

Reducing Stigma Toward the Transgender Community

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March 7, 2024



Acknowledgment

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At the time of this publication, Miriam E. Delphin-Rittmon, Ph.D., served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration.

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Presented 2024



MHTTC

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Funded by Substance Abuse and Mental Health Services Administration

The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental disorders into the field.

Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), the MHTTC Network includes 10 Regional Centers and a Network Coordinating Office.

Our collaborative network supports resource development and dissemination, training and technical assistance, and workforce development for the mental health field. We work with systems, organizations, and treatment practitioners involved in the delivery of mental health services to strengthen their capacity to deliver effective evidence-based practices to individuals. Our services cover the full continuum spanning mental illness prevention, treatment, and recovery support.

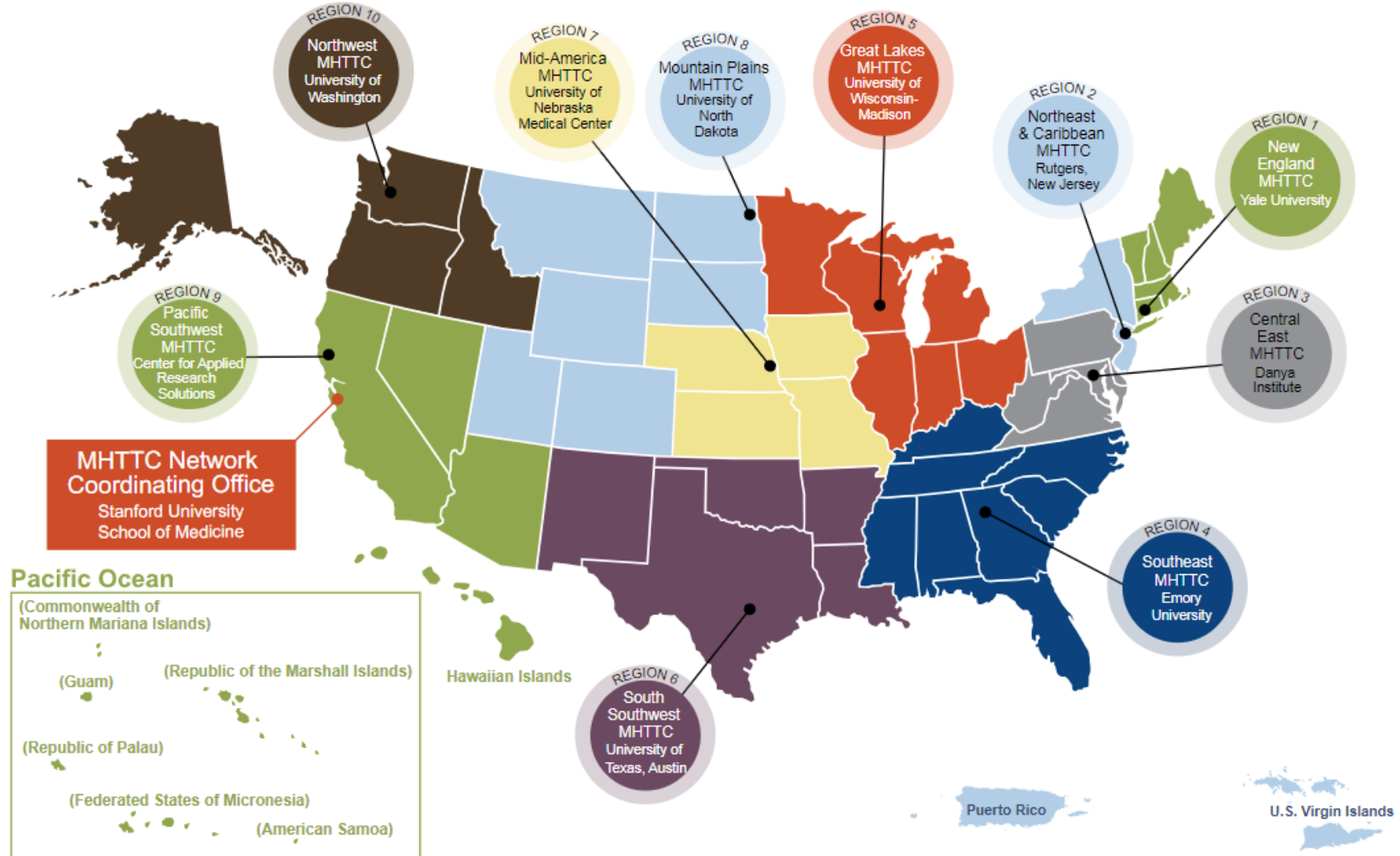


MHTTC

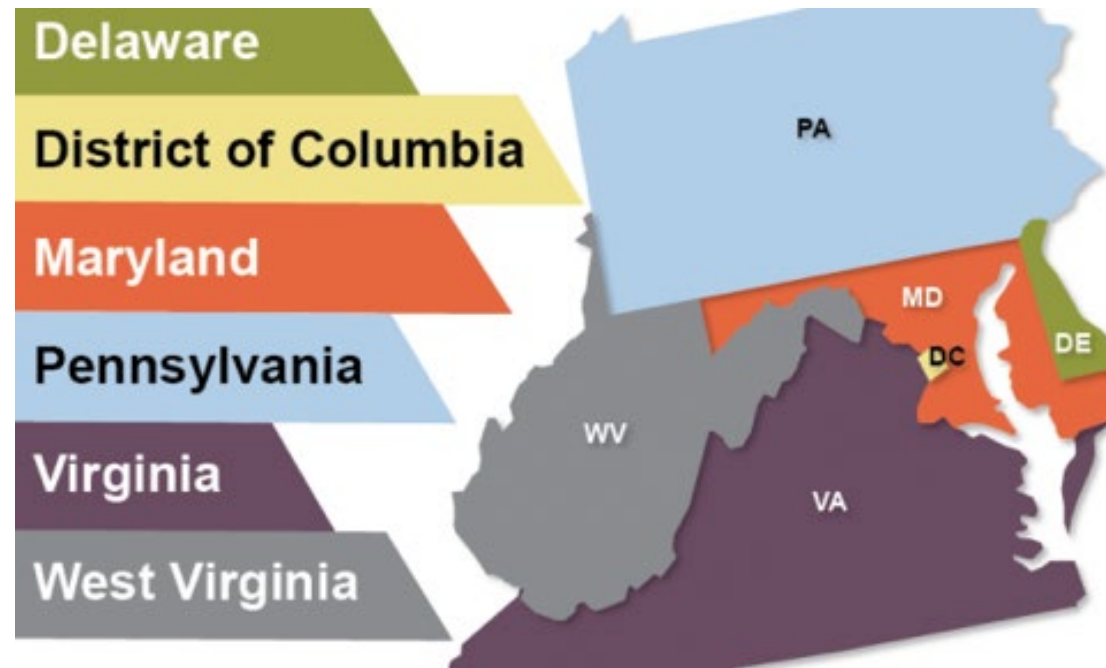
Mental Health Technology Transfer Center Network

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MHTTC Network



Central East Region 3



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network

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

STRENGTHS-BASED
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INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
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

Reducing Stigma Toward the Transgender Community

Joseph DeLuca, PhD
Department of Psychological and Brain Sciences
Fairfield University

March 7, 2024

Background



- Clinical psychologist by training, specializing in youth mental health, early serious mental illness, and stigma.
- Assistant Professor at Fairfield University, and Assistant Clinical Professor at Mount Sinai's School of Medicine.
- Passionate about mental health education, stigma reduction, and equitable, culturally responsive, evidence-based care.

INSPYR Lab

*Intersectional Stigma, Psychosis,
Youth, and Resilience (INSPYR) Lab*



Agenda

1. Understand the impact of transgender stigma on mental health.
2. Define transgender stigma from an intersectional perspective.
3. Identify at least two evidence-based approaches to reduce transgender stigma.
4. Summary.
5. Q&A.

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Defining the terms: Gender diversity

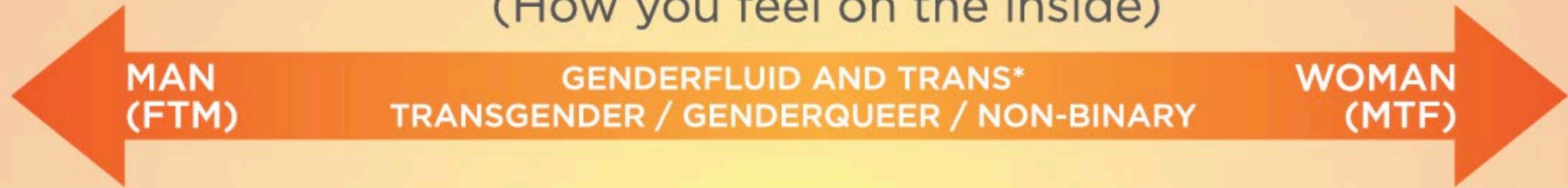
- A ***transgender (trans or trans*) person*** is someone whose gender identity or expression is different from their sex/gender assigned at birth (see also: American Psychological Association [APA], 2023; Stryker, 2017)
- ***Cisgender***



APA (2023)

GENDER IDENTITY

(How you feel on the inside)



TheTrevorProject.org



Quasar (2018)



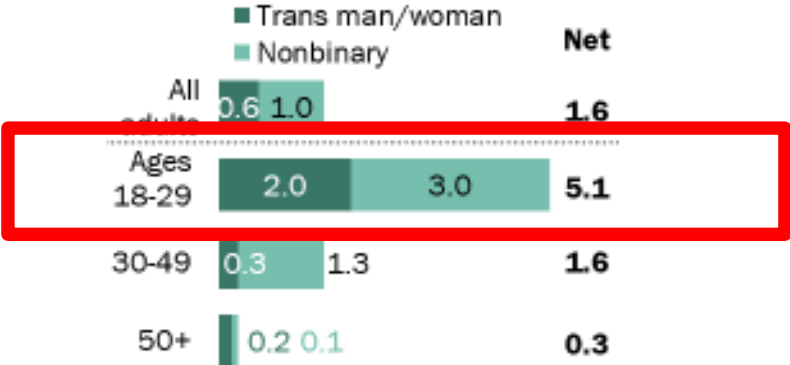
(Point of Pride, 2015)

Gender diversity

- Visibly growing group in US, with 2% of adults and >5% of young adults currently identifying as trans or gender diverse (Herman et al., 2022; Pew Research Center, 2022)

In U.S., young adults are the most likely to be transgender or nonbinary

% of U.S. adults who say their gender is different from their sex assigned at birth



Note: Trans men are those who said they were assigned female at birth and described their gender as a man. Trans women are those who said they were assigned male at birth and described their gender as a woman. Figures may not add to subtotals due to rounding.

Source: Survey of U.S. adults conducted May 16-22, 2022.

PEW RESEARCH CENTER

Beaten, Stabbed And Shot: 320 Trans People Killed In 2023 – New Monitoring Report

Jamie Wareham Contributor

Founder, QueerAF - I report on LGBTQ+ life, identities and being queer

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REPORT

The Epidemic of Violence Against the Transgender and Gender Non-Conforming Community in the United States

The 2023 Report

Human Rights Campaign Foundation, November 2023.



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IN YOUR AREA NEWS



VIDEO LIVE SHOWS ELECTION 2024 538

Spate of transgender deaths in first days of 2024 prompts outrage in Mexico

At least three trans people have been killed in Mexico so far this year.

By [Kiara Alfonso](#)
January 16, 2024, 2:47 PM



At least 3 transgender women killed in Mexico so far in 2024: Authorities
Protesters in Mexico City marched to demand justice for Samantha G6mes Fonseca, a transgender activist. [Show More](#)

RESOURCES | [Transgender](#) | [Hate Crimes](#)

Fatal Violence Against the Transgender and Gender-Expansive Community in 2024

Produced by the [HRC Foundation](#)



Honoring Nex Benedict, 16-Year-Old Non-Binary High School Student Who Tragically Died After School Beating

by [Jose Soto](#) • February 21, 2024



SHARE



Nex Benedict, a 16-year-old non-binary high school student, loved nature and watching the television show *The Walking Dead*. Nex enjoyed drawing, reading and playing *Ark* and *Minecraft*. Nex also had a cat, Zeus, whom they loved. Nex's family

Gender diversity & mental health

Trans and gender diverse youth (HRC, 2023) :

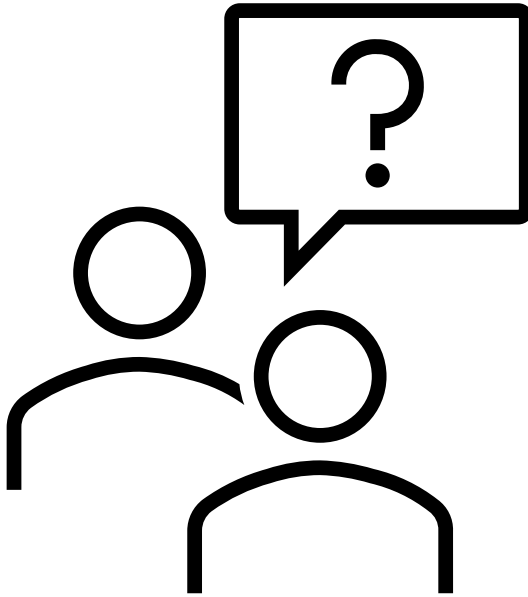
- ~54% felt unsafe in at least one school setting
- ~63% teased or bullied at school in last year
 - & ~20% *experienced physical violence at school in the 30 days prior to the survey*
- Overall: trans youth experience more bullying & negative MH outcomes v. cisgender youth (see Sares-Jäske et al., 2023; Wittlin et al., 2023)

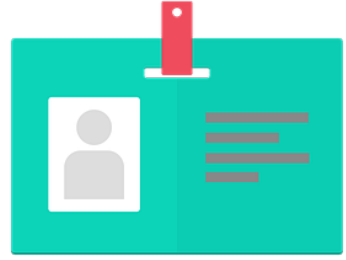
Gender diversity & mental health (cont.d)

- **Trans individuals experience disproportionate MH outcomes v. general public** (e.g., Adams et al., 2017; Austin et al., 2022; Barr et al., 2021; Lipson et al., 2019; Oswald & Lederer, 2017; Matsuno et al., 2023; Puckett et al., 2019; Wittlin et al., 2023)
 - *Anxiety & depression*
 - *Psychosis*
 - *Substance use*
 - *14-22x more likely to have had a lifetime suicide attempt*
 - *Resilience*

Stigma

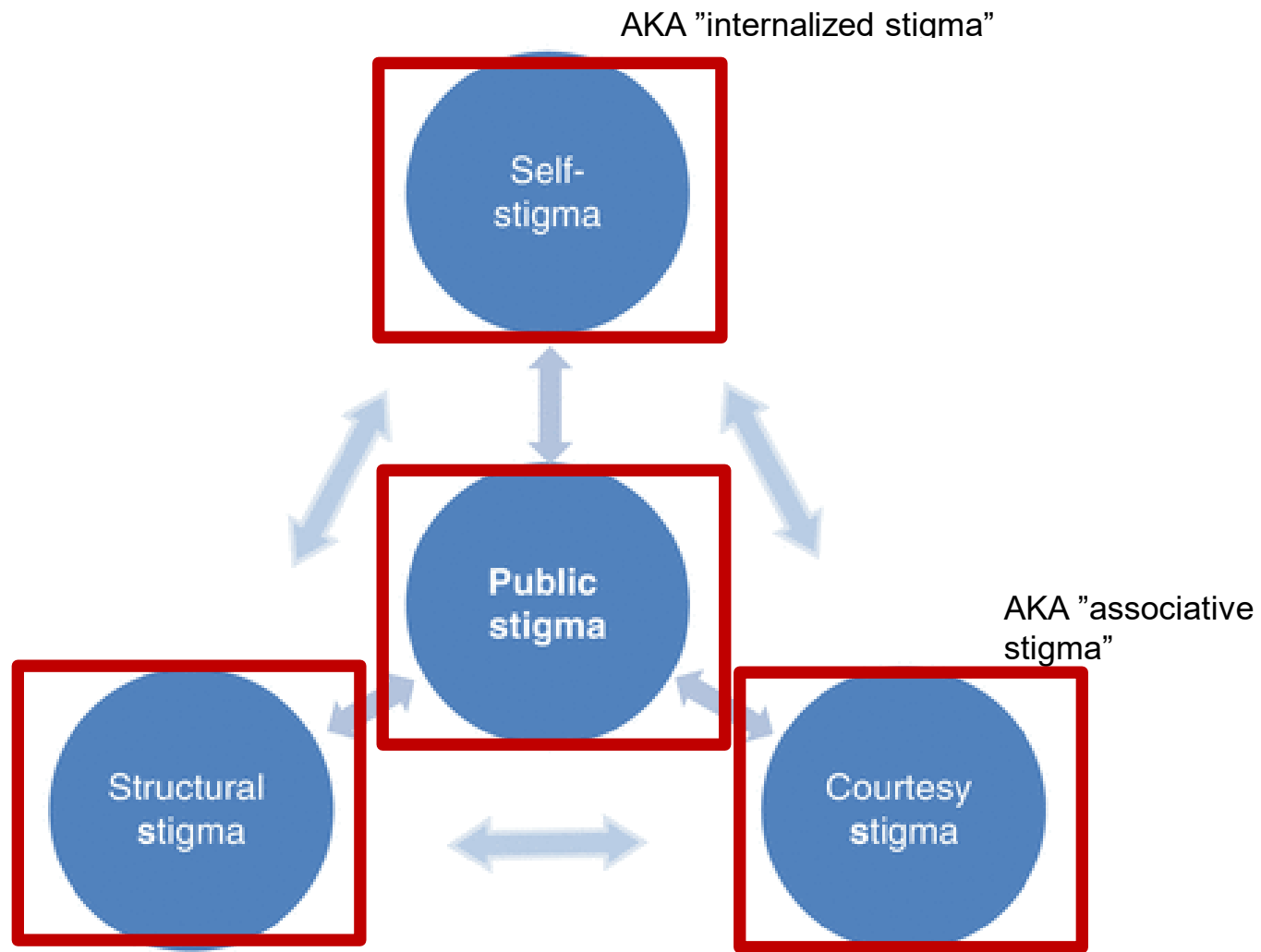
- **How do you define it?**





Stigma (cont.d)

- A process of assigning labels to people (Link & Phelan, 2001; Pescosolido & Martin, 2015)
- These labels gain power when linked to stereotypes (e.g., “mentally ill”, “dangerous”) and prejudice (endorsement of stereotypes)
- Labels + stereotypes/prejudice = discrimination



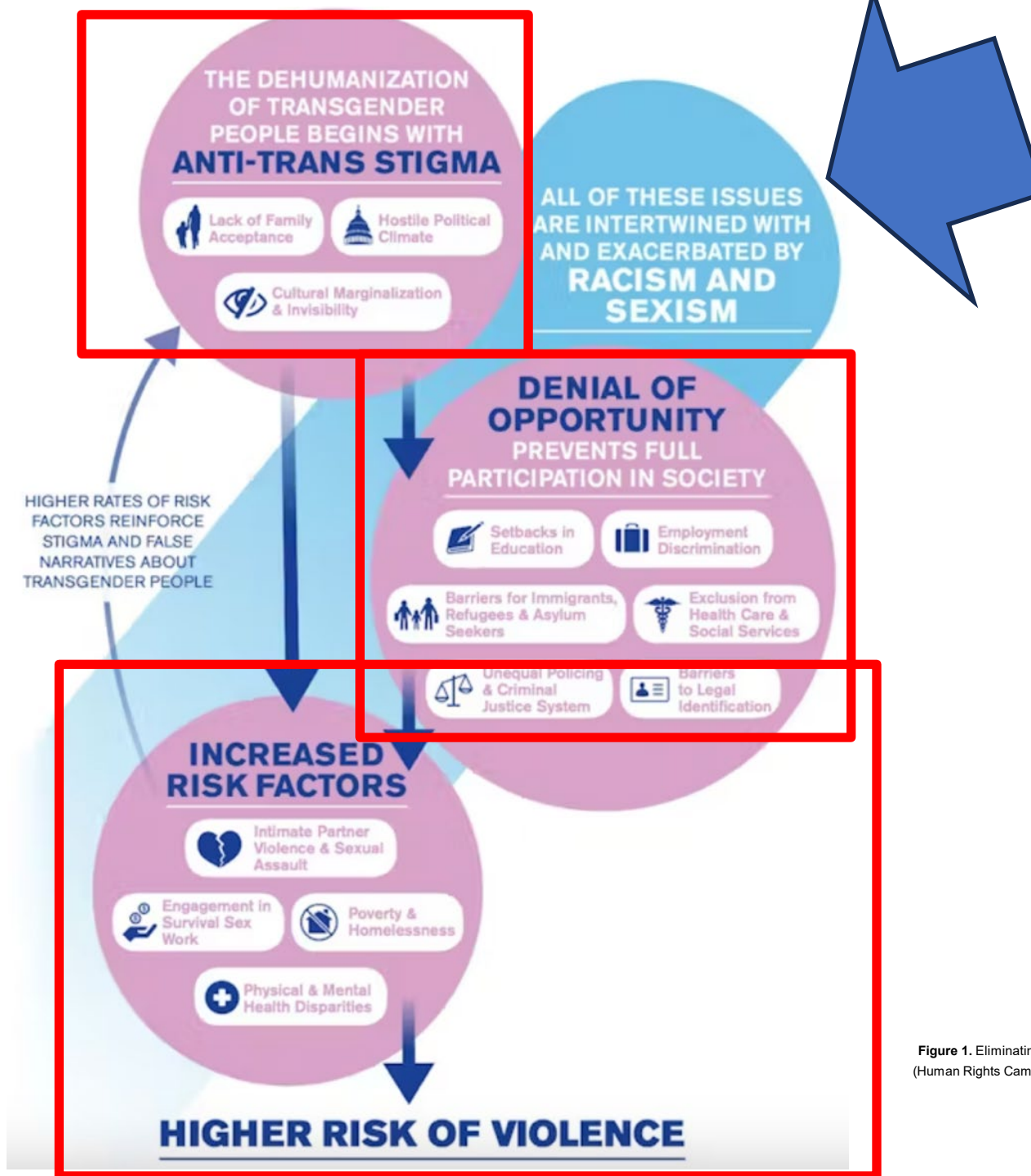
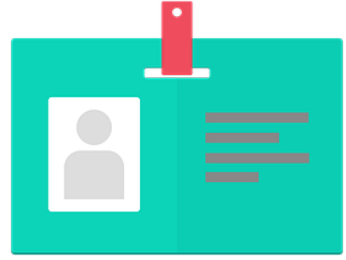


Figure 1. Eliminating stigma against transgender and gender non-conforming people (Human Rights Campaign, 2022; <https://reports.hrc.org/an-epidemic-of-violence-2022>)

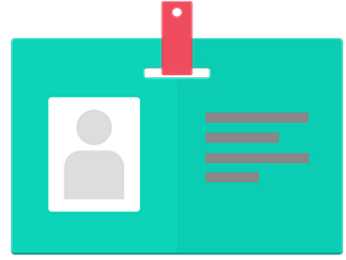


Trans stigma

- Trans folks contend with **significant stigma** (e.g., Austin et al., 2022; Human Rights Campaign, 2022):
 1. Lack of family acceptance
 2. Historical and current political climate
 3. Employment discrimination
 4. Unequal criminal justice outcomes
 5. Physical and mental health disparities

Table 2 Summary of Findings

Variable	<i>k</i>	<i>N</i>	<i>r</i>
Gender	30	16,806	.18
Sexual orientation	20	13,293	.23
Political conservatism	28	10,748	.48
SDO	19	4675	.40
RWA	26	5129	.58
Religiosity	13	5259	.28
RF	19	4295	.43
Gender essentialism	18	3542	.46
Gender role beliefs	17	4242	.60
Sexism	19	4686	.47
Gender SE	8	1589	.09
Aggression	12	2239	.15
LGB attitudes	42	13,719	.71
LGB contact	11	2429	-.33
Trans contact	26	6112	-.31



Trans stigma (cont.d)

Pew Research Center (2022; N = 10,188 US adults)

- 35% unsure about supporting, or in favor of, anti-trans laws
- 46% believe it should be illegal for a healthcare professional to help someone <18 with gender transition
- 60% believe gender is determined by sex assigned at birth (an *increase* from 2017 and 2021)



Structural transphobia is associated with psychological distress and suicidality in a large national sample of transgender adults

Maggi A. Price^{1,2}  · Nathan L. Hollinsaid²  · Sarah McKetta³  · Emily J. Mellen²  · Marina Rakhilin¹ 

Received: 28 September 2022 / Accepted: 17 April 2023 / Published online: 10 May 2023
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Abstract

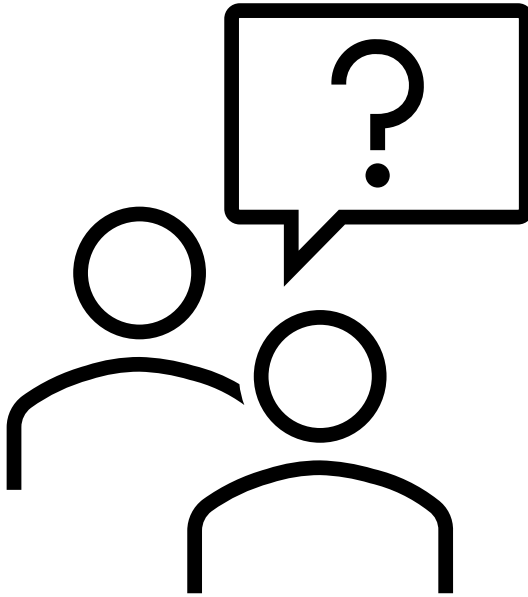
Purpose Transgender adults face increasingly discriminatory laws/policies and prejudicial attitudes in many regions of the United States (US), yet research has neither quantified state-level transphobia using indicators of both, nor considered their collective association with transgender adults' psychological wellbeing, hindering the identification of this potential social determinant of transgender mental health inequity.

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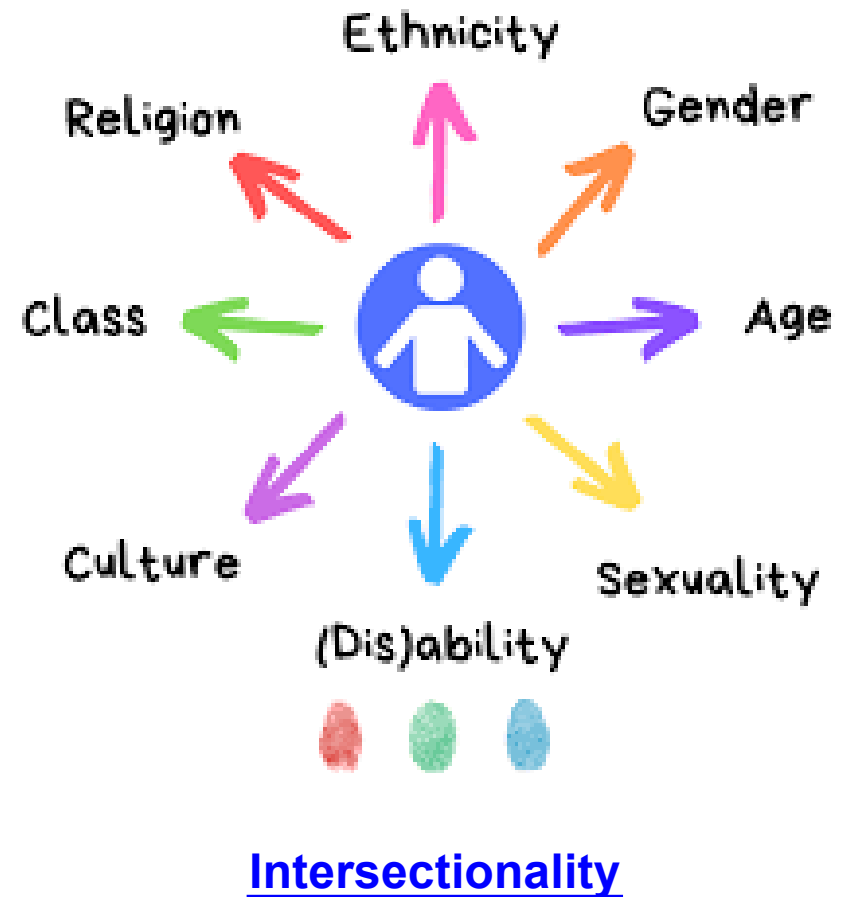
Intersectionality

- **How do you define it?**



Intersectional trans stigma

- Trans folks of color face particularly negative outcomes (v. white trans folks), including an even higher unemployment rate, more healthcare disparities, and more violence directed toward them (Bockting et al., 2013; Hatch et al., 2022; Hughes et al., 2022; Human Rights Campaign 2022; Momen & Dilks, 2020)



Intersectional trans stigma (cont.d)

“One of the reasons Black trans women die the most is the intersectionality of being first, Black, and then a woman, and then trans. When you think about the fact that people are still existing in the world who are racist and don’t like Black people, there are still men who view women as less than and treat women as less than, and there are a number of people in the world who do not like or hate trans people, and you mix all of those together, it’s a very dangerous combination” -Naomi Green



Intersectional trans stigma (cont.d)

Sex Roles (2022) 87:583–602

<https://doi.org/10.1007/s11199-022-01338-6>

ORIGINAL ARTICLE



Predictors of Transgender Prejudice: A Meta-Analysis

Hailey A. Hatch¹ · Ruth H. Warner¹ · Kristin A. Broussard² · Helen C. Harton³

Accepted: 28 October 2022 / Published online: 28 November 2022

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Abstract

Transgender people often experience discrimination and prejudice; therefore, it is important to explore the underlying factors that contribute to prejudice. Past research has found that individual difference variables (e.g., gender, political conservatism) predict transgender prejudice. In the current research, we aimed to better understand the association between transgender

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Stigma reduction

INTERPERSONAL RELATIONS AND GROUP PROCESSES

A Meta-Analytic Test of Intergroup Contact Theory

Thomas F. Pettigrew
University of California, Santa Cruz

Linda R. Tropp
Boston College

Trans stigma reduction

Social contact (e.g., Amsalem et al., 2022; Martin et al., 2021; Walch et al., 2012)



Trans stigma reduction (cont.d)

E-contact (e.g., Boccanfuso et al., 2021)



Trans stigma reduction (cont.d)

Clinical interventions (see Israel et al., 2021; Schrock et al., 2004; Testa et al., 2014)



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Psychology of Sexual Orientation and Gender Diversity

2021, Vol. 8, No. 4, 429–439
<http://dx.doi.org/10.1037/sgd0000447>

Reducing Internalized Transnegativity: Randomized Controlled Trial of an Online Intervention

Tania Israel
University of California, Santa Barbara

Em Matsuno
Palo Alto University

Andrew Young Choi
Cambridge Health Alliance/Harvard Medical School

Joshua A. Goodman
Bates College

Yen-Jui Lin
Los Angeles County Department of Mental Health, Los Angeles, California

Krishna G. Kary
Stanford University

Caitlin R. S. Merrill
University of California, Santa Barbara

Given the degree of hostility toward transgender people and the pervasiveness of societal messages regarding gender roles, transgender people may internalize negative attitudes and beliefs about being transgender in the form of internalized transnegativity (IT). IT has been shown to contribute to negative behavioral health outcomes, including suicide among transgender people (Bradlow et al., 2015; Staples



AMERICAN
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APA Policy Statement on Affirming Evidence-Based Inclusive Care for Transgender, Gender Diverse, and Nonbinary Individuals, Addressing Misinformation, and the Role of Psychological Practice and Science

AAP News™



AAP reaffirms gender-affirming care policy, authorizes systematic review of evidence to guide update

August 4, 2023

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 1. Q&A.

Summary

- Gender exists on a spectrum, and trans and gender diverse folks have always existed
- Trans people experience significant stigma and mental health disparities, especially trans people of color
- Stigma reduction strategies exist and must be implemented at multiple levels while continuing to be researched

THANK YOU!

Selected references

Amsalem, D., Halloran, J., Penque, B., Celentano, J., & Martin, A. (2022). Effect of a brief social contact video on transphobia and depression-related stigma among adolescents: a randomized clinical trial. *JAMA Network Open*, 5(2), e220376-e220376.

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Puckett, J. A., Matsuno, E., Dyar, C., Mustanski, B., & Newcomb, M. E. (2019). Mental health and resilience in transgender individuals: What type of support makes a difference?. *Journal of Family Psychology*, 33(8), 954.

Wittlin, N. M., Kuper, L. E., & Olson, K. R. (2023). Mental health of transgender and gender diverse youth. *Annual Review of Clinical Psychology*, 19, 207-232.

****Additional references available upon request***

****Pictures used in this presentation were “free for use” from www.pixabay.com, unless otherwise noted***

Selected resources

- American Psychological Association: <https://www.apa.org/pi/lgbt/index>
- Digital Transgender Archive: <https://www.digitaltransgenderarchive.net/>
- Human Rights Campaign (HRC): <https://www.hrc.org/resources/transgender>
- I AM Trans People Speak: <https://www.youtube.com/@TransPeopleSpeak>
- Dr. Stryker: <https://www.susanstryker.net/>
- World Professional Association for Transgender Health: <https://www.wpath.org/>

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