less social support than heterosexuals, particularly if they live in a region without a large population or if they have experienced rejection by their family. Bisexual people may feel isolated, experiencing stigma both in society at large and within the LGBTQ community
- Transgender individuals have higher rates of poverty and unemployment. This is exacerbated by lack of non-discrimination protections for LGBTQ+

- LGBTQ+ individuals are more likely to be victims of violence compared to heterosexual peers. The risk of experiencing violence is even higher for undocumented and racial/ethnic minority LGBTQ+
- Stigma and discrimination health disparities among LGBTQ+ people are linked to stigma and discrimination: example-

many LGBTQ+ people have reported experiencing stigma and discrimination when accessing health services, leading some to delay necessary health care or forgo it all together.



LGBTQ+ SURVEY'S

- Shared experiences of MI/SUD diagnosis
- Advocate for change-must advocate for acceptance and inclusion
- 94% LGBTQ+ youth reported recent politics have affected their mental health
- Fear of discrimination individuals conceal their orientation or gender ID
- ❖ Chosen pronouns help reduce suicidal ideation and depression
- ❖ Pronouns respected can minimize suicide by 50% especially in youth
- ❖ Inclusion-creating safe space for individuals to share
- ❖ 50% reported experienced providers denied services
- ❖ Blamed for sexual orientation/gender identity



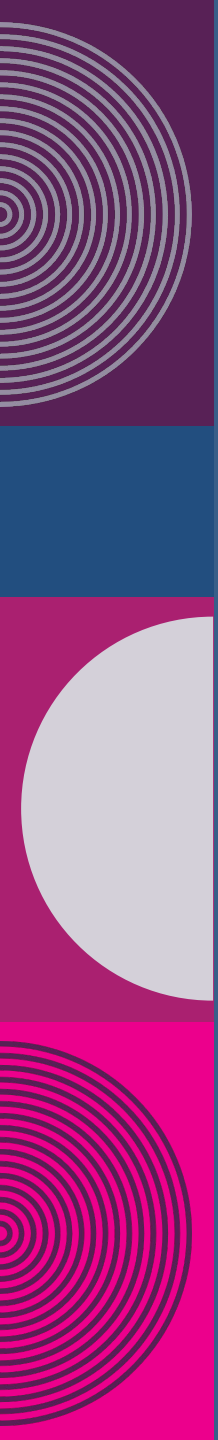
PEER SERVICES

- ✓ 2021 Medicare Act promotes use of peer support specialists
- ✓ Peers support reduces hospital admission rates/increase social support and functioning
- ✓ Peer models benefits LGBTQ+ community's by addressing 3 major risk factors-discrimination/isolation/ and difficulties in coming to terms with identity
- ✓ Help individual combat isolation and build stronger support networks
- ✓ Peer support models provide structured practice



CONTINUED

- ❖ Validate/understanding
- ❖ Provide Safe spaces to share stories and experiences
- ❖ Share skills and coping methods
- ❖ Build relationships
- ❖ Emotional support for healing and growth



CHALLENGES OF PEER SUPPORT MODELS

- Boundaries
- Power
- CPSS stress that causes them risk of their mental health
- Concerns of accountability
- Multidisciplinary teams-maintaining distinct roles of peer supports specialists
- Specialized roles



WHAT CAN WE DO

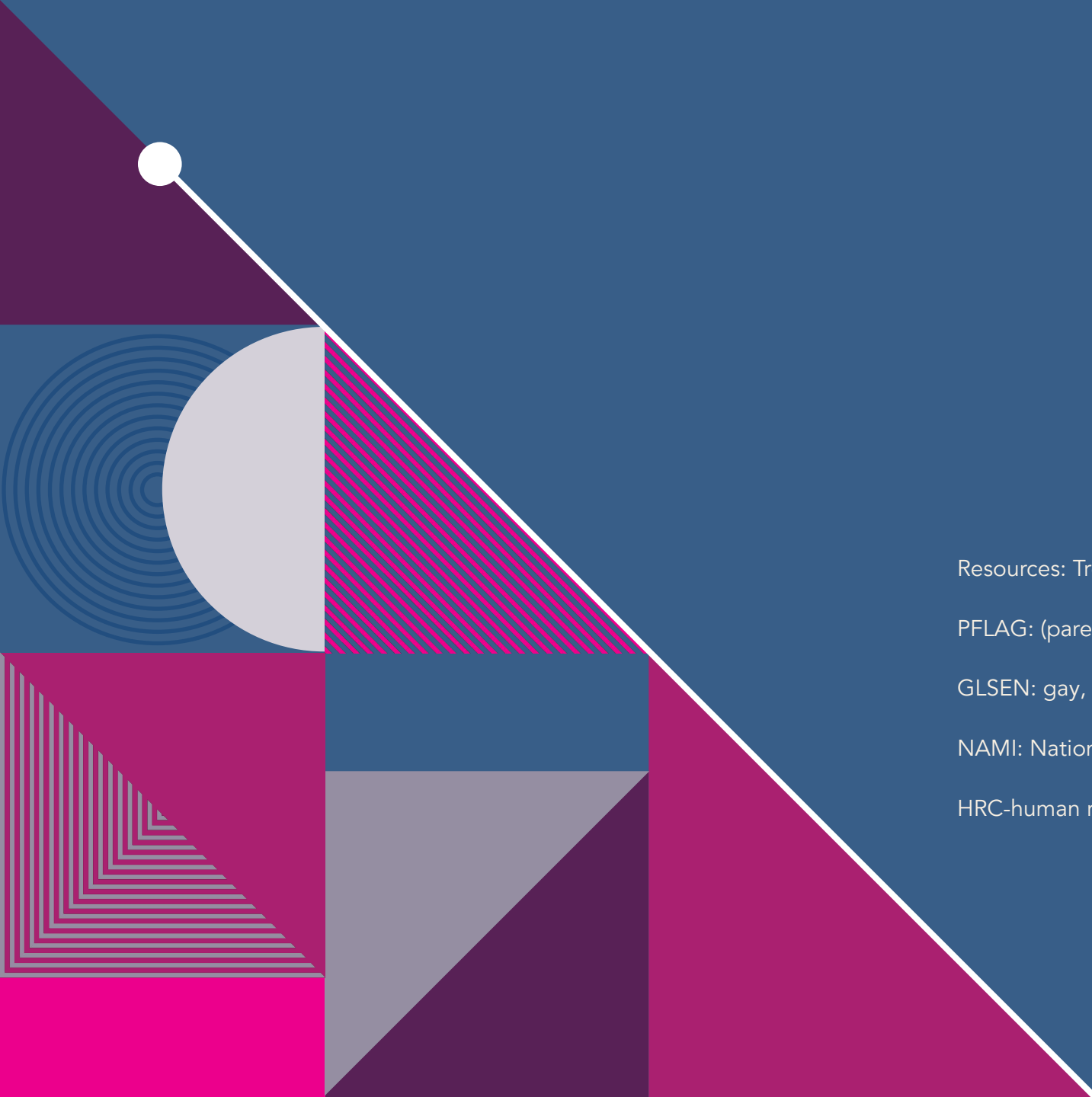
vocalize and ask to congress to fund mental health crisis services

Advocate for change: acceptance and inclusion

Make your voices heard

Encourage your organization to implement services supporting and caring for the LGBTQ+ communities

Support PEER bill: promotion effective and empowering and recovery services



QUESTIONS DISCUSSION RESOURCES

Resources: Trevor project: thetrevorproject.org

PFLAG: (parents and friends of lesbians and gays) pflag.org

GLSEN: gay, lesbian, and straight education network

NAMI: National alliance on mental illness NAMI.org

HRC-human rights campaign