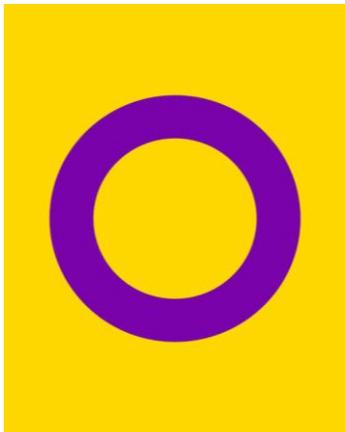




RURAL LGBTQIA₂S+ POPULATIONS

TRAUMA-INFORMED AND CULTURALLY AFFIRMING BEST PRACTICES WHEN ADDRESSING SUBSTANCE USE IN STIGMATIZED POPULATIONS



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she/they

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she/her

Why should we be talking about LGBTQIA2S+ Populations & Substance Use?

LGB adults are more than twice as likely as heterosexual adults to experience a mental health condition. Transgender individuals are nearly four times as likely as cisgender individuals (or people whose gender identity corresponds with their sex assumed/assigned at birth) to experience a mental health condition.

LGBTQIA2S+ youth are overrepresented in the child welfare system, prisons, and youth detention centers. Because of stigma and discrimination, LGBTQ youth are more likely than non-LGBTQ youth to struggle with their mental health.

In a 2021 national study, 40% of transgender adults reported having made a suicide attempt. 92% of these individuals reported having attempted suicide before the age of 25. LGB youth who come from highly rejecting families are 8.4 times as likely to have attempted suicide as LGB peers who reported no or low levels of family rejection.

LGBTQ people are 4 times more likely to develop some type of substance use disorder than the general population. Most of Georgia's state and private agencies do not currently collect data about LGBTQ+ populations so gaps in services and barriers to success for queer, trans, and gender diverse youth and adults are still unclear and underrepresented.





Key Terms and Definitions

LGBTQIA2S+: Lesbian, Gay, Bisexual, Trans or Transgender, Queer and/or Questioning, Intersex, Asexual, 2S or Two Spirit, and + (for some the + means HIV/AIDS positive, but for others the + is intended to represent the many other genders and/or sexual orientations within the queer, gender nonconforming, and trans communities). Never assume someone's identity and always use the terms they are using to describe themselves.

Gender: Gender is a sociocultural expression and construct of particular characteristics related to one's inner most feelings and thoughts. Gender can also be defined as one's innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assumed at birth.

Intersectionality: The interconnected nature of social categories such as race, class, gender, sexual orientation, and other identities as they apply to a single person or group. Essentially LGBTQ people can have many identities including, but not limited to their gender or sexual orientation. LGBTQ people can also experience racism, poverty, and/or other forms of discrimination beyond gender and sexuality discrimination.

Sexual Orientation: An existing or enduring emotional, romantic or sexual attraction to other people.

You will be emailed a full glossary of terms following the meeting!



Gender Affirming Language

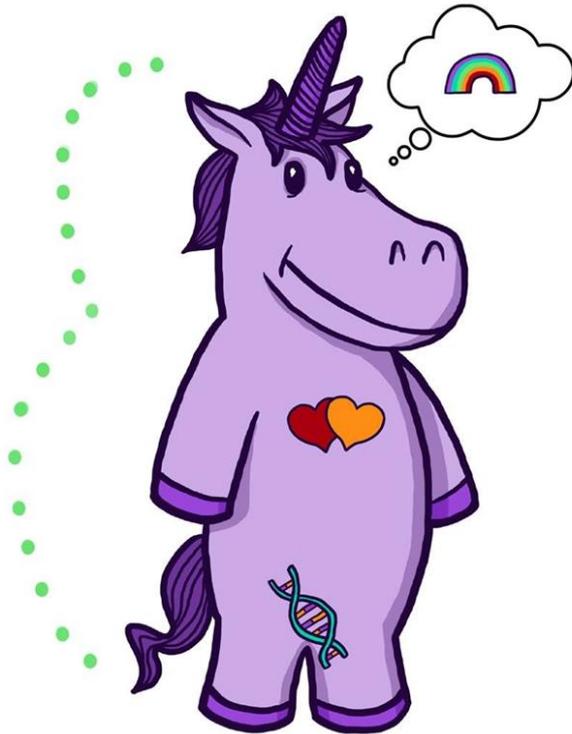
- **Trans and Gender Diverse:** These are inclusive umbrella terms that describe people whose genders are not what they were assumed or assigned at birth. Trans people may position 'being trans' as a history or experience, rather than an identity, and consider their gender identity as simply being female, male, or a non-binary identity. Some trans people connect strongly with their trans experience, whereas others do not. Processes of gender affirmation may or may not be part of a trans or gender diverse person's life. Trans and gender diverse activists and advocates often seek to create more diversity and affirmation around various genders as well as to create a culture where a variety of gender expressions or presentations are viewed as safe, sane, normative, celebratory, and affirmed in our global society.
- **Transfeminine/Transmasculine:** are gender identities used to describe those who were assigned/assumed male or female at birth, but who identify as a gender closer to the feminine end (transfeminine) or the masculine end (transmasculine) of the gender spectrum. Gender is a spectrum, not a binary; in unlearning those socially constructed definitions of gender, youth and adults can better unpack how they feel about their gender identity in a healthier and affirming manner.
- **Transman (or man), Transmale:** A transgender person who was Assumed Female At Birth (AFAB) who identifies as male. May identify themselves as transmale, a transman, or a man.
- **Transwoman (or woman), Transfemale:** A transgender person who was Assumed Male At Birth (AMAB) who identifies as female. May identify themselves as transmale, a transman, or a man.
- **Transphobia:** The irrational fear of, hatred of, aversion to, or discrimination against trans people. And **Dead name or Dead naming:** The name given to a transgender person at birth who has changed their name as part of their gender transition. **Ask for a person's name and use their name. Ask for pronouns and share your pronouns; this helps to normalize using pronouns and gender affirming language.**
- **Gender Variance/Gender Non-Conformity or Gender Non Conforming (GNC):** A person who does not conform with the gender "norms" that are expected of them. The term usually refers to gender expression or presentation (that is, how someone looks and dresses). It can also refer to behavior, identity, and roles that do not conform to gender "norms."
- **Cisgender:** Denoting or relating to a person whose sense of personal identity and gender corresponds with their sex assigned/assumed at birth. Cisgender can be abbreviated to "cis" as in a "ciswoman." Also frequently combined with heterosexual as "cis het." There are many derivatives of the term in use including cismale, cisfemale, and cissexual.

You will be emailed a full glossary of terms following this presentation!



The Gender Unicorn

Graphic by:
TSER
Trans Student Equality Resources



Gender Identity

- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)

Gender Expression/Presentation

- Feminine
- Masculine
- Other

Sex Assigned at Birth

- Female
- Male
- Other/Intersex

Sexually Attracted To

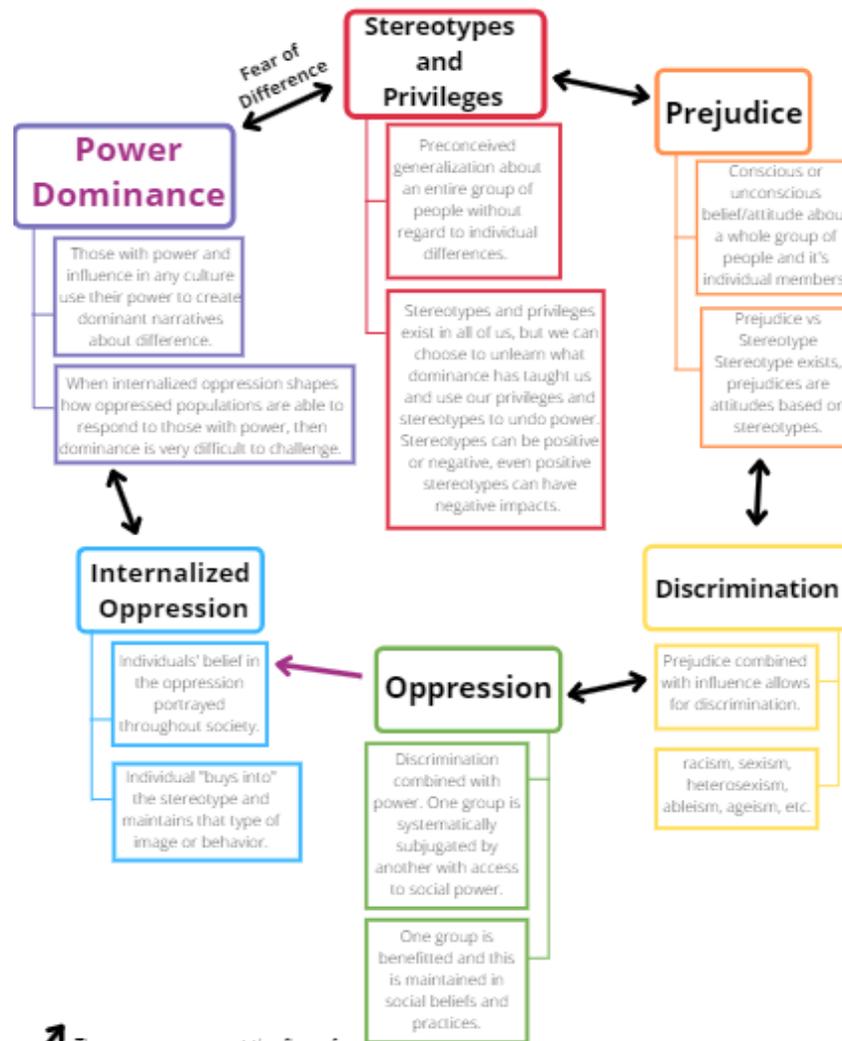
- Women
- Men
- Other Gender(s)

Romantically/Emotionally Attracted To

- Women
- Men
- Other Gender(s)

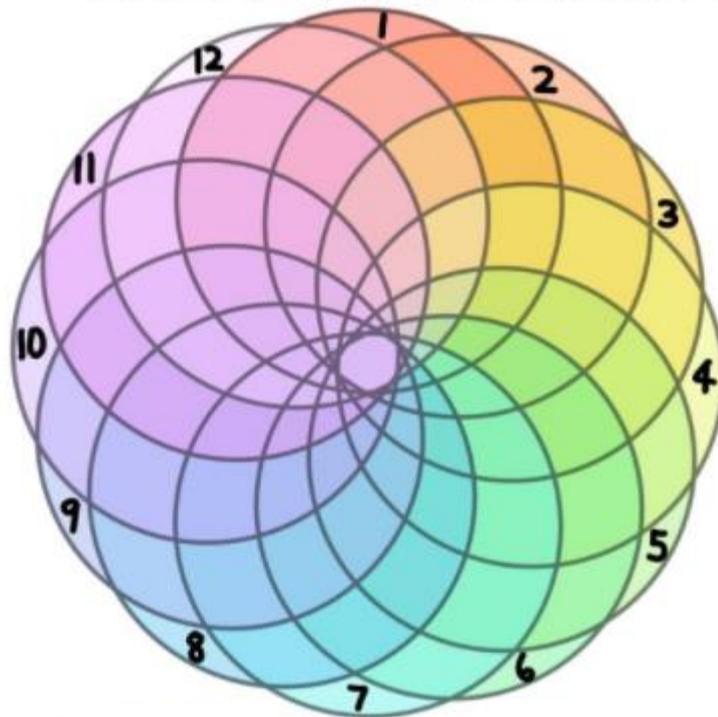
To learn more go to:
www.transstudent.org/gender

Design by Landyn Pan



↔ The arrows represent the flow of power and influence. Most arrows

INTERSECTIONALITY



- 1 Race
 - 2 Ethnicity
 - 3 Gender identity
 - 4 Class
 - 5 Language
 - 6 Religion
 - 7 Ability
 - 8 Sexuality
 - 9 Mental health
 - 10 Age
 - 11 Education
 - 12 Body size
- (...and many more...)

Intersectionality is a lens through which you can see where power comes and collides, where it locks and intersects. It is the acknowledgement that everyone has their own unique experiences of discrimination and privilege.

- Kimberlé Crenshaw -

@sylviaaduckworth



COMING OUT ACTIVITY



Coming Out, Residential Facilities, & Gender Inclusive Housing

Beings:

Value Social Inclusion and Equity to Build a Recovery Family (Families are Diverse and Unique)

Roles:

Practice Trauma-Informed Care & Suicide Prevention Through Empathy Building and Compassionate Care

Objects:

Build Safe & Brave Spaces for All Genders By Addressing Policy, Funding, and Fill Your Space with Affirming Symbols (flags)

Activities:

Empower Gender Affirming Services, Address Cultural Norms at Your Facility, & Determine Residents' Needs

Evaluate:

Current Practices to Better Address Areas of Growth While Celebrating What's Going Right!



Find support, resources, or schedule a LGBTQIA2S+ Best Practices Training



Schedule a full-length training for your organization!



C: (270) 320-4536 or W: (706) 432-1990



Kacey Long: info@georgiaculturetherapy.org



Jacqueline Adams: info@georgiaculturetherapy.org

Georgia Culture Therapy Training Options



info@georgiaculturetherapy.org
(706) 432-1990

Key Terms and Definitions

The Basics On the LGBTQIA2S+ Acronym

Intersectionality

Culture and Identities: Overall Health Conditions and Barriers for LGBTQIA2S+ Populations

Homophobic and Gender Discrimination Scale

Navigating Heterosexual and Cisgender Privileges

Language and Pronouns

Coming Out Activity

Sexual Violence and LGBTQIA2S+ Populations

LGBTQIA+ Advocacy and Policies

Genders and Gender Affirming Care

Clinical Best Practices

School Systems and Prevention

Prevention and Being an Advocate

Gender and Sexual Identities Glossary

Additional Learning in Non-Traditional Formats

Secondary Trauma Resources for Advocates



DISCUSSION & QUESTIONS

References & Resources

Some references are linked in the presentation and more definitions can be found at:

- [Harvard Health](#)
- [Healthline](#)
- [Gender Wiki](#)
- [LGBTQ Wiki](#)
- [Nonbinary Wiki](#)
- [Transstudent.org](#)

For more resources on substance use and LGBTQ populations, please click these links: [SAMHSA's National Helpline](#), [AAC](#), [CDC](#), and more on [Harm Reduction](#).

The Trevor Project: www.thetrevorproject.org/get-help-now/, Trevor Lifeline (866-488-7386), Trevor Text (text START to 678-678), and Trevor Chat (see website), are available 24 hours per day for LGBTQ+ youth in need of immediate support.

Trans Lifeline: www.translifeline.org, 877-565-8860

- A free, 24-hour hotline for transgender people in need of emergency counsel.

The National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org, 800-273-8255

- A free, 24-hour hotline for anyone in suicidal crisis or emotional distress.

Crisis Text Line: www.crisistextline.org, Text HOME to 741-741

- A free, 24-hour counseling service for anyone in crisis

The National Sexual Assault Hotline: www.rainn.org/resources, 800-656-4673

- A free, 24-hour hotline to connect with sexual assault service providers in your area (operated by RAINN, the Rape, Abuse, and Incest National Network).

Resources for Mental Health & Suicide Prevention (click the links): [TransLifeline.org](#), [National LGBTQ Suicide Prevention Lifeline](#), and for youth contact [The Trevor Project by Call or Text](#) and for substance use call **1-800-662-4357**.