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CENTENE ADVANCED BEHAVIORAL HEALTH – CLINICAL TRAINING

# Lesbian Gay Bisexual Transgender Questioning/Queer Intersex Ally (LGBTQIA+)

Confidential and Proprietary Information

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## Learning Objectives

- Define 4 terms related to LGBTQIA+ persons
- State 2 developmental challenges that may exist among LGBTQIA+ youth
- Identify 3 forms of stigma that impact LGBTQIA+ youth's health
- Identify 3 health risk behaviors that can have a negative impact on the health of LGBTQIA+ youth
- Define Pre-Exposure Prophylaxis (PrEP) and state how it is used to prevent the transmission of the Human Immunodeficiency Virus (HIV)
- Identify 2 reasons why transgender persons do not seek healthcare

CENTENE Confidential and Proprietary Information (Citation Goes Here)

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LGBT

LGBTQIA

# Definitions

LGBTQQ

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**Definitions**

Ally	Genderqueer
Cisgender	Intersex
Gender dysphoria	Non-binary
Gender fluid	Outing
Gender non-conforming	Same-gender loving



**CENTENE** Confidential and Proprietary Information (Human Rights Campaign, n.d.)

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**THE SPECTRUM**

For identity and gender identity, you can be trans, a trans woman, transsexual or a trans man. You can be a trans woman who is also a lesbian or a trans man who is also a gay man. You can be a trans woman who is also a lesbian and a trans man who is also a gay man. You can be a trans woman who is also a lesbian and a trans man who is also a gay man.



**TREVOR:** The Trevor Project is a national, confidential, free, and anonymous suicide prevention and crisis intervention service for the lesbian, gay, bisexual, and transgender community.

**CENTENE** Confidential and Proprietary Information (The Trevor Project, n.d.)

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**Definitions**

**Limitations**



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Pronouns

- She / Her / Hers
- They / Them / Theirs (singular)
- He / Him / His

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Sexual Identity and Gender Identity

Sexuality

- Sexual identity
- Sexual attraction
- Sexual behavior

Gender

- Transgender individuals may have a heterosexual, bisexual, lesbian or gay sexual identity

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(Radtke-Goldstein, et al., 2014)

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COMING OUT AS A SUPPORTER

A GUIDE TO LESBIAN, GAY, BISEXUAL AND TRANSGENDER AMERICANS

Supporter Guide

CENTENE Confidential and Proprietary Information

(PFLAG and Human Rights Campaign Foundation, 2014)

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### Myths and Facts

- It's a "choice."
- It's a "lifestyle."
- LGBTQ people can "change" or be "cured."
- Same-sex relationships don't last
- LGBTQ people can't have families

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(PFLAG and Human Rights Campaign Foundation, 2018)

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### Symbols



DIVERSITY  
INCLUSIVITY  
LIFE  
HEALING  
SUNLIGHT  
NATURE  
HARMONY  
SPIRIT



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## Identity and Developmental Challenges

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### Developmental Challenges for LGBTQIA+ Youth

Same developmental challenges as non-LGBTQIA+ youth

Added challenges:

- Establishing a comfortable sense of their sexual and/or gender identity
- Dealing with internal and external homo/trans/bi phobia
- Receiving limited support from others
- Having limited social contact with other LGBTQIA+ youth and role models

Many LGBTQIA+ youth show remarkable resilience

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### Internalized Homophobia

Can result in:

- Depression
- Poor academic performance/school drop out
- Substance abuse/addiction
- Becoming socially withdrawn
- Behaviors that can lead to health risks, STI's and pregnancy
- Suicidal thoughts and attempts
- May increase the risk for trauma or reduce resilience

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### Developmental Stages

- Early Adolescence**      **Ages 10–14**
- May feel something is different about themselves but not yet understand what it is
- Middle Adolescence**      **Ages 14–17**
- Potential for heightened HIV/STI risk with sexual experimentation; youth may not understand consequences of actions
  - Coming out concerns; identity self-labeling
  - Dating may be difficult or delayed if same-sex relationships are unavailable or limited
- Late Adolescence**      **Ages 17+**
- First independent medical appointment
  - Potential increased freedom to come out

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### Coming Out



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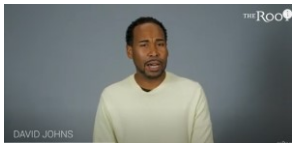
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### Inviting In



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# Adverse Childhood Experiences and Stigma

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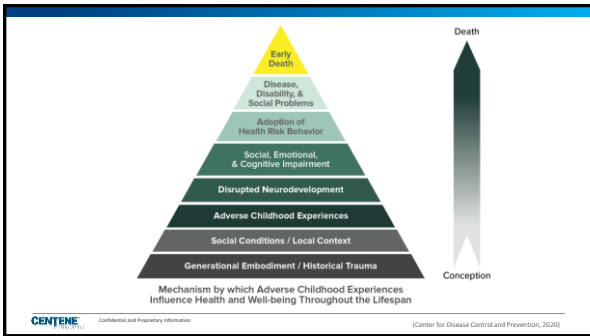
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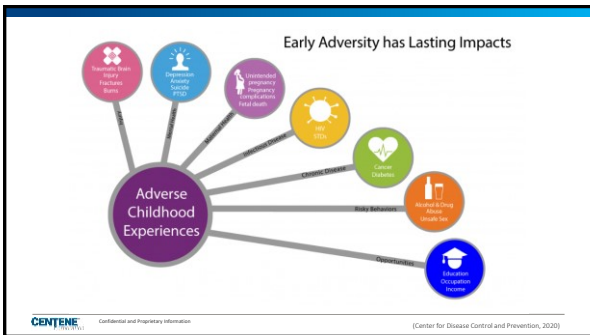
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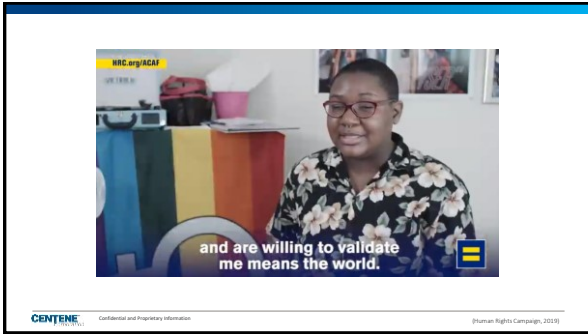
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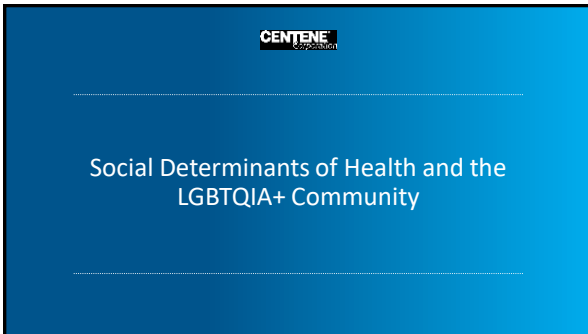
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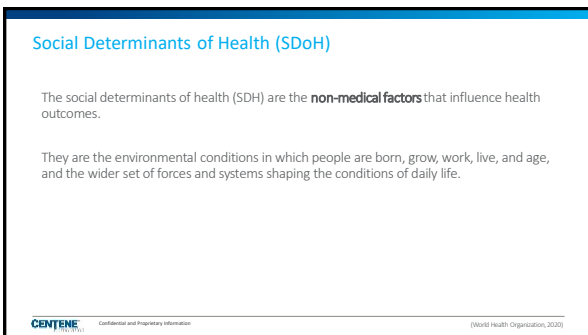
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### Social Determinants of Health Examples

- Income and social protection
- Education
- Unemployment and job security
- Working life conditions
- Food insecurity
- Housing, basic amenities and the environment
- Early childhood development
- Social support and inclusion
- Structural conflict
- Access to affordable health services of decent quality

CENTENE Confidential and Proprietary Information (World Health Organization, 2020)

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### Health Behaviors and Social Factors

Approximately 80% of a person's health is determined by:

- Health behaviors
- Social factors

"Your zip code is a better predictor of your health than your genetic code."

62901



Melody Goodman, PhD  
Associate Professor of Biostatistics, NYU

CENTENE Confidential and Proprietary Information (Magnan, S. 2017; Harvard T.H. Chan School of Public Health, 2014)

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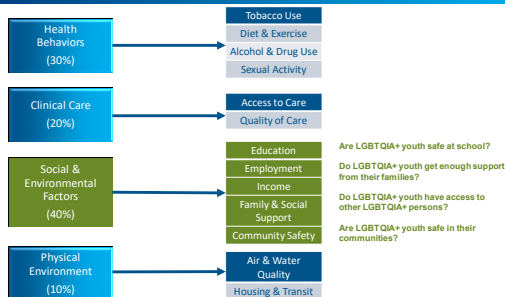
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CENTENE Confidential and Proprietary Information (Magnan, S. 2017)

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### Health Risk Behaviors and Health Outcomes

- Tobacco Use – when do adults start smoking?
  - Smoking
    - LGBTQ Adults (**37%**)                      Non-LGBTQ Persons (**27%**)
  - Asthma
    - LGBTQ Adults (**21%**)                      Non-LGBTQ Persons (**14%**)

**CENTENE** Confidential and Proprietary Information (Wrightson and Giblin, 2020)

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### LGBTQIA+ Youth are at higher risk for:

Rejection	Cancers
Bullying	Cardiovascular Diseases
Isolation	Sexually Transmitted Infections (STIs)
Substance Use	Obesity
Anxiety	Suicide
Depression	Homelessness

**CENTENE** Confidential and Proprietary Information (Holke, et. al., 2017)

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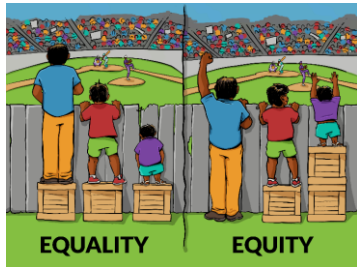
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**CENTENE** Confidential and Proprietary Information (Interaction for Social Change | Artist: Angus Maguire, 2016)

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### Healthcare Disparities

- Poor quality healthcare due to:
- Stigma
    - 68% of sexual minority youth did not discuss sexual orientation with clinicians
    - 90% reported reservations about reporting to clinicians
  - Lack of healthcare provider awareness
    - Insensitivity to the unique needs of LGBTQIA+ youth
    - Providers may lack adequate training
    - Lack of training may perpetuate discrimination

CENTENE Confidential and Proprietary Information (Pruitt, et al. 2017)

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### The 2019 National School Climate Survey

- LGBTQ students:
- 6 in 10 reported feeling **unsafe** at school because of their sexual orientation
  - 1 in 3 missed at least one day of school in the past month because they felt **unsafe** at or on their way to or from school
  - 1 in 5 reported having **changed schools** due to feeling **unsafe** or uncomfortable at school
  - 1 in 4 reported **avoiding** school functions and extracurricular activities often or frequently

CENTENE Confidential and Proprietary Information (GLSEN, 2020)

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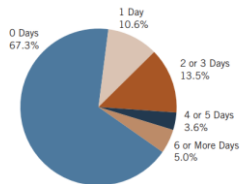
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### Frequency of Missing Days of School in the Past Month Because of Feeling Unsafe or Uncomfortable



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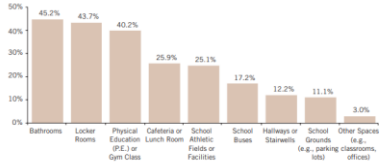
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### Percentage of LGBTQ Students Who Avoided Spaces at School Because They Felt Unsafe or Uncomfortable



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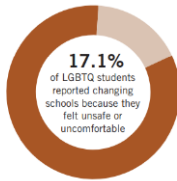
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### Changing Schools



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### Successful School Policies and Procedures

- LGB students living in jurisdictions with more protective school climates reported fewer past-year suicidal thoughts when compared to those with less protective climates
- LGB students living in counties with fewer school districts with inclusive anti-bullying policies were **2.25 times** more likely to have attempted suicide in the past year when compared to those living in counties where more districts had these policies.

CENTENE Confidential and Proprietary Information (Patterson et al., 2016)

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CDC Resources

- Families
- Schools
- Communities

CENTENE Confidential and Proprietary Information (Center for Disease Control and Prevention, 2020)

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Human Immunodeficiency Virus (HIV) Prevention

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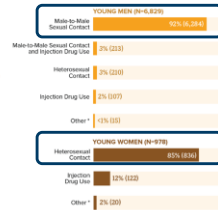
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New HIV Diagnoses Among Youth by Transmission Category and Sex in the US and Dependent Areas, 2018

Most new HIV diagnoses among youth were among young gay and bisexual men.



CENTENE Confidential and Proprietary Information (Center for Disease Control and Prevention, 2020)

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### HIV Prevention



	Primary	Secondary	Tertiary
Condition	HIV -	HIV +	AIDS
Intervention(s)	Safer sex practices (proper use of condoms)	Healthy lifestyle	Take AIDS-related medication
	HIV testing availability and use	Take HIV-related medication Goal: Viral Suppression	
	Taking PEP or PrEP		

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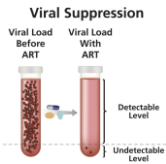
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### Viral Suppression



Antiretroviral therapy (ART) reduces a person's viral load to an undetectable level which keeps the immune system working and prevents illness

- Must take ART as prescribed (Treatment as Prevention)
- Effectively no risk of transmitting HIV to HIV-negative partner through sex

**CENTENE** Confidential and Proprietary Information

(National Institute of Health, n.d., U.S. Department of Health and Human Services, 2019; Centers for Disease Control and Prevention, 2019)

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### Youth and Viral Suppression

**21%** Of the **37,832 NEW HIV DIAGNOSES** in the US and dependent areas in 2018, 21% were among youth.

	Received some care	Were retained in care	Were virally suppressed
For Every 100 People with HIV	64	49	53
For Every 100 Youth	43	31	30

**CENTENE** Confidential and Proprietary Information

(Centers for Disease Control and Prevention, May 2020)

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### Mental Health and Substance Use

- Anxiety and depression reduced when virally suppressed due to the relief felt
- 9.4% of the general population of the US report current use of psychoactive substance use
- 32.5% of HIV-infected persons with current psychoactive substance use

CENTENE Confidential and Proprietary Information (Goodson, 2003)

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### HIV Prevention – Pre-Exposure Prophylaxis (PrEP)

- PrEP is used by those who do not have HIV and may be at risk of getting it via sex or injection drug use
- Two medicines taken daily are approved by the U.S. Food and Drug Administration:
  - Descovy
  - Truvada
- The CDC reports that studies have shown that consistent use of PrEP reduces the risk of getting HIV from sex by 99% and from injection drug use by 74%

CENTENE Confidential and Proprietary Information (National Institute of Health, 2020)

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### HIV Prevention Services Near You

Find HIV Prevention Services Near You

Select the services you would like to filter by:

HIV Testing
  PrEP
  PEP
  Condoms

Search within  miles of

Due to COVID-19, this widget may not have the most up-to-date changes to an organization's services or hours. Please contact the organization for updates.

[Find HIV Services Near You](#)

CENTENE Confidential and Proprietary Information (Center for Disease Control and Prevention, n.d.)

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Transgender and Gender Non-conforming Youth

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**Terminology**

- Transgender – umbrella term used to describe youth whose gender identity differs from the sex they were assigned at birth
- Gender identity – the inner sense of being male or female or another or no gender
- Gender expression – the outward communication of gender through behavior or appearance
- Gender non-conforming – youth whose gender expression differs from expectations associated with the sex assigned at birth
- Transgender female – youth who were assigned the sex of male at birth but identify as female
- Transgender males – youth who were assigned the sex of female at birth but identify as male

CENTENE Confidential and Proprietary Information (SanDiego Legal, LLC)

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**What's in a Name?**

Always use a transgender person's **chosen** name.

- Some choose to obtain a legal name change in court; some may not.
- Sometimes it's not affordable
- Sometimes one is not old enough
- Do not put quotation marks around someone's chosen name
- Using a name other than that which is on any form of ID can be a challenge

CENTENE Confidential and Proprietary Information (SLAG) (L)

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### Transition-Related Health Care

Gender Dysphoria in children – a diagnosis which is marked by an **Incongruence** between one's experienced/expressed gender and the gender assigned at birth

Therapies:

- Medical necessity – a technical term used by the insurance industry describing treatment that a physician considers to be vital
- Gender affirming hormone therapy (gender replacement therapy)
- Gender affirming surgery
- Real Life Experience – living for a period of time in accordance with your gender identity

CENTENE Confidential and Proprietary Information (American Psychiatric Association, 2013; Lambda Legal, n.d.)

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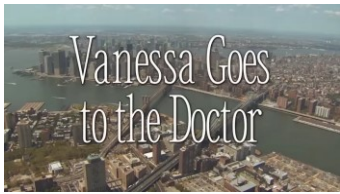
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CENTENE Confidential and Proprietary Information (Margolis, 2015)

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## Thank You!

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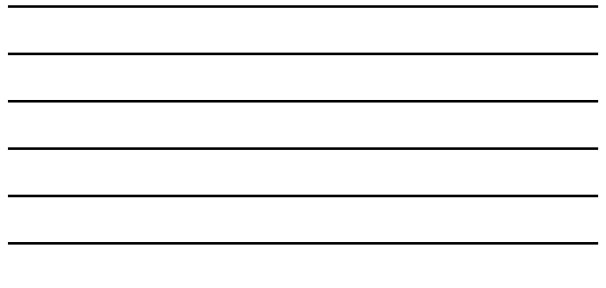
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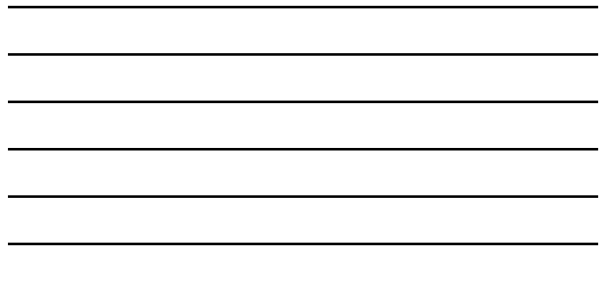
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Centene Advanced Behavioral Health

**OUR PURPOSE**

Transforming the health of the community, one person at a time

**OUR MISSION**

Help individuals live their best lives through superior behavioral solutions.

**OUR PROMISE**

We uniquely enable Centene's whole health commitment through behavioral health experts who produce positive, measurable results.

**OUR VISION**

Drive positive change in the behavioral healthcare paradigm through scientific best practices, enhanced value, simplification, and compassion for those we serve.

(Citation Goes Here)

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