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QTBIPOC Health and Wellness on Systemic Inequities and Beyond



Disclosures

No conflicts of interest to disclose

Information and data shared today will have an overlapping similarity to that well within the LGBTQIA-plus community and we will highlight the challenges for QTBIPOC individuals.

There continues to be a lack of representation with regard to research on those within the LGBTQ because research studies rarely capture data on gender identity and sexual orientation.

Objectives

Identify the needs of QTBIPOC individuals



Identify barriers to accessing quality mental health care



Defining Inequity and Equitable (mental) health care



Understanding accessible and affirming mental healthcare for QTBIPOC

Definitions

QTBIPOC:


- Queer & Trans, Black, Indigenous, and People of Color

Intersectionality:

- A person's overlap of social identities, intersectionality is a combination of gender identity, sexuality, class, race, and mobility.
- QTBIPOC folks must navigate the effects of both racism and anti-LGBTQIA+ discrimination (intersectionality)

What is
mental
health?





What is mental health?

- ▶ Emotional, psychological, and social well-being. It affects how we think, feel, and act.
- ▶ Determines how we handle stress, relate to others, and make healthy choices


Pillars of Mental Health

- ▶ YouTube clip on mental health as examined by members of the LGBTQA+ community:





Defining Challenges

- ▶ Lack of Holistic Perspective
 - ▶ Unmet Needs
 - ▶ Intersectionality
 - ▶ Economic Insecurities
 - ▶ Injustice
 - ▶ Stigma
 - ▶ Lack of knowledge about the healthcare system...
- 



Defining Health Inequities

- ▶ Systematic differences in the opportunity groups have to achieve optimal health, leading to unfair and avoidable differences in health outcomes.
 - ▶ Available, Accessible, Acceptable
- ▶ Black, Latinx/Hispanic, and Asian populations are less likely to have health insurance, more likely to face cost-related barriers to getting care, and more likely to incur medical debt.

Defining Health Inequities



- ▶ It is also less common for individuals from these groups to have a usual source of care or to regularly receive preventive services like vaccinations.
- ▶ In addition, many people of color contend with interpersonal racism and discrimination when dealing with clinicians and more often receive lower-value or suboptimal care.
- ▶ Arises from social, economic, environmental, and structural disparities

Defining Health Inequities

- ▶ LGBTQ+ high schoolers of color are also more likely to attempt suicide (27%) compared to LGBTQ+ high schoolers (22%) and non-LGBTQ+ high schoolers (5%) in the United States.
- ▶ In the United States, more than one-quarter (28%) of LGBTQ+ adults of color have no health insurance coverage, compared to 8% of all adults.
- ▶ In 2022 alone, state lawmakers introduced more than 300 bills targeting the rights of LGBTQI+ people—especially LGBTQI+ youth and transgender people.
- ▶ Nearly 3 in 10 LGBTQI+ adults reported experiencing some kind of housing discrimination or harassment in the past year because of their sexual orientation, gender identity, or intersex status.
- ▶ Despite high rates of poor mental health, only 29% of LGBTQ adults of color say they have been diagnosed with a depressive order from a provider, compared to 39% of the LGBTQ adults broadly

Defining Health Inequities

- ▶ More than 1 in 3 LGBTQI+ adults reported postponing or avoiding medical care in the past year due to cost issues,
- ▶ More than half of LGBTQI+ adults reported that “recent debates about state laws restricting the rights of LGBTQI+ people” moderately or significantly affected their mental health or made them feel less safe, including more than 8 in 10 transgender or nonbinary individuals.
- ▶ Approximately 1 in 3 LGBTQI+ adults reported encountering at least one kind of negative experience or form of mistreatment when interacting with a mental health professional in the past year, including 4 in 10 LGBTQI+ people of color and more than 1 in 2 transgender or nonbinary individuals.



Defining Health Inequities

The factors that make up the root causes of health inequity are diverse, complex, evolving, and interdependent in nature. It is important to understand the underlying causes and conditions of health inequities to inform equally complex and effective interventions to promote health equity.



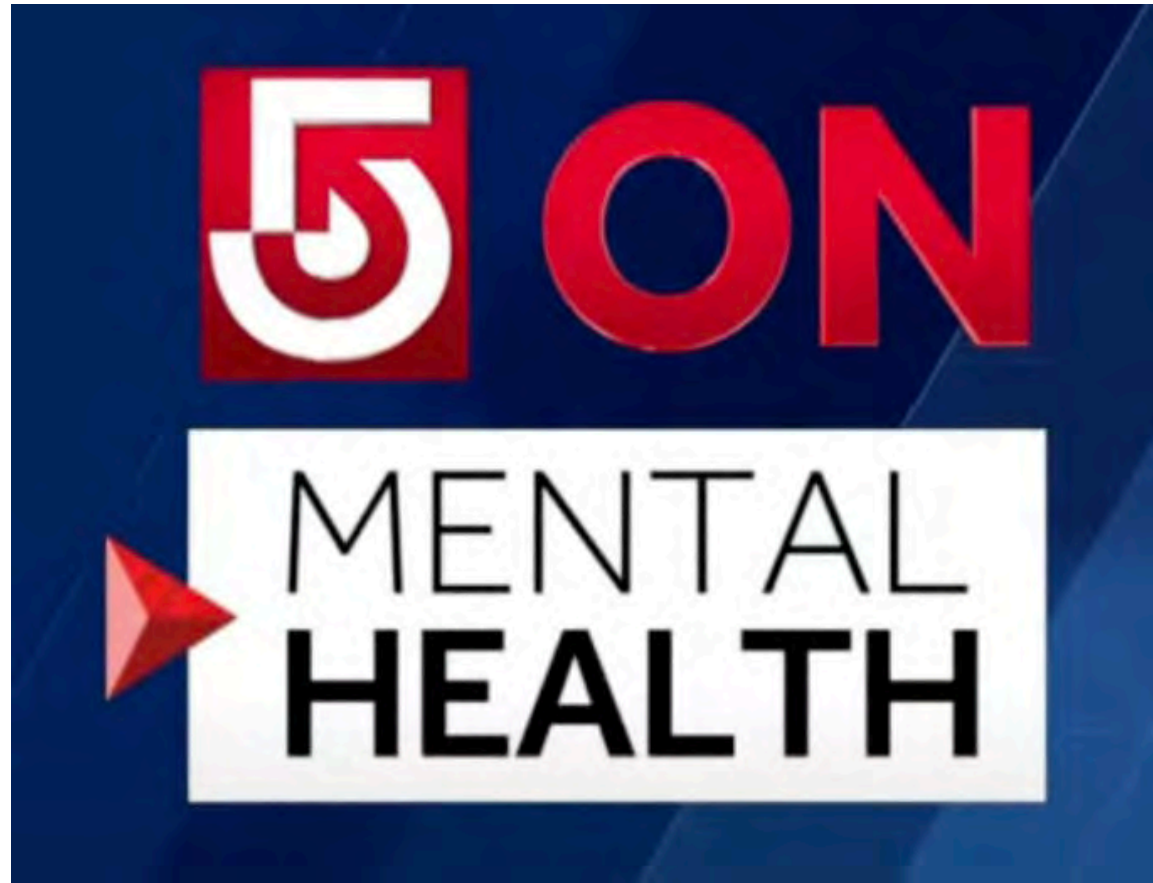
What is Equitable Health?

More Definitions



- ▶ Health equity:
 - ▶ everyone has a fair and just opportunity to attain their highest level of health.
- ▶ Mental health equity:
 - ▶ everyone has a fair and just opportunity to reach their highest level of mental health and emotional well-being.

Outcomes



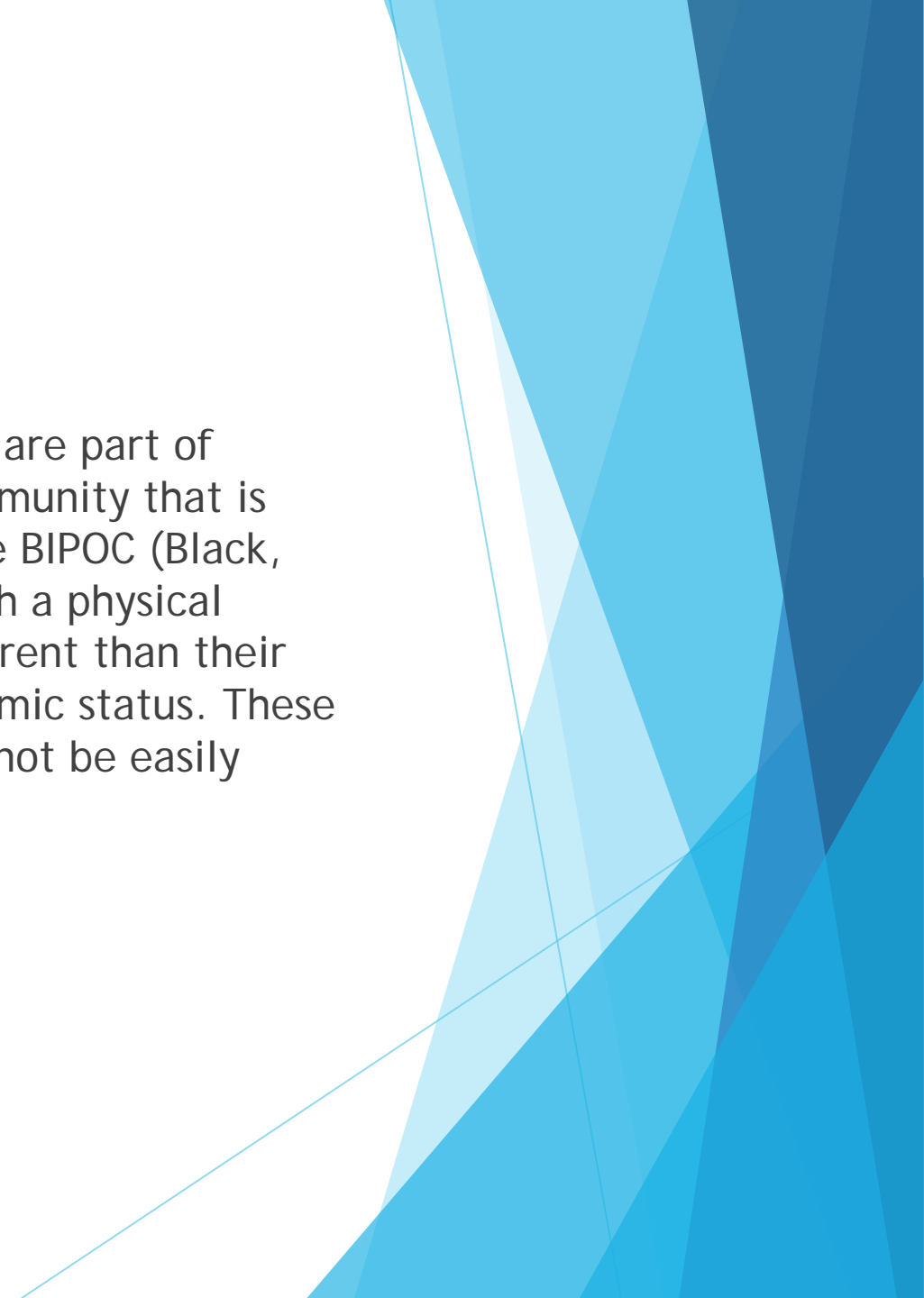


Outcomes

One study even found that LGBTQ+ people used mental health services at 2.5 times higher rates than their heterosexual counterparts. However, they are also at particular risk for experiencing shame, fear, discrimination, and adverse and traumatic events.

Intersectionality

Also, many people who identify as LGBTQ+ are part of second (and sometimes third or more) community that is marginalized. Examples of these groups are BIPOC (Black, Indigenous, or People of Color), people with a physical disability, people practicing a religion different than their neighbors, and people with low socioeconomic status. These people have complex experiences that cannot be easily addressed in one area of their life.



Addressing Inequities

Addressing these inequities requires a multipronged, intersectional approach that involves the creation of safe and inclusive environments, approaches to improve the identification of disparities faced by SGM individuals, and strategies to build a pipeline of leaders and researchers dedicated to ensuring equitable health care for all.

Defining
Equitable
Healthcare

CARE. WE SCREEN
WE AFFIRM.



TECTING OUR PAT



“We can’t 1 on 1
therapy ourselves out
of any health
challenge..”

What now?

Learn about

Learn about mental health perspective for people of color...

- [cdc.gov/mentalhealth/learn](https://www.cdc.gov/mentalhealth/learn)

Share

Share information on mental health, healthy coping skills, and resources with family, friends, neighbors, and others in your community.

- [cdc.gov/mentalhealth/tools-resources](https://www.cdc.gov/mentalhealth/tools-resources)

Talk about

Talk about mental health and use non- stigmatizing language.

- [cdc.gov/healthcommunication](https://www.cdc.gov/healthcommunication)

What now?



Learn about implicit bias. Implicit biases are unintentional attitudes, behaviors, and actions that are in favor of or against one person or group.

diversity.nih.gov/sociocultural-factors/implicit-bias



Inquire intersectionally! Ask open questions about how your client's various identities conflict, integrate, cause stress, spark connection, or foster joy.

Practice "not-knowing"



What now?

- ▶ Learn about microaggressions. Microaggressions are everyday verbal, nonverbal, and environmental slights, snubs, or insults. They communicate negative messages to people because of their membership in a marginalized group. Microaggressions can be intentional or unintentional.
 - ▶ diversity.nih.gov/sociocultural-factors/microaggressions
- ▶ Make ongoing efforts to avoid implicit bias, microaggressions, and other forms of discrimination.
 - ▶ Challenge your understanding



Putting it All Together

Access to culturally competent mental health and addiction care is vital for members of the QTBIPOC.



Putting it All Together

Barriers for QTBIPOC exist at the intersection of racism, ethnocentrism, xenophobia, queerphobia, and transphobia.



Putting it All Together

Accordingly, QTBIPOC individuals often
face multiple forms of oppression.

Recap

- ▶ Health Inequity:
 - ▶ systematic differences in the opportunity's groups have to achieve optimal health, leading to unfair and avoidable differences in health outcomes.
- ▶ Health Equity:
 - ▶ everyone has a fair and just opportunity to attain their highest level of health.
- ▶ Mental Health Equity:
 - ▶ everyone has a fair and just opportunity to reach their highest level of mental health and emotional well- being.



Understanding accessibility and affirming mental healthcare for QTBIPOC can be achievable through language, learning and recognizing those needs and being proactive in dismantling those barriers.

Resources/Bibliography

Four Pillars of Mental Health: <https://montarebehavioralhealth.com/4-pillars-of-health/><https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQ>

health inequities: <https://www.ncbi.nlm.nih.gov/books/NBK425845/>

Health equity:

<https://www.cdc.gov/healthequity/whatis/index.html#:~:text=Health%20equity%20is%20the%20state,health%20and%20health%20care%3B%20and>

What can be done: https://youtu.be/dHgTkKImpVU?si=t3t_5hyus9xywMeM

Fostering an equitable healthcare system: <https://www.aha.org/news/blog/2022-06-16-fostering-equitable-inclusive-environment-lgbtq-health><https://mhanational.org/issues/lgbtq-communities-and-mental-health>

What it takes to break those systems inequities : <https://youtu.be/eO-aKGnhPFI?si=1eVEsTJQ2P4eu-ZO>

Misconceptions: <https://youtu.be/QwiokcjX0-M?si=wl8zAMPI6I3jhhF3>

Systems inequities: <https://www.commonwealthfund.org/publications/scorecard/2021/nov/achieving-racial-ethnic-equity-us-health-care-state-performance#:~:text=Issues%20around%20cost%2C%20affordability%2C%20and,likely%20to%20incur%20medical%20debt.>

System equity: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9170236/>

Communities of Color event by HRC: https://youtu.be/VnYcPuEXnjU?si=tUbsRgxO52Fv-_KS

Youth of color: <https://www.thetrevorproject.org/research-briefs/all-black-lives-matter-mental-health-of-black-lgbtq-youth/>

Health partners: <https://www.healthpartners.com/blog/mental-health-in-the-lgbtq-community/>



Questions

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