Affirmative Model and Latinx LGBT+ Populations

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Servicios LGBT PR

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1:00 pm-2:20 pm ET

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

INVITING TO INDIVIDUALS PARTICIPATING IN THEIR OWN JOURNEYS

STRENGTHS-BASED AND HOPEFUL

PERSON-FIRST AND FREE OF LABELS

INCLUSIVE AND ACCEPTING OF DIVERSE CULTURES, GENDERS, PERSPECTIVES, AND EXPERIENCES

NON-JUDGMENTAL AND AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR AND UNDERSTANDABLE

HEALING-CENTERED AND TRAUMA-RESPONSIVE

CONSISTENT WITH OUR ACTIONS, POLICIES, AND PRODUCTS

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Authors Disclose Conflicts of Interest

Objectives

Objective 1

- Define basic concepts related to LGBT+ communities

Objective 2

- Describe the Minority Stress Model and contextualize LGBT+ Latinx´s life experiences

Objective 3

- Identify Latinx cultural values and their impact on LGBT+ Latinx communities

Objective 4

- Address cultural adaptations of the Affirmative Model for Latinx LGBT+
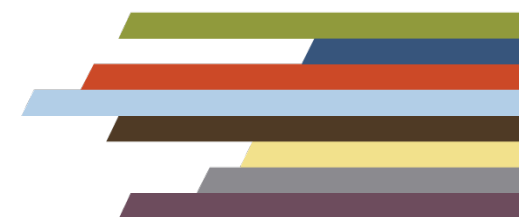
Basic Concepts

LGBT Acronym

LGBT, LGBTT, LGBTI, LGBTIQ, up to LGBTTIQPAA and LGGBBTTQQIAAPP

LGBT+ or diverse community in sex, gender and orientation

(Lattimer, 2014; Bell, 2016; D'Souza, 2016)

(Lattimer, 2014).

Illustrated Concepts
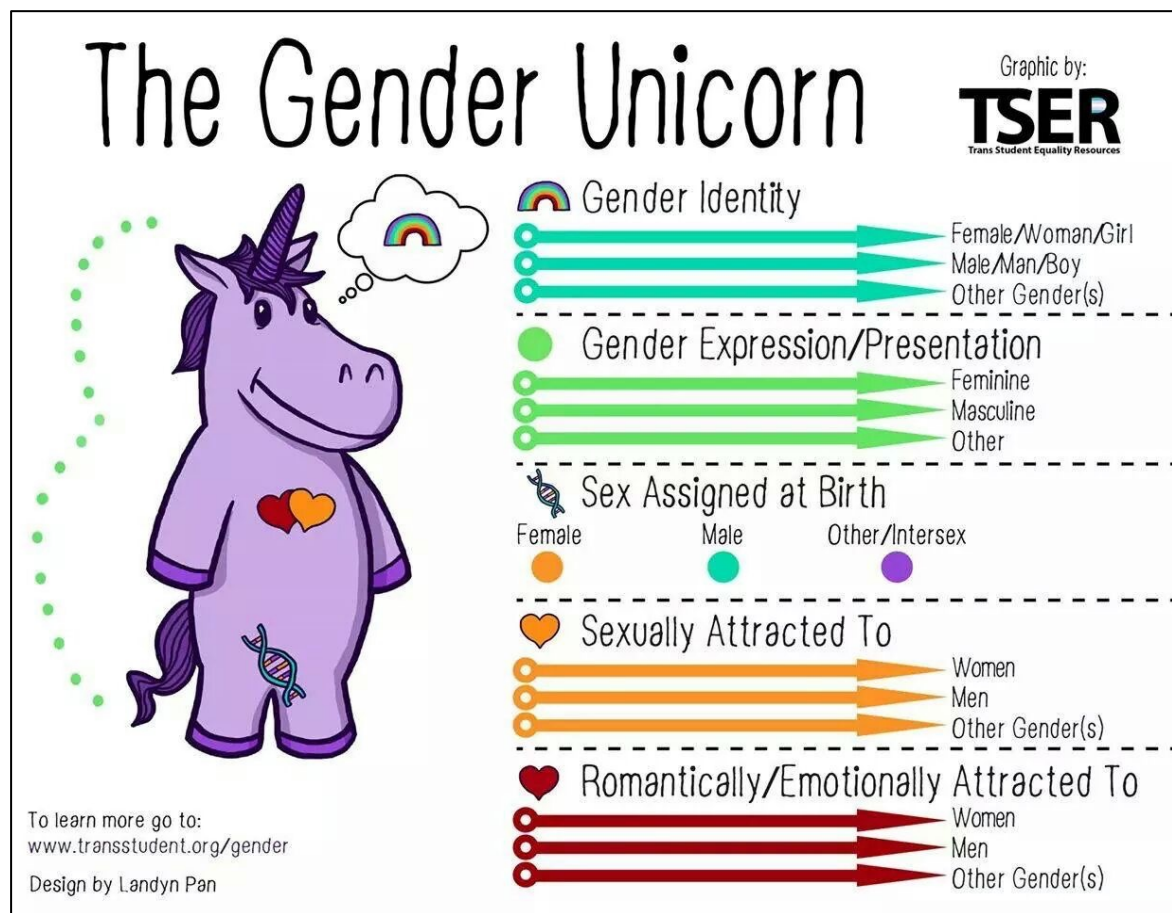
LGBT+ Community

Gays

Man who has physical, romantic, emotional and/or spiritual attractions to men (SFHRC, 2011).
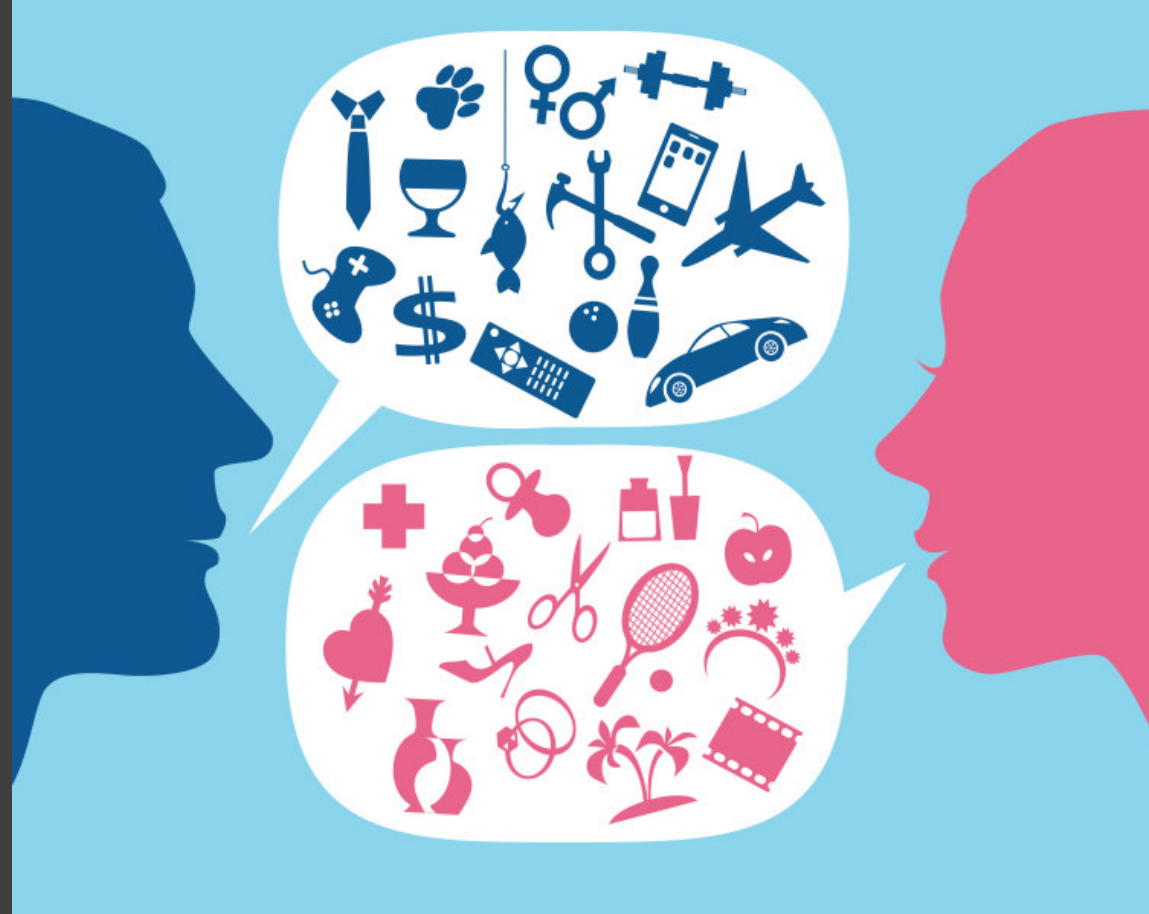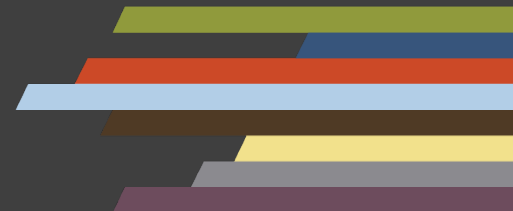
Bisexuals

Person who has physical, romantic, emotional and/or spiritual attractions to more than one gender (APA, 2008, SFHRC, 2011).

Transgender

Person whose gender identity or expression is different than the one assigned at birth (NCFTE, 2014; SFHRC, 2011).

Lesbians

Woman who has physical, romantic, emotional and/or spiritual attractions to women (SFHRC, 2011)

Questioning

Refers to a person who is uncertain about their sexual orientation or gender identity. (SFHRC, 2011).

LGBT+ Community

Intersex

term used to describe a variety of medical conditions associated with atypical development of an individual's physical sex characteristics (Hughes, Houk, Ahmed, & Lee, 2006). These conditions may involve differences of a person's internal and/or external reproductive organs, sex chromosomes, and/or sex-related hormones that may complicate sex assignment at birth. DSD conditions may be considered variations in biological diversity rather than disorders (M. Diamond, 2009); therefore some prefer the terms intersex, intersexuality, or differences in sex development rather than "disorders of sex development" (Coleman et al., 2012).

Asexual

Human asexuality is defined as a lack of sexual attraction to anyone or anything and it has been suggested that it may be best conceptualized as a sexual orientation. Asexual individuals may develop romantic, spiritual or emotional attraction towards others (Yule, Brotto & Gorzalka, 2014).
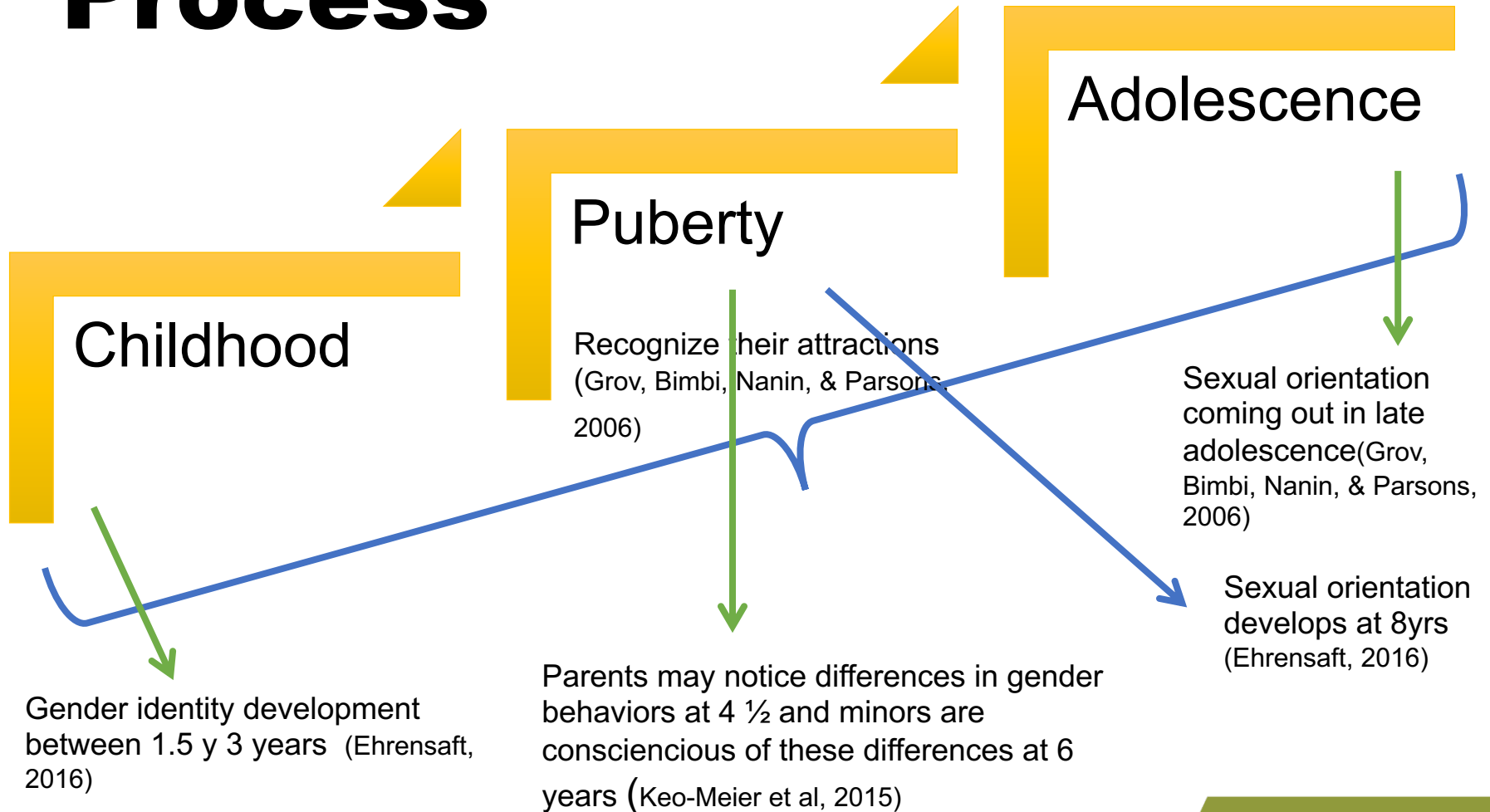
We live in a world…

Heterosexist.
Its an attitude and assumption that heterosexuality is the only valid or superior sexual orientation (SFHRC, 2011).

Cissexist.
Its an attitude and assumption that everyone conforms to the sex and gender assigned at birth, or that cisgender people are the only valid gender identity or superior than transgender people. (Rodríguez-Madera, 2012).

Identity and Coming Out Process

Childhood

Puberty

Adolescence

Recognize their attractions (Grov, Bimbi, Nanin, & Parsons, 2006)

Sexual orientation coming out in late adolescence(Grov, Bimbi, Nanin, & Parsons, 2006)

Sexual orientation develops at 8yrs (Ehrensaft, 2016)

Gender identity development between 1.5 y 3 years (Ehrensaft, 2016)

Parents may notice differences in gender behaviors at 4 ½ and minors are consciencious of these differences at 6 years (Keo-Meier et al, 2015)

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Coming Out

LGBT youth have the right to self determination. They should choose how, when, where and to whom they will come out.
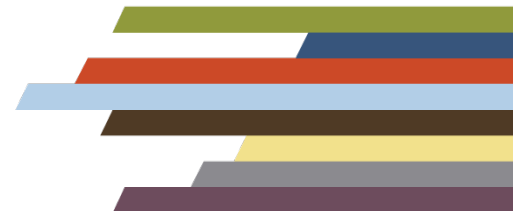
Minority Stress Model and Latinx Communities

Minority Stress Model

Social stress: social environment conditions, along with personal experiences, may be sources of stress that lead to physical and mental distress (Meyer, 2013).

Sexual minorities: those whose gender identity or sexual orientation are not heterosexual or cisgender (Noyola, Sánchez & Cardemil; 2020).

Minority Stress Model

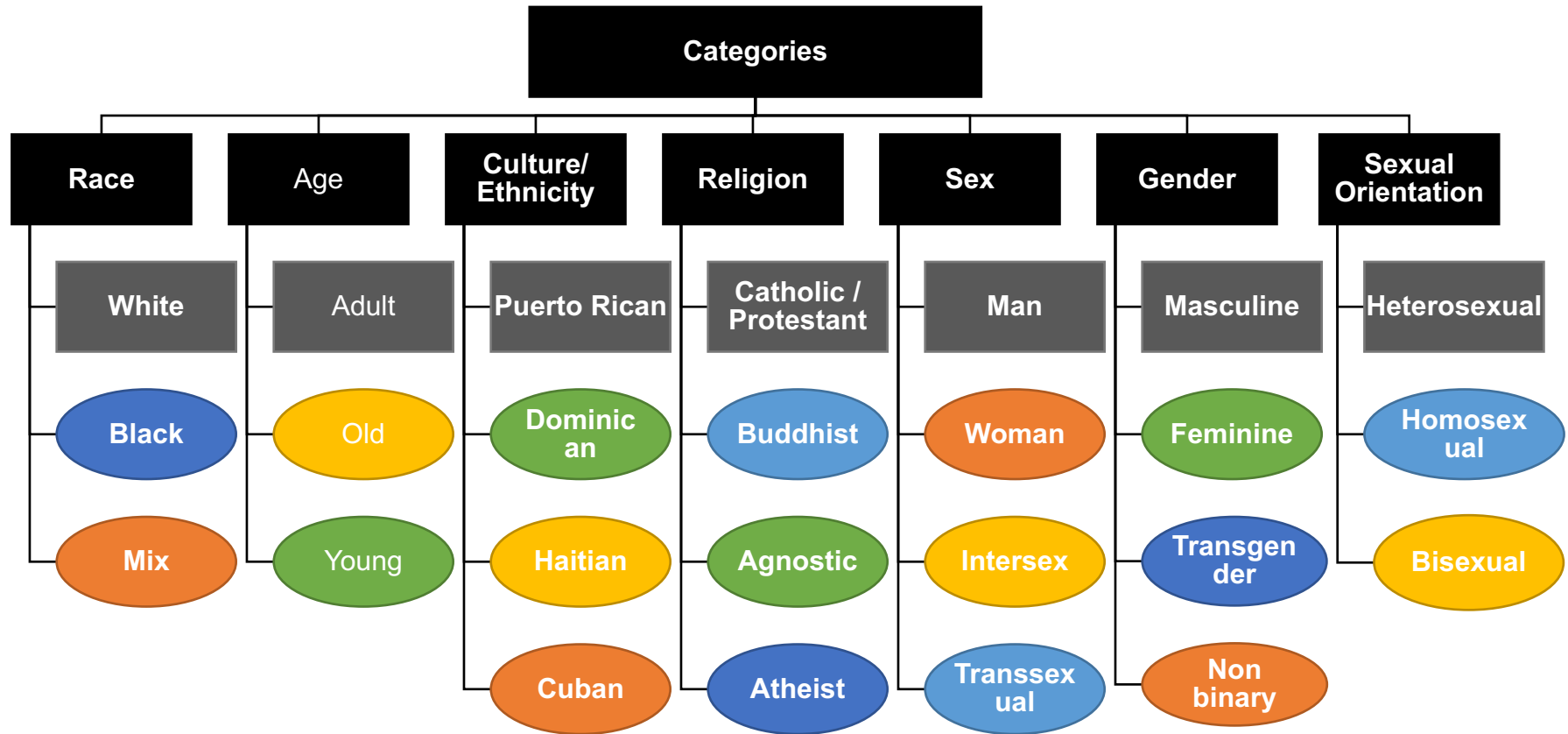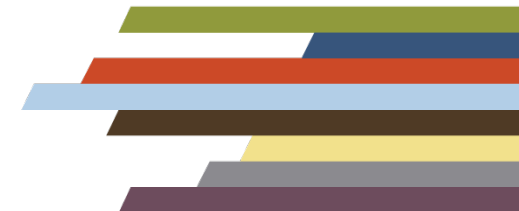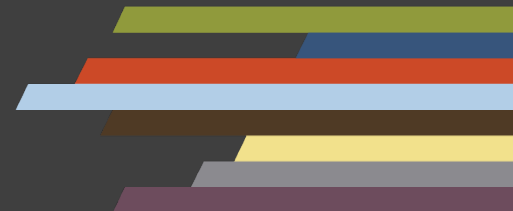| Categories						
Race	**Age**	**Culture/ Ethnicity**	**Religion**	**Sex**	**Gender**	**Sexual Orientation**
White	Adult	**Puerto Rican**	**Catholic / Protestant**	**Man**	**Masculine**	**Heterosexual**
Black	Old	**Dominican**	**Buddhist**	**Woman**	**Feminine**	**Homosexual**
Mix	Young	Haitian	**Agnostic**	**Intersex**	**Transgender**	**Bisexual**
		Cuban	**Atheist**	**Transsexual**	**Non binary**	

(Meyer, 2003)

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Predominant intersectionalities

21% Latinxs

12% Black

5% multiracial

2% Asian

1% AI-AN

1% Native Hawaiians and Pacific Islanders

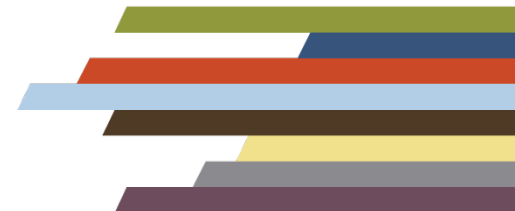(Williams Institute, 2019).

Research on Minority Stress

Latinx sexual minorities
- 25% Major Depressive Disorder diagnosis and 37% AUD

Latinx heterosexuals
- 11% Major Depressive Disorder diagnosis and 13% AUD

(Rodríguez-Seijas & colegas, 2019)

May produce adverse psychological reactions such as hypervigilance, concealing one´s identity and the internalization of homophobia, which may increase risk of mental health disorders
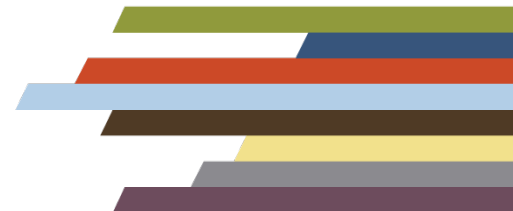
(Cochran et al., 2007).

Research on Minority Stress

Depression and Suicide

LGBT+ Latinx higher rates of depression and suicidal ideation (Ryan, Huebner, Díaz and Sánchez, 2009) lower levels of self-esteem (Snapp, Watson, Russell, Díaz yandRyan, 2015) as a result from parent rejection.

Upbringing

Díaz and colleagues (2001), Latinx men higher levels of child homophobia and 91% indicated they had heard that ¨gays are not normal¨, 70% believed they embarassed their families and 64% reported that they felt it necessary to pretend to be heterosexual.

Trans community

According to the National Survey on Discrimination, 47% of trans Latinx and gender non-conforming are accepted by their (Harrison-Quintana, Pérez and Grant, 2008).

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Contributing Historical Events

Latinx Values and their Impact

Latinx Communities and Values

Values in Latinx cultures

Coping mechanisms for stress

- Familismo
- Spirituality and Religion
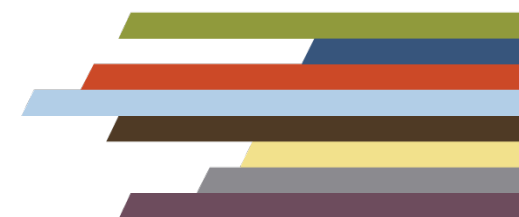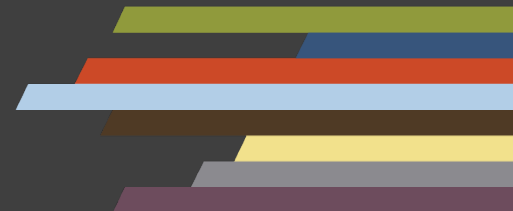- Fatalism
- Marianismo y machismo
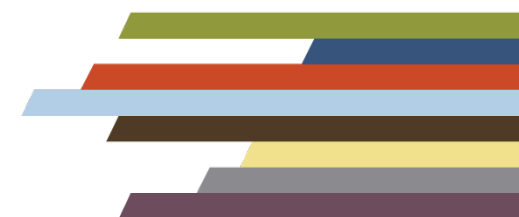
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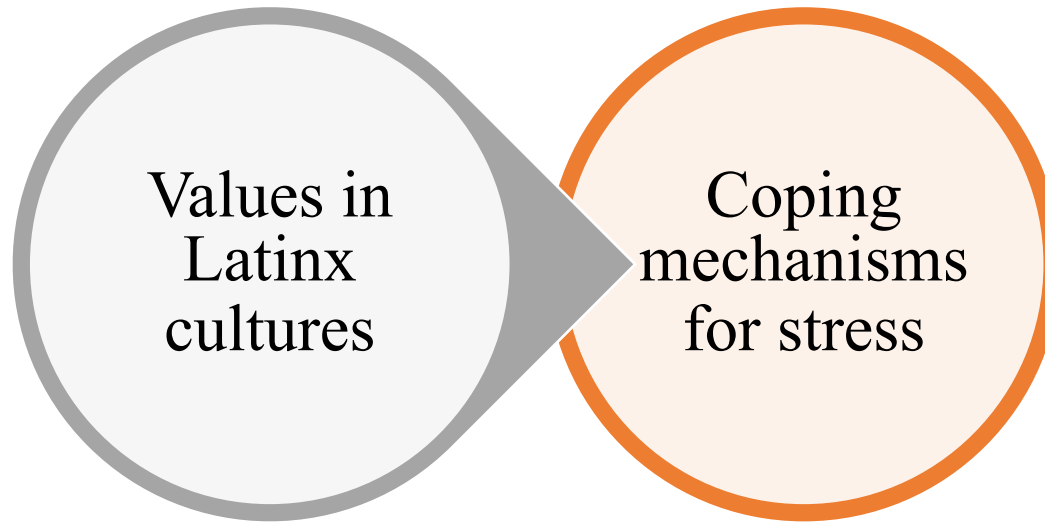Funded by Substance Abuse and Mental Health Services Administration

Familismo

Attachment, commitment and loyalty towards family member, including exteded family. (Zea, Quezada & Belgrave, 1994).

- Some Latinx queer college students concealed their gender identities to family members as a way of showing respect and sense of obligation. (Eaton & Ríos, 2017).

- Parents who abide by this value, may be helpful in the sexual acceptance process of their children in an effort to maintain family unity. However, internal family norms in Latinx families may promote negativity twards the LGBT+ community (Abreu, González, Capielo, Pulice and Domenech, 2019) .
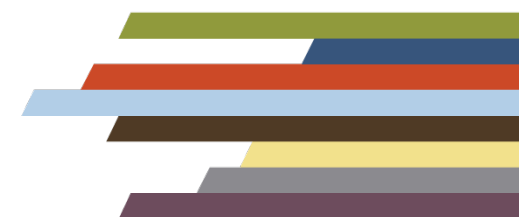
Spirituality and Religion

Definition

Connection with a higher being, spirits, saints or others. Reflects the idea that our future is predetermined. (Zea, Quezada & Belgrave, 1994).

- Religiosity has been associated with internalized homonegativity in bisexual Latino men (Severson, Muñoz-Laboy y Kaufman, 2014).

- 35% of LGBT+ Latinx are bound in religious communities (Pastrana et al., 2017).

- Religious practices and beliefs may reinforce ptriarchal gender roles as well as conservative attitudes towards sexuality among Latinx. (Severson et al., 2014).
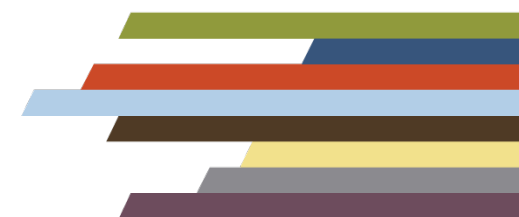
Fatalism

Definition

May be a risk factor among Latinx who believe that health and mental health conditions are inevitable and unchangable as it is God´s will (Abreu and collaborators 2019).
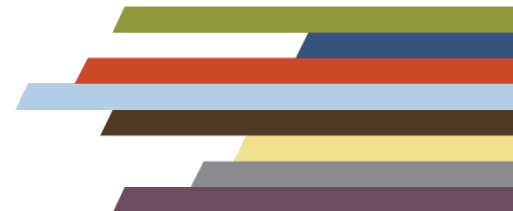
- Could have a positive impact among Latinx parents or Latinx LGBT+ who believe sexual identity is God´s will.

- Religion and spirituality may create conflicts between Latinx parents and their children and are also a source of supportor parents who are struggling to make sense of the gender identity or sexual minority identity of their children.

Marianismo

Definition

Refers to traditional gender roles. Social expectation of female gender to assume childrearing and self-sacrifice. Emphasizes respect to patriarchal values, childrearing, being passive and submissive, as well as take care of others (Noyola, Sánchez & Cardemil; 2020).

- Gattamorta and Quidley Rodríguez (2018)f ound that among sexual minority Latinas, Marianismo was a stressor in the coming out process. It caused tension between gender expectations from family members vs identity. Delgado-Romero, (2013) defines Marianismo as an expectation of self-sacrifice, maternity and submission. Adames and Chavez (2017) comment that, frequently, these expectations are taught to Latinas as way of being a ¨good woman¨.

Machismo

Associates male gender with protection, strength and responsibility (Zea, Quezada & Belgrave, 1994). **Machismo emphasizes honor, courage, dominance as well as the non-expression of emotions** (Nuñez et al., 2016).

- Gray and colleagues (2015) found that machismo contributes to a disconnect of emotions towards Latinx communities among immigrant gay men.

Impact of Cultural Values

(Noyola, Sánchez & Cardemil, 2020).

Minority stress experiences and coping
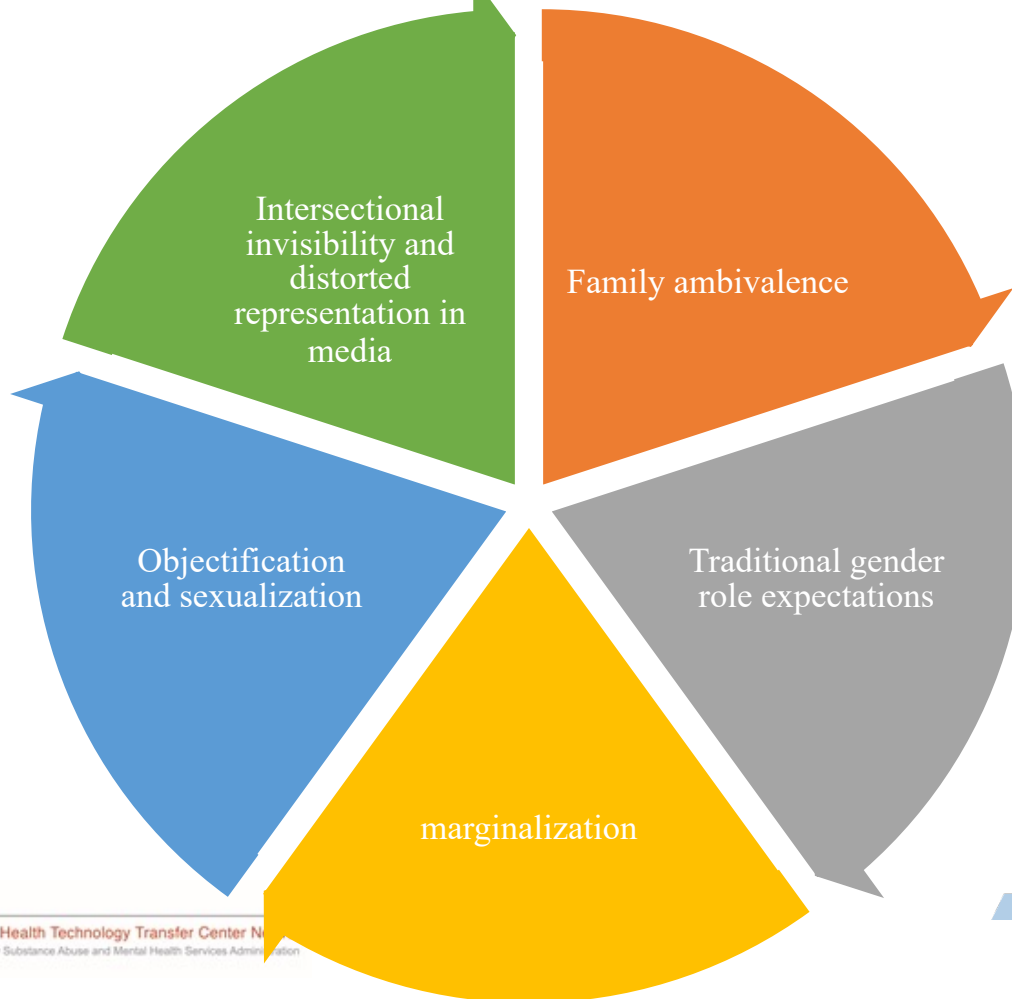
- Family ambivalence
- Traditional gender role expectations
- marginalization
- Objectification and sexualization
- Intersectional invisibility and distorted representation in media

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Impact of Cultural Values

Family ambivalence

- All participants reported being rejected by at least one family member . (n= 12, 66.67%); intertwined with acceptance and positive reactions, causing stress experiences. One participant reported that while her mom has been more open towards her sexual orientation (bisexual), she hasn´t been open to discuss it while she was dating a man..
- Participants reported strong commitment, loyalty and respect towards their families, which suggests that familismo plays an important role in the way they understood ambivalence.
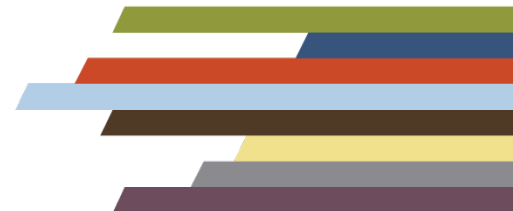
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Impact of Cultural Values

- Participants expressed ideas regarding gender roles with males exected to provide and be dominant while females comply with childrearing, virginity and dedication to the family. This suggests that machismo and marianismo play an important role in developing the family context as well as the community context in some cases causing stress to the populations.
- Participants reported instances where they experienced gender role expetations having to do with marriage and having children.

Impact of Cultural Values

Marginalization
• 33% of participants reported feeling marginalized by different priviliege and oppressoin systems working together to propel exclusion. One 25 yr old immigrant, Latina lesbian participant explained that White lesbians tend to see Mexican lesbians as domestic workers. She spoke of classism, racism and sexism and how the overcross to shape others´opinions of Latinx lesbians. The experience of social inclusion is conditioned to how English is spoken, highlighting the social capital of whiteness among the LGBT+ community. LGBT communities assign privilege to Non-Latino White homosexual men, suggesting that women with diverse ethnicity and others with sexual and gendr diversity, are excluded from full participation in the community.   • Gray and colleagues (2015) found that racial discrimination in the LGBT+ community and traditional Latinx roles contributed to feelings of disconnect with the culture among participants..

Impact of Cultural Values

- Moradi and Huang (2008) sexual objectification has been described in the context of life exeriences and gender socialization of women. Of participants, 28% reported feeling like sexual objects in the intersection of race, gender and sexual identity. Three women expressed feeling sexualized looks from others listening to sexual ¨jokes¨, and men saying they were ¨too pretty to be lesbians¨ as well as intrusive and inappropriate comments and questions about their romantic and sexual preferences. One man identified being expected to behave in a certain ways as a result of machismo.
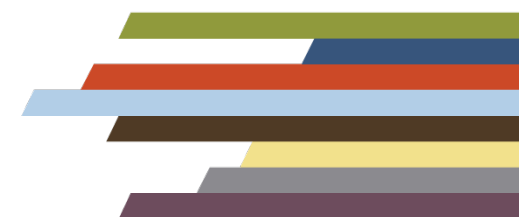
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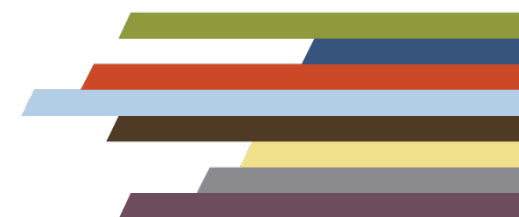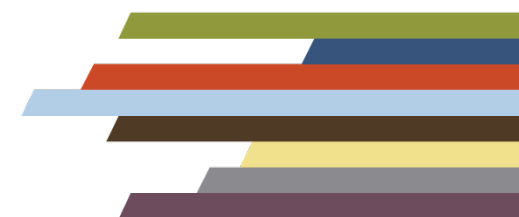
Impact of Cultural Values

Intersectional invisibility and distorted representation in the media.

- Captures the exclusion and distorted representation of Latinx sexual minorities in the US and Latin America (22% of participants).
- One participant, 21 yr old bisexual Latina mentioned that US media hires Non Latino White cisgender actors to play Latinx sexual minorities roles which may impact the way the audience perceives sexual minorities from diverse ethnicities.
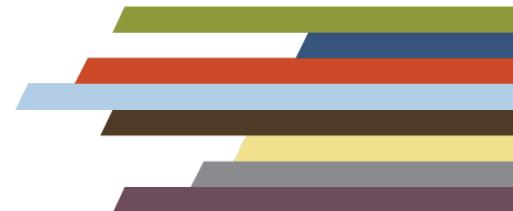
Impact of Religion in LGBT+ Latinx

Promotes

- Hetrosexual marriage
- Family preservation
- Condemns non heterosexuality

(Díaz-Stevens and Arroyo 1998; Espinosa 2008)
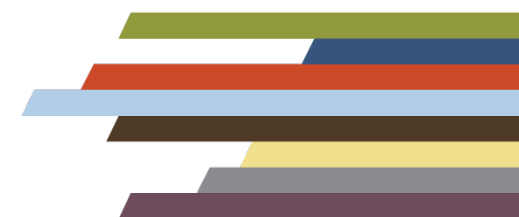
Impact of Religion in LGBT+ Latinx

Severson and colleagues (2014) identified how religious institutions identified non heterosexual behaviors as problematic and stigmatized by using terms such as sin and sinful. Christians have limited acceptable sexuality to celibacy and hetrosexual marriages with offspring and has condemned homosexuality as moraly incorrect.

Main Findings

a) Positive correlations between religiosity and masculine ideologies

b) Internalized homonegativity

c) Decresed comfort wit receptive sex

d) Low reliability of condoms

e) Higher levels ofloneliness and discrimination

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Risk and Protective Factors

Protective
• Parental acceptance(Bouris et al., 2010; Dickenson & Huebner, 2015; Abreu, González, Capielo, Pulice & Domenech; 2019) • Lower sexual risk behaviors(Bouris et al., 2010) • Lower substance use(Condit, Kitaji, Drabble & Trocki, 2011)

Risk
• Rejection from parents, caretakers associated with increased depression symptoms (Hall, 2017) and psychological distress (IOM, 2011)
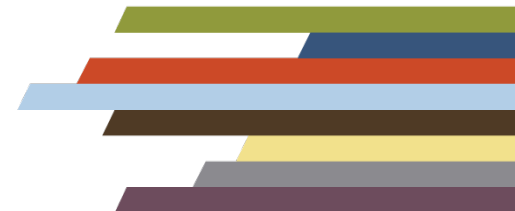
Barriers to Mental Health Services

SAMHSA (2015) Latinx and Asian populations show lowest rates of access to mental health services when compared to Whites. Link (1982) argues that among thesse populations mental health services are stigmatized.

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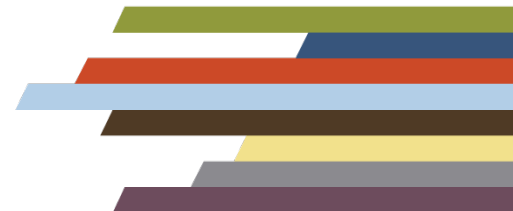
Inmigrants

Difficulties among LGBT+ Latinx Immigrants

1. Stress and anxiety due to racism(Alamilla and colleagues 2009).
- Expectations of being negatively stereotyped. (Pinel, 1999).
- Hypervigilant to threats because of sexual identity (Meyer, 1995).
- Conflicts between cultural values and personal beliefs (Castillo and colleagues 2007).
- Not accepted in many ethnic communities (APA, 2012).
- Unmotivated to seek resources and support from family or others (Gray, Mendolsohn & Omoto, 2015).

Immigrants

- Acculturative stress: adapting to a new culture (Rodríguez and colleagues, 2002)
- Disparities between documented and undocumented immigrants. Guadamuz and colleagues (2020) found less access to services as well as health insurance among undocumented immigrants.

Affirmative Model for LGBT+ Latinx

Conversion ¨Therapies¨ (Reorietation Therapies)

Based on the idea that transsexuality is a mental disease.

The objective is to change the client´s gender expression/identity

Most organizations don´t support these

Conversion ¨Therapies¨

- Provided by mental health professionals, religious counselors or other professionals who replicate hetrosexist and cissexist views and romote prejudice towards LGBT+ communities.

Evidence against

Diversity depathologization (APA, 1975; WHO, 2009)

Consequences on health (SAMHSA, 2015)

Statistics on Consumption (Green et al., 2020)

Reparative ¨Therapies¨

Low acceptance among family and community

Religion

Strong attractions

Reasons for seeking these "therapies"
(Dehlin, Galliher, Bradshaw, Hyde & Crowell, 2014)

Psychological Impact

Depression

Sexual dysfunctions

Intrusive images

Suicidal Ideation or Attempt

Distorted perceptions

Monitoring of mannerisms

Self-esteem

Iinternalized homophobia

(Haldeman, 2001, Beckstead & Israel, 2007; Shildo & Schroeder, 2002)

Social Impact

Family of origin

loneliness

Social isolation

Interferes with intimacy

Loss of social supports

Fear of sexually abusing

Developmental delays

(Shildo & Schroeder, 2002)

Spiritual Impact

Loss of faith

Sense of betrayal from religious leaders

anger at shame and punishment from God belief

Excommmunication
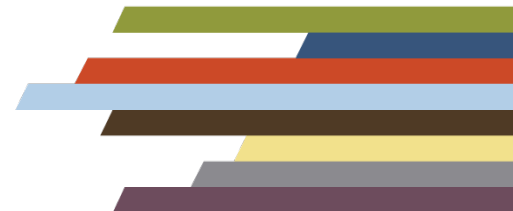
(Shildo & Schroeder, 2002)
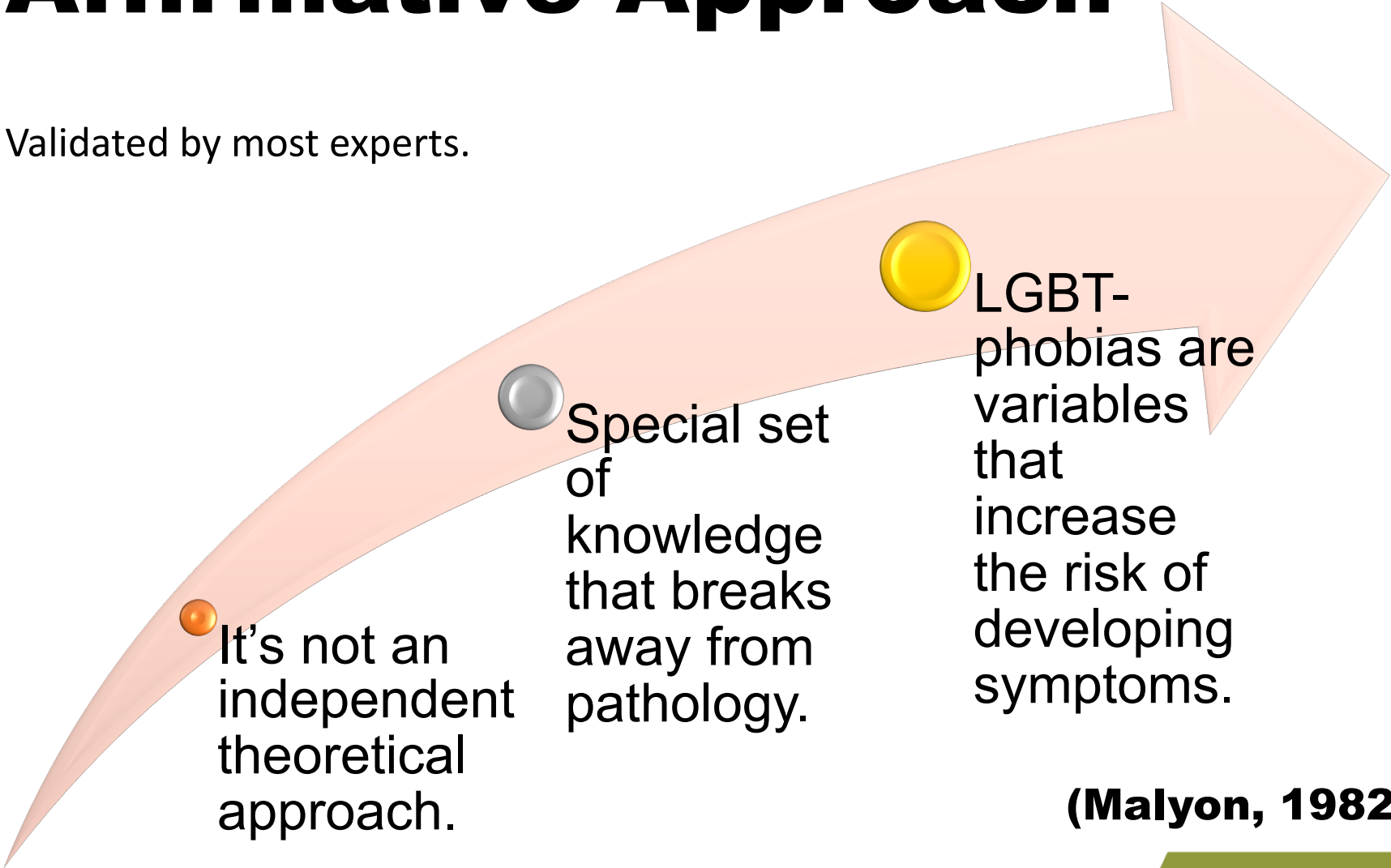
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Affirmative Approach

Validated by most experts.

It's not an independent theoretical approach.

Special set of knowledge that breaks away from pathology.

LGBT-phobias are variables that increase the risk of developing symptoms.

(Malyon, 1982)

Affirmative Model

Living in a shame-based culture creates mental health disorders.

Moves the client from shame to pride.
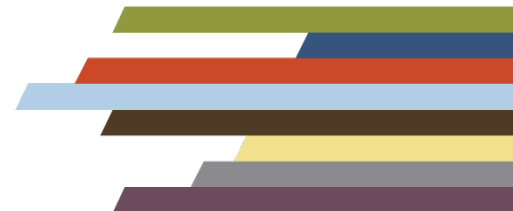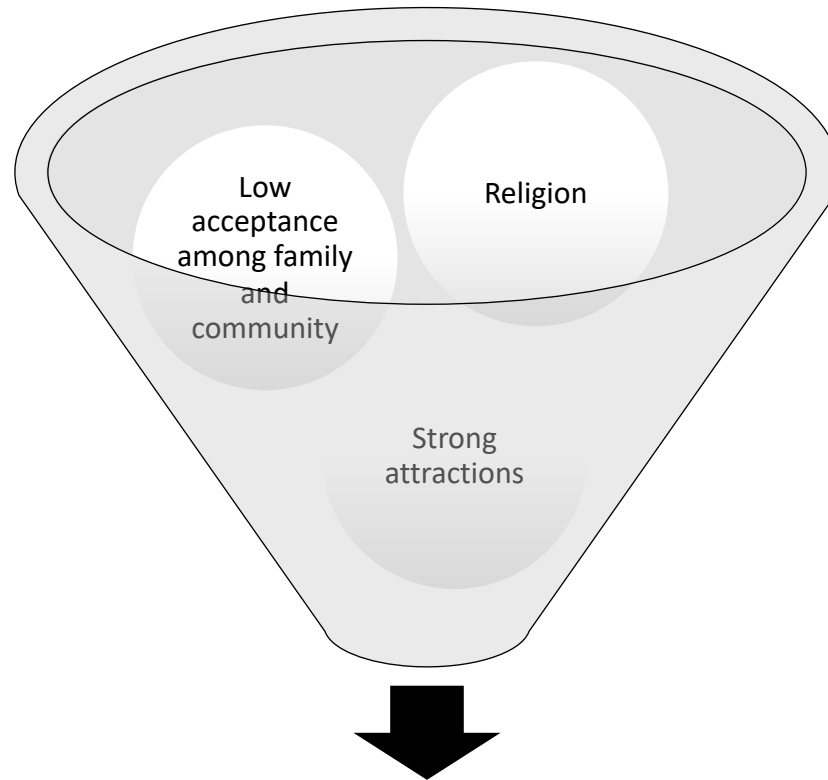
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(Kort, 2008)

Affirmative Model

- Professional accepts, supports and understands clients. Professionals should respect the values, beliefs and needs of clients..

Person-centered approaches

Multicultural approaches

Evidence Based Practices

(Kort, 2008)

Affirmative Model

Active management: cognitive and emotional strategies to cope with stigma and conflicts

Develops alternate cognitive frameworks: resolving cognitive dissonance, facilitating emotion expression and resolution of losses.

Exploration and development of identity: Offer the space and the option to explore an ample gamma of opportunities and reduction of conflicts without prioritizing one outcome in particular.
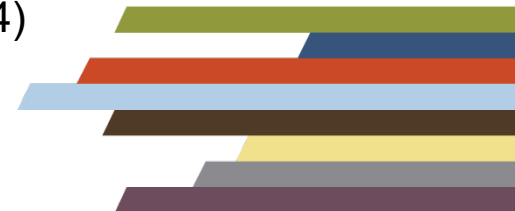
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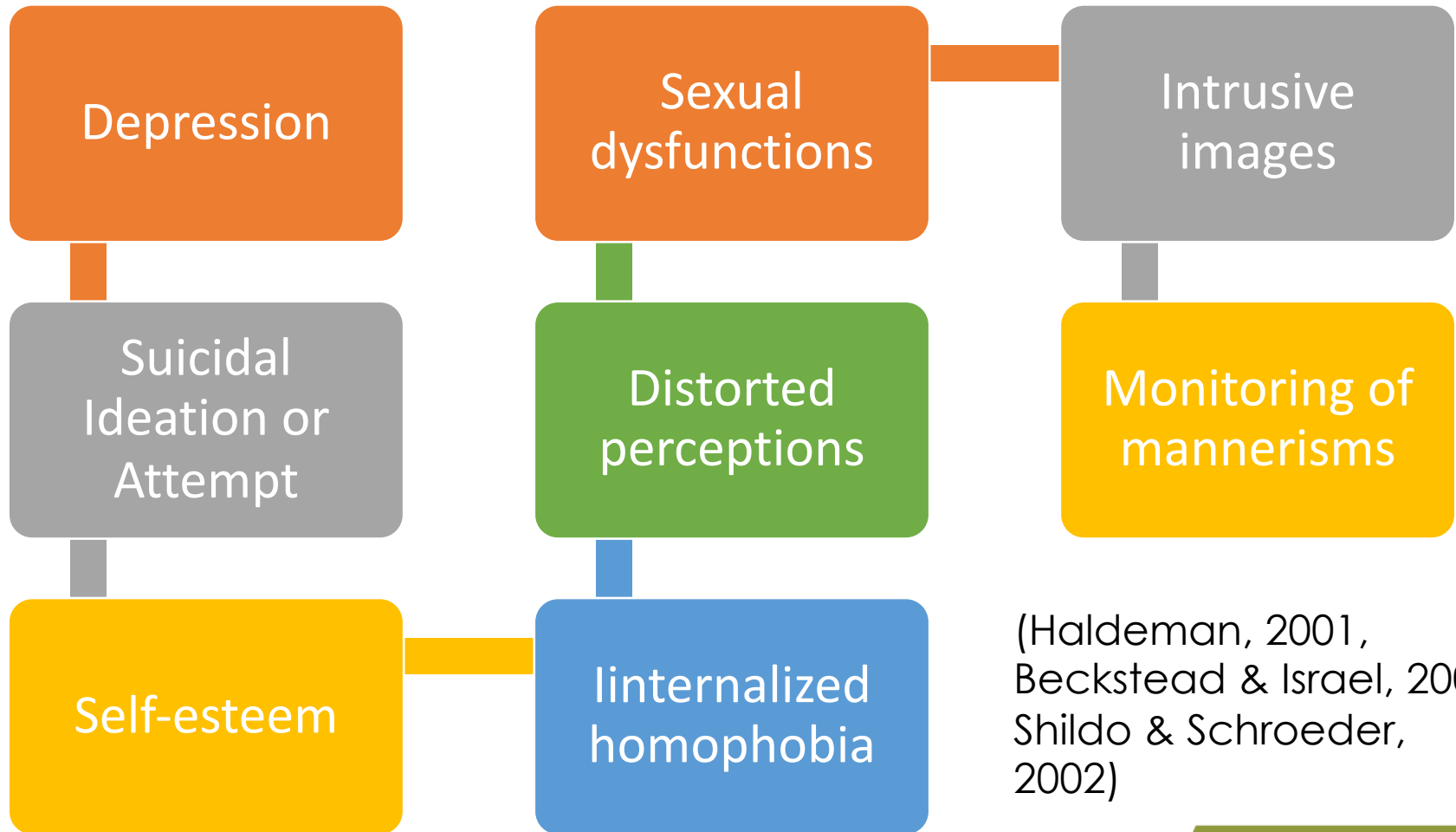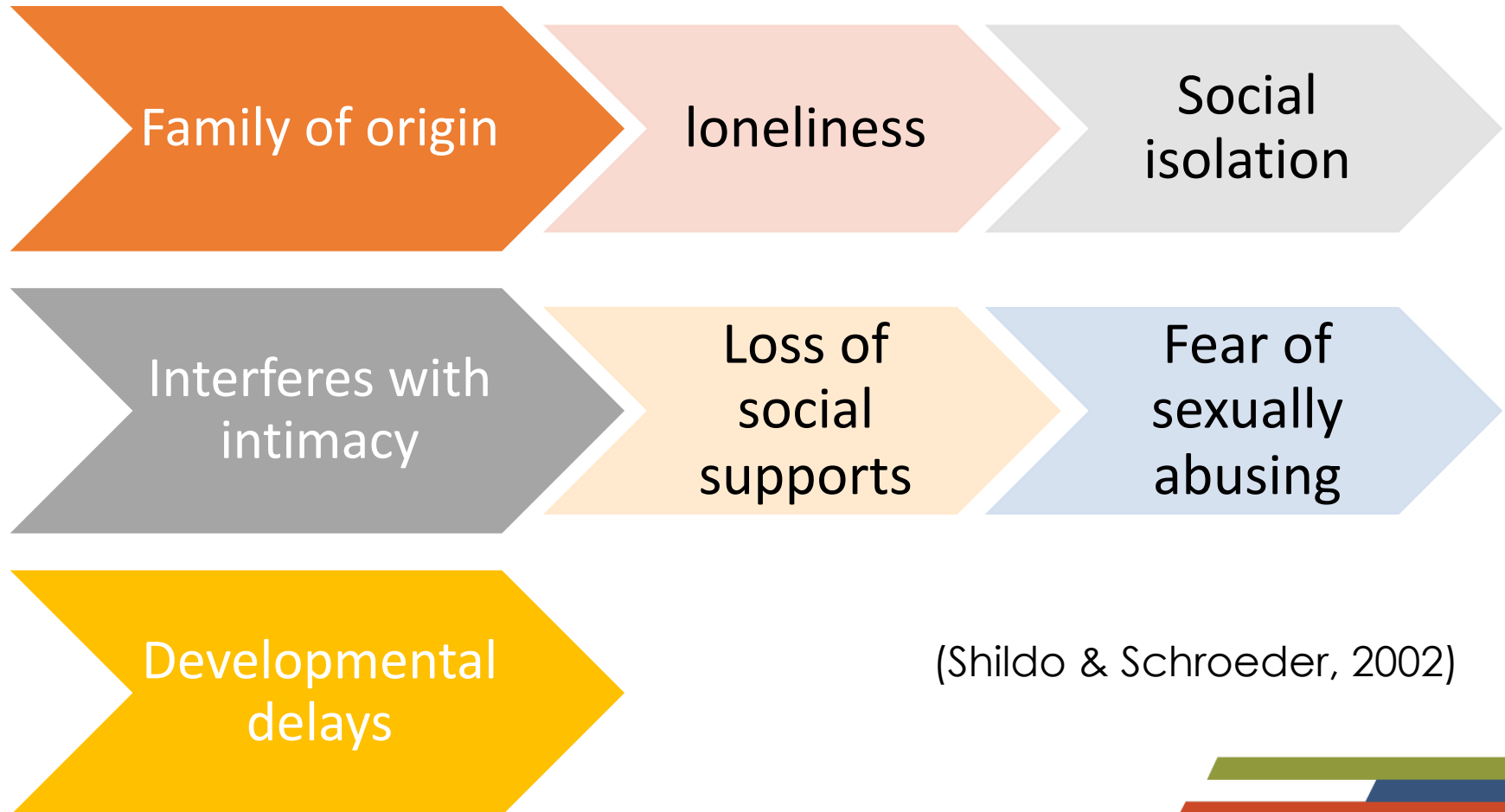MHTTC Mental Health Technology Transfer Center Network
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(APA, 2009)

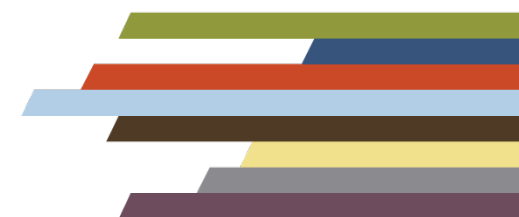# Affirmative Model

Coherent and authentic identity definition by client.

+

Emotional adjustment (shame, self-esteem with belieffs, values and norms)

→ Intervention goal

(APA, 2009)

Coping Strategies

- Development of critical conscience
- Strategic management of sexual and racial/ethnic identity
- Protective distancing
- Seeking and creating a social supprt network of an for LGBT+ and communities of color

(Noyola, Sánchez y Cardemil, 2020)

Coping Strategies

Strategic management of sexual and racial/ethnic identity

- Different ways in which Latinx with sexual diversity manage their sexual and racial/ethnic identities strategically to ¨pass¨as White and/or heterosexuals in different social contexts.
- 94% of participants reported thinking about the future, bieng coscious about one´s environment and noticing how others interact with them. Also, when deemed necessary strategically switching between Spanish and nglish, speaking English ¨correctly¨, modifying wardrobe and using makeup strategically.

Coping Strategies

Seeking and creating a social support network for LGBT+ and communities of color

- Seeking social support from others who identify similarly in terms of sexual and racial/ethic identity. This coping strategy was reported by the majority of participants (89%). Support aspects include: sense of belonging and identification.

Coping Strategies

Protective distancing

- Us used as psychological protection and emocional and cognitive distance from current and future minority stress.
- 83% of participants reported minimizing or ignoring minority stress and its effects to guarrantee safety, avoiding public confrontations and maintaining more positive relationships. El 83% de lxs.

Coping Strategies

Development of critical conscience

- Describes how privilege and oppression conscience is developed through daily expressions and work on combating oppressive systems
- 94% of participants identified that they are very aware of privilege and oppression structural systems and how they connect to their intersectional identities.

Coping Strategies

Moving away from home when not accepted	Live or socialize with Latinx LGBT+	Go through stigma-discrimination and prejudice	seekLGBT+ services	Learn about community relevant issues
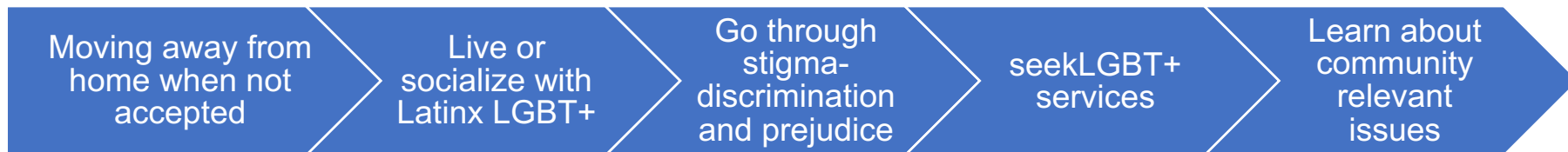
In a study in 2018, including young adults with sexual diversity, 51% of the sample was Latinx. Results indicated that the cognitive coping strategies (not thinking about minority stress) and seeking alternatives and support (eg finding new friends) were associated with poor emotional adjustment. Whereas, strategies to directly address minority stress (eg seeking LGBT+ services) were associated with bteer psychosocial adjustment.

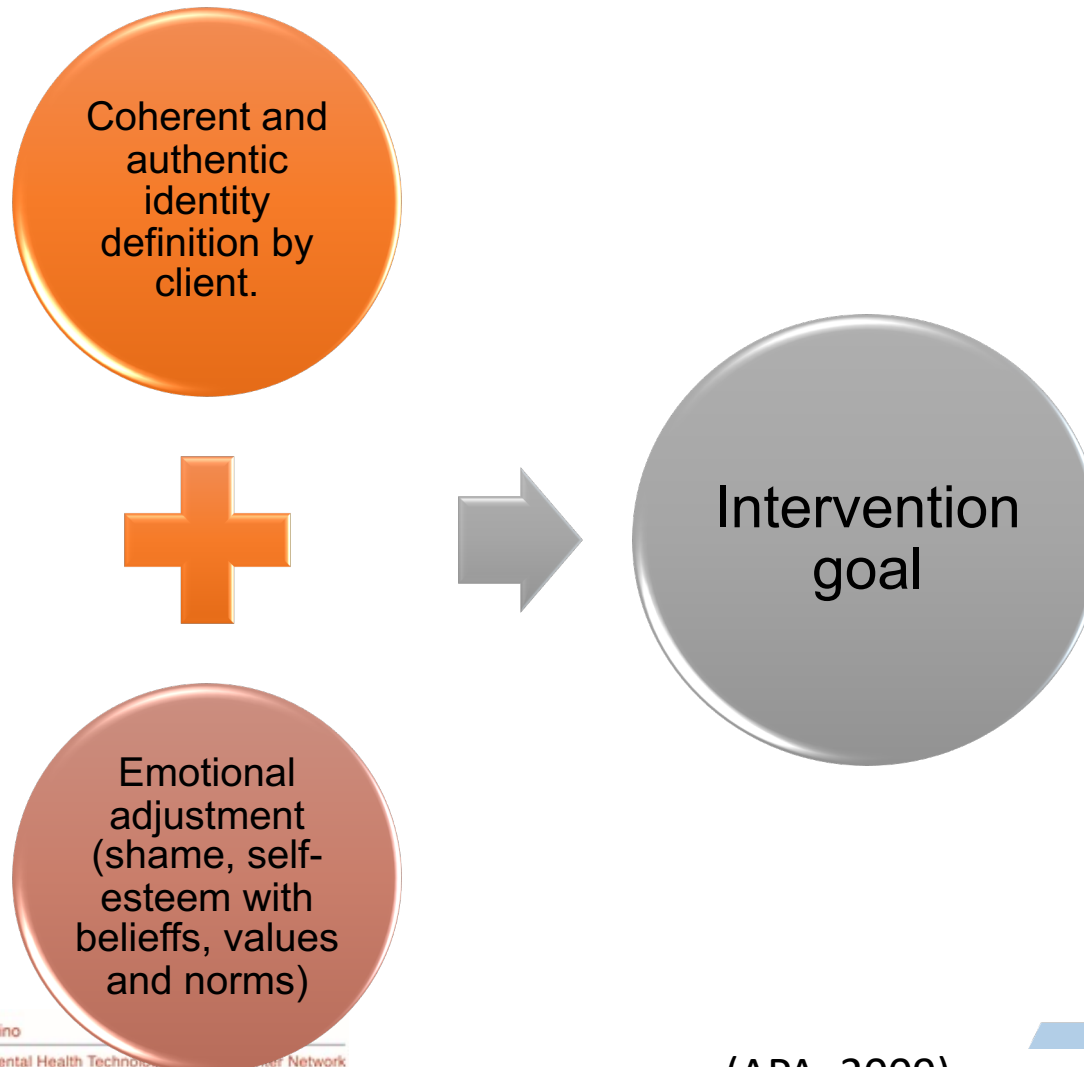(Gilbert and colleagues, 2016;Toomey et al., 2018)

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Variables that Interfere with Family Acceptance

Machismo

Intersectionality

Respect

Religion

Variables that Facilitate Family Acceptance

Exposure to LGBT+ communities

Available resources

Caballerismo

Familismo

Historical cultural explanations
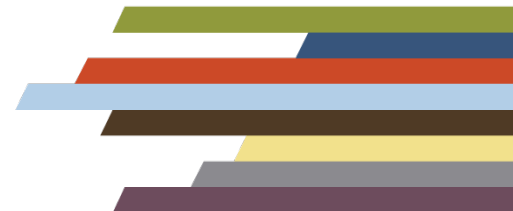
Summary

- There´s a lot of diversity within the LGBT+ community. We should focus on gender diversity, sex and sexual orientation.

- The Minority Stress Model explains that intersectionalities are important in predicting exposure to violence and oppression. Latinx LGBT+ are at higher risk for developing psychological symptoms when compared to Non-Latino White LGBT+.

- Latino cultures´ values may facilitate or interfere in the acceptance of LGBT+ persons.

- Cultural values should be taken into consideration when working with affirmative models in order to increase effectiveness.
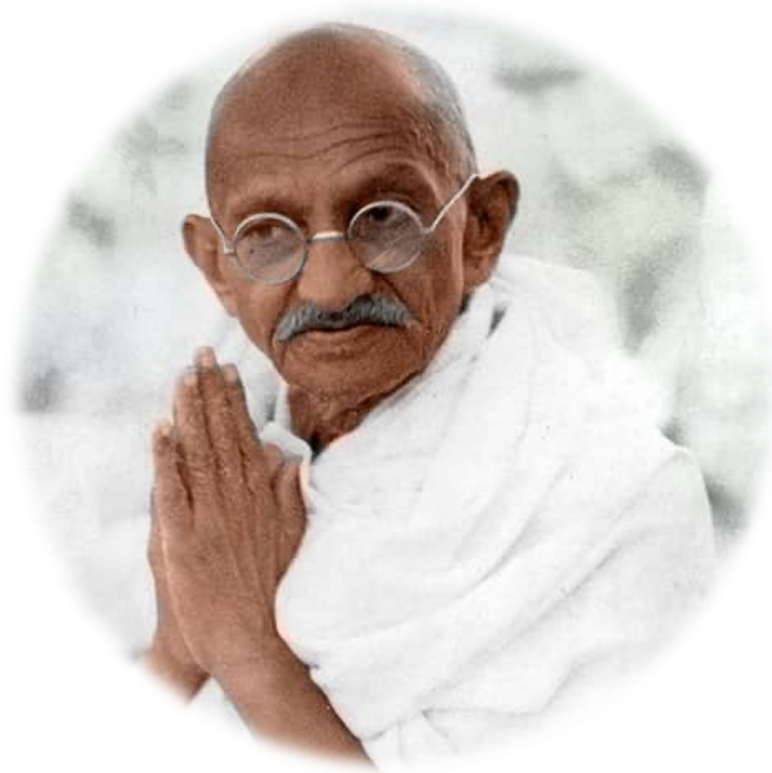
"Our ability to reach unity in diversity will be the beauty and the test of our civilization."
(Mahatma Gandhi)
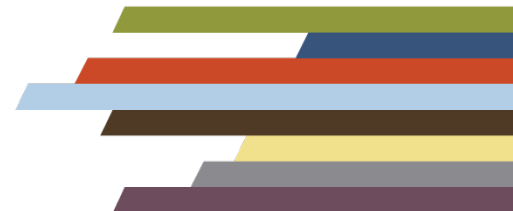
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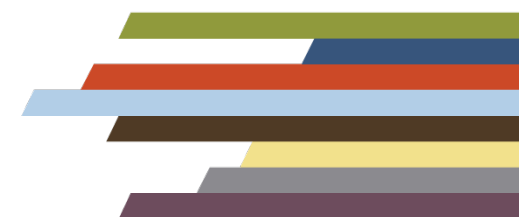
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National Hispanic and Latino
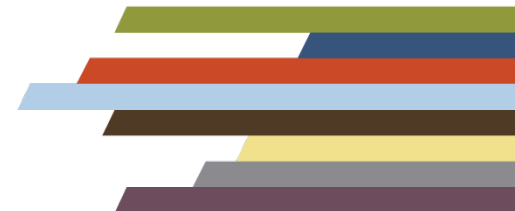
MHTTC
Mental Health Technology Transfer Center Network
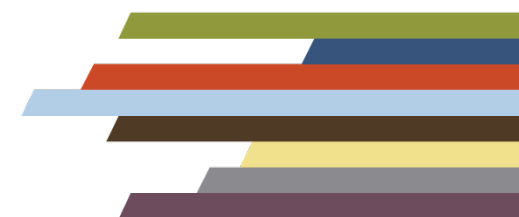Funded by Substance Abuse and Mental Health Services Administration

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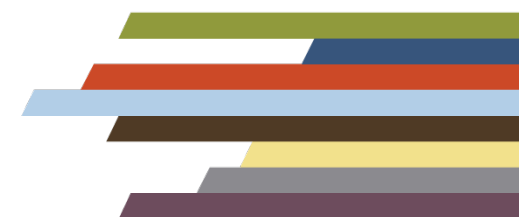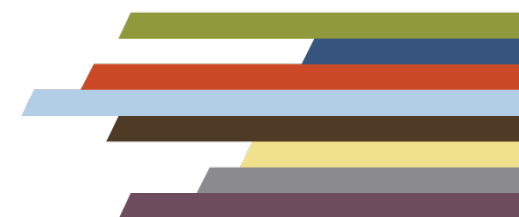
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