

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

- INVITING TO INDIVIDUALS PARTICIPATING IN THEIR OWN JOURNEYS
- PERSON-FIRST AND FREE OF LABELS
- NON-JUDGMENTAL AND AVOIDING ASSUMPTIONS
- RESPECTFUL, CLEAR AND UNDERSTANDABLE
- CONSISTENT WITH OUR ACTIONS, POLICIES, AND PRODUCTS
- STRENGTHS-BASED AND HOPEFUL
- INCLUSIVE AND ACCEPTING OF DIVERSE CULTURES, GENDERS, PERSPECTIVES, AND EXPERIENCES
- HEALING-CENTERED AND TRAUMA-RESPONSIVE

Adapted from: [https://nhtc.org/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide\\_2019v1\\_20190809-Web.pdf](https://nhtc.org/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019v1_20190809-Web.pdf)




---

---

---

---

---

---

---

---

---

---


---

### Disclaimer

This presentation was prepared for The National Hispanic and Latino MHTTC under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from The National Hispanic and Latino MHTTC. This presentation will be recorded and posted on our website.

At the time of this presentation, Tom Coderre served as Acting Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

This work is supported by grant No. 6H79SM081788 from the DHHS, SAMHSA.




---

---

---

---

---

---

---

---

---


---

---

### Authors Disclose Conflicts of Interest

**Speaker – Jesús Ortega, LMSW**

Disclose no having any relevant financial relationships with commercial interests whose products, devices or services may be discussed in the content of today's activity.




---

---

---

---

---

---

---

---

---


---

---

**Addressing Our Bias when Working with the LGBTQ+ Community**  
**Part II:**  
**Understanding Health Disparities among the LGBTQ+ Community**

**Jesús Ortega, LMSW**

**Date**  
06/18/2021



MHTTC: National Hispanic & Latino Mental Health Technology Transfer Center Hub  
SAMHSA: Substance Abuse and Mental Health Services Administration  
UCC: UNIVERSIDAD CENTRAL DEL CARIBE  
IRESA: INSTITUTE OF RESEARCH, EDUCATION AND SERVICES IN ADDICTION

---

---

---

---

---

---

---

---

**Happy Pride Month!**



MHTTC: National Hispanic & Latino Mental Health Technology Transfer Center Hub  
SAMHSA: Substance Abuse and Mental Health Services Administration  
UCC: UNIVERSIDAD CENTRAL DEL CARIBE  
IRESA: INSTITUTE OF RESEARCH, EDUCATION AND SERVICES IN ADDICTION

---

---

---

---

---

---


---

---

**Poll # 1**

How would you describe your experience with LGBTQ / health disparities?

1= Little experience  
3= Some Experience  
5= Extensive Experience



---

---

---

---

---

---

---

---

### Objectives:



Develop self-awareness about our biases, values, and beliefs around the LGBTQ population



Learn about the importance of language within the LGBTQ population.



Expand knowledge on Health Disparities among the LGBTQ community.



---

---

---

---

---

---

---

---

### 4 Agreements

Stay Engaged

Experience Discomfort

Speak your Truth

Accept non-closure

Adapted from: Singleton, G.E., & Linton, C. (2006). *Courageous Conversations about Race: A Field Guide for Achieving Equity in Schools*. pp. 58-65. Thousand Oaks, CA: Corwin.



---

---

---

---

---

---

---

---

### Implicit Bias



*"If you have a brain, you are biased."*

These often conflict with our conscious attitudes, behaviors, and intentions



---

---

---

---

---

---

---

---

Poll # 2

What is your SOGI ?

Lesbian	Gay	Bisexual	Homosexual	Heterosexual	Asexual	Pansexual
						Female
						Male
						Transgender
						Gender neutral
						Non-Binary
						Agender
						Pangender
						Genderqueer
						Two-spirit
						Third gender




---

---

---

---

---


---

---

---

Language is important

1. Agender	1. Female to Male	1. Pangender	1. Transgender
2. Androgynous	2. FTM	2. Trans	2. Transgender Female
3. Androgynous	3. Gender Fluid	3. Trans*	3. Transgender Male
4. Bigender	4. Gender Nonconforming	4. Trans Female	4. Transgender Man
5. Cis	5. Gender Questioning	5. Trans* Female	5. Transgender Person
6. Cisgender	6. Gender Variant	6. Trans Male	6. Transgender Woman
7. Cis Female	7. Genderqueer	7. Trans* Male	7. Transmasculine
8. Cis Male	8. Intersex	8. Trans Man	8. Transsexual
9. Cis Man	9. Male to Female	9. Trans* Man	9. Transsexual Female
10. Cis Woman	10. MTF	10. Trans Person	10. Transsexual Male
11. Cisgender Female	11. Neither	11. Trans* Person	11. Transsexual Man
12. Cisgender Male	12. Neutrois	12. Trans Woman	12. Transsexual Person
13. Cisgender Man	13. Non-binary	13. Trans* Woman	13. Transsexual Woman
14. Cisgender Woman	14. Other	14. Transfeminine	14. Two-Spirit




---

---

---

---


---

---


---

---

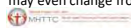
Gender Fluidity-NonBinary



Gender fluidity conveys a wider, more flexible range of gender expression, and identity with interests and behaviors that may even change from day to day.



Nonbinary means a person's gender identity doesn't fit into strict cultural categories of female or male.




---

---

---

---

---

---

---

---

## Intersex



Intersex is an umbrella term that describes bodies that fall outside the strict male/female binary. There are lots of ways someone can be intersex.




---

---

---

---

---

---


---

---

---

---

Instead of	Say	Because
"Biological sex" or "Biological gender"	Sex traits	People are born with sex traits, including chromosomes, genitals, and reproductive organs, but these may not line up neatly into what most people think of as one "biological sex." Gender is social and cultural. Someone's gender may not correspond to what others expect based on their bodily sex traits, although society commonly ties sex and gender together.
"Born with ambiguous gender" or "ambiguous genitalia"	"Born with genitalia outside of the typical male/female binary"	Genitals do not determine gender, and we can never tell for sure what someone's gender will be by how they look when they are born. It's all up to the individual to determine.
"Born both a man and a woman"	"Born intersex" or "born with different sex traits"	With most people's binary understanding of sex, this could imply a person was born with two sets of genitalia, which is not possible. It also assumes being a man or a woman depends on sex traits at birth (and implies these are the only two options).
"Female/Male Chromosomes"	XX/XY chromosomes	Call parts what they are without gendering them. Many people who are women have XX chromosomes, and many don't. Some people with XY chromosomes don't have a female gender identity. Intersex people can also have chromosome patterns that are not XX or XY.
"Female/Male Genitalia"	Vagina/Penis (i.e. "if you really need to be talking about someone's genitals in the first place")	Body parts don't have genders. You wouldn't say "male arm" or "female arm," so why name any other parts this way? Remember that intersex and transgender people can have sex traits often associated with a different gender.
"Born a Boy/Girl"	Assigned male or female at birth	Babies are assigned a gender based on what their genitals look like. Those assignments might not always be accurate once the child grows up.
"Both sexes/genders"	Multiple sexes/genders	There are more than two genders, and many combinations of sex traits.
"What it's like to be intersex"	"My intersex experience"	No two intersex experiences are alike! Avoid generalizing as much as possible.




---

---

---

---

---

---

---

---

---

---

A reminder...

**SEX**

**is a trait**

**GENDER**

**is social context**




---

---

---

---

---

---

---

---


---

---

**A SHARING MOMENT...**

- How would you describe your gender identity?
- How do you show your gender to other people based on the way you look or act?
- Has your gender identity or expression change over time?
- If your gender identity or expression has changed, how have people reacted when noticing it? What messages did you hear?

Breakout Room # 1: (Time: 5 Minutes)




---

---

---

---


---

---

---

---


**Let's reflect together**



WHAT WAS THAT LIKE FOR YOU?



WHAT DID YOU NOTICE OR REALIZE?



17

---

---

---

---


---

---

---

---

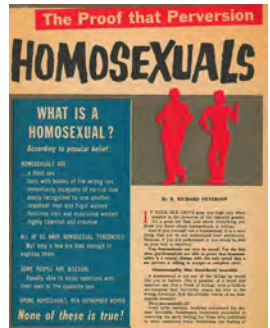
**Homosexuality as a Mental Health Disease**



**NEW THEORY CLAIMS HOMOSEXUALITY CAN BE CURED**

Modern medicine sees deviation as physical problem—disputing old belief that homos are made—not born!

BY ANTHONY JAMES



**The Proof that Perversion HOMOSEXUALS**

WHAT IS A HOMOSEXUAL? According to popular belief...

BY A. RICHARD PETERSON

---

---

---

---

---

---

---

---

June 28, 1969



---

---

---

---

---

---

---

---



---

---

---

---

---

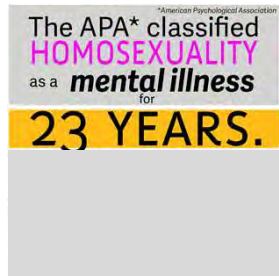
---

---

---

### Homosexuality as a Mental Health Disease

- In 1973 The American Psychiatric Association's Board of Directors decided to removed HOMOSEXUALITY as a Mental Disorder from the Diagnostic and Statistical Manual of Mental Disorders (DSM)



---

---

---

---

---


---

---

---

**Group Activity**

ACT LIKE A MAN      ACT LIKE A WOMAN



MHTC

---

---

---

---


---

---

---

---

**Let's reflect together**



WHAT WAS THAT LIKE FOR YOU?      WHAT DID YOU NOTICE OR REALIZE?

MHTC      23

---

---

---

---

---

---

---

---

**STIGMATIZATION/DISCRIMINATION**



MHTC

---

---

---

---

---

---

---

---






---

---

---

---

---

---

---

---

**Health Inequity** defined as “differences in health in which are not only **unnecessary and avoidable** but in addition, are considered unfair and unjust (Margaret Whitehead)




---

---

---

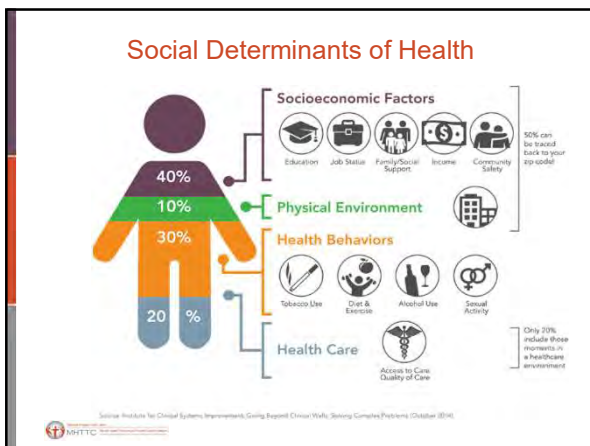
---

---

---

---

---




---

---

---

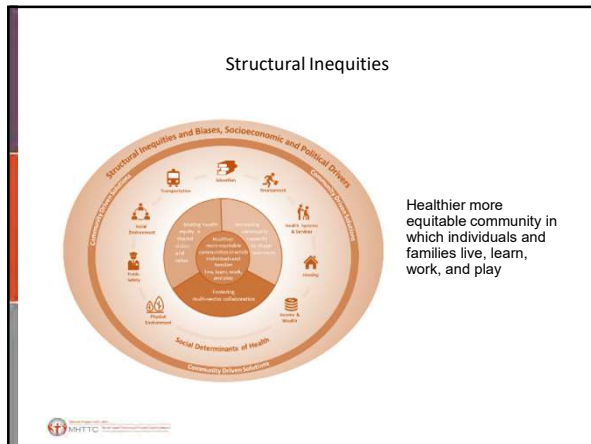
---

---

---

---

---



---

---

---

---

---

---

---

---

## HEALTH EQUITY

“  
Health equity means that everyone has a fair and just opportunity to be as healthy as possible.

This requires removing obstacles to health such as poverty, discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care.”

rwjf

MHTC

---

---

---

---

---

---

---

---

## LGBTQ

health  
disparities

MHTC

---

---

---

---

---

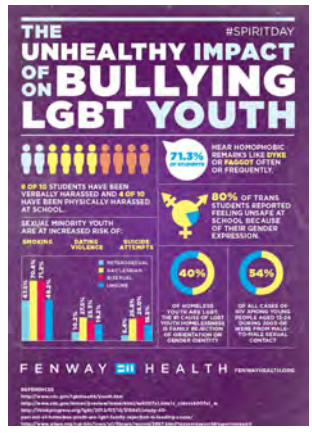
---

---

---

# LGBTQ and Health

Compared to cisgender youth, transgender youth are **2X** more likely to have depression, anxiety, self-harming behavior, and suicidal thoughts and behavior.




---

---

---

---

---

---

---

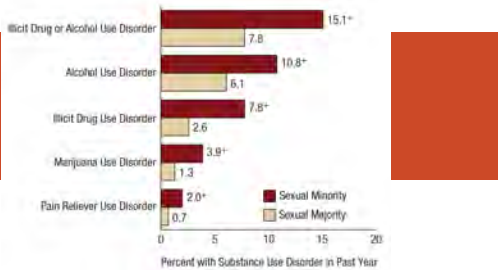
---

---

---

---

# LGBTQ and Substance Use




---

---

---

---

---

---

---

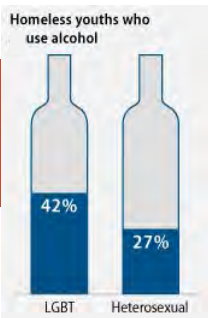
---

---

---

---

# LGBTQ and Substance Use and Misuse




---

---

---

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

### LGBTQ youth homelessness and suicidality

LGBTQ youth **9–20%** points higher than those of non-LGBTQ homeless youth.

LGBTQ youth are **6 to 7** times more likely to attempt suicide, in comparison with their heterosexual counterparts.

Whitbeck LB, Chen X, Hoyt DR, Tyler KA, Johnson KD (2004) Mental disorder, subsistence strategies, and victimization among gay, lesbian, and bisexual homeless and runaway adolescents. J Sex Res 41(4):329–342

---

---

---

---

---

---

---

---

### LGBTQ and Health

LGBT individuals have **1.5x HIGHER RISK** of **DEPRESSION** and **ANXIETY DISORDERS** than heterosexual individuals.

SAMHSA, National Survey on Drug Use and Health SAMHSA Sexual Orientation and Estimates of Adult Substance Use and Mental Health, 2016

---

---

---

---

---

---

---

---

## Transgender Health



National Center of Transgender Equality (2012)

---

---

---

---

---

---

---

---

### Something to think about it...

I am sorry to the people that I love but I cant fucking take it anymore. So I am gay. Why does everyone hate me because of that. Fuck them. I have been punched and spit on and called faggot, queer, loser, pussy, fag boy. Some asshole painted faggot on my locker. Some people do not talk to me. Fuck them, fuck everyone, I hate this fucking life know. I am so fucking tired of the shit. I hve received hate letters telling me to leave school telling me that faggots aren't welcome and that I am a fag. I am scared. and I am tired and I cant take any more.

---

---

---

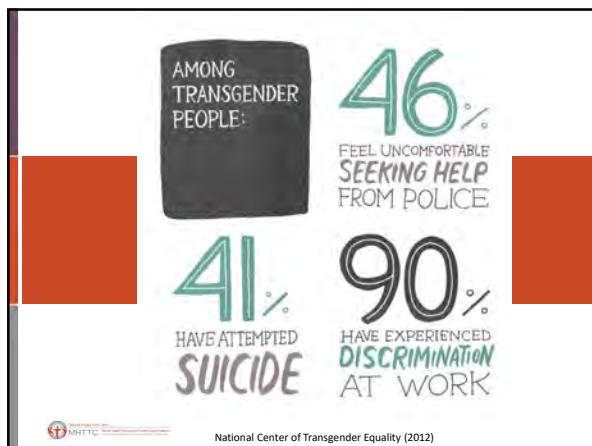
---

---

---

---

---




---

---

---

---


---

---

---

---

**47%** of Latinx and Hispanics transgender people reported having attempted suicide, compared to 1.6 percent of the general population.



---

---

---

---

---

---


---

---

Latinx/Hispanic transgender people experience far higher rates of discrimination than the general population or than either the Latino/a or transgender populations as a whole

**23%** of Latinx/Hispanic transgender people reported being refused medical care due to bias.

**36%** reported having postponed care when they were sick or injured due to fear of discrimination.



---

---

---

---

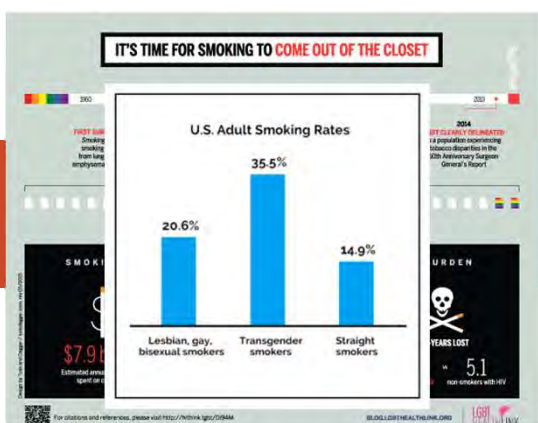
---

---

---

---

**IT'S TIME FOR SMOKING TO COME OUT OF THE CLOSET**



Gender Identity	Smoking Rate
Lesbian, gay, bisexual smokers	20.6%
Transgender smokers	35.5%
Straight smokers	14.9%

For updates and information, please visit <http://www.kphhc.org/OSM>

Center for Disease Control, Current Cigarette Smoking Among Adults - United States, 2016-2018

---

---

---

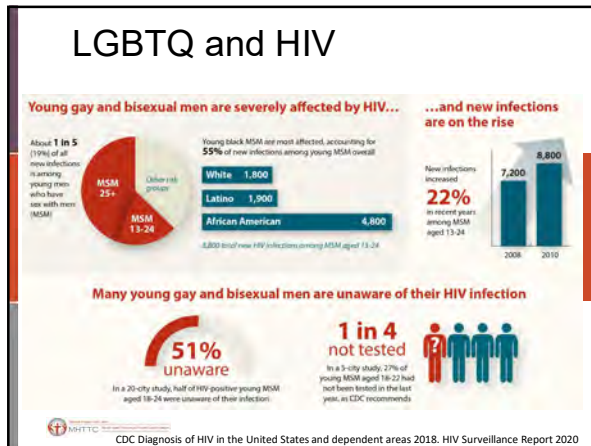
---

---

---

---

---




---

---

---

---

---

---

---

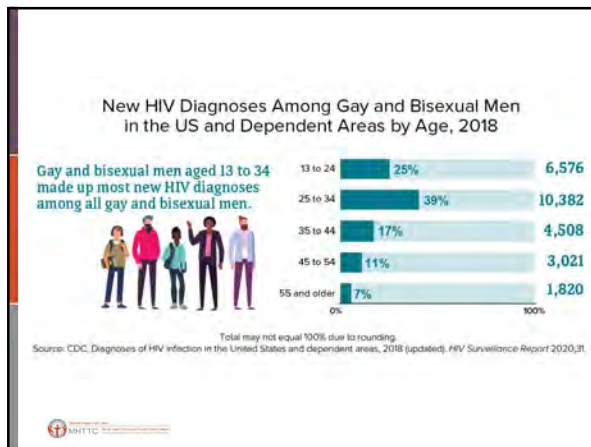
---

---

---

---

---




---

---

---

---

---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---

---

---

---

---

Let's expose anal cancer.

**34x** more prevalent among men who have sex with man

Anal HPV-16 infection significantly more common in men who have sex with men, especially those living with HIV

Marra E et al. Type-specific anal human papillomavirus prevalence among men, according to sexual preference and HIV status: a systematic literature review and meta-analysis. Clin Infect Dis, 20 September 2018.

---

---

---

---

---

---

---

---

---

---

### Bisexuals Health Disparities

**WE FACE EXTREME HEALTH DISPARITIES**

- Higher rate of tobacco use, compared to heterosexuals, lesbians and gays.
- Higher rate of anxiety or mood disorder compared to heterosexuals, lesbians and gays.
- Bisexual women are the most likely to have never had a cancer screening (mammogram or pap test) compared to heterosexuals or lesbians.
- Bisexual women have more risk factors for heart disease compared to heterosexuals or lesbians.

Source: Out For Health, Healthy People 2020 Bisexual Fact Sheet

---

---

---

---

---

---

---

---

---

---

### Bisexual Health Disparities

39% of bisexual men  
33% of bisexual women  
13% of gay men  
10% of lesbians

REPORTED NOT DISCLOSING THEIR SEXUAL ORIENTATION TO ANY MEDICAL PROVIDER

Michael Johnson and Lynne Nemeth, "Addressing Health Disparities of Lesbian and Bisexual Women: A Grounded Theory Study," Women's Health Issues 24-6 (2014), 635-640.

---

---

---

---

---

---

---

---

---

---



### Anti-Bullying LGBT Laws

**Anti-Bullying:** States that have laws prohibiting bullying of students on the bases of sexual orientation and gender identity

NTJ Institute  
Discrimination Against LGBT Youth in US Schools, Human Rights Watch, 2017

---

---

---

---

---

---

---

---

### Anti LGBT Restrictive Laws

**Anti-LGBT:** States that have laws restricting teachers and staff from talking about LGBT issues at school

NTJ Institute  
Discrimination Against LGBT Youth in US Schools, Human Rights Watch, 2017

---

---

---

---

---

---

---

---

### Crime Against LGBTQ

**Bias Motivations**  
Law enforcement agencies reported 7,155 single-bias incidents to GLBT in 2017. A distribution of victims by bias type shows the following biases:

**Hate Crimes Motivated by Sexual Orientation Bias**

Hate Crime Statistics, 2017

---

---

---

---

---

---

---

---




---

---

---

---

---

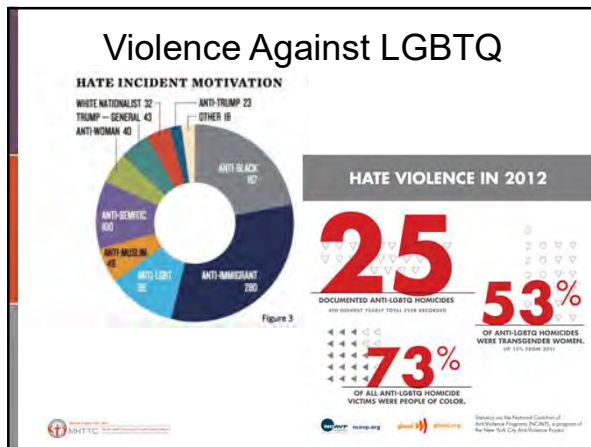
---

---

---

---

---




---

---

---

---

---

---

---

---

---

---

## LGBTQ and Sexual Violence

Victimization rate among Heterosexual women (17.4%) lesbian women (13.1%) **bisexual women were at substantially higher risk (46.1%)** of experiencing forced or substance-facilitated rape in their lifetimes.

Sexual assault (measured as unwanted non-penetrative sexual contact), or non-contact unwanted sexual experiences (such as exposing sexual body parts or being made to participate in sexual movies or photos) were similar for heterosexual (43.3%) and lesbian women (46.4%) and higher for bisexual women (74.9%).

Coerced rape, sexual assault, and non-contact unwanted sexual experiences, gay men (40.2%) and bisexual men (47.4%) were at approximately double the risk of victimization as compared to heterosexual men (20.8%)

(Walters et al., 2013)

Messinger, A. & Koon-Magnin (2019). Sexual Violence in LGBTQ Communities

---

---

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

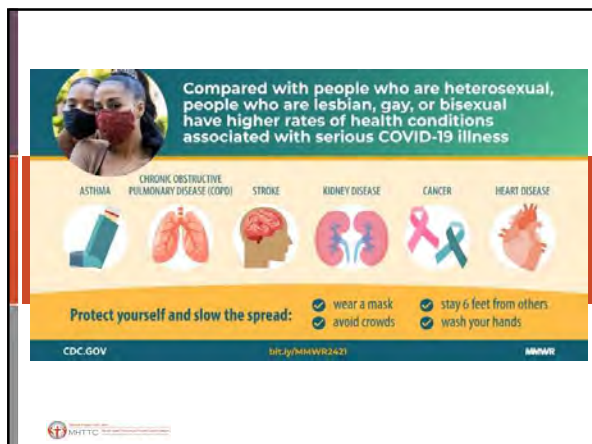
---

---

---

---

---



---

---

---

---

---

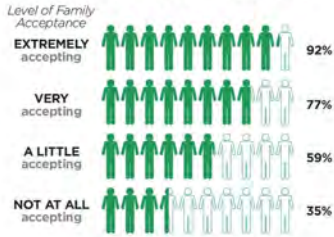
---

---

---

### When LGBT Youth are accepted by Family and Friends ...

#### Youth Believe They Can Be A Happy LGBT Adult



Ryan, Family Acceptance Project, 2009

---

---

---

---

---

---

---

---

**IT GETS BETTER PROJECT**  
[WWW.ITGETSBETTER.ORG](http://WWW.ITGETSBETTER.ORG)

---

---

---

---

---

---

---

---

It gets better...

CREATING EQUAL ACCESS TO QUALITY HEALTH CARE FOR  
**TRANSGENDER PATIENTS**

TRANSGENDER-AFFIRMING HOSPITAL POLICIES



---

---

---

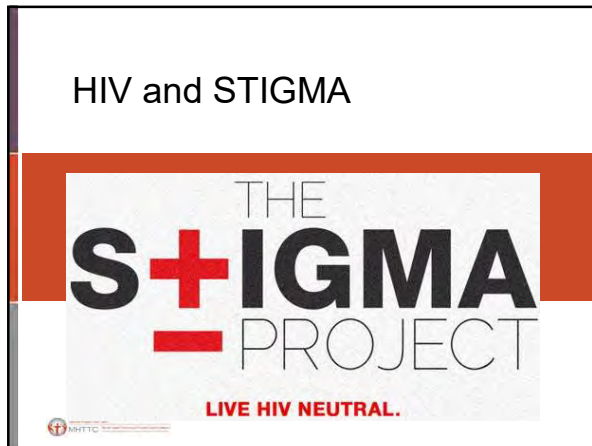
---

---

---

---

---



---

---

---

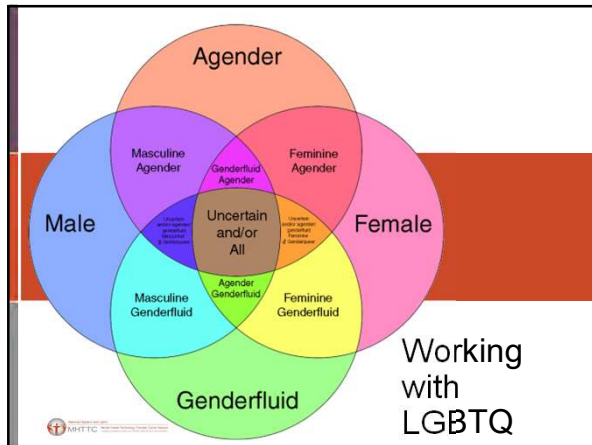
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

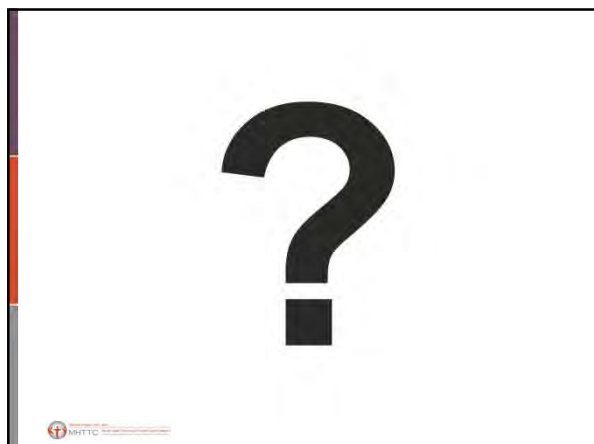
---

---

---

---

---



---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---

**References**

- Marshal MP, Sucato G, Stepp SD, Hipwell A, Smith HA, Friedman MS et al (2012) Substance use and mental health disparities among sexual minority girls: results from the Pittsburgh girls study. *J Pediatr Adolesc Gynecol* 25(1):15–18
- Marra E et al. *Type-specific anal human papillomavirus prevalence among men, according to sexual preference and HIV status:*
- *a systematic literature review and meta-analysis.* *Clin Infect Dis*, 20 September 2018.
- Messinger A.M., Koon-Magnin S. (2019) Sexual Violence in LGBTQ Communities. In: O'Donohue W., Schewe P. (eds) *Handbook of Sexual Assault and Sexual Assault Prevention*. Springer, Cham. [https://doi.org/10.1007/978-3-030-23645-9\\_39](https://doi.org/10.1007/978-3-030-23645-9_39).
- Michael Johnson and Lynne Nemeth, "Addressing Health Disparities of Lesbian and Bisexual Women: A Grounded Theory Study," *Women's Health Issues* 24-6 (2014), 635-640.
- Rhoades, H., Rusow, J.A., Bond, D. et al. Homelessness, Mental Health and Suicidality Among LGBTQ Youth Accessing Crisis Services. *Child Psychiatry Hum Dev* 49, 643–651 (2018). <https://doi.org/10.1007/s10578-018-0780-1>
- Whitbeck LB, Chen X, Hoyt DR, Tyler KA, Johnson KD (2004) Mental disorder, subsistence strategies, and victimization among gay, lesbian, and bisexual homeless and runaway adolescents. *J Sex Res* 41(4):329–342
- Walters, M. L., Chen, J., & Breiding, M. J. (2013). *The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Findings on Victimization by Sexual Orientation*. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention

---

---

---

---


---

---

---

---

**Coming Up Next**



**Interventions for working with LGBTQ+ population**  
 June 25th, 2021  
 12:00 pm Eastern

---

---

---

---

---

---

---

---

 **National Hispanic and Latino**  
**MHTTC** Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

**Ibis Carrión, Psy.D.**  
Director  
[ibis.carri@uccaribe.edu](mailto:ibis.carri@uccaribe.edu)

**Angel Casillas, MHS**  
Project Manager  
[angel.casillas@uccaribe.edu](mailto:angel.casillas@uccaribe.edu)

**Follow Us**

     
**@hlanmhttc**

<https://www.surveymonkey.com/r/ZLCWDZP>

Website: <http://www.mhttcnetwork.org/hispaniclatino/>  
Email: [hispaniclatino@mhttcnetwork.org](mailto:hispaniclatino@mhttcnetwork.org)

Your opinion is important to us!  
Fill out your evaluation forms, it only takes a couple of minutes! Just scan this code with your smartphone. Don't worry if you can't - an email will be sent to you with the link.



---

---

---

---

---

---

---

---