

ADVERSITY AND MENTAL HEALTH OF SEXUAL & GENDER MINORITIES

IN RHODE ISLAND

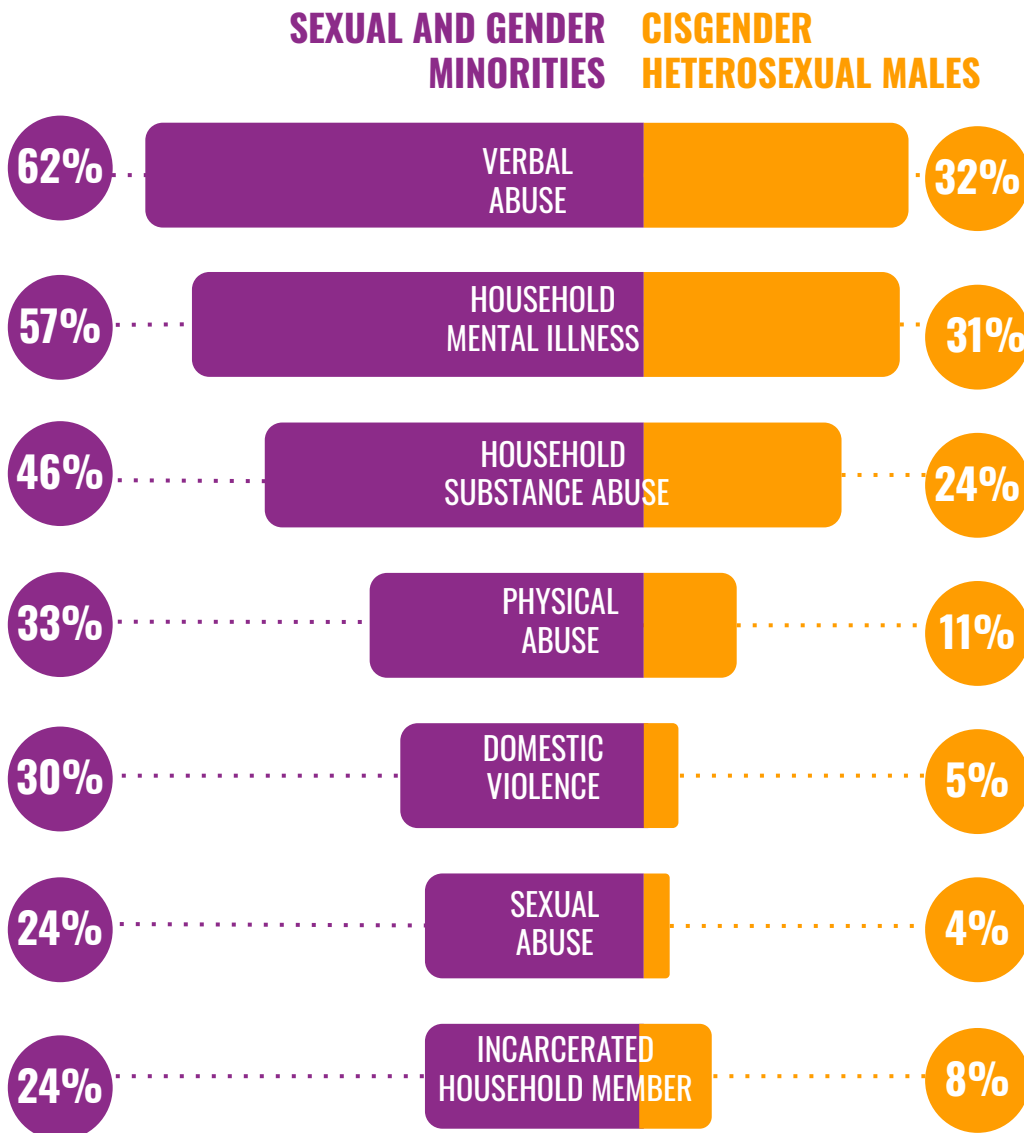


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ADVERSITY OF SEXUAL AND GENDER MINORITIES

Sexual and gender minorities (SGMs) face extraordinary rates of abuse, stigma, and discrimination. Despite continued efforts to increase societal acceptance, SGMs regularly report adverse experiences and exposure to hate speech, victimization, and microaggressions. These have been reported nationally and across various settings, such as in schools, doctor's offices, and the workplace. As a result, SGMs often face health disparities, with higher rates of adversity and mental illness compared to their peers.¹

DISPARITIES IN ADVERSE CHILDHOOD EXPERIENCES



RIYAS 2020



Approximately

1 in 3

SGM adults experience food insecurity compared to less than 1 in 5 heterosexual cisgender adults

63%

of SGM adults get the social support they need compared to 74% of heterosexual cisgender males

21%

of SGM adults have difficulty concentrating or remembering whereas on 8% of heterosexual cisgender males do.

BRFSS 2020

ADVERSITY OF YOUTH SEXUAL AND GENDER MINORITIES

CYBERBULLYING

27% of LGB and **11%** of heterosexual youth were cyberbullied in the past year

FELT UNSAFE AT SCHOOL

18% of LGB and **7%** of heterosexual youth **did not go to school** because they felt unsafe

SEXUAL DATING VIOLENCE

33% of LGB and **7%** of heterosexual youth have experienced sexual dating violence

FORCED SEX

17% of LGB and **7%** of heterosexual youth have been physically forced to have sex

Adolescence is a vulnerable developmental period in which youth are highly impacted by their peers and environment. Discriminatory acts from peers have been correlated with increased self-harm, suicidal ideation, and depression among SGM students. The effects of bullying also interfere with education, being linked to decreased attendance, decreased engagement, and lower academic achievement.²

While some data sources allow for the identification of sexual and gender minority youth in Rhode Island, the Youth Risk Behavior Survey (YRBS) only identifies sexual minorities: lesbian, gay, or bisexual (LGB) youth.

YRBS 2019

YOUTH ADVERSITY IN SCHOOL

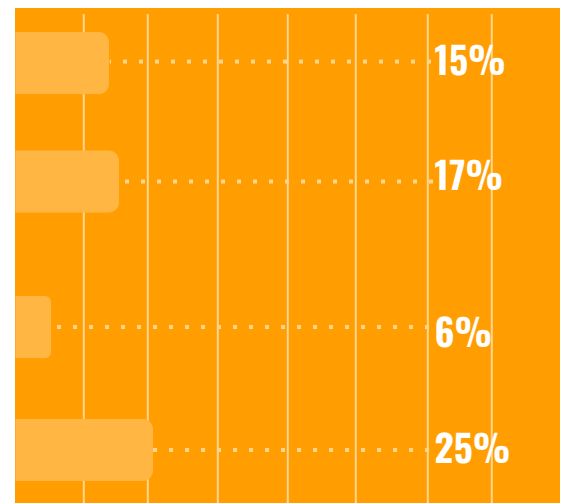


SEXUAL AND GENDER MINORITIES



RISS 2020

CISGENDER HETEROSEXUAL MALES



RISS 2020

SEXUAL AND GENDER MINORITY MENTAL HEALTH

The SGM population have well-documented and dramatic mental health disparities including higher rates of depression, anxiety, suicidal ideation, and substance abuse disorders.³ Major influential factors include discrimination, internalized and structural stigma, limited access to health care services, and limited provider and educator training in SGM health.^{3,4}

YOUNG ADULT MENTAL HEALTH

48% of SGMs had **anxiety**
18% of cisgender heterosexual males

67% of SGM had **depression**
31% of cisgender heterosexual males

25% of SGM **considered suicide**
7% of cisgender heterosexual males



YOUTH MENTAL HEALTH

50% of SGM **often felt very sad**
13% of cisgender heterosexual males

30% of SGM **considered suicide**
7% of cisgender heterosexual males

RIYAS 2020

RISS 2020

ADDRESSING ADVERSITY AND POOR MENTAL HEALTH



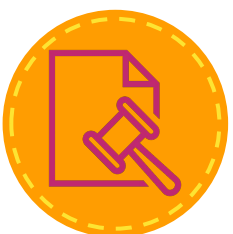
CHANGES IN HEALTHCARE

- Develop culturally tailored SGM screening protocols and trainings for providers.¹
- Establish a network of SGM-affirming providers to SGMs seeking healthcare.²
- Develop SGM community and youth outreach programs.⁵



CHANGES IN EDUCATION

- Provide comprehensive and SGM-inclusive health and sex education to ensure SGM youth have access to age-appropriate, medically accurate information.²
- Implement trauma-informed teaching practices among staff and faculty.⁶



CHANGES IN POLICY

- Collect sexual orientation and gender identity data in healthcare and state surveys to provide more accurate evidence to inform public health initiatives and policy.¹
- Establish and maintain SGM protection laws for healthcare, education, and the workplace.

LOCAL SEXUAL AND GENDER MINORITY RESOURCES

OPEN DOOR HEALTH

odhpvd.org

(401) 648-4700 -During Clinic Hours

HAUS OF CODEC

Safe shelter space for ages 18-24

hausofcodec.org

(401) 484-7465

YOUTH PRIDE RHODE ISLAND

youthprideri.org info@youthprideri.org

(401) 421-5626

PFLAG GREATER PROVIDENCE

pflagprovidence.org pflagprovidence@gmail.com

(401) 307-1802

LIFESPAN

Adult Gender and Sexuality Behavioral Health Program | Lifespan (401) 606-3711

SAGE RHODE ISLAND

Services and Advocacy for Elders (sage-ri.org)

(401) 406-1714

BH LINK

For confidential support and care:

(401) 414-LINK (5465)

855-KID(543)-LINK(5465) for those under 18

LGBTQ HEALTH

Healthcare resources

Rhode Island Department of Health

righttimeapp.com

(401) 222-5960

SOJOURNER HOUSE

Advocacy for survivors:

sojournerri.org/lgbtq/

(401) 861-6191

RISAS

School counseling and resources

Rhode Island Student Assistance Services

risas.org

BRFSS: Behavioral Risk Factor Surveillance System is a population-based dataset of non-institutionalized adults..

RIYAS: Rhode Island Young Adult Survey is a large convenience sample of Rhode Island-residing 18-25 year olds.

RISS: Rhode Island Student Survey is a large survey of more than 60% of middle and high school students.

YRBS: Youth Risk Behavior Survey is a population-based survey of high school students.

References

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6. Johns, M.M. et al. (2020). Trends in violence victimization and suicide risk by sexual identity among high school students-Youth Risk Behavior Survey, United States, 2015-2019. *MMWR Supplements*, 69(1), 19-27.

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