

Alcohol is **Still** a Drug: An Exploratory Series

Alcohol Use Disorder Treatment

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Great Lakes ATTC, MHTTC and PTTC

Series Dates:

**September 7, October 5, November 2, December
7, February 1, March 1, April 5,
May 3 and June 7**

10:00 – 10:30 CT

Brought To You By:



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January 2022

The use of affirming language inspires hope.
LANGUAGE MATTERS.
Words have power.

PEOPLE FIRST.

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.

The use of affirming language inspires hope and advances recovery.
LANGUAGE MATTERS.
Words have power.

PEOPLE FIRST.

The ATTC Network uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.

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

**STRENGTHS-BASED
AND HOPEFUL**

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

**HEALING-CENTERED/
TRAUMA-RESPONSIVE**

**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**

Adapted from: https://nhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf



Thank You for Joining Us!

A few housekeeping items:

- If you are having technical issues, please individually message Kristina Spannbauer or Stephanie Behlman in the chat section and they will be happy to assist you.
- Please put any questions in the Q&A pod at the bottom of the screen and the presenter will address them at the end of the session.
- We will be using automated transcriptions for today's webinar.

Thank You for Joining Us!

A few housekeeping items:

- This presentation will be recorded and posted to our websites within 2 weeks.
- Certificates of attendance will be sent out to all who attended the full session. They can take up to 2 weeks and you will be sent a link to your certificate via email.

A close-up photograph of several social media icons on white, 3D keyboard keys. The icons include the red and white Pinterest 'P', the yellow and white Snapchat ghost, the blue and white Facebook 'f', the multi-colored Instagram camera, and the blue and white Twitter bird. The keys are arranged in a grid-like pattern, with some keys partially visible and others more prominent.

Follow Us On Social Media!

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If you are on our mailing list – please look for our weekly mailings for upcoming trainings.

Photo: iStock

Speaker Introductions



De'An Roper, PhD, LCSW-S
pronouns she, her, hers

Alcohol is Still a Drug: Queer Youth and Alcohol

De'An Olson Roper, PhD, LCSW-S


pronouns she/her

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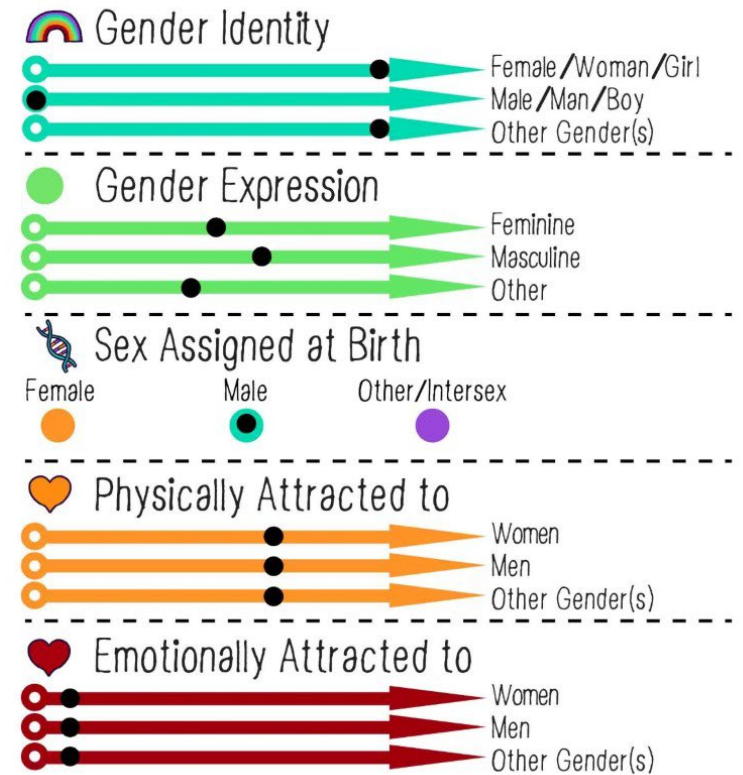
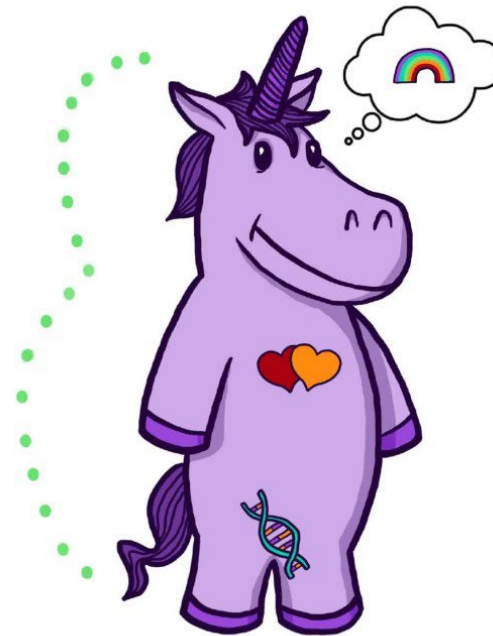
This presentation will briefly

- Identify and define general terms
 - Highlight disparities among LGBTQ+ groups
 - Explain leading theory for disparities
 - Discuss practice ideas
- 

Sexual orientation
and gender identity
are two different
concepts.

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

<https://www.courts.ca.gov/documents/BTB25-5I-01.pdf>
<https://youtu.be/KuUCZga7IMo>

Alcohol is still a Drug

Alcohol misuse is 4th Leading cause of death (NIAAA)

Continued use of alcohol changes the brain structure this is especially true for young people whose brains are still developing.

Adolescents who drink before age 15 are 4x more likely to develop alcohol use disorder later

Alcohol is the most commonly used drug among youth according to the CDC

Relieves stress

- Relaxing
- Social lubricant

Socially acceptable

- Perception it is not a drug
- Social media influence

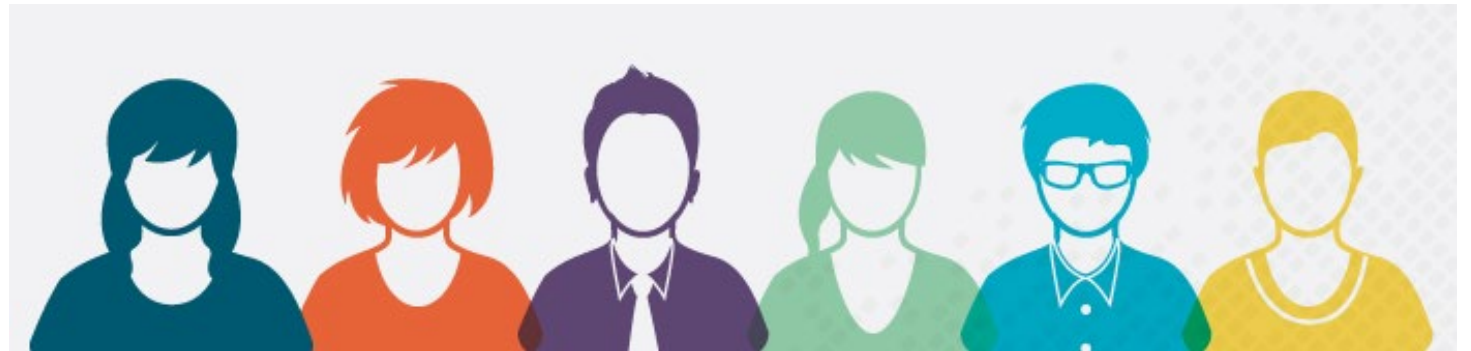
Accessible

- Most youth do not pay for alcohol
- Family or Friends

LGBTQ+ Youth
use alcohol at
2-4x the rates
of their peers

National Studies Indicate

- Adolescents use alcohol more than tobacco or marijuana
- 16.1% youth used alcohol in the previous month
- 9.2% youth experienced binge drinking in the previous month





Minority Stress is the leading theory (Meyer, 2003)

Unique Environmental Stressors/Events result in

- Expectations of Rejection & Marginalization
- Concealment of Identity and decreased disclosure of identity
- Internalization of stigma

For LGBTQ+ of color these experiences are intensified by racism

Different subgroups of LGBTQ+ experience these stressors in different ways which influence their use of alcohol



Family Connections

Protective factors for alcohol use and misuse includes strong family bonds & parental involvement

According to HRC youth study

- Almost half of LGBTQ youth who are out to parents report their families make them feel bad
- Of those who conceal their identity, 78% hear families make negative comments about LGBTQ



School and Social Environments for LGBTQ Youth

Emotional and Physical Safety

- 77% have experienced unwanted comments, jokes, gestures in past year
- 85% rate their average stress level at a 5 (1-10 scale)
- 95% have trouble getting to sleep at night



Social Support LGBTQ Youth

Social Support - critical for adolescent development

- Studies show that social support of LGBTQ+ youth help to facilitate higher positive self esteem
- Communities with Pride Events show better mental health and SUD rates
- Suggestion that School GSA's don't mitigate alcohol use due to the normative use of alcohol among all adolescents (Watson, et al., 2020)

Social Media – Creates Community for LGBTQ+ Youth

- Social media decreases isolation
- Learn cultural norms and dating norms
- Increases exposure to alcohol messaging too

Suggestions for Clinical Practice

Remember:

- Identity development is fluid
- Words have power
- Respect Diversity
- Get trained in trauma informed care
- Use a harm reduction model
- Recognize that YMSM of color and transgender women of color at higher risk for HIV infection
- Understand minority stress theory and help youth understand their own reactions and work on emotion regulation skills
- Help youth identify safe people and safe support systems
- Employ appropriate peer role models
- Polish your motivational interviewing skills and be sure to match those to the stage of change for the specific problem identified
- Advocate for organizational, community and systems changes that embrace and empower LGBTQ+ youth and communities.

HRC Glossary of Terms


<https://www.hrc.org/resources/glossary-of-terms>

Gender Unicorn

<https://www.courts.ca.gov/documents/BTB25-5I-01.pdf>

<https://youtu.be/KuUCZga7IMo>

The Trevor Project




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GET HELP NOW

If you are thinking about suicide and in need of immediate support, please call the TrevorLifeline at 1-866-488-7386 or select TrevorChat below to connect with a counselor.



TrevorLifeline
1-866-488-7386


TrevorLifeline is a crisis intervention and suicide prevention phone service available 24/7/365.



TrevorChat

Confidential online instant messaging with a Trevor counselor, available 24/7.

Access through a computer, as you may have technical difficulties if using a smartphone or tablet.



TrevorText
Text START to 678678.

Confidential text messaging with a Trevor counselor, available 24/7/365.

Standard text messaging rates apply.

Question from Audience

- Any data on adverse childhood experiences and LGBTQ youth?

Thank you for asking about ACES. I had originally included a slide about the topic but had to cut it for time!

Yes there are some larger studies that use the ACES scale and examine scores between LGBTQ+ subgroups and also compare scores to heterosexual peers.

A majority of the data find that yes indeed LGBTQ+ youth experience a disproportionate rate of ACES compared to heterosexuals. Craig et.al., 2020, found specific patterns related to household dysfunction, meaning they may have trouble modeling good coping and emotion regulation and perhaps even disrupted attachments. They also found 43% reported 4+ ACES compared to 12-16% in non-LGBTQ+ populations. They note that pansexual identified people score higher as a subgroup of LGBTQ youth as well. As you may know a score of 4 or higher places a person at 7x the risk of developing alcohol misuse problems. Other studies including Baams, (2018) report higher rates of poly-victimization and psychological and or physical abuse, which I have observed in other research studies as well. Some studies indicate higher rates among queer youth who are Hispanic/LatinX when compared to white peers. Lastly, more research needs to be completed where we examine ACES and apply the minority stress theory as a framework, which really sounds rather complex to me! I hope this briefly answers your question.

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