IMPORTANT CONSIDERATIONS FOR SUPPORTING LGBTQ+ PEOPLE

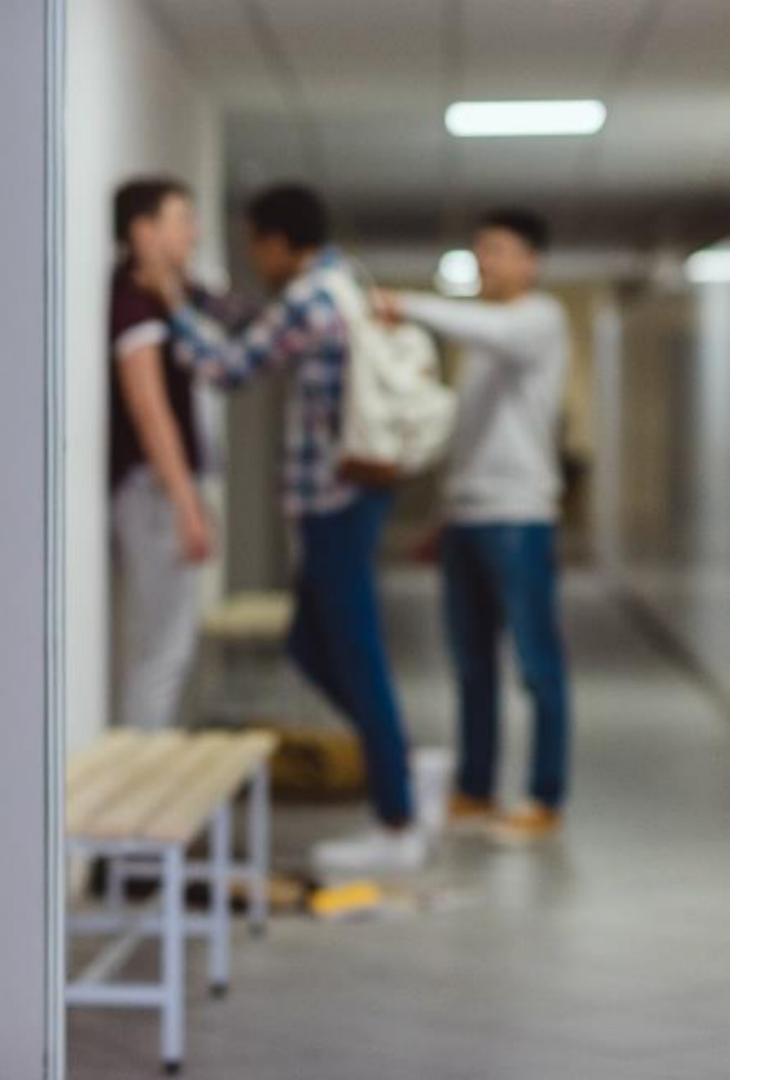
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CENTER of EXCELLENCE
LGBTQ+ BEHAVIORAL HEALTH EQUITY





LGBTQ+ people experience unique vulnerabilities directly related to hostility and violence and rejecting behaviors.



RISK FACTORS

- Lack of family acceptance/support
- Bullying, harassment, violence
- Lack of visible possibility models
- Lack of social programs
- Limited access to affirming care
- Stigma associated with LGBTQ+ identities
- Internalized biases
- Economic hardships due to discrimination

Leads to high rates of isolation, depression, anxiety, minority stress, and other mental health outcomes

DISPARITIES DATA ON BLACK LGBTQ YOUTH

One study found that 44% of Black LGBTQ youth seriously considered suicide in the past 12 months, including 59% of Black transgender and nonbinary youth.

Price-Feeney, M, Green, A.E. & Dorison, S. (2020). All Black Lives Matter: Mental Health of Black LGBTQ Youth. New York, New York: The Trevor Project. https://www.thetrevorproject.org/wp-content/uploads/2020/10/All-Black-Lives-Matter-Mental-Health-of-Black-LGBTQ-Youth.pdf





DISPARITIES DATA ON LGB PEOPLE

People who identify as bisexual are four times more likely to report attempted suicide when compared to people who identified as straight, lesbian, or gay.

People who identified as lesbian or were two times more likely to report attempted suicide compared to those who identified as straight.

Laura E. Tomedi and James L. Padilla, "Health Inequities by Sexual Orientation in New Mexico, 2005–2011," July 2013, accessed August 13, 2014, http://www.nmtupac.com/pdf/LGBT_2013.pdf.

DISPARITIES DATA ON TGD YOUTH

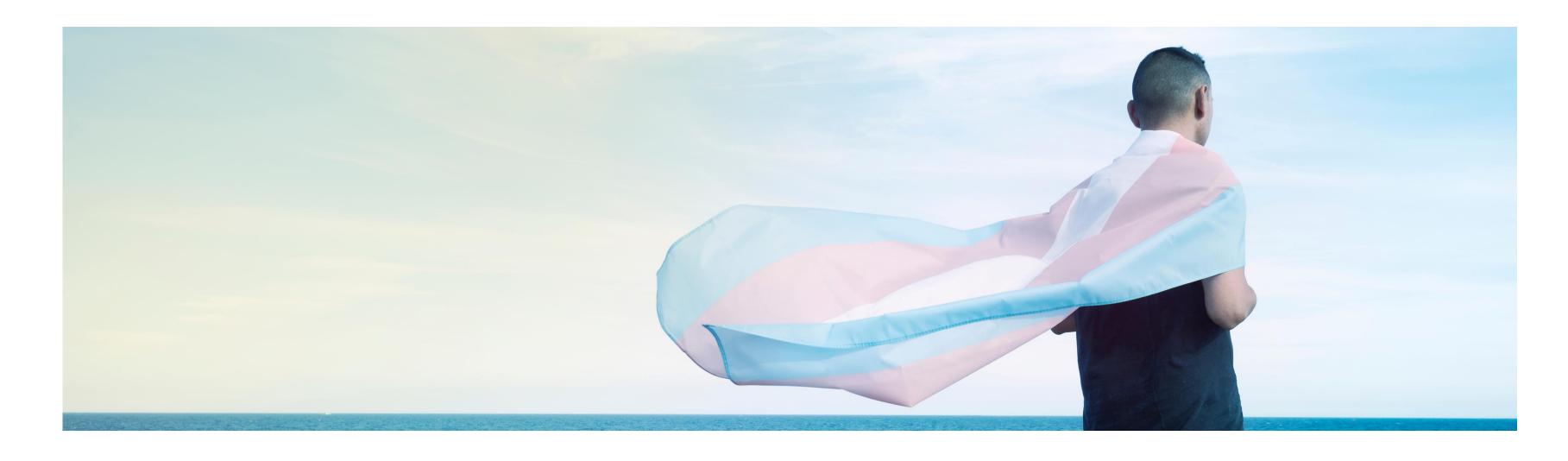
In a national study, 40% of transgender adults reported having made a suicide attempt, 92% of these individuals reported having attempted suicide before the age of 25.

James, S. E., Herman, J. L., Rankin, S., Keisling, M., Mottet, L., & Anafi, M. (2016). The Report of the 2015 U.S. Transgender Survey. Washington, DC: National Center for Transgender Equality.





The Adolescent and Behaviors and Experiences Survey found that 26.3% of lesbian, gay, and bisexual high school students had attempted suicide in 2021, compared to 5.2% of youth who identified as straight.



Of those who identified as transgender, 35% of them had attempted suicide compared to 15% of young people who did not identify as transgender.



Historical Trauma

The impact of not having family, or losing family in a traumatic way, still impacts LGBTQ+ older adults.



Protective Factors



- Easy access to effective affirming care
- High self-esteem
- Learning and applying coping skills
 Supportive family/family of choice/teachers/mentors
- Connection to other LGBTQ+ people

- Positive role models or being a role model to others
- Hope of transitioning to affirm one's gender identity
- Supportive communities churches, schools, places of employment
- Positive reactions to "coming out"

ONE PERSON CAN MAKE THE DIFFERENCE

A report from the Trevor Project shows that just one accepting adult can reduce the risk of a suicide attempt by 40 percent.

https://www.thetrevorproject.org/research-briefs/accepting-adults-reduce-suicide-attempts-among-lgbtq-youth/













Educational Video for Providers and Families

Support for LGBTQ Youth Starts at Home:
An #As You Are Project

Family Acceptance Project



Family Acceptance Project



家庭接受和支持,培養健康孩子

幫助家裡有同志 (女同性戀、男同性戀、雙性戀、跨性別)成員的家庭



家庭接受項目™ 舊金山州立大學



Supportive Families, Healthy Children

Helping Families with Lesbian, Gay, Bisexual & Transgender Children



SAN FRANCISCO STATE UNIVERSITY



Niños saludables con el apoyo familiar

Ayuda para familias con hijos e hijas lesbianas, gays, bisexuales y transgénero



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Helpful Resource on Language



Learning About Sexual Orientation, Gender Identity & Expression

This video, available in English, Spanish, and Portuguese, reviews basic terminology that is important to know when working with people who have diverse sexual orientations or gender identities. This terminology includes sex assigned at birth, gender identity, gender expression, sexual orientation, and more.

WATCH NOW: ENGLISH

WATCH NOW: SPANISH

WATCH NOW: PORTUGUESE

LGBTQ Family Acceptance | Faith-Based Resources





CEC Version

Certificate of Attendance Version



Safety Planning Around Unique Experiences for LGBTQ+ People

This module will provide information for safely providing services in anti-LGBTQ+ climates. Many providers worry that providing LGBTQ+ specific services in organizations, towns, or states that have demonstrated anti-LGBTQ+ sentiments would put their LGBTQ+ clients at risk. Though this is always possible in any organization or jurisdiction, there are some very important strategies that can increase safety while still reaching LGBTQ+ populations. This module will present the strategies with practice examples.

This module takes approximately 30 minutes to complete and provides 0.5 CECs or a certificate of attendance.

CEC Version

Certificate of Attendance Version



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