Caring for LGBTQIA+ Youth at Health Centers

LGBTQIA+ Adolescents and Young Adults: Intersection of Health Disparities, Access to Care, and Identities

-- Michelle Forcier, MD MPH --

Stories from the Field: Navigating Care for Transgender and Gender Diverse Youth

-- Dawn Phelps, MD --



Our Roots

Fenway Health

- Independent 501(c)(3) FQHC
- Founded 1971
- Mission: To enhance the wellbeing of the LGBTQIA+ community as well as people in our neighborhoods and beyond through access to the highest quality health care, education, research, and advocacy
- Integrated primary care model, including HIV and transgender health services

NATIONAL LGBTQIA+ HEALTH EDUCATION CENTER A PROGRAM OF THE FENWAY INSTITUTE

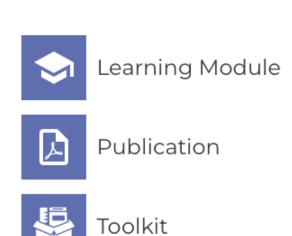
The Fenway Institute

Research, Education, Policy



The National LGBTQIA+ Health Education Center

- Training and Technical Assistance
- Grand Rounds
- Online Learning
 - CE and HEI Credit
- Environmental Influences On Child Health Outcomes (ECHO) Programs
- Publications and Resources









www.lgbtqiahealtheducation.org

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 1.888.799.9666 ext 2
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- Choose "I will call in"
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CME/CEU Information

Physicians	AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 Credit™ toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.
Nurse Practitioners, Physician Assistants, Nurses, Medical Assistants	AAFP Prescribed credit is accepted by the following organizations. Please contact them directly about how participants should report the credit they earned. •American Academy of Physician Assistants (AAPA) •National Commission on Certification of Physician Assistants (NCCPA) •American Nurses Credentialing Center (ANCC) •American Association of Nurse Practitioners (AANP) •American Academy of Nurse Practitioners Certification Program (AANPCP) •American Association of Medical Assistants (AAMA)
Other Health Professionals	Confirm equivalency of credits with relevant licensing body.

LGBTQIA+ Adolescents and Young Adults: Intersection of Health Disparities, Access to Care, and Identities

-- Michelle Forcier, MD MPH --

10/23/24



LAND ACKNOWLEDGEMENT

ABILITY DISCLOSURE

Massachusetts

Abenaki, Micmac, Maliseet, Narragansett, Nipmuc, Passamaquoddy, Pawtucket, Pennacook, Penobscot, Pequot, Wampanoag This presentation is discussion-based, with image-based slides. There will be no significant standing or movement required.

NEW ENGLAND





Disclosures

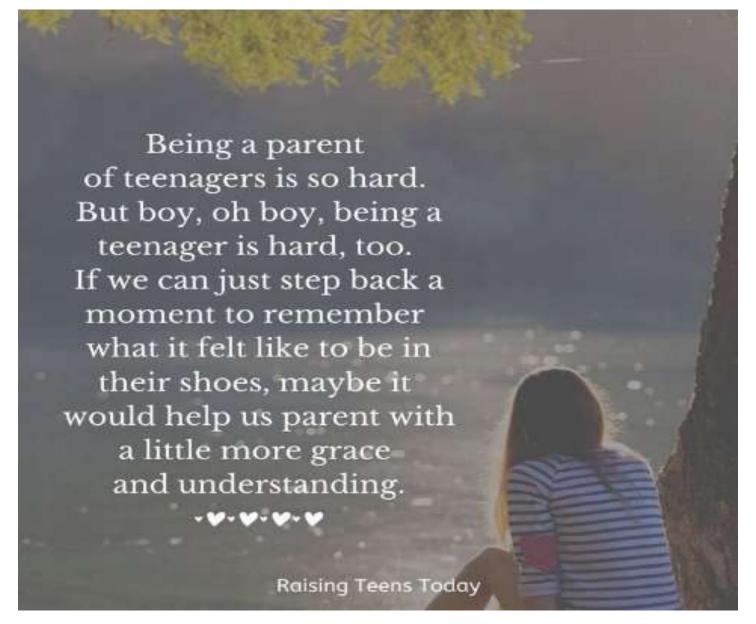
Michelle Forcier (she/they)

- Professor Pediatrics
- Assist Dean, Admissions, Alpert School of Medicine, Brown University Providence RI
- Consultant: Planned Parenthood, Folx Health, Confer Med, NYU SHC, TransHealth
- Royalties: Up to Date, Springer
- Pediatrician, optimist

Learning Objectives

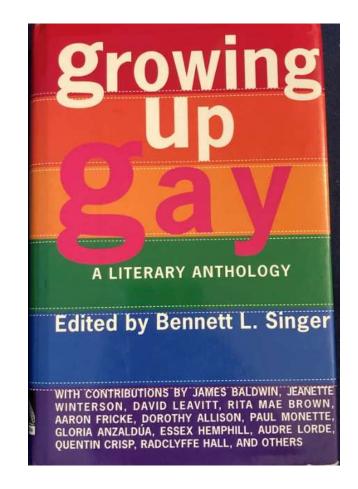
At the end of this session, participants will be able to:

- 1. Explain concepts related to LGBTQIA+ youth in the U.S., including some aspects of youth culture.
- 2. Understand how adverse childhood experiences and adverse community environments (ACEs), and barriers to affirming care impact LGBTQIA+ youth.
- Implement shared strategies for integrating intersectional identities in care of LGBTQIA+ youth.
- 4. Address how health professionals can impact and improve the lives of LGBTQIA+ youth.



The Complexities of Growing Up... Queer!

	Early puberty	Middle	Late puberty, young adulthood
Physical	Gender Hormones	2 ^{ndary} gender body characteristics	Reproductive functional
Cognitive	Increasing sophistication	Risk-consequence Extrapolation	Working the grey areas
Emotional	Hormones+ Cognition	Bigger swings Bigger feelings	Managing complex emotions
Social	Individuate from parents/family	Develop peer networks	Balance peers & family
Gender-Sex	Physical adult gendered body Attraction/libido	Gender roles Explore sex	Gender confidence Intimate sex & relationships
Societal Function	Explore interests	Study/train	Establish productive place in society





DEFINITIONS \blacksquare









LGBTQ+ Pride Flags

Sexual orientation









Queer



Straight

Questioning

Gender Identity

Transgender Gender Diverse

Genderqueer

Non-Binary

Bigender

Gender Fluid

Two-Spirit

Agender Cisgender

Other

Intersex/DSD Latine/Latinx Folx

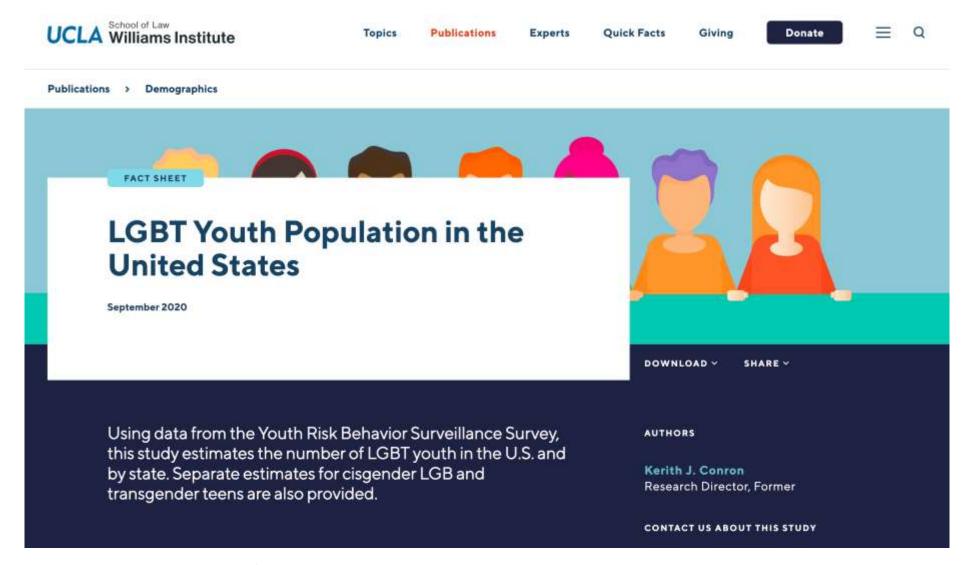


Heteronormativity

Cisnormativity

Gender Dysphoria

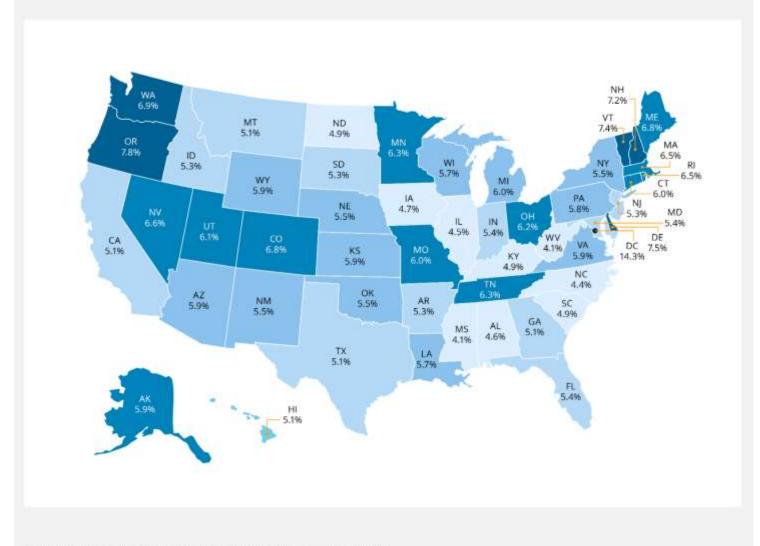




9.5% of US population ages 13-17



Figure 1. Percent of LGBT Adults in the US by state



Adult LGBT Population in the United States (December 2023)

THE WILLIAMS INSTITUTE



1 in 6 Young Adults Identify as LGBTQ++

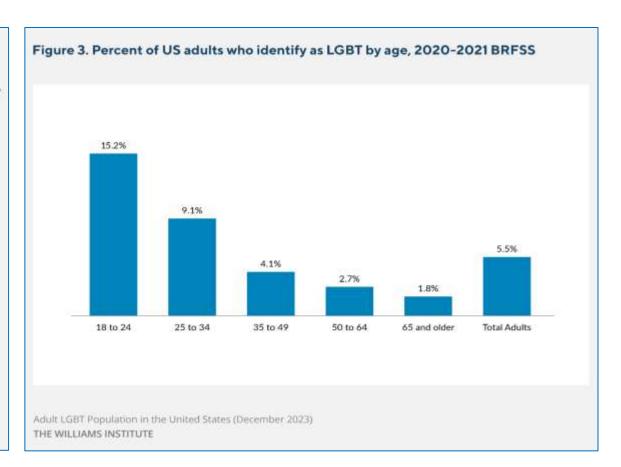
As shown in Table 5 and Figure 3, LGBT identification varies by age.

Table 5. Percent and estimated number of US adults who identify as LGBT by age group, 2020-2021 BRFSS

	PERCENT OF LGBT ADULTS	NUMBER OF LGBT ADULTS
18 to 24	15.2%	4,659,600
25 to 34	9.1%	4,085,300
35 to 49	4.1%	2,538,400
50 to 64	2.7%	1,734,700
65 and older	1.8%	924,300
Total adults	5.5%	13,942,200

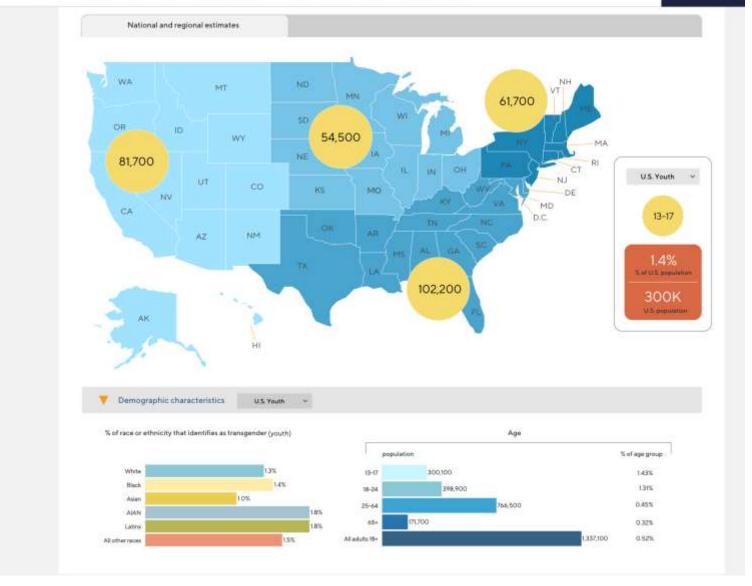
Adult LGBT Population in the United States

THE WILLIAMS INSTITUTE





CONTENTS



Professionals Can Understand & Address LGBTQIA+ Health Disparities

Minority stress

- LGBTQIA+ health disparities exist because of stigma and discrimination at all levels of society, including medicine
- Counters uptick in old narrative that LGBTQIA+ health disparities exist because of some inherent pathology

Intersectionality

- Interacting dynamics of cultures & identities, power and privilege
- Experiences shaped at various intersections of race, ethnicity, SES, gender, sexual orientation, urbanicity, etc.

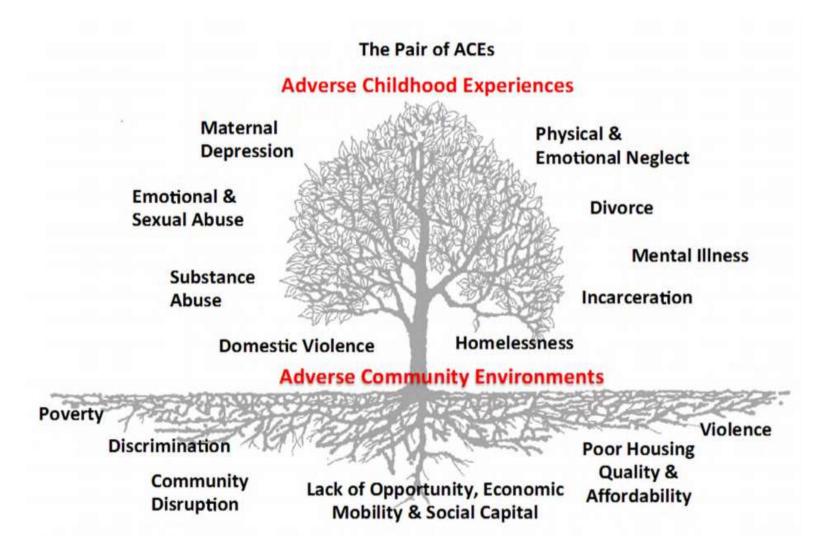
SOGI data

- Data bases collect sexual and gender minorities identity information
- Allows for visibility and study for disadvantaged populations

Youth culture

Contemporary nuanced picture of LGBTQIA+ adolescents and young adults (AYA)

Youth ACEs



The impact of ACEs

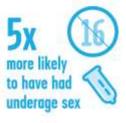
2x more likely to binge drink and have a poor diet







4x
more likely to have
low levels of mental
wellbeing & life satisfaction



6x more likely to have an unplanned teenage pregnancy



11x more likely to have used illicit drugs



11x mare likely to have been incarcerated

Protection wheel





LGBTQIA+ ACEs

Indirect, observed

- Hearing trans or homophobic remarks by parents, family
- Watching bullying and victimization at home, school, sports, clubs, houses of worship
- Social media messages
- Images and stories in media
- Social bias in school, work, faith settings, political and legislative efforts, legal precedents

Direct, experienced

- Disclosure or coming out
- Bullying at school, victimization at home, other settings
- Bathroom, locker room issues
- Social media bullying
- Hate crimes
- Legislative exclusions from care
- Insurer exclusions from care
- Other



2019 Youth Risk Behavior Survey (YRBS)

In an age and culture where brief visual images rule

Presentation and perception affect bias and risk



FEMININE MALES are:



MORE LIKELY TO MISS SCHOOL BECAUSE THEY FEEL UNSAFE

MORE LIKELY TO HAVE BEEN ELECTRONICALLY BULLIED

MORE LIKELY TO ATTEMPT SUICIDE



MORE LIKELY TO HAVE USED AMPHETAMINES

MORE LIKELY TO HAVE BEEN PHYSICALLY FORCED TO HAVE SEXUAL INTERCOURSE

than MASCULINE MALES

MASCULINE FEMALES are:

MORE LIKELY TO HAVE CARRIED A WEAPON ON SCHOOL PROPERTY



MORE LIKELY TO HAVE USED HEROIN

MORE LIKELY TO HAVE HAD SEXUAL INTERCOURSE BEFORE AGE 13

MORE LIKELY TO HAVE SMOKED AT SCHOOL

5 MORE LIKELY TO CURRENTLY USE SMOKELESS TOBACCO

than FEMININE FEMALES

LGBTQIA+ Youth ACEs: Craig 2020

Cross-sectional on-line survey
LGBTQIA+ ages 14–29 (n = 6,317)
3,508 LGBTQ 14-18 years for ACEs study

- High rates of emotional neglect & abuse (51%)
- Higher rates of ACEs among trans and gender diverse youth (TGDY)

ACES	LGBTQIA+	General Pop
0-1	27%	
2+	73%	31%
4+	43%	14%



Social Anti-LGBTQIA+ Attacks on TGD Youth

- Use of internet
 - Gather groups
 - Disseminate myths & misinformation
 - Fear mongering
- Media
 - Mis-representation
 - Acceptance of opinion or absence of evidence as science or "real"
- Political/social agendas
 - Affecting legislation & laws = access to care, risk for discrimination
- Professional organizational agenda
 - TERF: Trans-exclusionary radical feminists
 - American College of Pediatricians





Countering the Health Disinformation Machine

Alex S. Keuroghlian, M.D., M.P.H.

There's a group of people on ber 2, the U.S. Attorney's Office young people, their families, the their way to handle (victim). You announced that the Federal Busigned your own warrant, [victim]. reau of investigation had arrested and the educators who teach cli-

In the morning of August woken up enough people, And nition business from Comfort, U31, 2022, a staff member of upset enough of us. And you Texas, who was charged with the Fenway Institute's National signed your own ticket. Sleep transmitting interstate threats. LGBTQlA+ Health Education Cen-well, you [expletive]." The staff At the time, I hoped naively that ter in Boston, which I direct, member reported this message coverage of the arrest by the New checked the office voicemail sys- to the organization's leaders and York Times, the Washington Post, tem. One voice message was any- the security department, which CNN, and other news organiza-

Castrating our children. You've a 38-year-old owner of an ammu-nicians how to do so. Little did

Three months later, on Decem- transgender and gender-diverse

IN ENGL) WED SESSIA. HEJW-ONG. DETGERS 5, 2023.

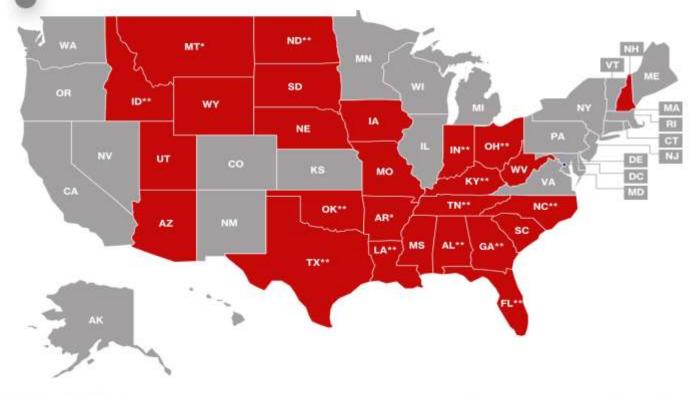
The New England Journal of Medicine

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39.4% TGDY ages 13-17 (n= 123,600) live in states passing bans on Gender Affirming Care (GAC)

85% in South, 40% in Midwest live in states with at least one antitransgender law.









*Ban is currently blocked or on hold in Arkansas and Montana.

**Alabama, Florida, Georgia, Idaho, Indiana, Kentucky, Louisiana, North Carolina, North Dakota, Ohio, Oklahoma, Tennessee, and Texas all currently have litigation proceedings challenging these bans

***Arizona and New Hampshire's bans only applies to gender-affirming

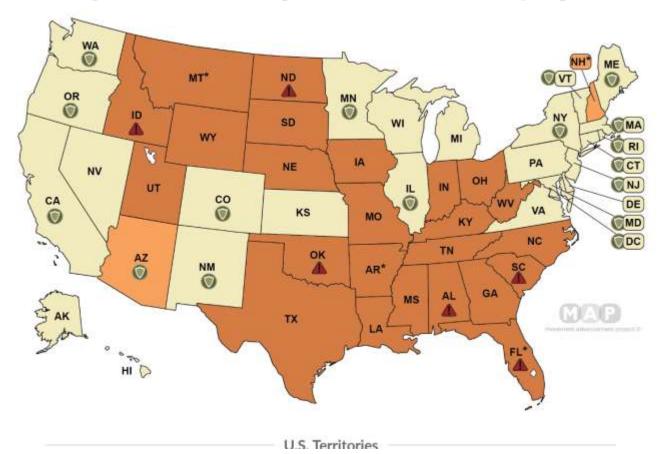
****New Hampshire's ban goes into effect January 1, 2025

https://williamsinstitute.law.ucla.edu/wp-content/uploads/2024-Anti-Trans-Legislation-Apr-2024.pdf

https://www.hrc.org/resources/attacks-on-gender-affirming-care-by-state-map



BANS ON BEST PRACTICE MEDICAL CARE FOR TRANSGENDER YOUTH



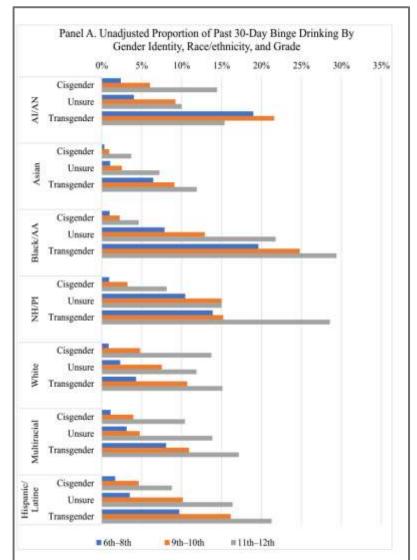
- State has "shield" law protecting access to transgender health care (see this map for more information) (16 states + D.C.)
- State bans best practice medication and surgical care for transgender youth, though ban may not be in effect (see note) (24 states)
- State bans best practice surgical care for transgender youth (2 states)
- State does not ban best practice medical care for transgender youth (24 states, 5 territories + D.C.)
- State ban makes it a felony crime to provide certain forms of best practice medical care for transgender youth (6 states)

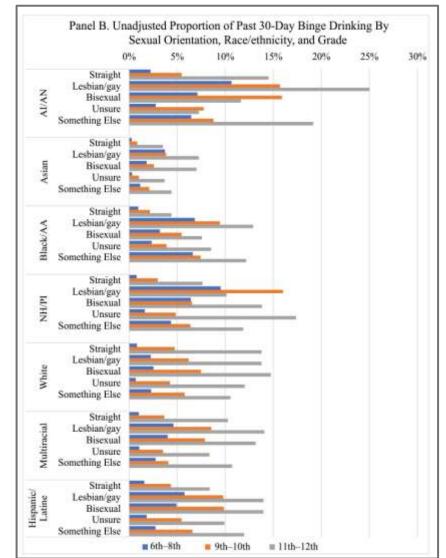
Citations & More Information

https://www.lgbtmap.org/equality-maps/healthcare/youth_medical_care_bans

LGBTQIA+ Binge Drinking: Bishop 2024

Subgroups, particularly TGD & minoritized racial/ethnic identities, Increase risk binge drinking, Relative to both white sexual and/or gender minority (SGM) and non-SGM students





Bishop MD, Moran SA, Turpin RE, et al. Binge Drinking Disparities by Grade, Race and Ethnicity, Sexual Orientation, and Gender Identity. Pediatrics. 2024;154(3): e2023063978

Intersectional Identities & Health Status

National UK study

Sexual Minority (SM) adolescents both White & Ethnic Minoritized (EM) groups compared heterosexual peers higher levels

- Mental health difficulties
 - Psychological distress, emotional symptoms, selfharm, attempted suicide
- · Poorer general health
 - More adverse health-related behaviors among White-SM individuals compared with EM-SM
 - Id as mainly heterosexual had poorer health vs exclusively heterosexual and exclusively SM
- Lower rates doctor-diagnosed depression in EM
 - Consistent with literature
 - Less likely to seek clinical support



Khanolkar AR, Frost DM, Tabor E, Redclift V, Amos R, Patalay P. Ethnic and Sexual Identity-Related Inequalities in Adolescent Health and Well-Being in a National Population-Based Study. LGBT Health. 2023 Jan;10(1):26-40. doi: 10.1089/lgbt.2021.0473. Epub 2022 Sep 1. PMID: 36049061.

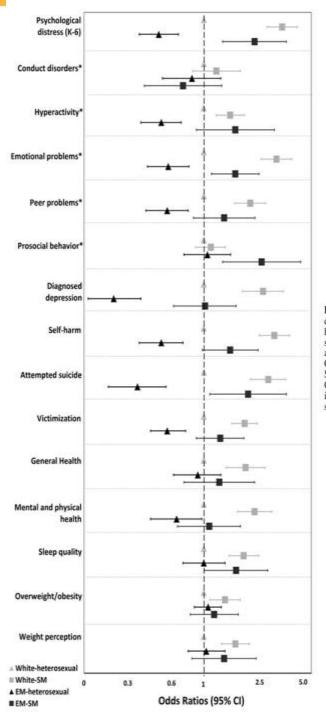


FIG. 1. Risk for mental health difficulties, well-being, and general health based on dual ethnic and sexual identities in 9789 individuals aged 17 years from the Millennium Cohort Study. *Components of the Strengths and Difficulties Questionnaire. CI, confidence interval; EM, ethnic minority, SM, sexual minority.

More on Intersectionality

- "SGM disparities were magnified for the youth belonging to marginalized groups, as black or African American SGM teens were shown to be at the highest risk of current combustible tobacco use"
- "Within racial and ethnic groups, TGNC youth generally had greater risk for depression and anxiety. Significant associations for gender minority identity ranged from $OR_{Depression} = 2.25$ for Black youth who do not identify as male to $OR_{Depression} = 5.08$ for non-minority ethnicity youth who do not identify as female."
- "Bisexual and unsure youth had higher odds of depressive symptoms, suicidal ideation and plans, and physical IPV than their same-race heterosexual peers. Black and Latina bisexual and unsure females were more likely to report sexual health risk behaviors than Black and Latina heterosexual females."
- "LGBTQIA youth and adults also face discrimination and multiple barriers to endocrine care due to pathologizing sexual orientation and gender identity, lack of culturally competent care providers, and policies."

Opportunities for Resilience





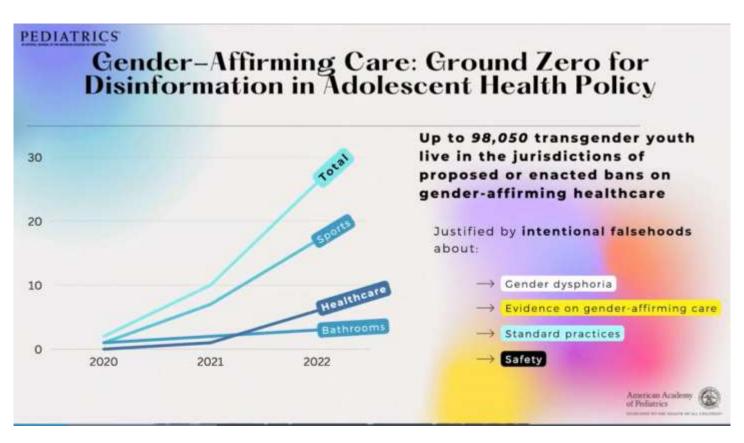




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American Academy of Pediatrics (AAP) Advocacy Case Study 2023

This advocacy case study describes the process used to challenge disinformation about GAC with rapid response rebuttal reports, as well as the impact of this work and associated challenges.



McNamara M, Abdul-Latif H, Boulware SD, et al. Combating Scientific Disinformation on Gender-Affirming Care. Pediatrics. 2023;152(3): e2022060943

HOME

Risk

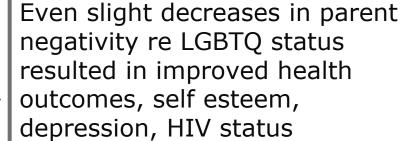
&

Resilience

Trevor Project's 2022 National Survey on LGBTQ Youth Mental Health

- N = 34,000 LGBTQ youth ages 13-24
- 37% id home as LGBTQ affirming
- < 1/3 id home as genderaffirming
- 2/5 live in community "somewhat or very unaccepting of LGBTQ people"

Family Acceptance Project (Ryan 2009, many others)





Youth Culture On Line: Social Media Platforms

- 2021 national survey 70% of LGBTQIA+ adolescents access to identity-affirming spaces online vs only 50% school, 34% home <u>Paley, 2022</u>
- Qualitative & quantitative research potential to provide space for identity affirmation & community building LGBTQIA++ youth, not found in their offline environments
 - Byron 2019, McInroy 2019, Selkie 2020, Charmaraman 2021, Paceley 2022
- Source of
 - Connection, refuge, rejection <u>Fisher 2024</u>
 - Solace, understanding, reduction shame & stigma Levinson 2020
 - Sole supports in rural areas <u>Byron 2019</u>, <u>Selkie 2020</u>, <u>Paceley 2022</u>
 - Risk for bullying, negativity <u>DiPlacido 1998</u>, <u>Layland 2023</u>, <u>Suppes 2021</u>
- Intersectionality: adolescents of color witnessing victimization of others of same race/ethnicity online associated increased symptoms depression, anxiety, substance use disorder <u>Tao & Fisher 2022</u>, <u>Tynes 2020</u>

Role of Health **Professionals**

Frame:

Systems & advocacy Provider perspective

REPRODUCTIVE JUSTICE



Promotes Bodily Autonomy and Self Determination

Prioritizes Equity and Social Justice

Recognizes Intersectionality

Advocates for access to resources and services



Frame:

System & provider Provision of care

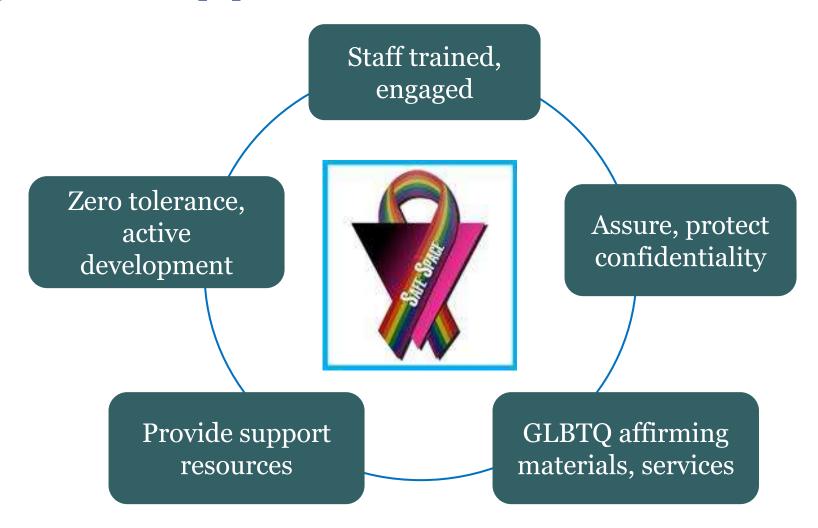
Patient Centered, Consent Based Patientcentered

Consent-based

Developmental care

- See & listen to the patient holistically
- Meet patient goals (nothing to "diagnose" or "treat")
- Provide support & resources
- Address, reduce minority stress

LGBTQIA+ Supportive Culture: Safe Space





5.47





April 2021

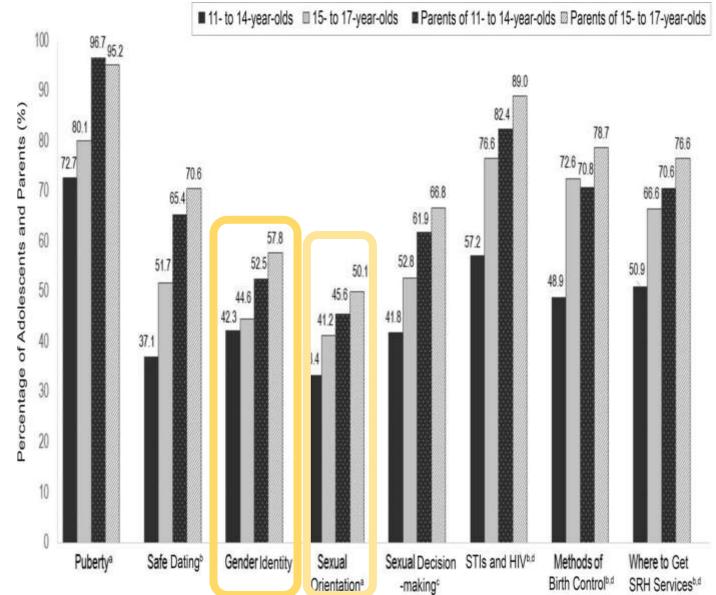
PEDIATRICS°

Adolescent- and parent-reported importance of provider-adolescent discussions about sexual and reproductive health (SRH) topics.

Parents and youth want to talk

Younger patients miss out

Renee E. Sieving et al. Pediatrics 2021;148:e2020049411



Attention to How We Approach Sensitive Topics

Privacy

- Ask parent to step out of room
- Explain what can (and can't) be kept confidential

Trust and rapport

- Ask name & pronoun
- Ask goals of visit/session

Holistic assessment

- Personhood before gender or sex
- Holistic, strengths before risk

Gender and sex experience

- Assess prior & current activities & needs
- Ask for future goals
- Parent can offer helpful insights

Gender Queries

Curiosity about experimentation, exploration, activities

Encourage, explore, reassure

- Clothing, hair, make up
- Friend, fun & play, activities, life plans
- Movies, gaming, books (characters, stories)
- · Name, pronoun
- How do you see yourself?
- What does being female or male mean to you? Your family? Community?

" Most kids your age start to think more about..."

"I ask all young people about..."

"Tell me your story in your own words"

"There is nothing that you can say that will shock or scare me



Sexual History Taking

SEXUAL HISTORY

- Are you talking to anyone lately?
 Crushes? Do you have any current sexual or romantic partners? Who would you be interested in, if anyone?
- Let's talk a little about sex which can be a little bit uncomfortable at first, but is an important part of your health and well being.
 - o Have you ever been sexually active?
 - What types of sexual activities are you engaging in? In the past 6 months? How many partners?
 - o What parts go where?
 - What type of STI or pregnancy prevention methods are are you using? Ho STI or pregnancy? Need for STI or pregnancy testing?
 - o Assessing for PrEP

SEXUAL/ROMANTIC IDENTITY

Who are you attracted to romantically? Sexually?

Do you have a term/label you use to describe your sexual orientation? Romantic orientation?

For kids:

Do you have any crushes? Who do you usually have crushes on?

SAFETY

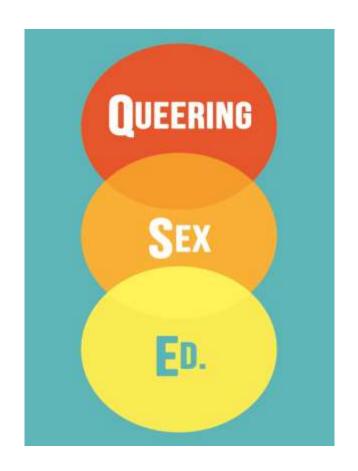
Do you feel safe in your current relationships? Physically and emotionally?
Assessing for abuse/exploitation For adolescents, assessing for risk of domestic minor sex trafficking

Sex Ed Opportunities

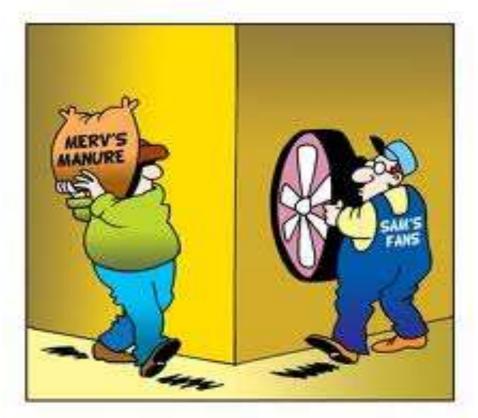
- 71.6% LGBTQ+ students reported classes did not include any LGBTQ+ topics
- 16.3% LGBTQ+ students taught positive representations about LGBTQ+ people, history, or events in schools
- Less than a third (29.6%) students who received some kind of sex education reported that it positively included LGBTQ+ topics in some way
- 7.4% overall received LGBTQ+ sex education, which included positive representations of both LGB and transgender and nonbinary topics



GLSEN 2021 National School Climate Survey 22,298 LGBTQ students ages 13 to 21.



Main message Do no harm = Do something!



Cost of not intervening vs risk of harm

Care Considerations

- What more do I need to know to provide care for this client?
- What questions to ask and how to frame them?
- Ethical concerns?
- Safety concerns?
- Family support & engagement?
- Potential barriers to care?

- How do children navigate gender exploration? How do parents?
- How does age and developmental affect these issues?
- How do you talk about gender with younger clients?
- With a history of physical, verbal, and emotional abuse, how do you offer a trauma informed safe space to listen, learn from a young child? What happens to children who are not accepted, who do not feel safe?
- What resources might you recommend for this child or family?

- What are your approaches to being diversity positive?
- How might this patient intersectional identities factor into care?
- How might development and age sometimes be more variable?
- How might social context for factors into resiliency & risk in gender & sexual identities & activities?
- How might minoritization of an identity(s) affect a person? A family?
- How would you apply reproductive justice framework to enhance autonomy?



- How do you screen in your practice for gender or sexual diversity?
- How do you discuss safety issues, including self harm and suicide, with your already identified LGBTQIA+ clients?
- How do you explore gender dysphoria with different age clients?
- How might you engage parents to be more open & willing to learn more about gender diversity, gender dysphoria, & options for gender care?
- What & how do you navigate parental refusal or denied consent to care?

You won't know everything...

- Be honest about what you know
- Ask questions for further explanation when relevant to your work (rather than curiosity)
- When you don't know...
 - "I don't know much about that activity. If you feel comfortable, would you tell me more about this?"
 - "Let me read more about this activity to find answers to your questions."



Sexual Health Resources

- Reproductive Health Access Project:
 - https://www.reproductiveaccess.org/
- Bedsider- https://www.bedsider.org/
- SHIP: Sexual Health Includes Pleasure: https://weknowship.org/
- National Coalition for Sexual Health: https://nationalcoalitionforsexualhealth.org/
- National Coalition for Sexual Freedom: https://ncsfreedom.org/
- PrEP & PEP: https://www.pleaseprepme.org/#
- Teen Source: https://www.teensource.org/
- Amaze: https://amaze.org/
- Come As You Are by Emily Nagoski, PhD
- Pleasure Activism by adrienne maree brown



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For Schools

- Gender Spectrum www.genderspectrum.org
- GLSEN https://www.glsen.org/
- School's in Transitions https://www.genderspectrum.org/staging/wp-content/uploads/2016/06/Schools In Transition 6.3.16.pdf
- LGBTQ Student Resources and Support:
 http://www.accreditedschoolsonline.org/resources/lgbtq-student-support/
- Safe Schools Coalition: http://safeschoolscoalition.org/

For Youth

- •Trevor Project http://www.thetrevorproject.org/
- Trans Student Educational Resources

http://www.transstudent.org/

- •The Gender Book http://www.thegenderbook.com/
- •Human Rights Campaign http://www.hrc.org/
- ·The Gender Quest Workbook: A Guide for Teens and Young

Adults Exploring Gender Identity by Rylan Jay Testa (2015)

For Parents

- •PFLAG https://www.pflag.org/
- •Family Acceptance Project http://familyproject.sfsu.edu/
- •Gender Spectrum www.genderspectrum.org
- •Trans Youth Family Allies http://www.imatyfa.org/
- •Supporting and Caring for Our Gender Expansive Youth http://www.hrc.org/youth-report/supporting-and-caring-for-our-gender-expansive-youth#.VNEm0GTF-IJ
- •<u>The Transgender Child: A Handbook for Families and Professionals</u> by Stephanie A. Brill and Rachel Pepper (2008)
- •The Transgender Teen by Stephanie A. Brill and Lisa Kenney (2016)

Advocacy

- National Center for Transgender Equality
 http://www.transequality.org/
- Trans Youth Equality Foundation http://www.transyouthequality.org/
- GLAD https://www.glad.org/
- The Transgender Law and Policy Institute <u>www.transgenderlaw.org/</u>
- Lambda Legal https://www.lambdalegal.org/

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- Alexander, Stewart C. et al. "Physicians Use of Inclusive Sexual Orientation Language During Teenage Annual Visits." LGBT health 1.4 (2014): 283–291.
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Stories From The Field:

Navigating Care for Transgender and Gender Diverse Youth

Dawn Phelps, MD

10/23/24



Introduction and Disclosures

Dawn Phelps (she/her)

- BS in Biology from University of Arkansas at Little Rock
- MS in Criminal Justice
- Medical school at University of Arkansas
- Residency at Riverside Regional Community Hospital
- Medical director for Newton County Jail
- Run HIV program for Boston Mountain Rural Health Center

In my experience...

- Private practice 14 years
- Boston Mountain Rural Health Center 3 years
- Transgender care 21 years
- OBGYN
- Only provider in my area to provide transgender health care
- Boston Mountain Active LGBTQIA+ community advocate



THANK YOU!

The National LGBTQIA+ Health Education Center provides educational programs, resources, and consultation to health care organizations with the goal of optimizing quality, cost-effective health care for lesbian, gay, bisexual, transgender, queer, intersex, asexual, and all sexual and gender minority (LGBTQIA+) people.

The Education Center is part of The Fenway Institute, the research, training, and health policy division of Fenway Health, a Federally Qualified Health Center, and one of the world's largest LGBTQIA+ focused health centers.

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