IU School of Public Health-Bloomington

ASSESSING LGBTQ+ RESOURCES IN INDIANA: Serving Mental Health Needs of Queer Youth

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Bloomington

Abigail Feiner
- BSPH Epidemiology & Human Sexuality
- Believes in advancing health equity & creating diverse spaces in academia
- Certified EMT, worked with local health department during the pandemic
- Research focus: comprehensive sex education, maternal mortality rates, STDs, & LGBTQ+ outreach.
- Seeks to obtain her MPH in Social & Behavioral Sciences.

Dr. Deb Getz,
- Associate Clinical Professor Applied Health Science
- Committed to supporting the professionalization of youth work
- Focused on youth-led efforts to reduce child sexual exploitation and sexual exploitation imagery

Overview

- Project Overview – Goal, Method, Challenges

- Connections to SHN

- Preliminary Findings

- Applying knowledge gained to School Health Nursing

Indiana Department of Mental Health Project Overview

To build an awareness of best practices from Indiana and areas of need to support the development of programs for LGBTQ+ youth and young adults.

Indiana LGBTQ+ Youth Needs Assessment

Increase use of Mental Health Services by Youth and Early Adults (under 25)

- Identify stakeholders: youth, allies, parents, service-delivery providers and communities to identify current mental health needs

- Gather data, utilizing a snowball sample

- Analyze and identify key themes

- Make recommendations for high need areas and future planning

Indiana LGBTQ+ Youth and School Health

- Identify areas lacking in support of Mental Health Services by Youth and Early Adults (under 25)

- Describe the scope of challenges experienced by queer youth

- Identify and correctly utilize key terms

- Identify key aspects of other school programs to support queer youth

- Building supportive relationships and listen to summaries of interviews conducted with LGBTQ+ youth

- Make recommendations for high need areas and future planning

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Key Terms

- **<u>LGBTQIA+</u>** inclusive term covering people of all genders and sexualities, such as lesbian, gay, bisexual, transgender, questioning, queer, intersex, asexual, pansexual, and allies

- **<u>Trans</u>** - an inclusive term for transgender, non-conforming, and non-binary individuals

- **<u>Transexual</u>** - can mean someone transitioning from one sex to another using surgery or medical treatments. However, this term has fallen out of favor for trans or transgender

- **<u>Transgender</u>** - term for someone that identifies as a different gender than what was assigned on their birth certificate

Key Definitions

Cisgender (Cis): A term used to describe a person whose gender identity aligns with those typically associated with the sex assigned to them at birth

Queer: Used to express a spectrum of identities and orientations that are counter to the mainstream

Questioning - when a person is exploring their sexuality, gender identity, and gender expression

Intersex - can have various meanings; used for individuals that don't fit into specific gender norms; can also be used for those with reproductive anatomy that isn't typical for their sex or that don't feel romantic attraction in the typical way

Gender Dysphoria: Clinically significant distress caused when a person's assigned birth gender is not the same as the one with which they identify

Outing: Exposing someone's lesbian, gay, bisexual transgender or gender non-binary identity to others without their permission

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Indiana Results

Stakeholder	Description	
Education	Organizations that provide educational materials, classes, and seminars/training for families, community members, and members of LGBTQ+ community	
Youth Services	Resources for navigating school, housing support, emotional support groups, emergency funds	
Law Enforcement	Law enforcement, legal counsel, and law education for LGBTQ+ individuals	
Healthcare	Mental/physical medical needs, counseling, addiction support groups, medical centers for HRT, STD testing, contraceptive education	
Community	Group meetings specifically for social gatherings of LGBTQ+ individuals	
Faith Based Organizations	Religious organizations or religion-affiliated groups that act as supportive and educational services	

Note: Table above does not include public K-12 schools, public libraries, or Pride parades

Key Data in Health Care

- LGBTQ+ students voiced concern about telehealth for fear that they would be overheard by parents (Fish, et. al., 2020)

- Multiple online sources to support LGBTQ+ youth have doubled since the beginning of the pandemic.

- The number of females who felt unsafe travelling to/from school experienced was 5.8 % compared to Lesbian students' rate of 11.0%

- In 2020, the Human Rights Campaign identified that 70% of transgender or non-confirming patients surveyed have experienced some type of discrimination in health care.

- The two-question process when asking questions about gender identity allows for a more respectful way of collecting gender identity data.

Project Structure

- Principal Investigators

- Alliance for Freedom, Restoration, and Justice (Engage Together)

- Community Assessment Manager

- Student Research Assistants

- Stakeholders

Professional Networks

- Damian Center

- National Center for Missing & Exploited Children

- Southern Poverty Law Center

- Indiana Department of Child Services

- Indiana Trafficking Victims Assistance Program (ITVAP)

- Human Rights Commission

Methods

Identify individuals, organization, stakeholders

Initiate information gathering between community members, utilize snowball sampling

Document current efforts, strengths, and gaps across Indiana

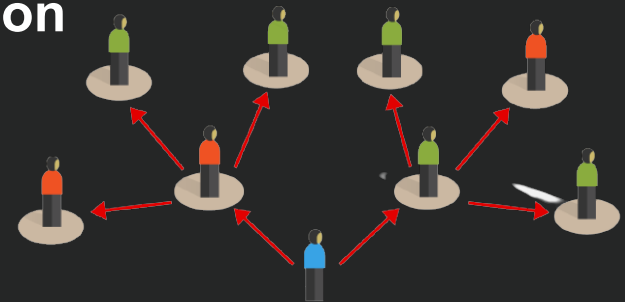**Recommend next steps**

Organization Types

- Education

- Youth Services

- Law Enforcement & Legal Counsel

- Healthcare

- Community

- Faith-Based Organizations

Methods

- Initiate collaboration with community members

- Snowball Sampling

  "Who is your preferred point of contact?"

  "Who else should we be reaching out to?"

- Document current efforts within each region

Compiled Summary:

- Services currently in place throughout Indiana
- Gaps in services and cultural competency needs
- Recommendations for high needs areas and future planning

The Experience

- **Goals**

- **Project Management**

- **COVID-19 Challenges**

- **Lessons Learned**

Preliminary Findings

May 2021

Topics

Treatment by K – 12 personnel and communities	**Access to Resources**
LGBTQ+ Capacity and Knowledge	**Understanding Needs**

Summary

- Pandemic created additional challenges with housing and food insecurity

- Need for widespread education on respectful use of terminology

- Acknowledgement of additional mental health resources

- Health care a key area of concern for queer youth under 25

Key Resources

Trans Lifeline: (877) 565-8860
GLBT Hotline: (888) 843-4564
Trevor Project Lifeline: (866) 488-7386

<u>**Human Rights Campaign**</u> - advocacy/ education
<u>**It Gets Better**</u> **-** Older LGBT members share their stories
<u>**GLAAD**</u> - LGBTQ+ representation in media
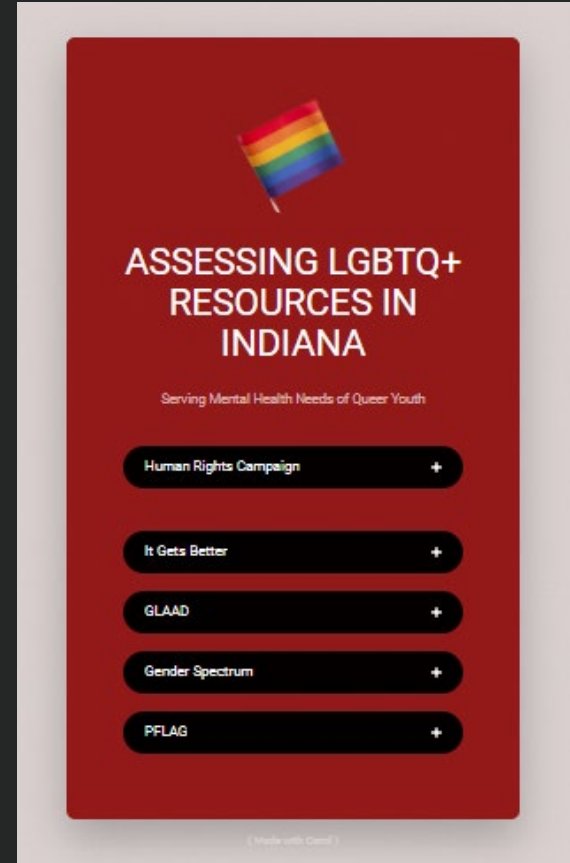<u>**Gender Spectrum**</u> - works to create gender sensitive and inclusive environments for all children and teens
<u>**PFLAG**</u> - first and largest organization for LGBTQ+ people, their parents and families, and allies

LGBTQ+ Master Resources

dmhresources.carrd.co

Thank You!

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