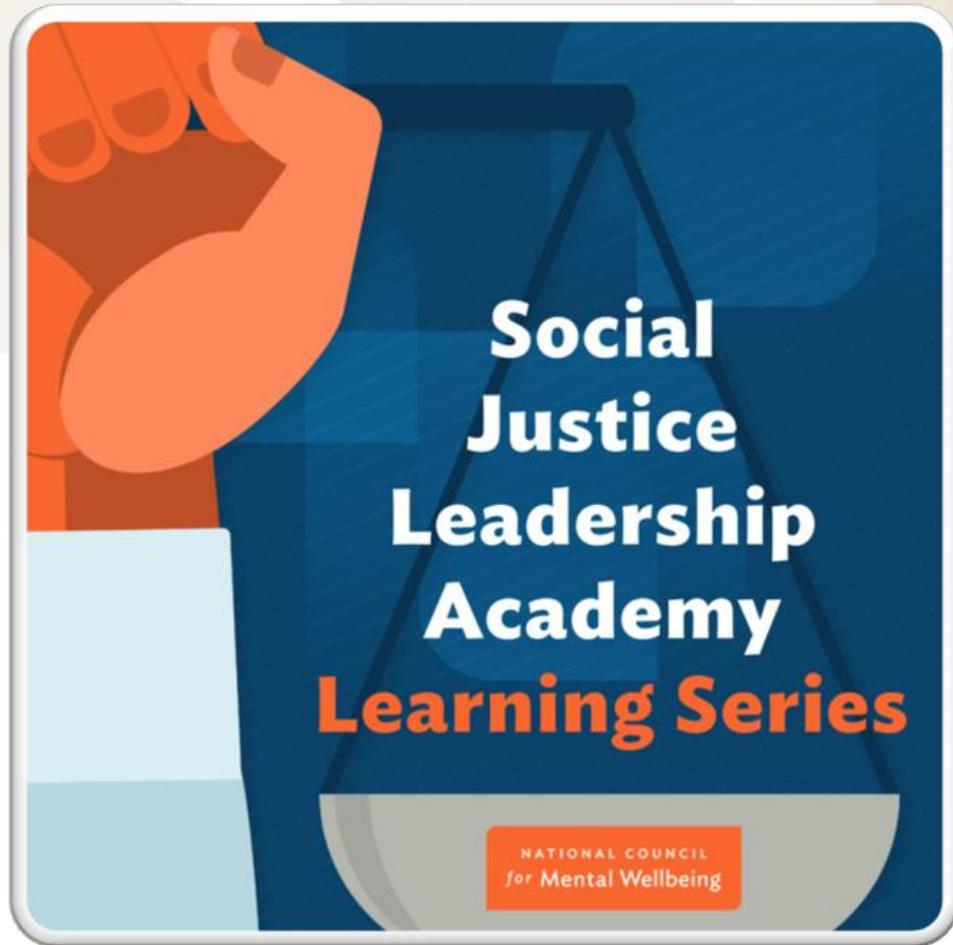


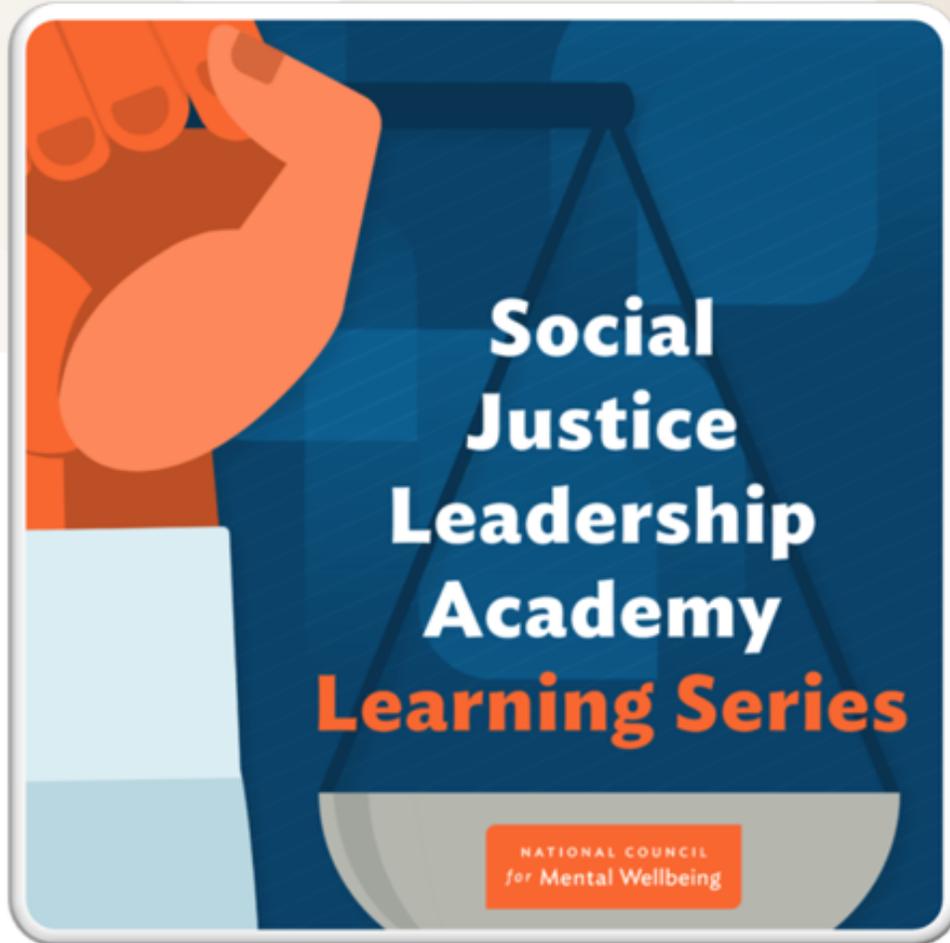
NATIONAL  
COUNCIL  
*for* Mental  
Wellbeing



Thank you for joining!

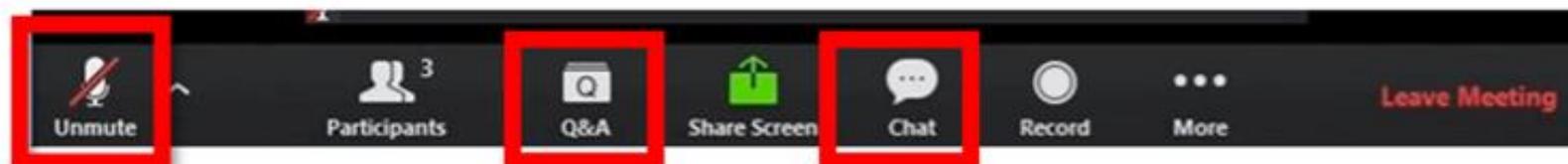
The webinar will begin  
at the top of the hour

NATIONAL  
COUNCIL  
*for Mental  
Wellbeing*



September 2022:  
Suicide Prevention  
within the LGBTQ+  
Community

# How to Ask a Question



**All functions are located at the bottom of your screen**

- Ask questions by using the Q&A function (you will not be able to unmute)
- Use the chat for discussion & interactive activities

# SJLA Community Norms

- Practice empathy: discussions around social justice and equity touch on sensitive topics that require us all to be understanding of each other's backgrounds and experiences.
- As you participate in today's webinar, please remember to stay committed to openness and learning.

## Chat Norms:

- We may have differing opinions on ideas, but **those differences should always be discussed respectfully to facilitate education and growth.**
- Insulting, bullying, inflammatory, and offensive language will result in removal from the webinar.
- If you have any questions or concerns or are experiencing issues in the group, feel free to reach out to one of the moderators privately in the chat or by emailing [SJLA@thenationalcouncil.org](mailto:SJLA@thenationalcouncil.org). We are here to help!



# Frequently Asked Questions

- **All Learning Series events are recorded and will be made available to view on demand, along with a copy of these slides, on our SJLA webpage** within 48 hours following the event's conclusion.
- **The SJLA Workbook is not required to participate in the Learning Series**, however if you are interested in purchasing a copy it is available on our SJLA website.
- The SJLA Learning Series **is not CEU accredited**.
- **There will not be a certificate of completion for attending the SJLA Learning Series.** However, if you would like proof of attendance for your employer, please email [SJLA@thenationalcouncil.org](mailto:SJLA@thenationalcouncil.org) and we would be happy to provide you with an email verification.

# Dusty Jepkema LMSW

## About Me

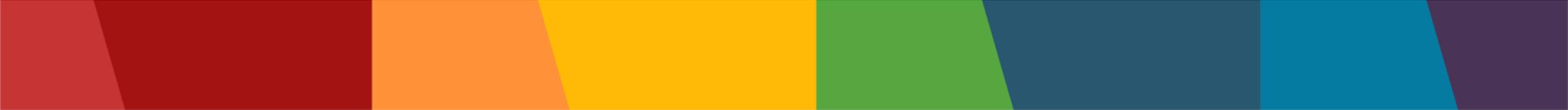
- Clinical Social Worker
- Co-Facilitator: Justice, Equity, and Trauma Team (JETT)
- Non-Binary (They, Them) Queer Identifying
- Worked in several areas of social work
  - Indian Child Welfare
  - Report on Housing and Racial Equity
  - Homelessness and Housing
  - Transition to Independence Program



# Learning Objectives

- Examine how organizations can strengthen access and delivery of suicide care
- Discuss how to create and promote protective environments
- Identify cultural competencies and appropriate language that organizations should be aware of when implementing suicide prevention programs

# Disclosures





# **SOGIE 101**

**Sexual Orientation**  
**Gender Identity/Expression**

# LGBTQ Alphabet Soup

Identities within the LGBTQ+ community (not all identities listed)

**Lesbian**

**Gay**

**Bisexual**

**Pansexual**

**Questioning**

**Queer**

**Asexual**

**Omnisexual**

**Demisexual**

**Straight**

**Intersex**

**Transgender**

**Genderqueer**

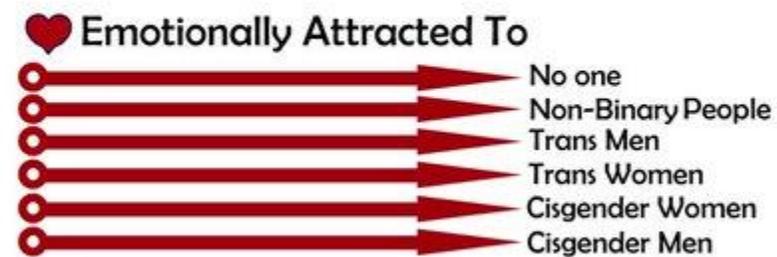
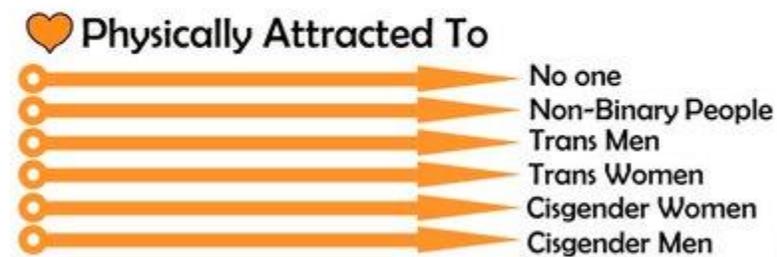
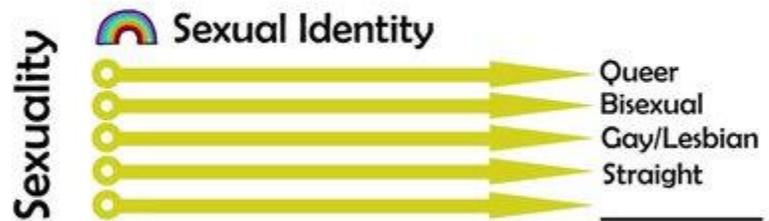
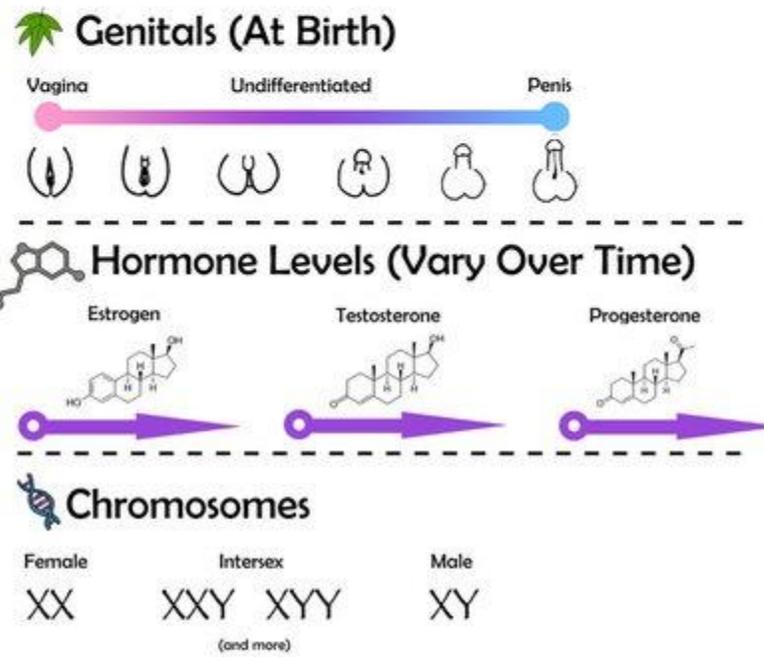
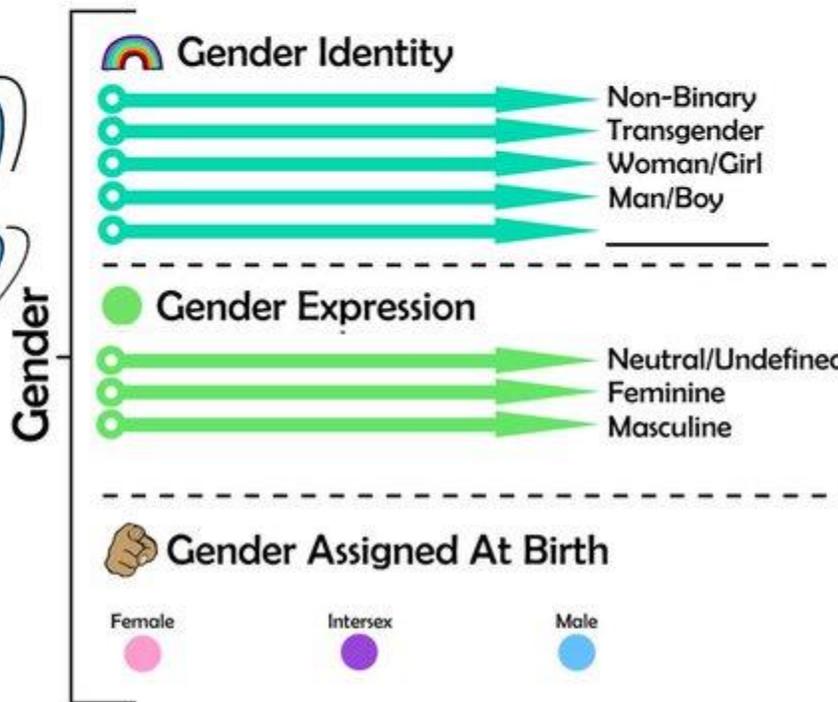
**Non-Binary**

**Two - Spirit**

**Androgyne**

**Agender**

# The Flying Gender Unicorn



Original design by Landyn Pan and Anna Moore

Original graphic by  
**TSER**  
Trans Student Educational Resources

Content and graphic modified by  
**Dr. Erica Jayne Friedman**  
**FIU** FLORIDA INTERNATIONAL UNIVERSITY

# Importance of this work

61% of suicide attempts among LGBTQ people happen within 5 years of realizing their identity  
– Williams Institute 2021

Focus has been on young LGBTQ individuals due to prevalence

Suicide is the second leading cause of death for YYA aged 10-24 and increased risk for those identifying LGBTQ - Trevor Project

LGBTQ youth more than 4 times more likely to attempt suicide than their peers (Johns et al 2019; Johns et al. 2020) – Trevor Project





# Trans Suicide Statistics

US Transgender Survey found that 81.7% reported suicidal ideation in their lifetime and 48.3% had suicidal thoughts in the past year

Trans adult suicidal ideation was found to be 12 times higher than general population and suicide attempt rate 18 times higher – US Transgender Survey

Trans and non-binary youth 2 to 2.5 times as likely to experience depressive symptom, seriously consider suicide and attempt suicide compared to cis LGBTQ peers

# Intersectional identities

**Kimberlé Crenshaw – Intersectionality, those who have identities which lie within marginalized parts of society have exponentially increased risk of violence and discrimination when they have more than one.**

**Gender Identity vs Sexual Orientation**

**People of Color – differences in youth responses, not as much in adults**

**Bisexual individuals**





**Why such high risk of suicide?**

# Compounding Factors to Suicide Risk

Serious psychological distress

Heavy alcohol and drug use

Poor overall health

Homelessness

Isolation

Discrimination

Religious Trauma

Intimate Partner Violence

De-Transitioning

Passing Status

National Events

Societal views on morality of LGBTQ identities





# Minority Stress

**LGB adults twice as likely as heterosexual adults to experience a mental health condition and Trans adults nearly four times as likely.**

**Coming out: lifetime event causing distress**

## **Discrimination**

**Housing**

**Employment**

**Education**

**Healthcare**

# Historical Alcohol and Substance Use



# National Events

## Despite State Injunctions, Parents Say Texas Is Still Investigating Trans Kids for Potential 'Abuse'

When it comes to gender identity issues, some conservatives make a mockery of liberty and parental rights.

SCOTT SHACKFORD | 9.13.2022 3:55 PM



## Virginia policy latest attempt to restrict rights of transgender students

By Hannah Natanson

Updated September 17, 2022 at 8:18 p.m. EDT | Published September 16, 2022 at 10:06 p.m. EDT



## FLORIDA

## Parents ask federal judge to block Florida schools from carrying out 'Don't Say Gay' law

The group on Friday asked for a hearing in their pursuit of a preliminary injunction.

## Nearly 240 anti-LGBTQ bills filed in 2022 so far, most of them targeting trans people

The annual number of anti-LGBTQ bills to have been filed has skyrocketed over the past several years, from 41 in 2018 to 238 in less than three months of this year.



Jennifer Aleman, right, joins others in Miami on March 9 to protest in front of the office of Florida state Sen. Ileana Garcia after the passage of the Parental Rights in Education bill. Joe Raedle / Getty Images Plus



## 2022 is already a record year for state bills seeking to curtail LGBTQ rights, ACLU data shows



By Priya Krishnakumar and Devan Cole, CNN

Updated 5:57 PM ET, Sun July 17, 2022

# Isolation

- **Lack of a sense of belonging**
- **Inability to engage and connect with others**
- **Ostracization and rejection**
- **Small communities with no LGBTQ agencies or resource centers**
- **Internal isolation as a protective measure/Being “in the closet”**



# Religious Trauma

EQUITY

**In the LGBTQ community, faith brings comfort and pain. Six Pittsburghers reflect on feeling rejected for who they are.**

Mark Kramer May 9, 2019



Jeff Miller first felt his sense of calling to the church at age 12 and entered the ministry in 1972. After coming out, he lost his United Methodist Church ordination credentials, though he has continued in ministry. (Photo by Kat Procyk/PublicSource)



LGBT People Share Their Experience Being Rejected By the Church | Tell A Stranger



# De-transitioning and Passing status

**Those who had “de-transitioned” at some point were more likely to report suicide thoughts and attempts in the past year and in their lifetime**

**“Passing” is often sought by many trans people. This means that the individual is identified by others as their gender without knowledge of them being assigned another sex at birth**

**These are important as they indicate the societal pressure that trans people feel to adhere to gender norms. Often de-transition happens to appease those who know about the persons trans identity and is exacerbated by “not passing”.**

**What can we do?**

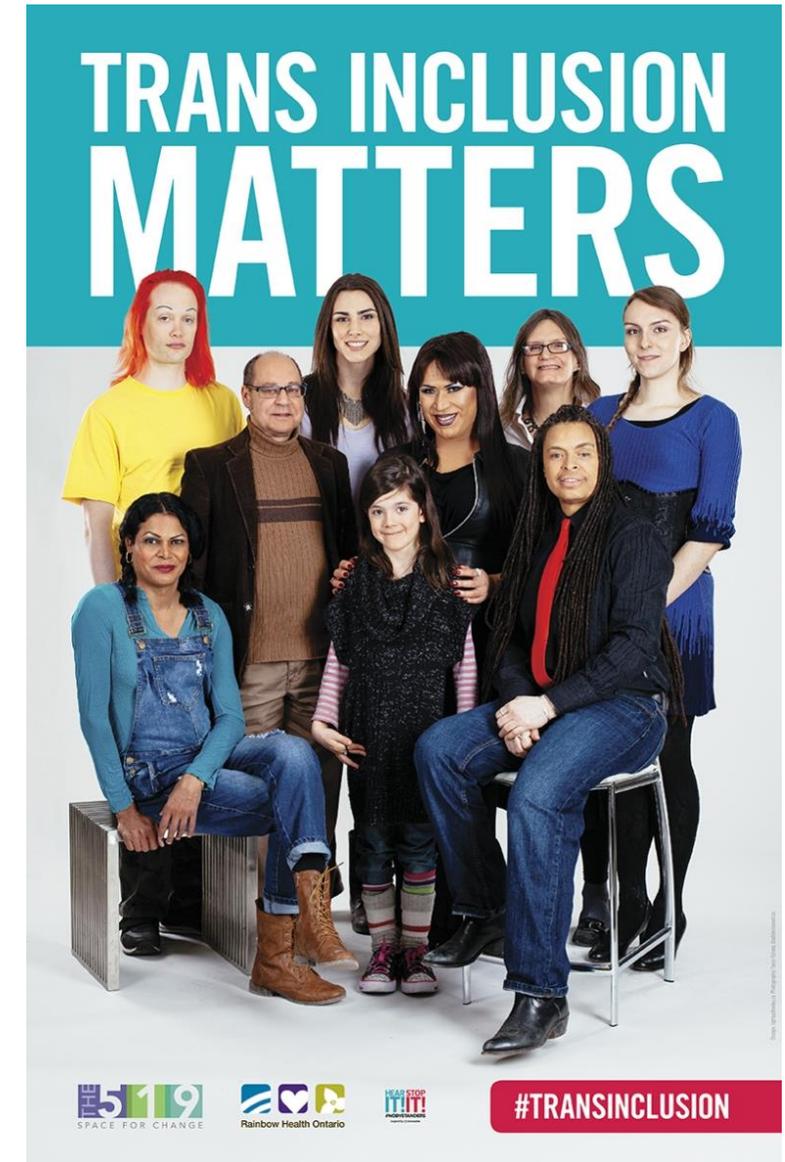
# Identity Affirmation is Suicide Prevention

Trans adults who had supportive families reported lower risk of suicide thoughts and attempts throughout their lifetime - US Trans Study

Fewer trans adults in states with nondiscrimination statues reported past-year suicide thoughts and attempts than those living in states without statutes – US Trans Study

LGBTQ youth who report having at least one accepting adult were 40% less likely to report a suicide attempt in the past year – Trevor Project (focus on school)

“All forms of peer and adult acceptance were associated with reduced reports of past-year suicide attempt, with the strongest associations found for acceptance from parents” –Green, Price-Feeney, Dorison 2021



# Acceptance Models

National SOGIE Center

AFFIRM Model



Family Acceptance Project



# Connection and Community is Suicide Prevention

**Help LGBTQ people build connections and community**

**Find and Identify LGBTQ specific agencies and resources in  
your area or nearby**

**Build Networks of Allies**

**Host Homes Projects**

**Online Communities**



# Healthcare is Suicide Prevention

World Professional Association for Transgender Health (WPATH) Standards of Care 8 (2022)

“The overall goal of the World Professional Association for Transgender Health’s (WPATH) Standards of Care – Eighth Edition (SOC-8) is to provide clinician guidance to health care professionals to assist transgender and gender diverse (TGD) people in accessing safe and effective pathways to achieving lasting personal comfort with their gendered selves with the aim of optimizing their overall physical health psychological well-being, and self-fulfillment.” “One of the main functions of WPATH is to promote the highest standards of health care for individuals through the Standards of Care (SOC). The SOC-8 is based on the best available science and expert professional consensus.”



# Language Matters

This	Not That	This	Not That
Sexual Orientation	Sexual Preference	Suicide, Died by suicide	Completed Suicide, Successful suicide, Committed Suicide
LGBTQ person	Homosexual Sodomite	Suicide attempt	Failed suicide, Nonfatal suicide
Tans, Transgender	Transexual, Transgendered,	Non-Suicidal or Suicidal self-directed violence	Parasuicide, Suicide Gesture, Manipulative Act
Intersex	Hermaphrodite	Suicidal Ideation	Suicidality
Gender affirmation surgery	Sex Change		
Crossdresser*	Transvestite		
Queer*	Gays		

# Asking about SOGIE!

## **Know when and how to ask about someone's SOGIE information**

- Be developmentally appropriate (age 12-14)
- For kids under 12, don't correct "gender norms", allow for expression and exploration
- Only ask when necessary. Why are you asking?
- Affirm choice in answering these questions
- Affirm confidentiality
- Explain why these questions are being asked
- Do not assume SOGIE as Cisgender or Heterosexual

## **Questions:**

- **What name do you go by?**
- **What name do you want me to call you?**
- **What pronoun do you use?**
- **What gender do you identify as?**
- **Is this the same gender you were given at birth?**

# Protecting SOGIE Info

**Never “Out” Someone, This is a matter of safety!**

**Be conscious about who you are around and how you are talking about an individual**

**Check with the individual about how they want to be addressed privately and around others.**

**Be conscious about how you write about SOGIE information in your documentation and records.**

**Don't force SOGIE information. Building a relationship is important to be trusted with this.**



# Why are names important?

## **Legal Name**

- Name typically given to person at birth. Can be changed through court intervention. What is on their documentation i.e. birth certificate, social security card, ID

## **Dead Name**

- Name that a person no longer uses, often name given at birth

## **Name**

- The name that someone goes by. Name that affirms their identity.

## **Affirmed Name (Preferred Name)**

- Same as name, used to differentiate from Legal Name

# Suicide Assessment

**Suicide is considered as a solution to a problem. We have to ask ourselves, what problem is this person trying to solve by dying by suicide?**

## **Tools:**

**Patient Health Questionnaire 9 (PHQ 9)**

**Suicide Behaviors Questionnaire – Revise (SBQ-R)**

**Columbia-Suicide Severity Rating Scale (C-SSRS)**

**Linehan Risk Assessment and Management Protocol (LRAMP)**

## **TIPMB**

**Ask directly: Are you thinking about ending your life?  
Have you thought about doing anything to end your life?**



# **Safety Planning**

**Warning Signs**

**Coping Skills**

**Reasons to Live**

**Future Plans**

**Who Can you Contact?**

**Where Can You Go for Safety?**

**Make the Environment Safe**

# National Hotline Resources

**988 – call and text (Connects to National Suicide  
Prevention Line)**

## **Trevor Project**

**Call 866-488-7386**

**Text “start” to 678-678**

**Message from the computer**

## **Trans Lifeline**

**877-565-8860**





# Question & Answer

# Evaluation

- Please provide your feedback on this SJLA Learning Series webinar event at the link below.
- Scan the QR code or type the URL into your browser.

<https://redcap.link/duivqqc8>



# Social Justice Leadership Academy Learning Series: Upcoming Events

**Learning Series Event 7:** *Health Equity Workshop Series Part 1: Understanding the Landscape of Mental Health and Substance Use Challenges* – October 31<sup>st</sup> 1 – 2:30 p.m. EST



Register Here: [https://thenationalcouncil-org.zoom.us/webinar/register/WN\\_gxBJEzC9Q0GSy5wUe-KaFQ](https://thenationalcouncil.org.zoom.us/webinar/register/WN_gxBJEzC9Q0GSy5wUe-KaFQ)

\*Registration information will be emailed to all attendees from today's event and will be posted on our SJLA 'Events' Webpage:

<https://www.thenationalcouncil.org/program/the-social-justice-leadership-academy/events/>

# SJLA Leadership Ambassador Community

- **This site is a space for interactive discussion and networking between participants in the Social Justice Leadership Academy Learning Series.** Following Learning Series events, we will post discussion prompts, SJLA Workbook exercises, or other interactive learning activities on this page.
- We will continue to use the Social Justice Leadership Academy's **main website** as the library of previous Learning Series Event recordings and slides.
- We will be sending out a form in our follow up email where you can sign up, or feel free to opt in on our October registration page.
  - If you have already signed up, keep an eye out for an email from the SJLA team with further instructions on how to activate your account within the next week!

# References

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