



Mid-America (HHS Region 7)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

SUBSTANCE USE DISORDER & THE LGBTQ+ COMMUNITY: ASSESSING THE IMPACT OF COMPOUNDED STIGMA AND TREATMENT CONSIDERATIONS

Presented by: Darla Belflower



SAMHSA
Substance Abuse and Mental Health
Services Administration

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Region 7: IA, KS, MO, NE

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The purpose of the Technology Transfer Centers (TTC) program is to develop and strengthen the specialized behavioral healthcare and primary healthcare workforce that provides substance use disorder (SUD) and mental health prevention, treatment, and recovery support services.

Help people and organizations incorporate effective practices into substance use and mental health disorder prevention, treatment and recovery services.

10 Regional Centers



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Mid-America (HHS Region 7)

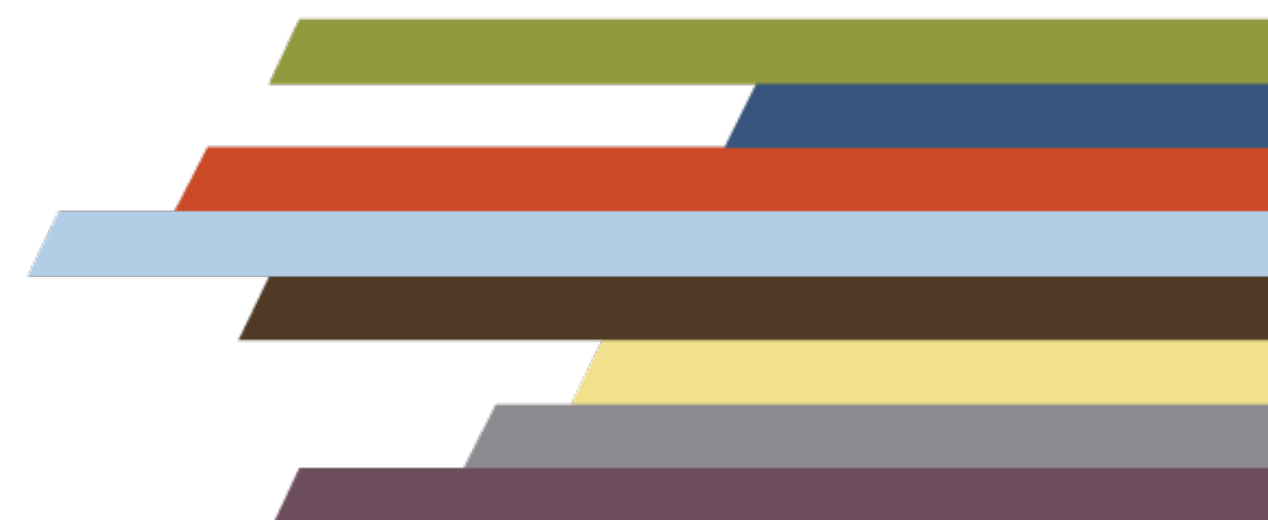
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ATTC Funding Acknowledgment

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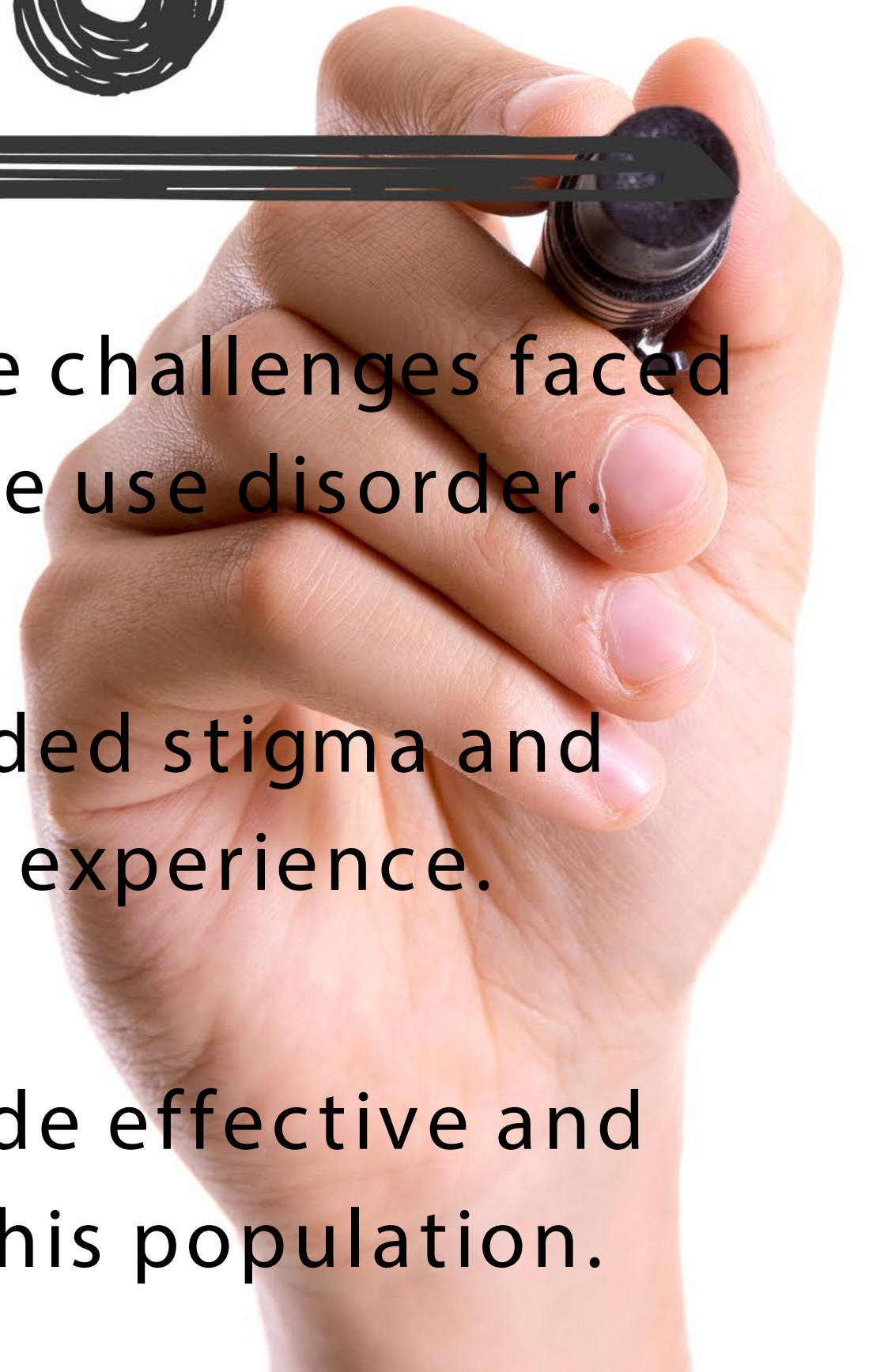
**Substance Use Disorder and LGBTQ+ People; Assessing
the Impact of Compounded Stigma and Treatment
Considerations for this Population**

Darla Belflower

LCSW

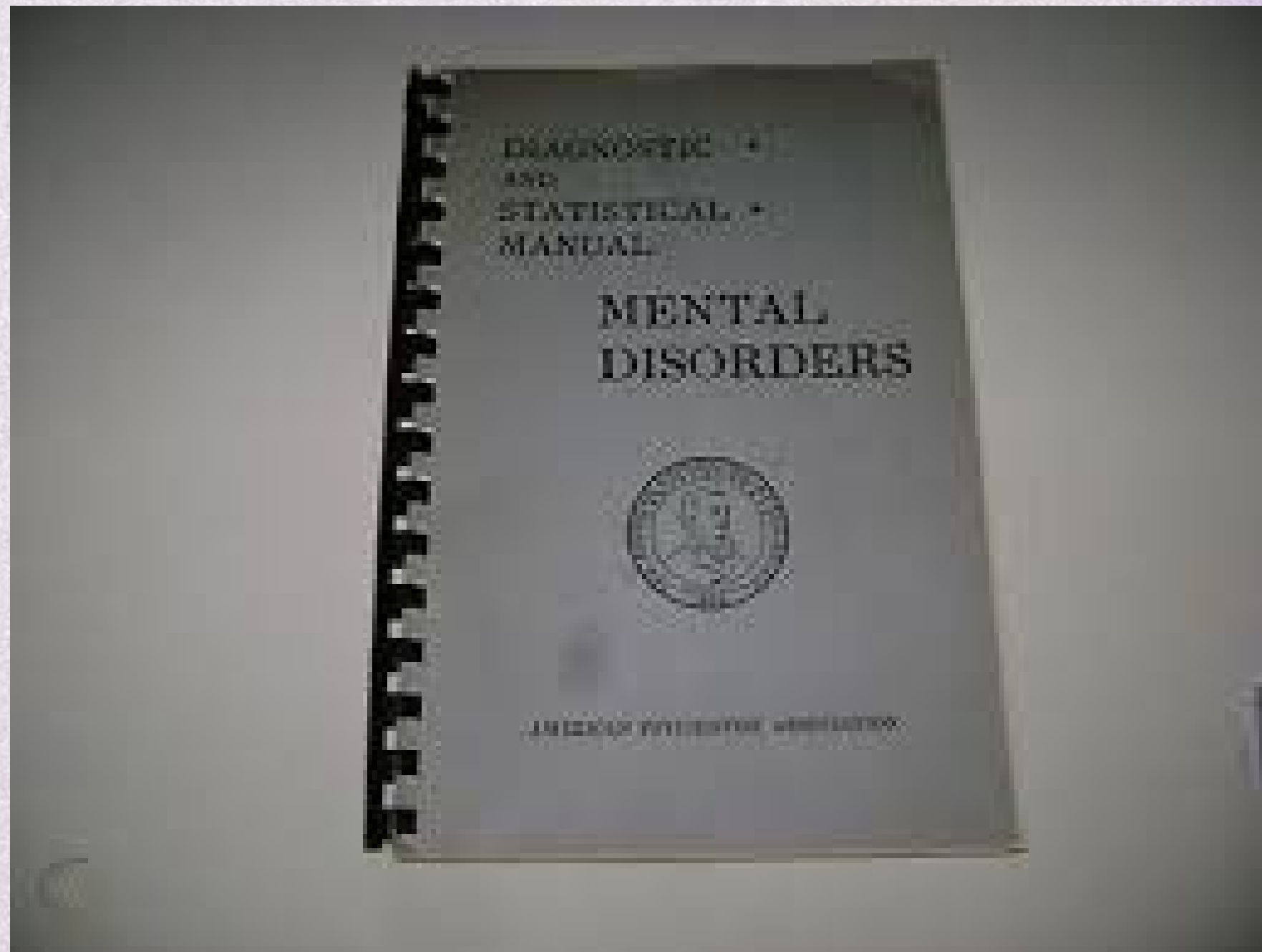
OBJECTIVES

- 1 Educate SUD providers on the unique challenges faced by LGBTQ+ individuals with substance use disorder.
- 2 Increase awareness of the compounded stigma and discrimination these individuals may experience.
- 3 To provide guidance on how to provide effective and culturally competent treatment for this population.



A Little History

1952 - Homosexuality was entered in the DSM as a mental disorder



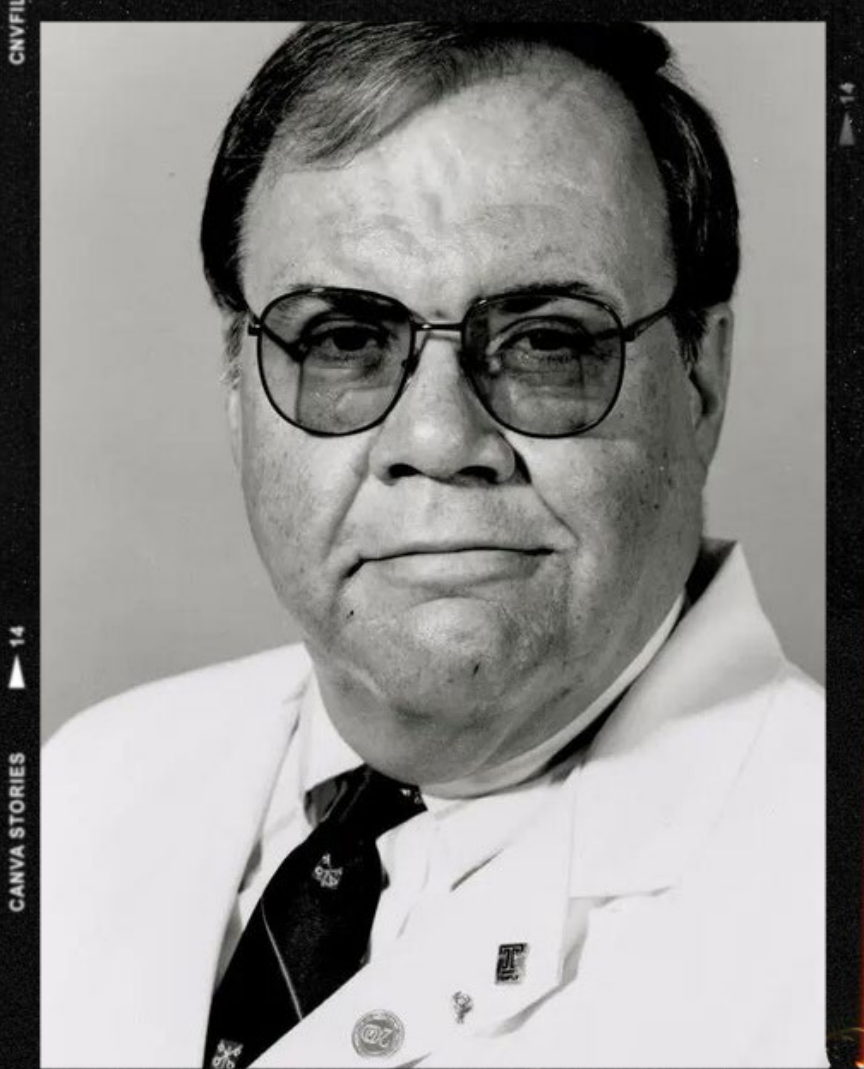
Gay History



101 1969 - Stonewall Riots in Greenwich Village, NYC this was the watershed event that transformed gay liberation movement



1970 - First Gay Pride Marches
Took Place on June 28



1972 - Dr. Fryer
gives speech as Dr.
Anonymous to
APA in masked
disguise.

- 1973 - Homosexuality removed from DSM II and replaced with Sexual Orientation Disturbance (SOD)
- Mid 1970s - First investigations in research into substance use in LGBT individuals focusing on alcohol use in gay men and lesbian populations
- Late 1970s- SOD removed from DSM III and replaced with Ego-dystonic homosexuality
- 1987 - Ego dystonic homosexuality removed from DSM III-R



SILENCE = DEATH

San Francisco
Sentinel

Rituals of
Blessing
pg. 15

500 Hayes Street, San Francisco, CA 94102

• 415-861-8100 •

Vol. 15, No. 22

• May 29, 1987

WOMEN FIGHTING THE EPIDEMIC



A Little More History

2011 Institute Of Medicine report: The Health of Lesbian, Gay, Bisexual, and Transgender people: Building a foundation for better understanding

- First time federal government takes note of challenges facing LGBT community in the health care system
- LGB adults higher rates of smoking, alcohol use, and substance use when compared with heterosexual adults – also saw similar results for youth
- Found limited research in bisexual and trans population



ALPHABET

LGBT

Sexual and Gender Minorities are a group whose sexual identity, orientation or practices differ from most of the surrounding society

L- Lesbian

G- Gay

B- Bisexual

T- Transgender

LGBT people are very diverse and live-in communities across the United States

Surveys have found that about 5.6% of Americans identify as lesbian, gay, bisexual, and transgender

LGTBQIA

Q- Queer



Historically, queer has been used as an epithet/slur against people whose gender, gender expression and/or sexuality do not conform to dominant expectations

Some people have reclaimed the word queer and self identify as such. For some, this reclamation is a celebration of not fitting into norms/being “abnormal”

LGTBQIA



I- Intersex

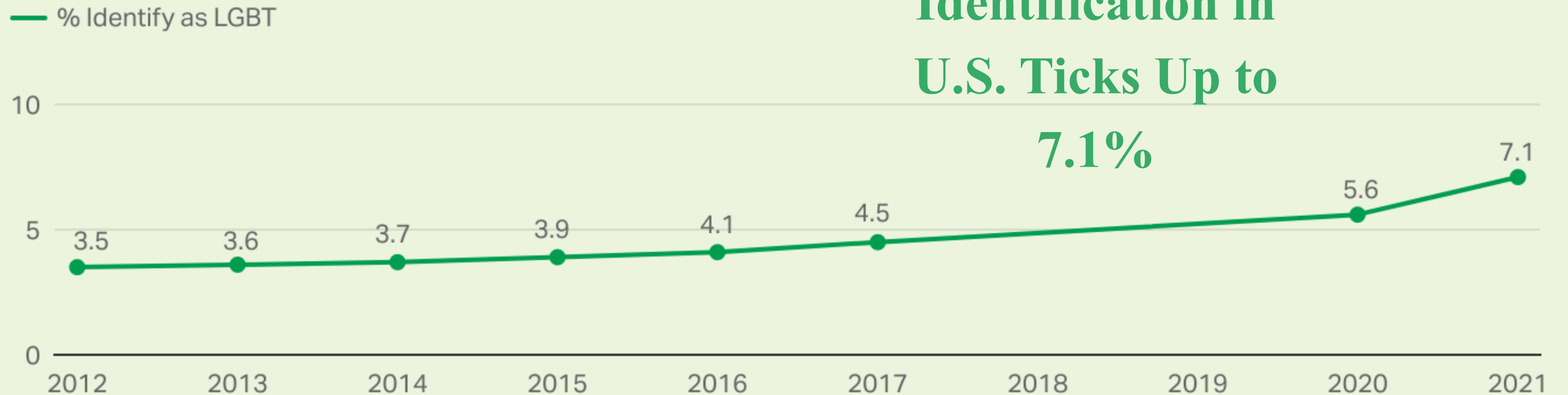
Adjective used to describe the experience of naturally (that is, without any medical intervention) developing primary or secondary sex characteristics that do not fit neatly into society's definitions of male or female

A- Asexual

Not feeling sexual attraction or a desire for partnered sexuality

Americans' Self-Identification as Lesbian, Gay, Bisexual, Transgender or Something Other Than Heterosexual

Which of the following do you consider yourself to be? You can select as many as apply. Straight or heterosexual; Lesbian; Gay; Bisexual; Transgender



--Respondents who volunteer another identity (e.g., queer, same-gender-loving; pansexual) are recorded as "Other LGBT" by interviewers. These responses are included in the LGBT estimate.

--Data not collected in 2018 and 2019.

--2012-2013 wording: Do you, personally, identify as lesbian, gay, bisexual or transgender?

SUBSTANCE USE

Cigarettes

CIGARETTE SMOKING

Percentage using in past month

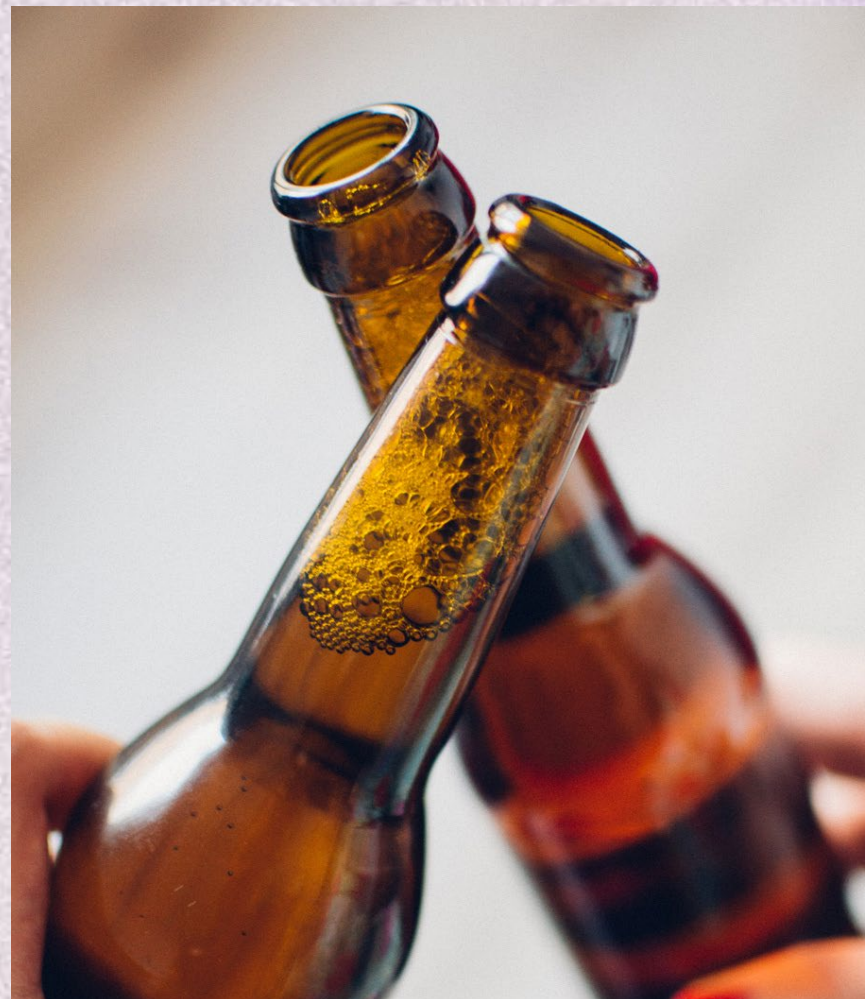


Substance Use

Alcohol

Alcohol Use

Percentage using in past month



SUBSTANCE USE

Any Illicit Drugs | Marijuana | Illicit Drugs Other Than
Marijuana



SUBSTANCE USE

CNS Stimulants | Cocaine | Rx Stimulants |
Methamphetamine | Opioids



SUBSTANCE USE

OPIOID MISUSE



SUBSTANCE USE

HALLUCINOGEN USE



SUBSTANCE USE

MISUSE OF Rx TRANQUILIZERS OR SEDATIVES



SUD & LGBTQ+

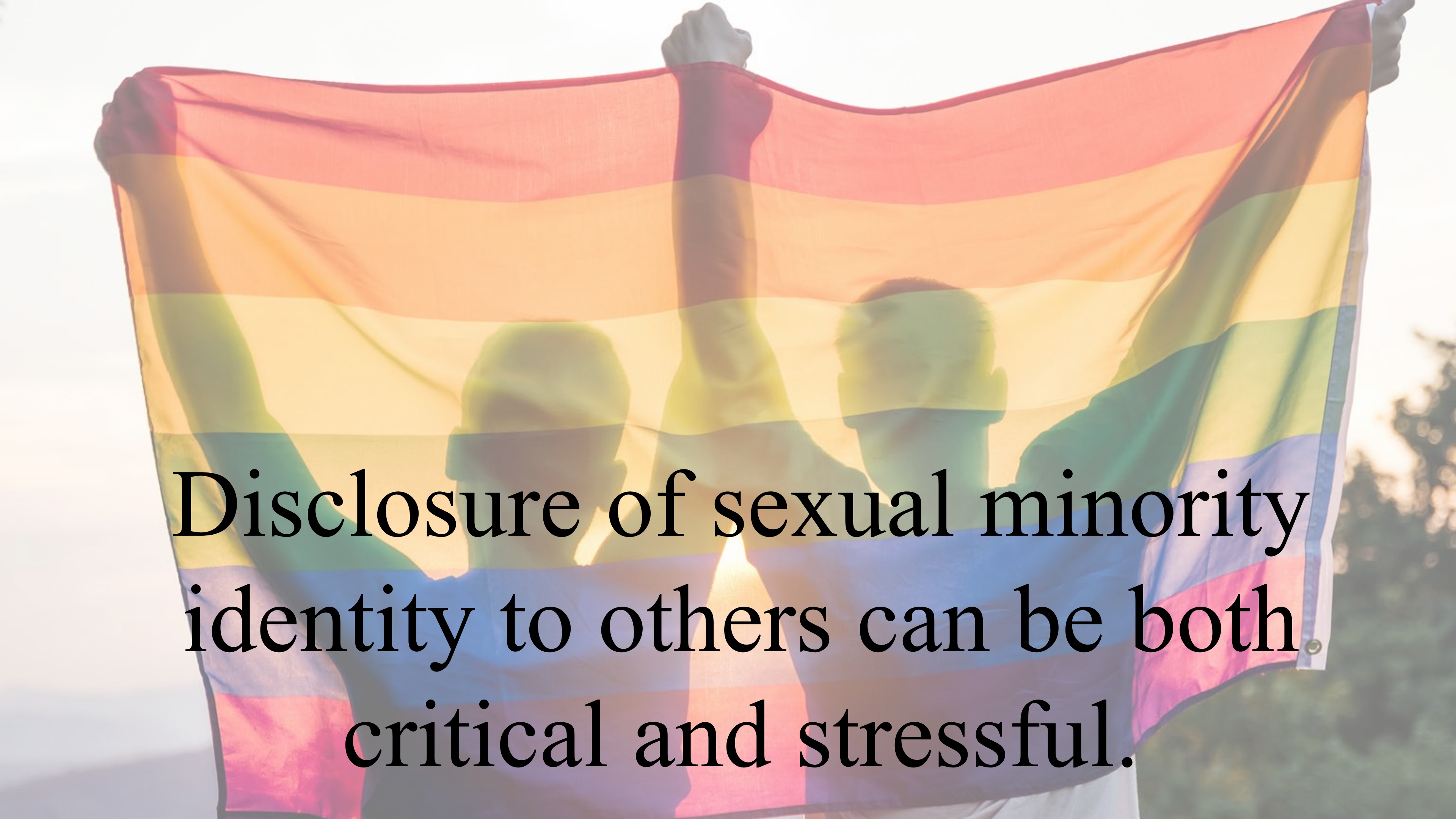
It is estimated that 30% of LGBTQ+ individuals have some form of substance use disorder, compared to 9% in the general population. Factors like discrimination and stigma contribute to this issue.





Research shows that
people in LGBTQ+
communities
experience trauma at
higher rates than
straight, cisgender
people.

COMING OUT

A large rainbow flag is held up by two people, filling most of the frame. The flag's colors are vibrant and slightly blurred. In the background, the silhouette of a person is visible, holding the flag. The scene is set against a bright, hazy sky, possibly during sunrise or sunset, with some greenery visible on the right side.

Disclosure of sexual minority
identity to others can be both
critical and stressful.

Minority Stress



Minority stress—the negative effects associated with the adverse social conditions experienced by individuals of a marginalized social group

LGBTQ individuals often face stress due to social attitudes, stigma, and policies that don't protect against discrimination in various areas such as housing, public spaces, medical care, and until recently, employment.



Policy



A total of 15 bills targeting our LGBTQ community are moving and fast. Missouri continues to lead the country in the number of anti-LGBTQ bills introduced, most of which target transgender youth.

2023

Chemsex

Chemsex means using drugs as part of your sex life, and it's most common among gay and bi men. There are typically three specific 'chemicals' (drugs) involved: Methamphetamine (Crystal Meth), Mephedrone (Meth), (GHB) and GBL (G).

The risks of chemsex

- Injection-related infections, including increased risk of Hepatitis C infections
- Serious short and long term impacts, including chronic depression, anxiety, weight loss, paranoia, and psychosis
- Loss of lifestyle stability
- Reliance on chems during sex and reduced ability to engage in "sober" sex



Resources

- The National LGBT Health Education Center www.lgbthealtheducation.org
- Health Equality Index from the Human Rights Campaign www.hrc.org/hei
- Center of Excellence for Transgender Health www.transhealth.ucsf.edu
- World Professional Association for Transgender Health www.wpath.org
- The Fenway Guide to LGBT Health, 2nd Edition
<https://store.acponline.org/ebizatpro/Default.aspx?TabID=251&ProductId=21572>
- Project Implicit <https://implicit.harvard.edu/implicit/>

Missouri Specific

- LGBTQ Resource Center at the University of Missouri: This center offers resources, programs, events, and a radio show.
- SQSH's Peer Support Helpline: This helpline offers free, confidential, and identity-affirming emotional support and resource referrals.
- CenterPointe: This center provides virtual and in-person intensive outpatient programs for mental health and substance use disorders.
- Thrive Health Connection: This organization offers inclusive, holistic, and integrated health and wellness services for LGBTQ communities.
- PFLAG: This organization supports LGBTQ youth and their families.
- The Center Project: This community center provides a safe space to learn, grow, and access support and resources.
- Kansas City Anti-Violence Project: This project provides advocacy and education for the LGBTQ community on domestic violence, sexual assault, and hate crimes

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14. The Rainbow Project, What is Chem Sex. Registered with The Charity Commission for Northern Ireland NIC100064 September 21, 2023 <https://www.rainbow-project.org/what-is-chem-sex/>
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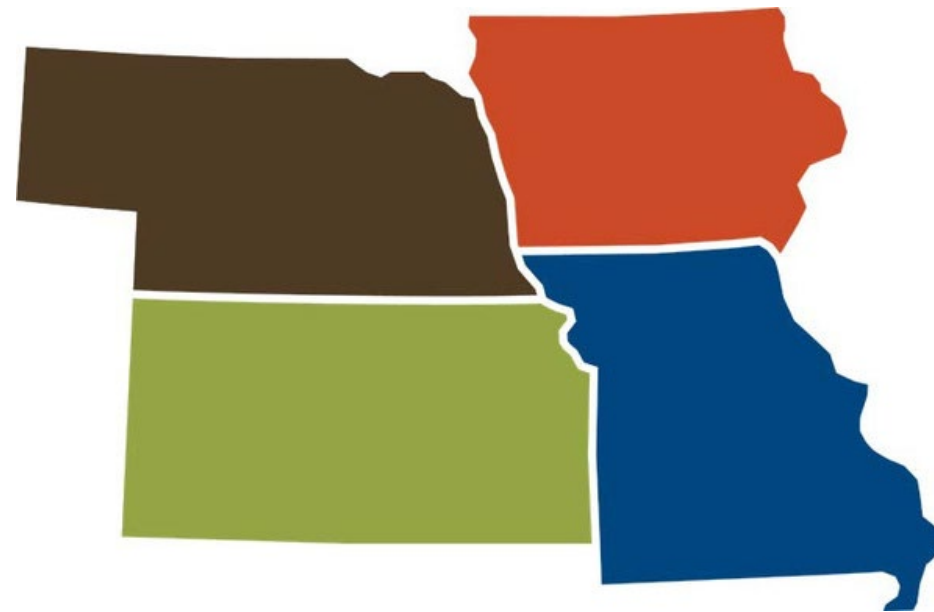
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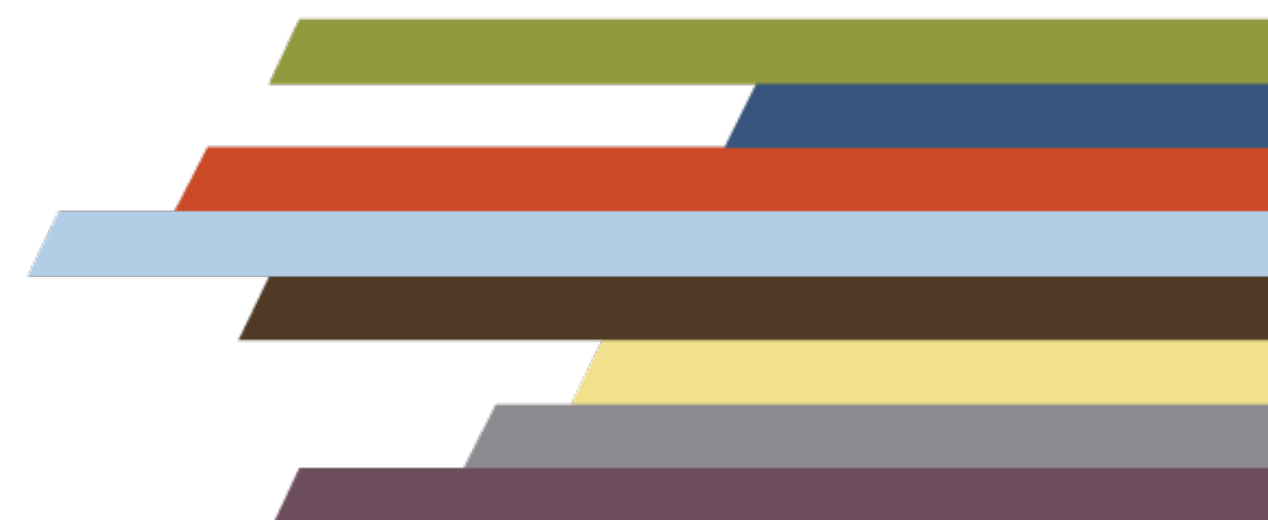
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Hate Crimes



Hate Crimes in the Heartland

Missouri

2019 2020 2021

Sexual Orientation

16 18 38

Gender Identity

1 2 9

Overview of compounded stigma and its impact on LGBTQ+ individuals with SUD





Lack of Specialized Treatment





STIGMA

Commonly Studied Dimensions of Stigma



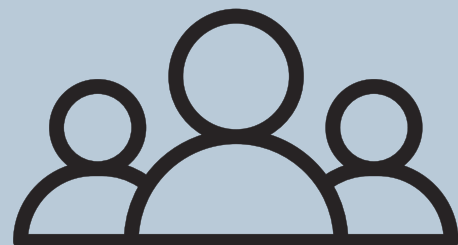
Blame – are they responsible for causing their problem/disorder?



Prognostic pessimism/optimism – will they ever recover “be normal”, “trustworthy”?



Dangerousness – are they unpredictably volatile, a threat to my/others’ safety?



Social distance – would I have them marry into my family have them as a babysitter?



Implicit
Bids

Implicit

B
I
A
S

Implicit bias, also known as implicit prejudice or implicit attitude, is a negative attitude, of which one is not consciously aware, against a specific social group.

WORDS

HAVE

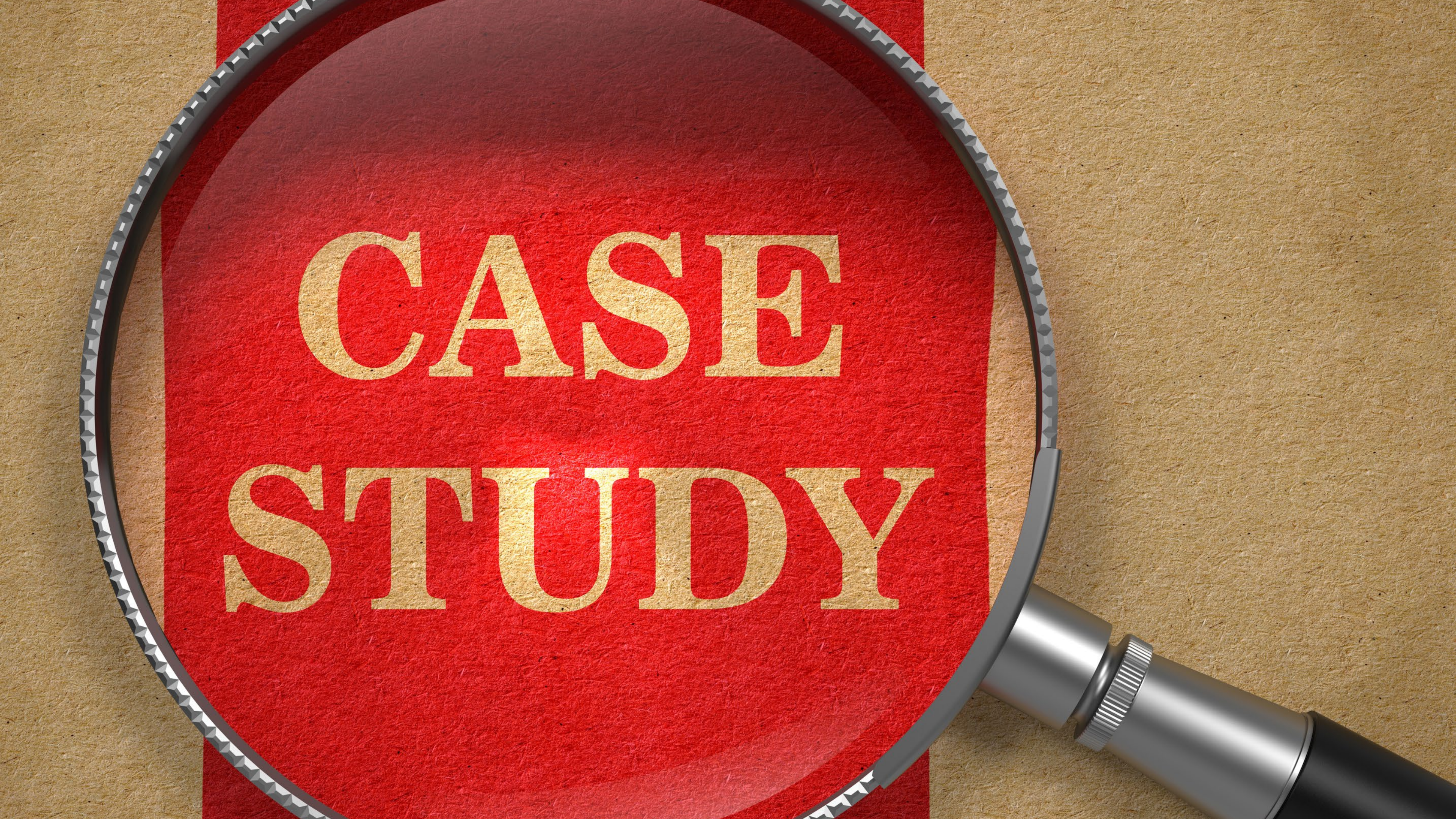
POWER

Barriers to Treatment





LGBT individuals may avoid substance use treatment due to negative experiences sharing their sexual orientation with healthcare providers.

A magnifying glass with a silver handle and a black grip is positioned over a red circular area. The words "CASE STUDY" are written in a bold, gold, serif font across the red area. The background is a textured, light brown surface.


**CASE
STUDY**



Case Study

1:

Sarah
Sarah arrives for her MOUD appointment and appreciates when the assistant at the front desk asks for the name she goes by and her pronouns (“Sarah,” and “she/her/hers”). She is disappointed later, however, when the nurse practitioner asks if she “has a boyfriend” while taking a sexual health history.



Case Study 2: Lucee

Lucee is a transgender woman being examined for an infection in her arm from IV drug use. The nurse has never taken care of a transgender person before and finds himself very curious about Lucee. He repeatedly catches himself staring at her. While taking Lucee's vitals, the nurse asks, "You know, at first I thought you were a real woman. Do you take hormones? Have you had the surgery yet?" Lucee angrily responds, "I don't think that has anything to do with my arm."





Case Study 3:

Ally

Ally has experienced a lot of internal stigma regarding her substance use but has decided to seek treatment. Ally who's ASB was male, identifies as female and changed her name from Alex years ago. Ally outwardly presents as masculine. At staffing a tech referred to Ally as "he". The tech was corrected and told that Ally was female, the tech replied, "he don't look female, he needs to attend the men's group."

Best practices in treating substance use disorder in the LBGT Community



Create a welcoming, non-judgmental environment. Provide access to resources that cater to the specific needs of the LBGTQ community. Encourage peer support and individualized treatment plans.

What Does Cultural Competency Look Like in the LGBTQ+ Community



D O N T

A S S U M E



How do we
improve
outcomes





Build

Overdose in the Queer Community



Narcan/Naloxone

Get Narcan



A decorative graphic at the top of the slide features several overlapping hearts. Each heart is composed of multiple concentric layers of different colors, including red, orange, yellow, green, blue, and purple, creating a vibrant, multi-colored effect. The hearts are set against a dark blue background.

Conclusion and Takeaways

Support and acceptance are key in helping LGBTQ+ individuals with substance use disorder. Educate yourself, listen, and provide resources.



Resources for support and treatment

The Trevor Project provides crisis intervention and suicide prevention services to LGBTQ+ youth.

The Pride Institute offers substance abuse and mental health treatment specifically for LGBTQ+ individuals.

The GLMA Health Professionals Advancing LGBTQ Equality has a provider directory to help LGBTQ+ individuals find affirming healthcare providers.



Resources

- The National LGBT Health Education Center www.lgbthealtheducation.org
- Health Equality Index from the Human Rights Campaign www.hrc.org/hei
- Center of Excellence for Transgender Health www.transhealth.ucsf.edu
- World Professional Association for Transgender Health www.wpath.org
- The Fenway Guide to LGBT Health, 2nd Edition
<https://store.acponline.org/ebizatpro/Default.aspx?TabID=251&ProductId=21572>
- Project Implicit <https://implicit.harvard.edu/implicit/>

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