



LGBTQI & MENTAL HEALTH

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Presentation to Academic Senate of Foothill College

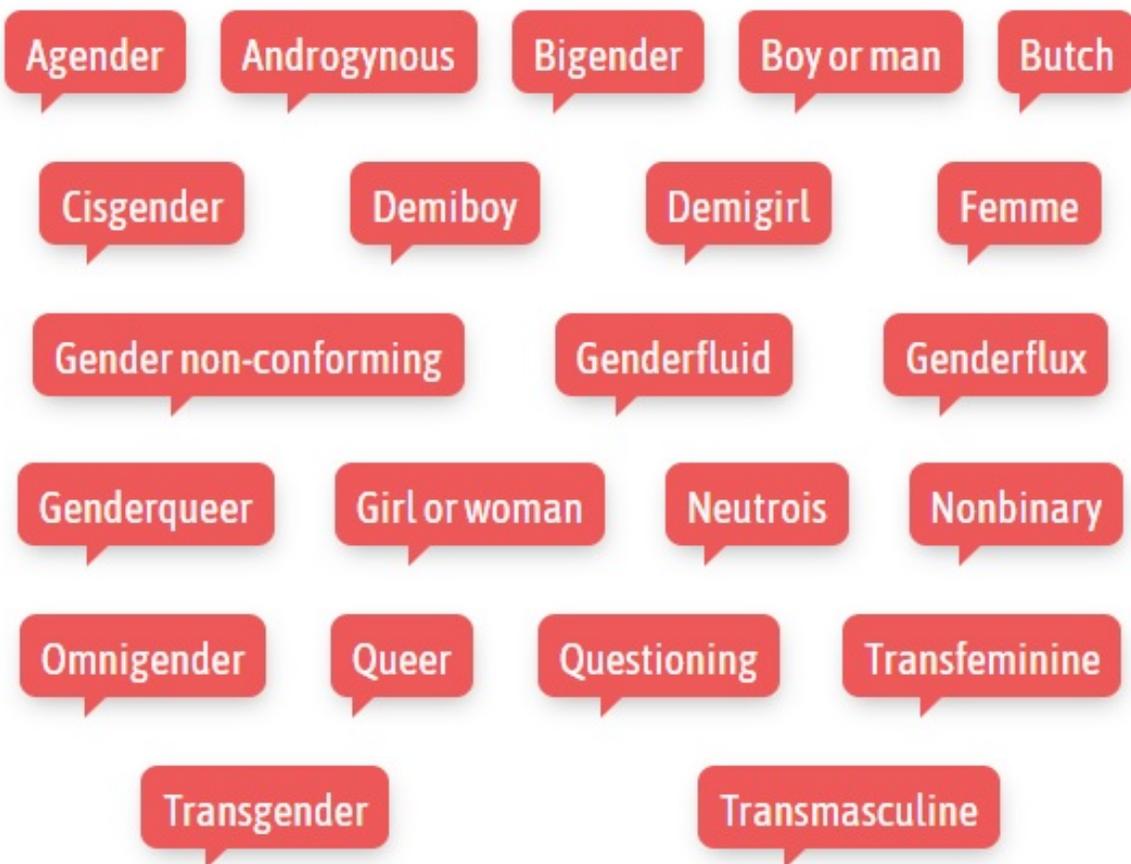


LGBTQI Definitions

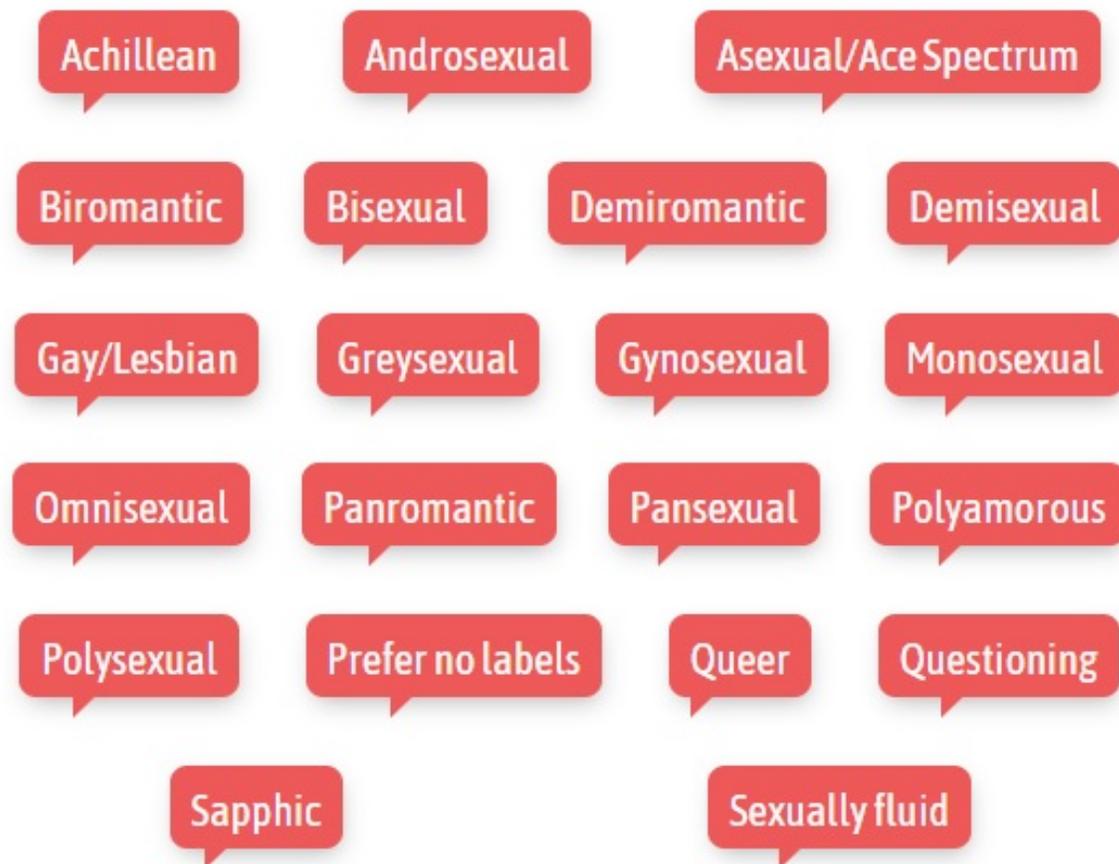
- Lesbian
- Gay
- Bisexual
- Transgender
- Queer
- Intersex
- + (also Questioning, Asexual, Two-Spirit/Spirit25, Pansexual, Androgynous, Nonbinary, Third Gender, ... and many more...)
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LGBTQ youth identify themselves in an incredibly wide range of ways.

LGBTQ youth in the survey identified with more than 100 different combinations of terms to describe their gender identity:



LGBTQ youth in the survey identified with more than 100 different combinations of terms to describe their sexual orientation:





Risk Factors

Stigma, Aggressions, Ostracism

- LGBTQI community is **one of the most targeted of hate crimes**
 - Phobic Behaviors (e.g., Homophobia, Biphobia, Transphobia, etc.)
- **86%** of LGBTQI youths reported being **harassed or assaulted at school** (2019 survey)
- **86%** of LGBTQI said **politics have negatively impacted their wellness**
 - Can influence Post-Traumatic Stress Disorder (PTSD)
- **33%** of LGBTQI reported being **physically threatened or harmed** in their lifetime due to their identity
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Risk Factors *(cont.)*

Homelessness

- LGBTQI are **120% more** likely to experience homelessness
- **29%** of LGBTQI youth have experienced homelessness, been kicked out, or run away
 - *“kicked out of home,” “disowned by family,” “they won’t hire someone like me”*
 - Fear of being harassed at shelters

Substance Abuse

- Used as a **self-medicating** coping mechanism (especially if isolated)
- LGB adults **2x more** likely for a **Substance Use diagnosis** (than heterosexual adults)
- Transgender/Nonbinary **4x more** like (than cisgender)
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LGBTQI and Mental Health

- Mental health difficulties can increase **when discrimination hinders the development** of one's sexual orientation and gender identity
 - Symptoms: depression, anxiety, isolation, hopelessness, substance abuse, suicidal ideations/attempts, lower school/work performance, etc...
 - LGB adults **2x more** likely (than heterosexual adults)
 - Transgender adults **4x more** likely (than cisgender individuals)
- **Intersectionality** of cultural identities (beyond sexual and gender identities)
 - e.g., LGBTQI + ethnicity + religion + socioeconomic status + nationality + etc...
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LGBTQI and Mental Health *(cont.)*

- **68%** of LGBTQI reported symptoms of **Generalized Anxiety Disorder**
 - **Over 75%** for transgender/nonbinary
- **61%** of transgender/nonbinary reported **hindrances to using a bathroom** corresponding with their gender identity

Suicidal Tendencies

- **48%** of LGBTQI reported **engaging in self-harm** (in a 12 month period)
 - **over 60%** of transgender/nonbinary
- LGB **4x more** likely to **attempt suicide** (than heterosexual peers)
- **Over 50%** transgender/nonbinary individuals **seriously considered suicide**
 - **40%** of transgender/nonbinary **attempted suicide at least once** (compared to 5% of general US population)



Suggestions to the College

- Support safe **LGBTQI** representation (GSA Club, LGBTQI Heritage Month events)
- Enhance campus **access to accurate information** regarding LGBTQI history, events, and curricular (similar to Ethnic Studies)
- Secure and share about **policies that protect LGBTQI** individuals (Title IX)
 - Including transgender/nonbinary individuals (bathrooms, gym, preferred gender identity on college records, preferred pronouns, etc.)
 - Transgender/Nonbinary youth whose preferred pronouns were respected helped to **decrease suicidal attempts by 50%**
- Provide **professional development opportunities** for entire college community
- ... other ideas? ...
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Sources Cited

- *LGBTQI*. NAMI. (n.d.). Retrieved November 22, 2021, from <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI>
- SAGE. (2020, September 11). *Startling mental health statistics among LGBTQ+ are a wake-up call*. SAGE. Retrieved November 22, 2021, from <https://www.sageusa.org/news-posts/startling-mental-health-statistics-among-lgbtq-are-a-wake-up-call/>
- The Trevor Project. (2020). *2020 National Survey on LGBTQ Youth Mental Health*. New York, New York: The Trevor Project