

UNDERSTANDING AND SUPPORTING MENTAL HEALTH NEEDS WITHIN THE LGBTQ+ COMMUNITY

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OBJECTIVES:

- Mental Health Statistics
 - Extraneous factors
 - Protective factors
- Past and Present Barriers to Mental Health Treatment
- How to become a better Ally
 - Clinicians
 - Members of Community/Higher Education

UNDERSTANDING MY LIMITATIONS

- Cisgender, women
- Heterosexual
- Central Pa

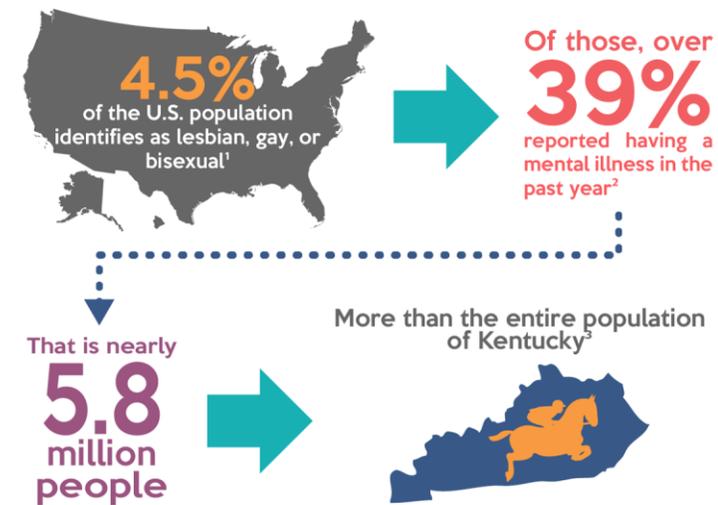
REVIEW



- **Biological Sex:** Medical terminology use to refer to the chromosomal, hormonal, anatomical characteristics that are use to classify individuals.
- **Sexual Orientation:** Who are you romantically attracted to?
 - An emotional, romantic, sexual and relational attraction to another person
- **Gender Identity:** Ones innate, deeply-known, psychological identification as man, women, or some other gender.
- **Ally:** A person who supports and honors sexual diversity, acts accordingly to challenge remarks and behaviors, and explores and understands these forms of biases within themselves.
- **LGBTQ+:** An umbrella term used to represent people of certain sexual orientation/gender identities.
 - NOT a mental health illness or disorder
 - [Video](#)

UNDERSTANDING THE F

- Personal Identification is lower as age increases (2017)
 - Millennials (1980-1999) : 8.2%
 - Generation X (1965-1979): 3.5%
 - Baby Boomers (1946-1964): 2.4%
- U.S. Adults 4.5% identify as lesbian, gay, bisexual or transgender
- More women-identified individuals identify as LGBT than men-identified
 - 5.1% vs. 3.9%
- LGB adults are more than 2x more likely to experience mental health concerns
 - Transgender: 4x more likely
- Following Slides are a snapshot



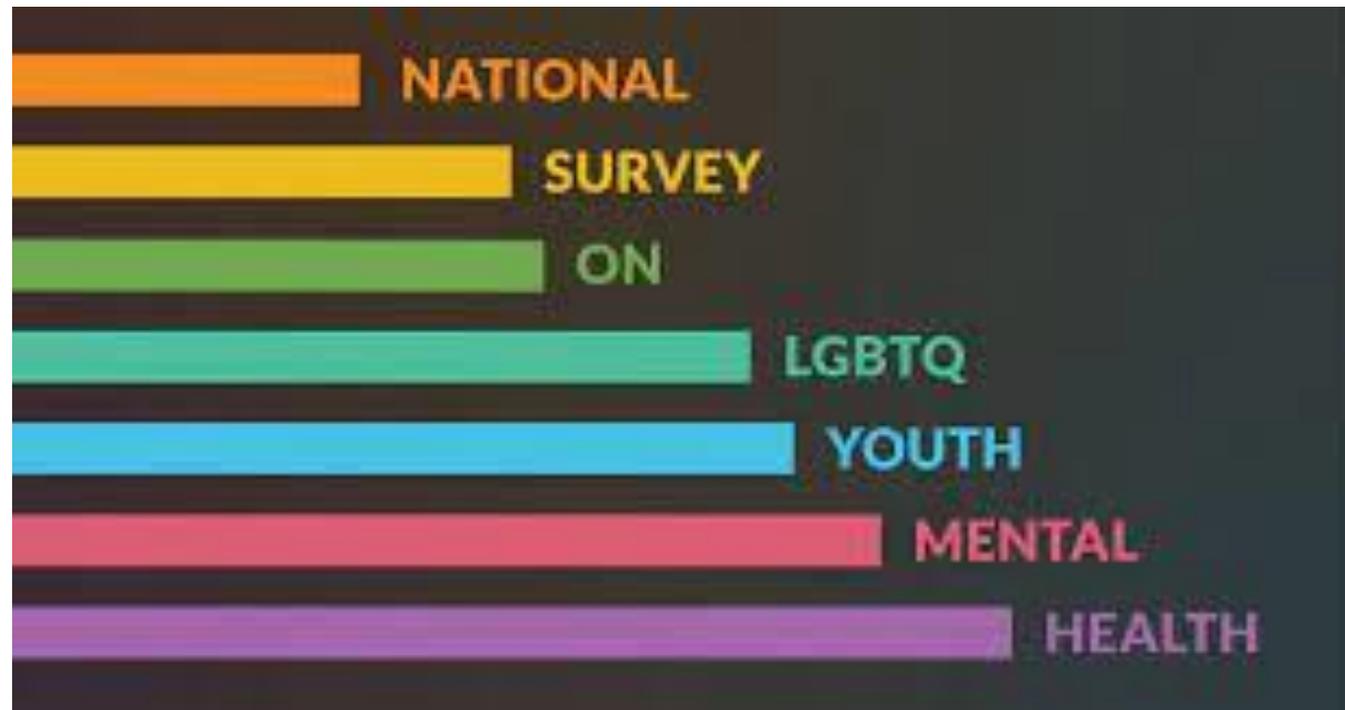
SOURCES

¹<https://news.gallup.com/poll/234863/estimate-lgbt-population-rises.aspx>

²Substance Abuse and Mental Health Services Administration (SAMHSA)'s public online data analysis system (PDAS)

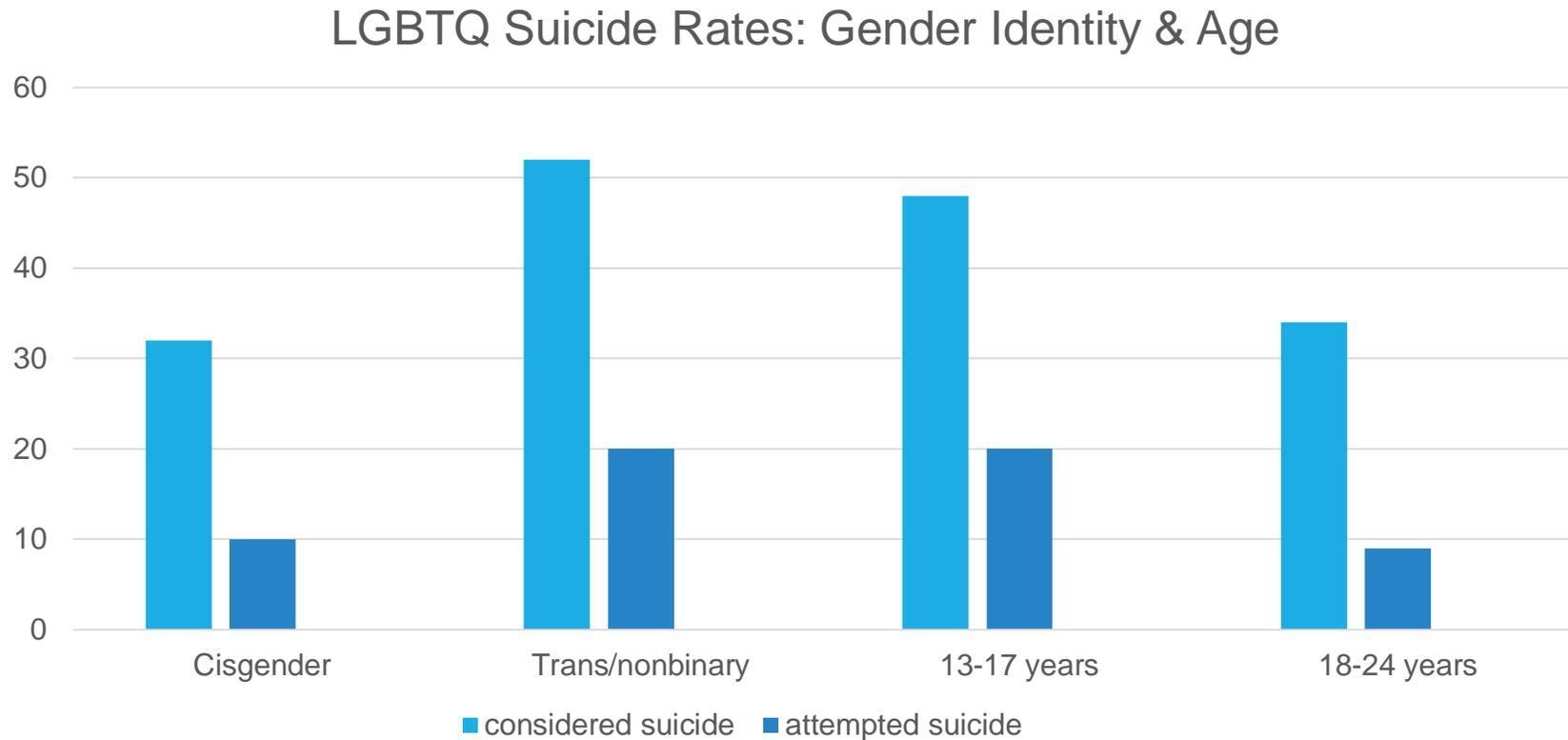
³<https://www.census.gov/data/tables/time-series/demo/popest/2010s-state-total.html>

FOLLOWING STATS: NATIONAL SURVEY ON LGBTQ YOUTH MENTAL HEALTH (2021), TREVOR PROJECT



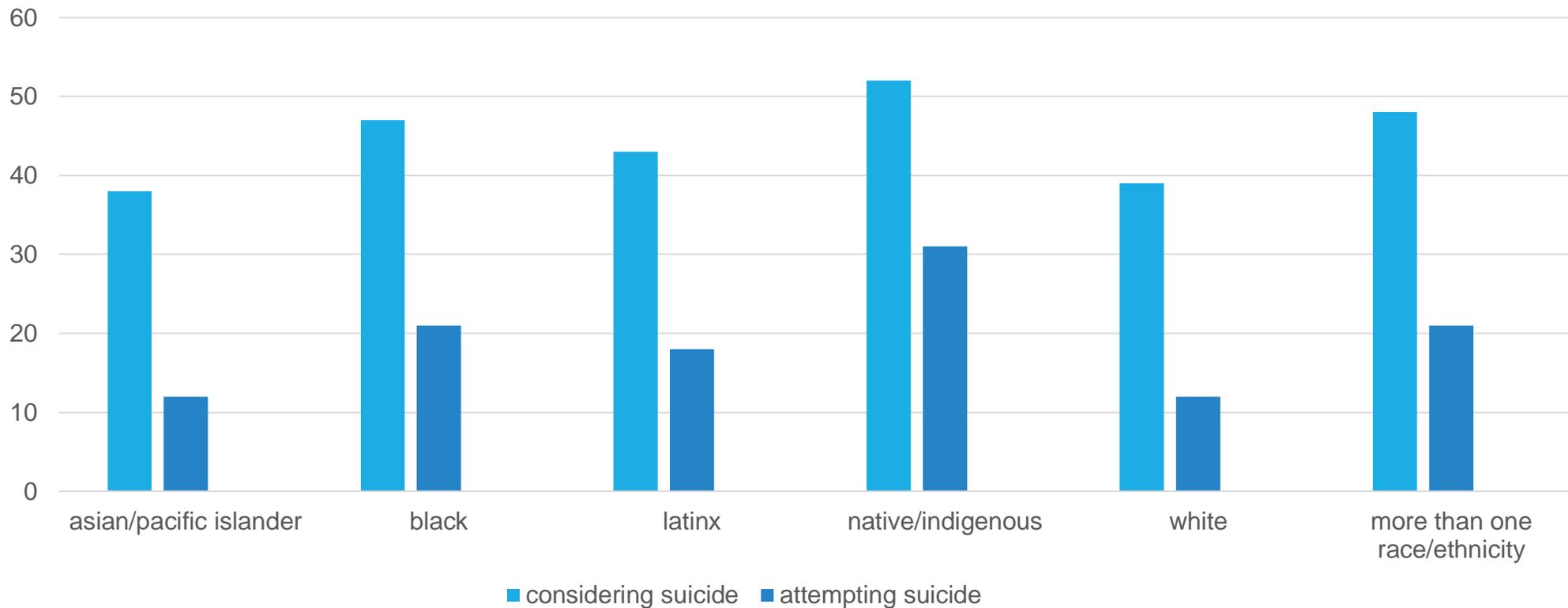
UNDERSTANDING THE FACTS: SUICIDE

42% OF LGBTQ YOUTH SERIOUSLY CONSIDERED SUICIDE WITHIN PAST YEAR



UNDERSTANDING THE FACTS: SUICIDE

LGBTQ Suicide Rates: Race/ethnicity



UNDERSTANDING THE FACTS: ANXIETY AND DEPRESSION

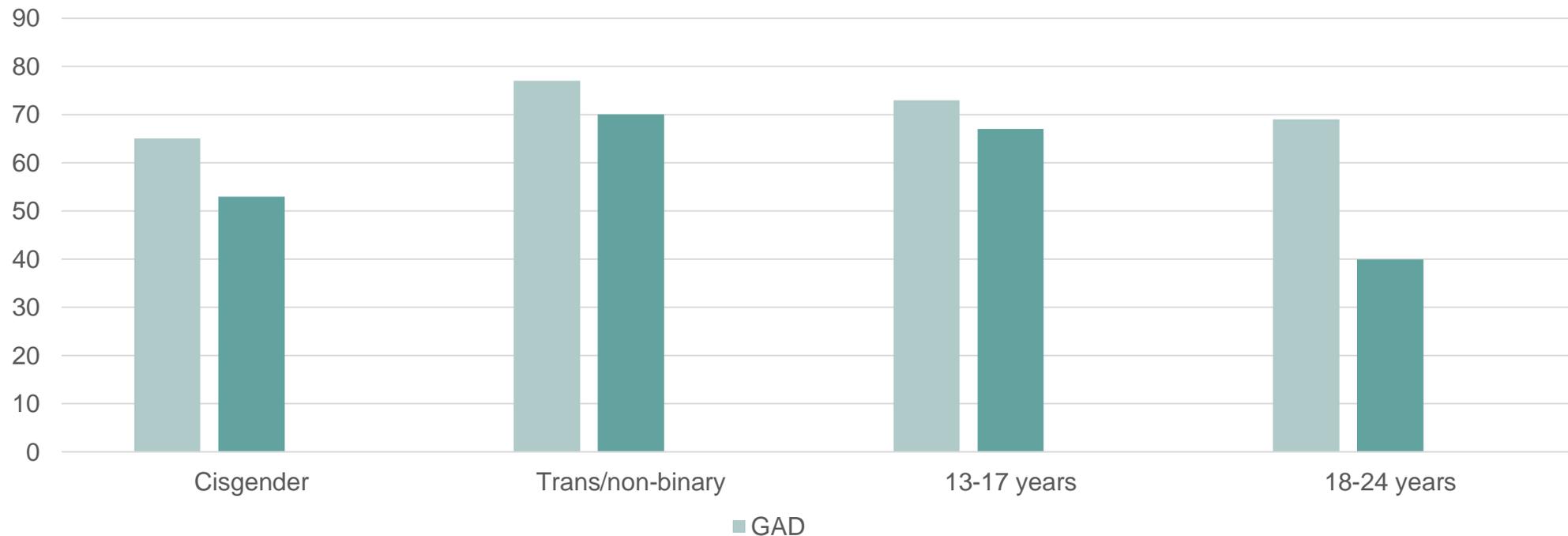
72% OF LGBTQ YOUTH REPORTED GAD SYMPTOMS IN PAST 2 WEEKS

MORE AND 3 IN 4, NON-BINARY

62% OF LGBTQ YOUTH REPORTED MDD IN PAST 2 WEEKS

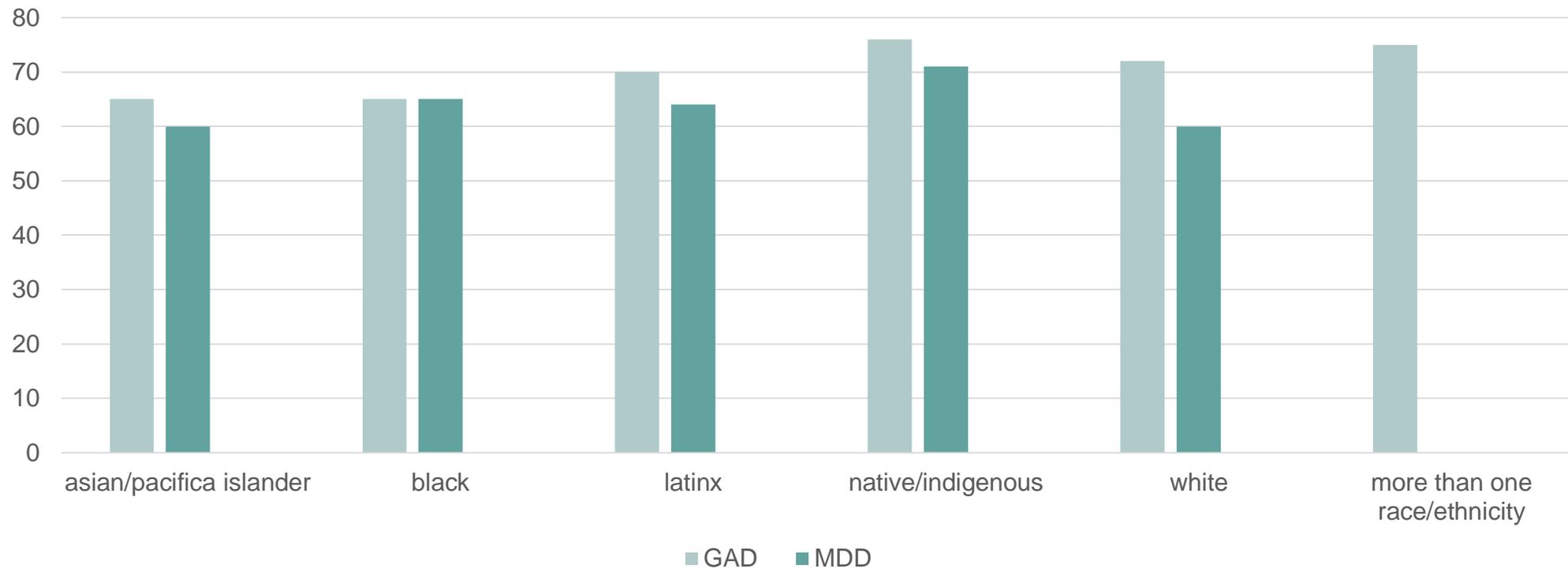
MORE THAN 2 IN 3, NON-BINARY

LGBTQ GAD & MDD: Gender Identity and Age



UNDERSTANDING THE FACTS: ANXIETY AND DEPRESSION

LGBTQ GAD & MDD: race/ethnicity



UNDERSTANDING THE FACTS: SUBSTANCE USE

- Illicit drug use is significantly higher in school age LGB compared to heterosexual peers
 - Coping methods?
- LGB adults 2x more likely to experience substance use disorder
 - T adults, 4x more likely
- Increased likelihood of comorbidity with other mental health concerns
 - Illicit drug use 37.8% (no add. mental illness) vs. 59.3% (series mental illness)



UNDERSTANDING THE FACTS: TRAUMA

- LGBTQ+ Community faces increased risk of mental health concerns related to trauma
 - Significant forms of discrimination: incorrect labeling, stereotypes, denial of access and opportunities, stigma, forms of abuse
 - gay men and bisexual women some of the highest rates to develop PTSD
- Rejection and Isolation from family and friends
 - 40% of LGBT experienced a rejection
 - Rejection from workplaces and faith communities



UNDERSTANDING THE FACTS: EATING DISORDERS

- 42% of men-identified ind. with ED, identify as gap
- Gay men are 7x more likely to binge eat & 12x more likely to purge
- Women-identified inds, who identify as L, B, or “mostly heterosexual” are 2x more likely to binge once a month

** DSM 5: Change in criteria

Factors Impacting ED Development

- Fear of rejection
- Internalization of negative message/beliefs
- Experience of trauma
- Bullying/Discrimination
- “Mixed thoughts” about self
- Not able to meet body image ideals
- Sense of community and/or connectedness

MENTAL HEALTH IMPACT FACTORS: THIS PAST YEAR

- 2021 (Trevor Project)
 - 94% reported recent politics have negatively impacted mental health
 - 80% stated covid-19 made living situations more difficult
 - Only 1 in 3 found their homes to be affirming environments
 - 40% of LGBTQ youth lost their job during covid-19

- 70% noted mental health was “poor” most of the time or always during pandemic
- 48% reported wanting counseling, but were unable to obtain in past year

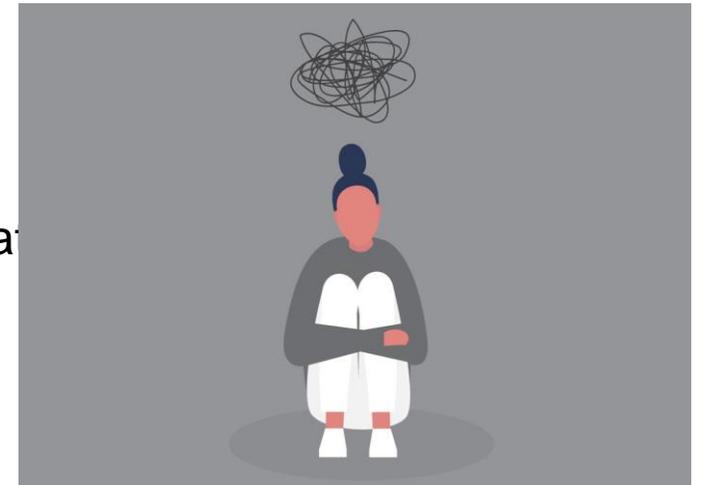


MENTAL HEALTH IMPACT FACTORS

- Stigma/discrimination
 - Since 2017, anti-LGBTQ hate crimes have risen by 86% from 2016
 - Specifically people of color or transgender ind.
 - The Human Rights Campaign, noted at least 129 anti-LGBTQ bills were introduced, 30 states
- Institutional discrimination
 - Often denied career advances or equal compensation
 - Unemployment rate is double that of general population
 - Faith rejection once coming out
- Health Disparities
 - Denial of medical care/lack of insurance
- Bullying/abuse
 - Three quarter of LGBTQ students report harassment in school
 - 35% physical assault, 12% sexual violence

MENTAL HEALTH IMPACT FACTORS

- Isolation
- Negative perception of self
 - Microaggressions: experience subtle expression of hostility or discrimination
- Rejection
 - Anti-LGBTQ+ attitudes can become internalized
 - Increased rates of homelessness/lack of education
 - Development of unhealthy coping methods: Substance abuse/self harm/etc.



MENTAL HEALTH IMPACT FACTORS: LIMITS TO HELP SEEKING BEHAVIORS

- Within past year, half of all LGBTQ youth wanted mental health services, but did not obtain (Trevor Project)
- Inadequate/incompetent providers
 - Stigma/lack of cultural sensitivity
 - Fear of disclosure or engaging in treatments
- Lack of support systems to encourage care or treatment
- Implicit biases/preference for heterosexual/cisgender people
- Previous Negative Experiences
 - Denial of care, harsh language/non-affirming, blaming concern on sexual orientation/gender identity

CREATING POSITIVE CH



Becoming an Ally:

- Become Educated/Ask Questions
- Be Aware of Biases/Apologize
- Learn inclusive language/Ask Pronouns
 - <http://thesafezoneproject.com>
- Promote Change
 - Support non-discriminatory policies
 - Advocate
 - Speak up for others
- Don't question others

Promoting Protective Factors:

- Developing a community/support system
- Prioritizing well-being
 - Self care, healthy boundaries, therapy
- Being in a healthy environment
 - LGBTQ+ legal protections/positive policies
- Knowing your resources

SUPPORTIVE RESOURCES

The Trevor Project

www.thetrevorproject.org

24-hour, toll-free, crisis intervention phone line: 1.866.488.7386

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

24 hour, toll-free crisis line: 1.800.273.8255

NEDA (Eating Disorder Support)

<https://www.nationaleatingdisorders.org/>

National Alliance on Mental Illness

<https://www.nami.org/home>

SAMHSA (Substance Abuse and Mental Health)

<https://www.samhsa.gov/>

Sage: Advocacy & Services for LGBT Elders

<https://www.sageusa.org/what-we-do/sage-national-lgbt-elder-hotline/>

RESOURCES

- The Safe Zone Project:
 - <https://thesafezoneproject.com/resources/vocabulary/>
 - <http://thesafezoneproject.com/wp-content/uploads/2017/07/SZP-Language-DO-DONT-Handout.pdf>

REFERENCES

Slide 5:

- <https://news.gallup.com/poll/234863/estimate-lgbt-population-rises.aspx>
- <https://www.mhanational.org/issues/lgbtq-communities-and-mental-health>

Slide 6-10 ,14,17 :

- <https://www.thetrevorproject.org/survey-2021/?section=SuicideMentalHealth>

Slide 11:

- <https://www.samhsa.gov/data/report/2018-nsduh-lesbian-gay-bisexual-lgb-adults>

Slide 12:

- <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3395766/>

Slide 13:

- <https://www.nationaleatingdisorders.org/learn/general-information/lgbtq>

Slide 15-16:

- <https://www.lgbtqihealtheducation.org/wp-content/uploads/2018/10/Suicide-Risk-and-Prevention-for-LGBTQ-Patients-Brief.pdf>
- <https://www.psychiatry.org/psychiatrists/cultural-competency/education/stress-and-trauma/lgbtq>

Slide 17:

- Health care providers' implicit and explicit attitudes toward lesbian women and gay men. American Journal of Public Health 105(9), 1831-1841. doi 10.2105/AJPH.2015.302631
- <https://mhanational.org/issues/lgbtq-communities-and-mental-health#6>
- <https://www.kff.org/racial-equity-and-health-policy/issue-brief/health-and-access-to-care-and-coverage-for-lesbian-gay-bisexual-and-transgender-individuals-in-the-u-s/>