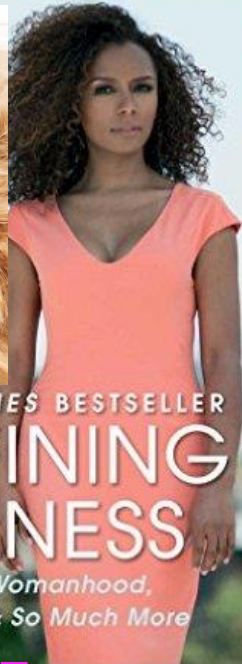




JANET MOCK



VANITY FAIR



LGBTQ* + Addiction



PRESENTED BY ALEKS MARTIN, BAS CDP

ADDICTION SERVICES PROGRAM SUPERVISOR, SEATTLE COUNSELING SERVICE
CO-OCCURRING DISORDER CONFERENCE, YAKIMA WA – OCTOBER 15, 2018

Learning objectives:

- ▶ Increase knowledge and awareness about the needs of lesbian, gay, bisexual, transgender, queer and gender non-conforming folx.
- ▶ Examine and learn practices for improving LGBTQ+ folx experience in behavioral health agencies and other environments
- ▶ Increase skills with LGBTQ+ competent and affirming services to folx.

RuPaul's **DRAG RACE**



COMMUNITY AGREEMENTS:

- ▶ Push beyond your current knowledge base.
- ▶ Share the air.
- ▶ Ask yourself, “Why Am I Talking?”
 - ▶ In other words, “W.A.I.T.” 😊
- ▶ Speak from personal experience by using “I” statements.
- ▶ Be accountable for YOUR impact: Oops & Ouches.
- ▶ Learn from YOUR discomfort.



About the Presenter: S/he pronouns

<https://www.glsen.org/article/pronouns-resource-educators>

- ▶ Aleks Martin is Project NEON (Needle and Sex Education Outreach Network) Program Coordinator and Addiction Services Program Supervisor at Seattle Counseling Service (SCS). Aleks has been with SCS for 15 years starting from his humble beginnings as an HIV Rapid Test Counselor for Public Health – Seattle & King County. Aleks has been recognized with the “Community Champion” presented by Seattle Women’s Pride, “Community Leader of the Year” from the GSBA Business and Humanitarian Awards, the Dr. Robert Wood Award for Excellence in HIV Prevention in 2013 and Grand Marshal at the 2014 Seattle Gay Pride among other community recognitions. More recently, recipient of the GSBA Business & Humanitarian Award for Community Leadership. In his spare time, Aleks is also an avid speaker and fundraiser in the LGBTQ community.
- ▶ **Genderqueer, drag personality, trans* activist, community organizer**



WHO ARE YOU?

- ▶ **NAME** (*Preferred name, legal name, etc.*)
- ▶ **PRONOUN** (*She, He, They, Ze, Hir, etc.*)
- ▶ **RACE/ETHNICITY** (*White, Black, Latino, etc.*)
- ▶ **ROLE** (*Position, responsibilities, etc.*)
- ▶ **Rate your knowledge/experience with the topic** (*if you're willing to share*)

LGBTQ Community and Addiction

Members of the LGBTQ (Lesbian, Gay, Bisexual, Transgender and Queer) community face a number of challenges that have contributed to a high rate of addiction.

“An estimated 20 to 30 percent of the LGBTQ community abuses substances, compared to about 9 percent of the general population.”

LGBTQ-specific treatment centers are sensitive to the needs of that community and address any underlying aspects that may have caused an addiction. This is instrumental to the recovery process.

Challenges the LGBTQ Community Faces

The LGBTQ community is prone to substance abuse at a disproportionate rate compared to that of the general population. This is due in part to a number of obstacles imposed by society that they face, often on a daily basis, that those who identify as heterosexual typically don't.

A few of these challenges include:

- **Discrimination or stigmatization based on sexual orientation**
- **Hate crimes; emotional abuse, threats, public humiliation or ridicule**
- **Rejection or shame from family or friends after coming out**
- **Loss of employment or not receiving promotions**
- **Internalized homophobia or self-hatred**

Oftentimes, LGBTQ individuals will turn to drugs or alcohol as a way to self-medicate from the prejudice they face in everyday society. Substances can help temporarily numb uncomfortable feelings they may be experiencing, such as depression, anxiety, anger or fear.

Source: Addiction Center

Substance Abuse and Dependence Among the LGBTQ Population

7

- ▶ Since the late 1970s, when substance abuse research first began to include lesbian, gay, and bisexual (LGB) subjects in study findings, scientists have reported significantly higher overall rates of substance use and substance use disorders among sexual minorities as compared to their heterosexual counterparts.
- ▶ As of 2016, national surveys have estimated that 2%–11% of Americans self-identify as LGBTQ, yet as a population, these individuals have historically been underrepresented in addiction research.

Source: Hazelden Betty Ford Foundation

- ▶ Gay and bisexual men also have a much higher propensity to abuse methamphetamine than heterosexual men. The elevated use of methamphetamine is particularly troubling, as it has been linked to increased risk of HIV transmission, especially among gay and bisexual men. On average, gay men who have been diagnosed with a substance use disorder report significantly later ages of first use for all substances as compared to heterosexual men, particularly for first use of cocaine and methamphetamine; however, no significant differences in age of first use have been identified for women or bisexual men with substance use disorders.

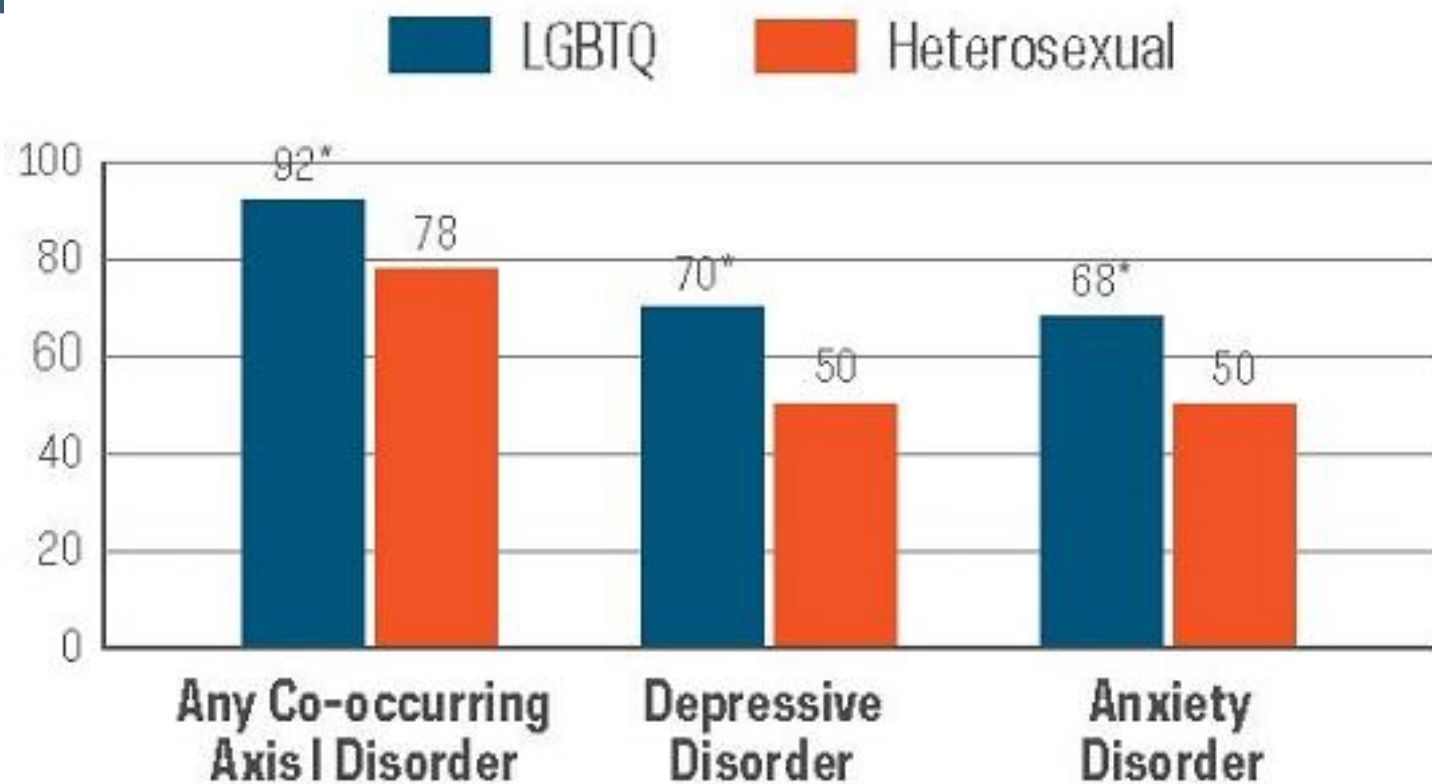
- ▶ More recently, transgendered individuals have also been identified as displaying higher-risk substance use behaviors as compared to "cisgender individuals" (those whose identified gender is congruent with their birth-assigned gender). As with gay and bisexual men, transgender women (those who endorse a male-to-female transgender status) also report significantly higher-than-average rates of methamphetamine abuse—a 2014 study found that transgender women in San Francisco were more than 6 times as likely to seek treatment for methamphetamine use as compared to cisgender women. Transgender women were also significantly more likely to have used needles in the previous year to inject a drug than cisgender women were.

Characteristics of LGBTQ Individuals Entering Drug and Alcohol Addiction Treatment

“In order to better understand the increased prevalence for substance abuse and dependence in the LGBTQ community, scientists have made attempts to identify common characteristics of LGBTQ individuals who report problematic substance use or seek treatment for substance use disorders. Many studies have found that LGBTQ individuals often face significantly increased trauma as a result of various internal and external factors. When compared with heterosexual and cisgender individuals, LGBTQ individuals have been found to suffer significantly higher incidences of stressful childhood experiences, school victimization, neighborhood-level hate crimes, and family conflict within the previous 30 days; each of these stressors has been found to correlate significantly with increased substance abuse.” – Butler Center for Research, 2016

- ▶ Treatment-seeking LGBTQ individuals also display significantly higher rates of mental illness than do non-LGBTQ individuals.
- ▶ Transgender men and women are more than twice as likely to have a diagnosis of a mental illness as cisgender men or women.
- ▶ A 2014 study of LGBTQ individuals seeking treatment at the *Hazelden Betty Ford Foundation* found that 92% of LGBTQ patients were diagnosed with a co-occurring Axis 1 disorder, as compared to 78% of non-LGBTQ patients.
- ▶ Further analysis showed that LGBTQ patients were significantly more likely to be diagnosed with depressive and anxiety disorders.
- ▶ These results are consistent with other studies that have determined that LGBTQ individuals are 2–3 times more likely than heterosexual individuals to report suicidal ideation or attempts.

% of Adult Residential Patients Having a Co-occurring Mental Disorder

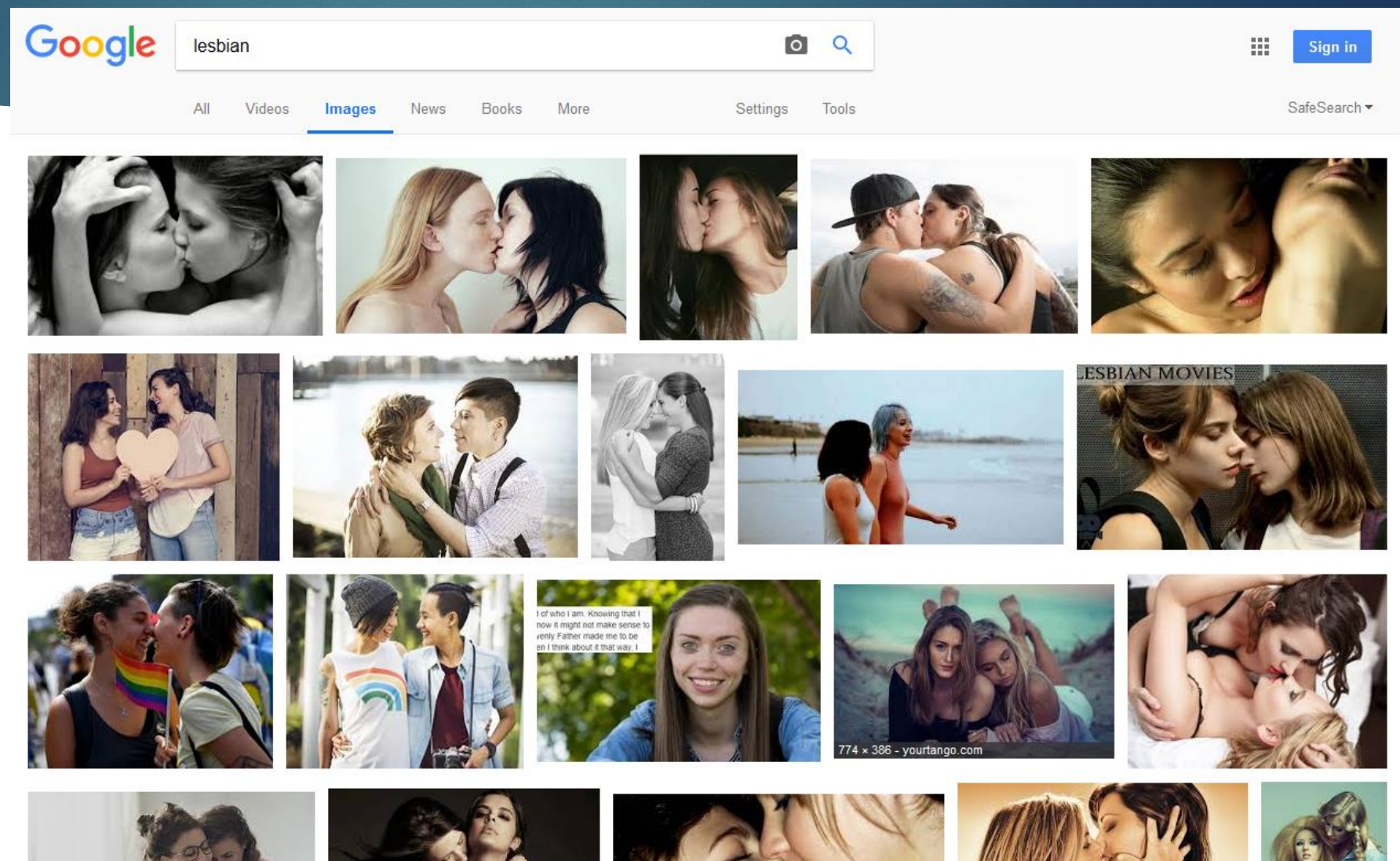


*Denotes a statistically significant difference, $p < .01$

Google Image Search

13

- ▶ Lesbian – images of feminine women intimately together



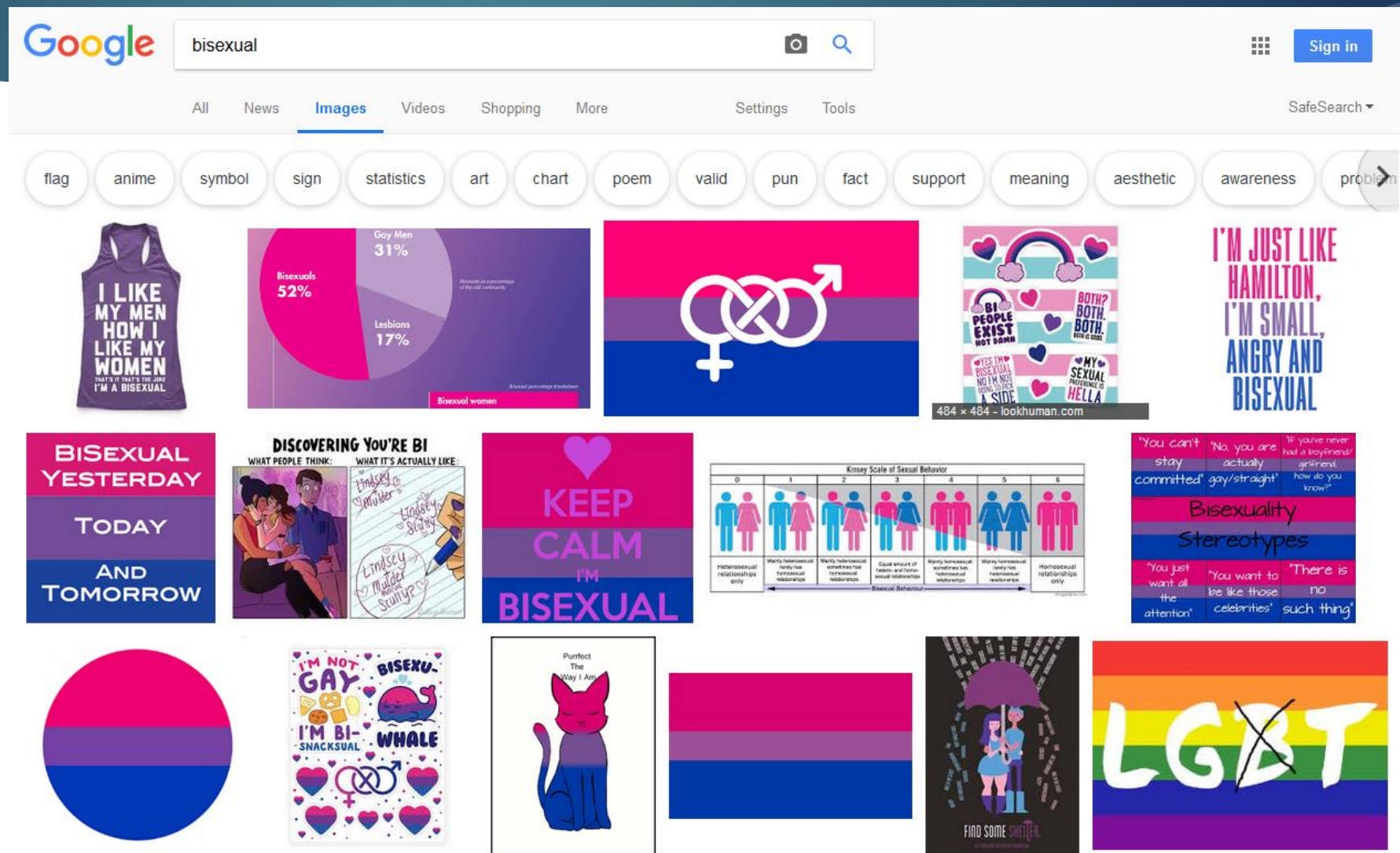
14

A screenshot of a Google Images search for "gay men". The search bar at the top shows the query "gay men" and the Google logo. Below the search bar are tabs for "All", "Videos", "Images" (which is selected), "News", "Shopping", "More", "Settings", and "Tools". A "SafeSearch" dropdown is visible on the right. Below the tabs is a row of filter buttons: "stereotype", "rugged", "normal", "historical", "modern", "icelandic", "algerian", "steampunk", "polynesian", "pride", "overweight", "scottish", "country", and a right arrow. The main area displays a grid of 15 image thumbnails. The thumbnails include: a muscular man in light blue briefs; a man in a red shirt; a group of four men in swimwear; a man in a red shirt; a man in a white shirt; a man in a white shirt; a man in a white shirt; a man in a white shirt; a man in a white shirt; a man in a white shirt; a man in a white shirt; a man in a white shirt; a man in a white shirt; a man in a white shirt; a man in a white shirt. The thumbnails show a variety of gay men in different poses and outfits, including swimwear and casual clothing.

Google Image Search

15

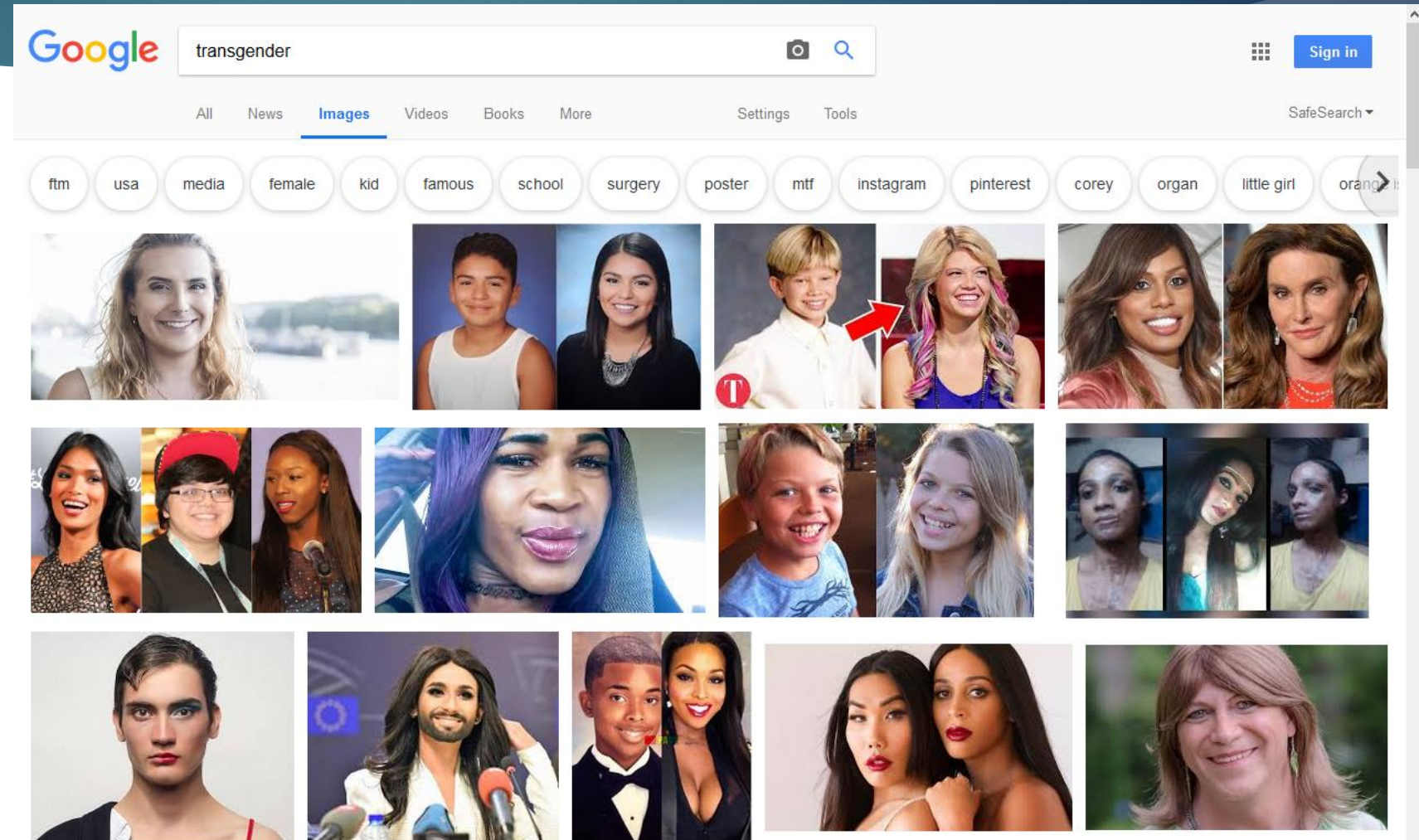
- Bisexual – images of symbols of pink and blue banners



Google Image Search

16

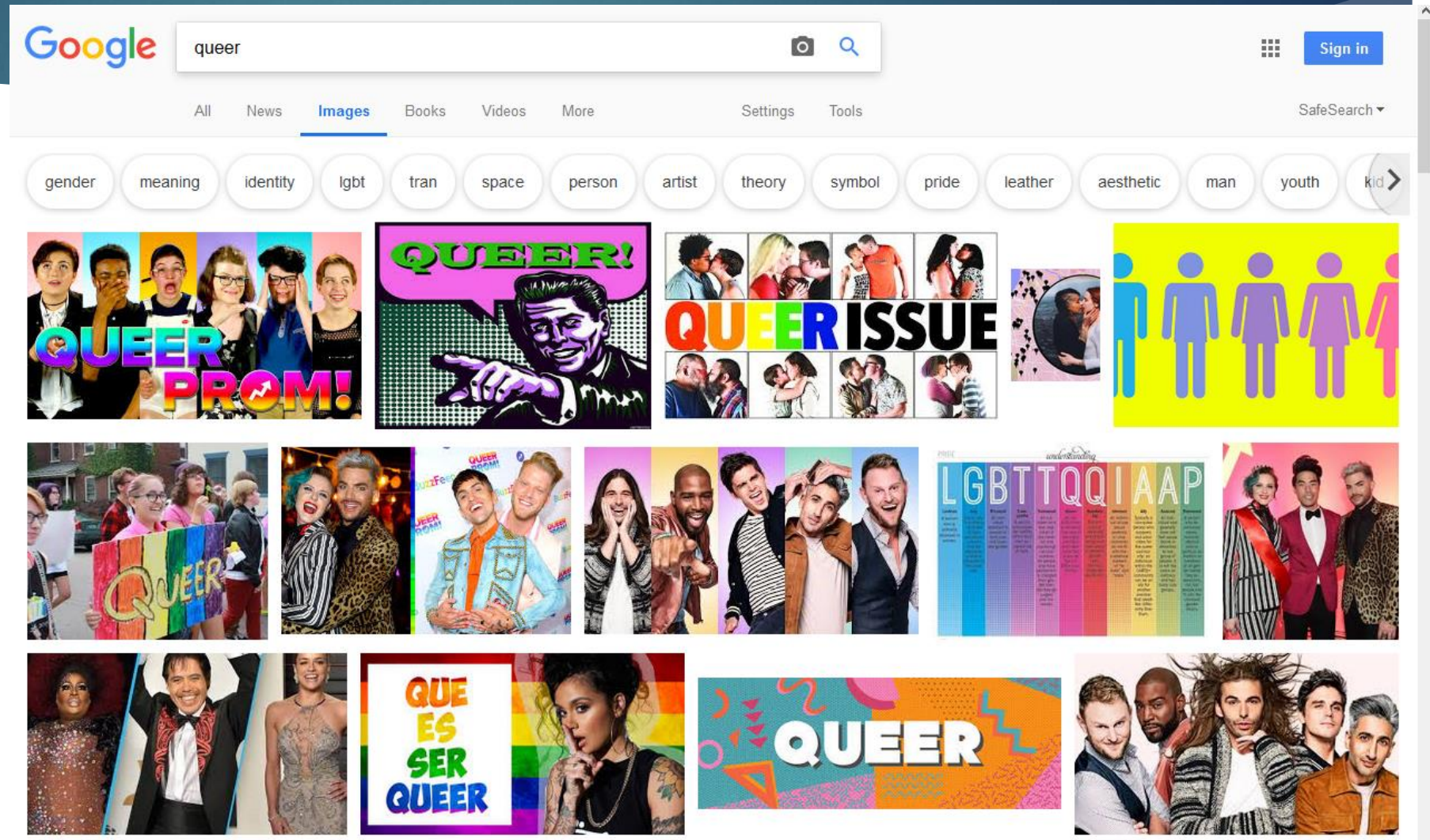
- ▶ Transgender –
images of trans*
victims, Laverne
Cox, Caitlin Jenner,
masculine looking
men with wigs



Google Image Search

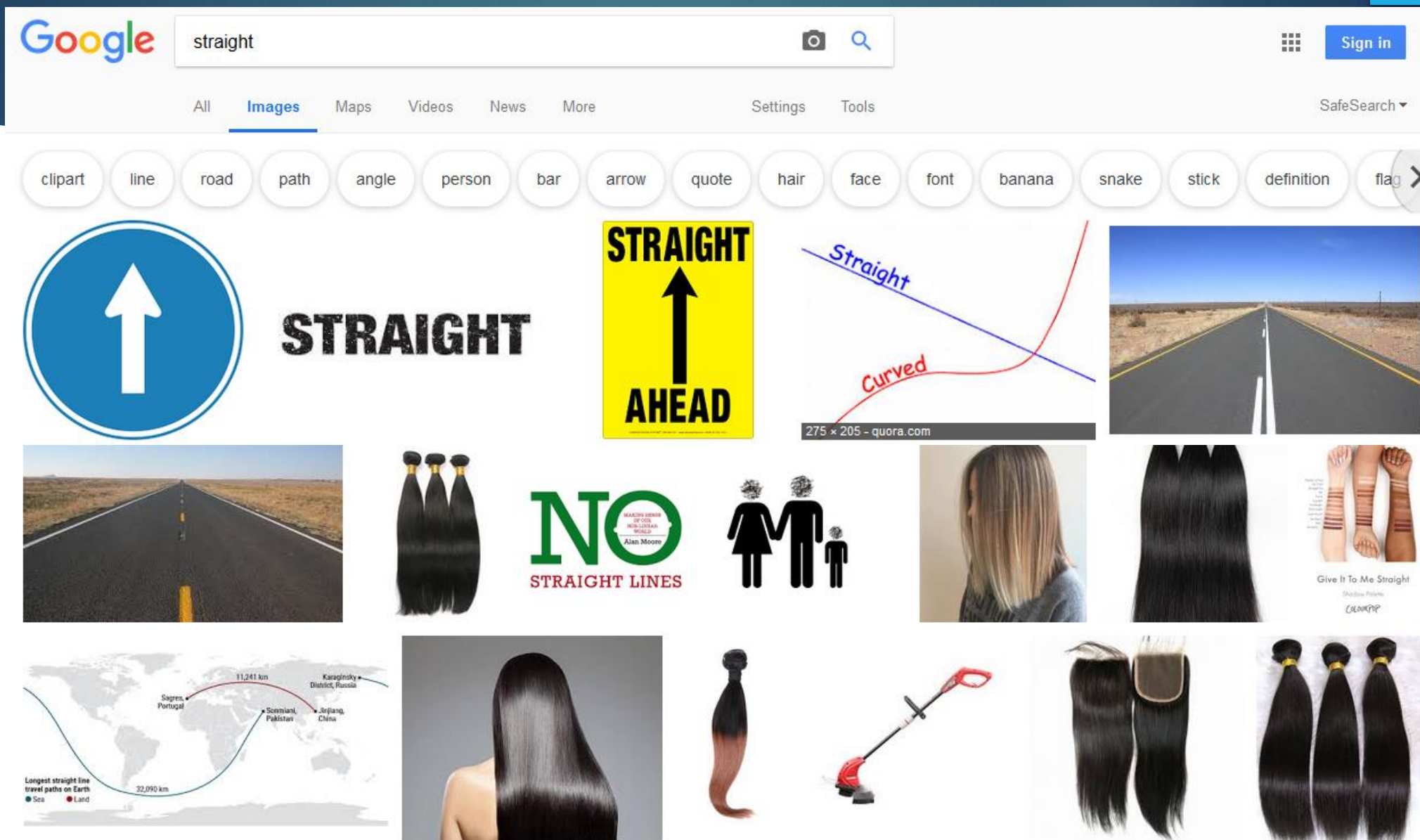
17

- ▶ **Queer** – images of the word 'queer' and men with makeup or feminine features (Queer Eye For The Straight Guy)



What does straight look like....?

18



Noxema Jackson (played by Wesley Snipes)
in To Wong Foo (1995)

“When a straight man puts on a dress and gets his sexual kicks, he is a transvestite. When a man is a woman trapped in a man's body and has a little operation, he is a transsexual. When a gay man has WAY too much fashion sense for one gender he is a drag queen. And when a tired little Latin boy puts on a dress, he is simply a boy in a dress!”

The BASICS

20

- ▶ L – Lesbian
- ▶ G – Gay
- ▶ B – Bisexual
- ▶ T – Transgender
- ▶ Q – Queer or Questioning
- ▶ I – Intersex

More at : <http://www.lgbt.ucla.edu/documents/LGBTterminology.pdf>



Homosexuality in the DSM

- ▶ Classification of gay, lesbian, and bisexual sexual orientations underwent major changes in different editions of *Diagnostic and Statistical Manual of Mental Disorders* (DSM) published by the American Psychiatric Association (APA)
- ▶ 1952: DSM I classified these orientations under "paraphilia" (sexual perversion/deviation)
- ▶ 1968-1974: DSM II under "sexual orientation disturbance"
- ▶ 1980: DSM III further modified this to "ego-dystonic* homosexuality"
- ▶ Before finally dropping the subject from DSM-III-R (and subsequent editions).

***Egodystonic** thoughts and behaviors (dreams, compulsions, desires, etc.) that are in conflict, or dissonant, with the needs and goals of the ego, or, further, in conflict with a person's ideal self-image

Gender in the DSM

- ▶ **Gender dysphoria (GD)** is the distress a person experiences as a result of the sex and gender they were assigned at birth. In this case, the assigned sex and gender do not match the person's gender identity, and the person is transgender. Evidence from twin studies suggest that people who identify with a gender different from their assigned sex may experience such distress not only due to psychological or behavioral causes, but also biological ones related to their genetics or exposure to hormones before birth.
- ▶ The diagnostic label **gender identity disorder (GID)** was used by the DSM until its reclassification as *gender dysphoria* in 2013, with the release of the DSM-5. The diagnosis was reclassified to better align it with medical understanding of the condition and to remove the stigma associated with the term *disorder*. The American Psychiatric Association, publisher of the DSM-5, stated that "gender nonconformity is not in itself a mental disorder. The critical element of gender dysphoria is the presence of clinically significant distress associated with the condition." Some transgender people and researchers support declassification of the condition because they say the diagnosis pathologizes gender variance and reinforces the binary model of gender.

More Trans* & Gender Non-Conforming Terms...

Terminology within the transgender community varies and has changed over time so we recognize the need to be sensitive to usage within particular communities.

Transgender: A term for people whose gender identity, expression or behavior is different from those typically associated with their assigned sex at birth. Transgender is a broad term and is good for non-transgender people to use. "Trans" is shorthand for "transgender." (Note: Transgender is correctly used as an adjective, not a noun, thus "transgender people" is appropriate but "*transgenders*" is often viewed as disrespectful.)

Transsexual: An older term for people whose gender identity is different from their assigned sex at birth who seeks to transition from male to female or female to male. Many do not prefer this term because it is thought to sound overly clinical.

Cross-dresser: A term for people who dress in clothing traditionally or stereotypically worn by the other sex, but who generally have no intent to live full-time as the other gender. The older term "transvestite" is considered derogatory by many in the United States.

Queer: A term used to refer to lesbian, gay, bisexual and, often also transgender, people. Some use queer as an alternative to "gay" in an effort to be more inclusive. Depending on the user, the term has either a derogatory or an affirming connotation, as many have sought to reclaim the term that was once widely used in a negative way.

Genderqueer: A term used by some individuals who identify as neither entirely male nor entirely female.

More terms....

Two-Spirit: A contemporary term that refers to the historical and current First Nations people whose individuals spirits were a blend of male and female spirits. This term has been reclaimed by some in Native American LGBT communities in order to honor their heritage and provide an alternative to the Western labels of gay, lesbian, bisexual, or transgender.

FTM: A person who transitions from "female-to-male," meaning a person who was assigned female at birth, but identifies and lives as a male. Also known as a "transgender man."

MTF: A person who transitions from "male-to-female," meaning a person who was assigned male at birth, but identifies and lives as a female. Also known as a "transgender woman."

Intersex: A term used for people who are born with a reproductive or sexual anatomy and/or chromosome pattern that does not seem to fit typical definitions of male or female. Intersex conditions are also known as differences of sex development (DSD).

Drag Queen: Used to refer to male performers who dress as women for the purpose of entertaining others at bars, clubs, or other events. It is also sometimes used in a derogatory manner to refer to transgender women.

Drag King: Used to refer to female performers who dress as men for the purposes of entertaining others at bars, clubs, or other events.

Again...

25

(Biological) SEX and Sexual Identity (Male/Female) are very different from GENDER Identity and Expression.

In short, sex and gender are two different things....

“Who you sleep with is different from who you sleep as.”

WHAT DO YOU SEE?



► What is the sex of the person in front of you?

► What is the sexual orientation of the person in front of you?

► What is the gender of the person in front of you?

WHAT WAS IT LIKE?

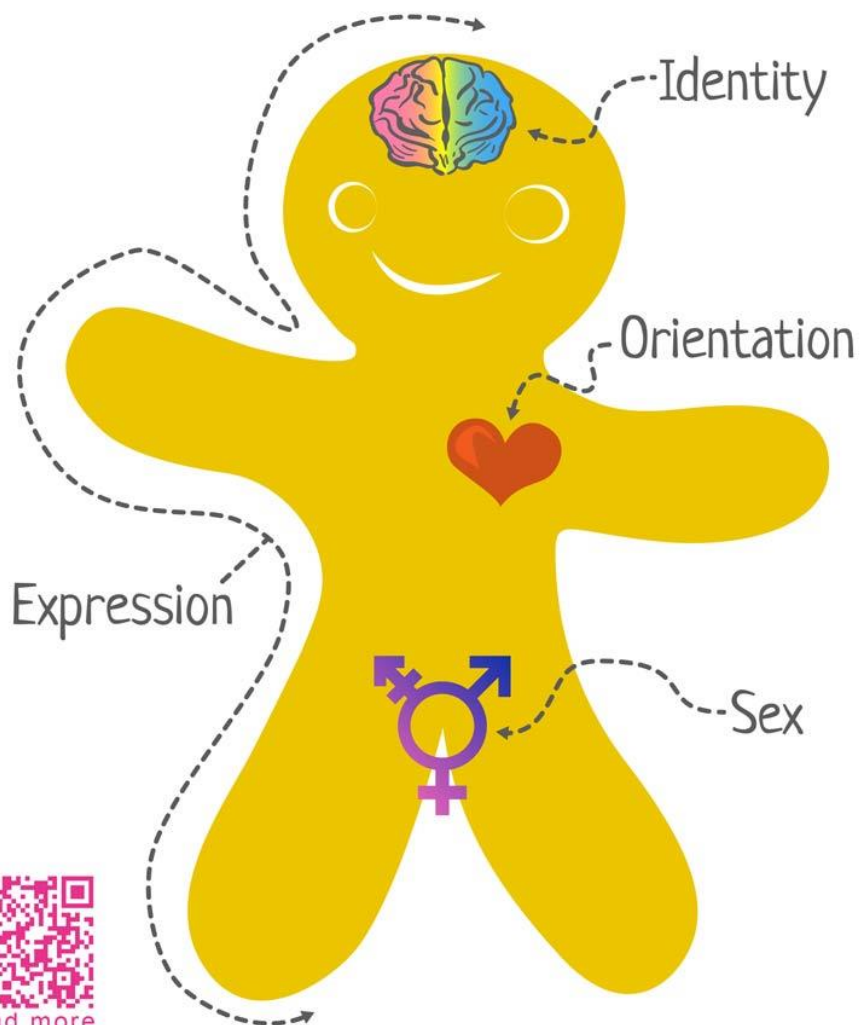
- ▶ What was it like to LOOK at someone?
- ▶ And assume their identities?

HOW WAS IT?

- ▶ What was it like to be PERCEIVED?
- ▶ To be seen as....?

The Genderbread Person

by www.ItsPronouncedMetrosexual.com



read more



Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means.



Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.



Biological sex refers to the objectively measurable organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes; male = penis, testes, XY chromosomes; intersex = a combination of the two.

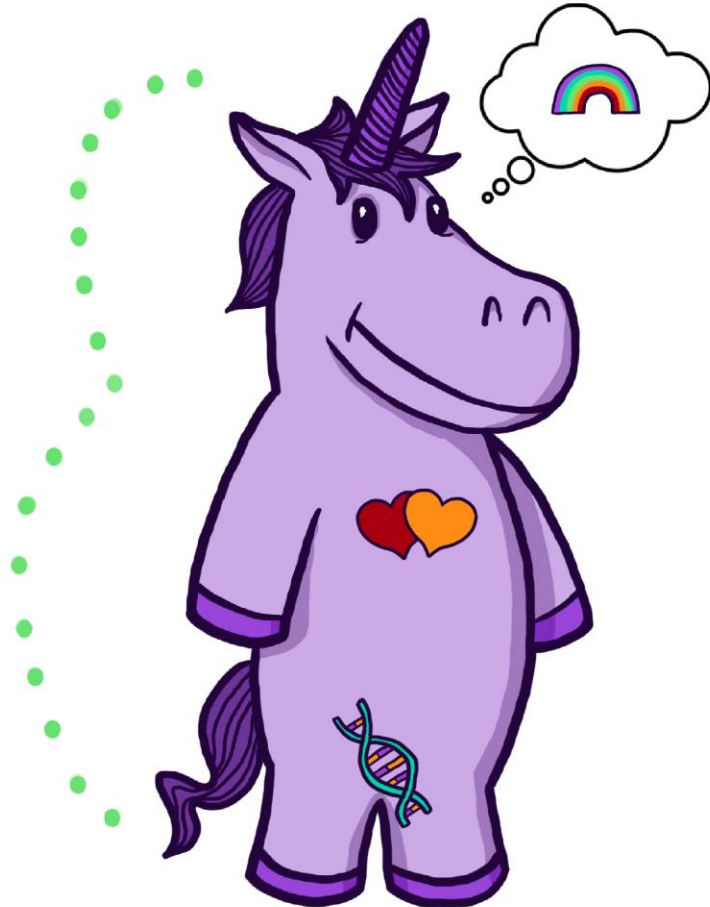


Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources

33



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

Design by Landyn Pan and Anna Moore



Gender Identity



Female / Woman / Girl

Male / Man / Boy

Other Gender(s)



Gender Expression



Feminine

Masculine

Other



Sex Assigned at Birth

Female

Male

Other / Intersex



Physically Attracted to



Women

Men

Other Gender(s)



Emotionally Attracted to



Women

Men

Other Gender(s)

SHALL WE DANCE?

Using either or both gender toolkits sampled previously, please self-identify using them as guides.....

“

Unique issues within the lgbtqq Community

”



Understanding LGBTQ Health & History

Understanding LGBTQ health starts with understanding the history of oppression and discrimination that these communities have faced.

For example: In part because bars and clubs were often the only safe places where LGBTQ individuals could gather; alcohol and drugs have been an ongoing health disparity and issue that persists today.... Among other health crises.

Sylvia Rivera



June 29, 1969



Marsha P Johnson



Social & environmental determinants affecting the health of LGBTQ individuals largely relate to oppression and discrimination.

Examples include:

- ▶ Legal discrimination accessing health insurance, employment, housing, marriage, adoption, and retirement benefits
- ▶ Lack of laws protecting against bullying in schools
- ▶ Lack of social programs targeted to and/or appropriate for LGBT youth, adults, and elders
- ▶ Shortage of health care providers who are knowledgeable and culturally competent in LGBT health

The physical environment that contributes to healthy LGBT individuals includes:

- ▶ Safe schools, neighborhoods, and housing
- ▶ Access to recreational facilities and activities
- ▶ Availability of safe meeting places
- ▶ Access to health services

LGBT health requires specific attention from health care and public health professionals to address a number of disparities

- ▶ LGBT youth are 2 to 3 times more likely to attempt suicide.
- ▶ LGBT youth are more likely to be homeless.
- ▶ Lesbians are less likely to get preventive services for cancer.
- ▶ Gay men are at higher risk of HIV and other STDs, especially among communities of color.
- ▶ Lesbians and bisexual females are more likely to be overweight or obese.
- ▶ Transgender individuals have a high prevalence of HIV/STDs, victimization, mental health issues, and suicide and are less likely to have health insurance than heterosexual or LGBQ individuals.
- ▶ LGBTQ Seniors individuals face additional barriers to health because of isolation and a lack of social services and culturally competent providers.
- ▶ LGBTQ populations have the highest rates of tobacco, alcohol, and other drug use.

Transgender Statistics (2017)

Source: <https://www.bustle.com/p/8-statistics-that-prove-why-transgender-day-of-visibility-is-so-crucial-48079>

- ▶ **In the United States, 1.4 million adults identify as transgender.** (Approx. 0.6% of Adults are Trans)
- ▶ **Transgender kids and teenagers experience high levels of bullying and violence at school.** (K-12: 78% harassment, 35% assault, 12% sexual violence, while 31% report harassment came from teachers and staff)
- ▶ **Anti-LGBT violence disproportionately affects trans people — especially trans people of color.** (trans victims and survivors are 13% of anti-LGBTQ; transgender women are 72% of homicide victims; while trans women of color — accounted for 67%.)
- ▶ **Trans people are subject to higher rates of police violence.**
- ▶ **Trans people experience high rates of harassment and discrimination in the workplace.**
- ▶ **Due to these issues in the workplace, a higher-than-average rate of trans people live in poverty.**
- ▶ **Trans people face higher-than-average rates of housing discrimination and homelessness.**
- ▶ **Trans people who have been harassed, bullied, and rejected by the people around them have an alarmingly high suicide rate.** (41% of the trans respondents attempted suicide – 25X higher than the general population.)

Creating SAFE SPACE

There are many ways as LGBTQ Allies can support the lives of EVERYONE in shared spaces:

- ▶ When in doubt, ASK kindly with compassion.
- ▶ Never assume. This creates labels that are often negative stereotypes.
- ▶ Normalize practices such as sharing PRONOUN preference. Email signatures are a fun option!
- ▶ Accept that traditional rules are constantly changing. “They” is now an acceptable and grammatically
- ▶ Recognize that different individuals may have different meanings with their terms. A young person may be ok with “queer” but an older person may find that offensive.
- ▶ It’s acceptable to watch films, read books, etc. that focus on the Trans* lives, but be responsible with questioning intent and motivation. Some use it for sensationalizing, creating drama, etc.

Finally....

- ▶ Government forms, including organizational forms are 'normally' basic and hetero-normative, i.e. Male OR Female. Instead, give more options to include "Transgender MTF or FTM, etc."
- ▶ Symbols and signage mean a lot! Rainbows, unicorns, pink triangles galore!

"EVERYONE IS WELCOME"

- ▶ There is a growing and emerging social acceptance that gender identity (including expression) is a social construct different from biological sex, and from sexual orientation.
- ▶ However, conservative and restrictive views on religion and moral values impede society's ability to look at our selves and our existence as a diverse group of individuals.

TRANS WOMEN
ARE
REAL WOMEN

NON-BINARY
GENDERS ARE
VALID & REAL

TRANS MEN
ARE
REAL MEN

TRANSGENDER
RIGHTS
ARE HUMAN RIGHTS

TRANS
AWARENESS
WEEK 2014

TRANS
LIVES
MATTER

Local Resources:

LGBTQ Counseling
Seattle Counseling Service
seattlecounseling.org

Crystal Meth Support
Project NEON
projectneon.org

LatinX Support
Entre Hermanos
entrehermanos.org

HIV Case Management
Lifelong
lifelong.org

LEGAL ISSUES
[QLAW-WA.ORG](http://qlaw-wa.org)

CRYSTAL METH GROUPS
STRENGTHOVERSPEED.ORG
CRYSTAL METH ANONYMOUS

LGBTQ SOCIAL SUPPORT
SASGCC.ORG

LGBTQ MEDIA
SEATTLE GAY NEWS
SEATTLE GAY SCENE
SEATTLE LESBIAN

OTHER
SEATTLE OFFICE FOR CIVIL RIGHTS
(LGBTQ COMMISSION)

“A Provider’s Introduction to Substance Abuse Treatment for Lesbian, Gay, Bisexual and Transgender Individuals”

[HTTPS://STORE.SAMHSA.GOV/SHIN/CONTENT/SMA12-4104/SMA12-4104.PDF](https://store.samhsa.gov/shin/content/SMA12-4104/SMA12-4104.pdf)

Q&A



THANK YOU!

ALEKS MARTIN, BAS CDP

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