

Outline

1. The Closets
2. Coming Out
3. Terminology
4. Mental Health and Suicide
5. Substance Use
6. Dating and Technology
7. Families
8. Elderly
9. Our Own Sexuality
10. The Communities

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The Closets

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Heterosexism

Most people and institutions operate under the assumption that people are heterosexual.

Kidd JD, *Substance use in sexual & gender minority populations*. In: The American Psychiatric Association Textbook of Substance Abuse Treatment, 6th Edition, 2019, manuscript in preparation.

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Discrimination (N=1,197)

	Happened in the past year	Happened, not in past year	NET
Been subject to slurs or jokes	16	43	58
Been rejected by a friend or family member	6	33	39
Been threatened or physically attacked	4	26	30
Been made to feel unwelcome at a place of worship	6	23	29
Received poor service in a restaurant, hotel, place of business	5	18	23
Been treated unfairly by an employer	5	16	21

A Survey of LGBT Americans, Pew Research Center, 2013.

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...and in Health Care (N=4,916)

- LGB patients report that providers:
 - 11% – Used excessive precautions or refused to touch me
 - 12% – Blamed me for my health status
- Transgender patients report that providers:
 - 15% – Used excessive precautions or refused to touch me
 - 20% – Blamed me for my health status

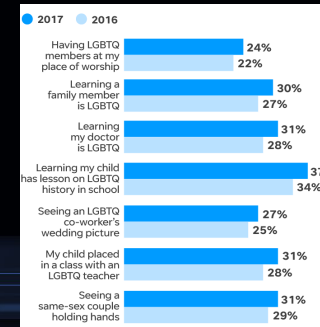
When Health Care Isn't Caring, Lambda Legal, 2010.

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...and Most Recently (N=2,160)

- Percentage of non-LGBTQ Americans "very" or "somewhat" uncomfortable with:



The Harris Poll, GLAAD (formerly Gay & Lesbian Alliance Against Defamation), 2018.

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Clinical Tips

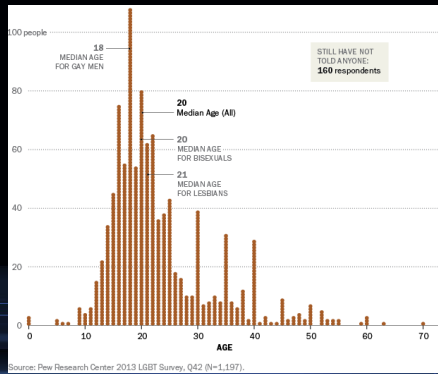
- ✓ Appreciate stigma against sexual and gender minorities both in general society and healthcare.
- ✓ Fight discrimination against sexual and gender minorities both in general society and healthcare.

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2 Coming Out

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Age of Coming Out



A Survey of LGBT Americans, Pew Research Center, 2013.

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Coming Out as an Iterative Process

- First thought of being “other”
- Coming out to oneself
- Friends
- Family
- Co-workers
- The social network

Levounis P, Drescher J, Barber ME. *The LGBT Casebook*, 2012.

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Clinical Tips

- ✓ Offer validation.
- ✓ Provide a safe, welcoming, and affirming environment.
- ✓ Respect patient autonomy.
- ✓ Use the magic of warmth and curiosity.

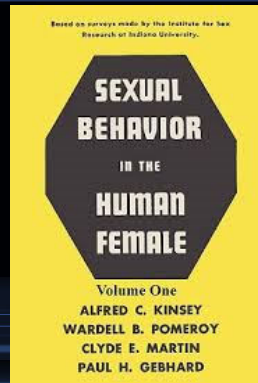
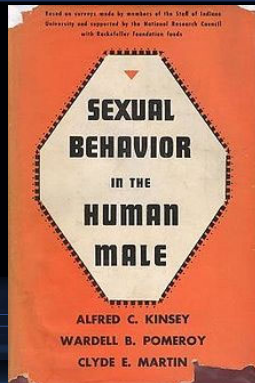
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Terminology

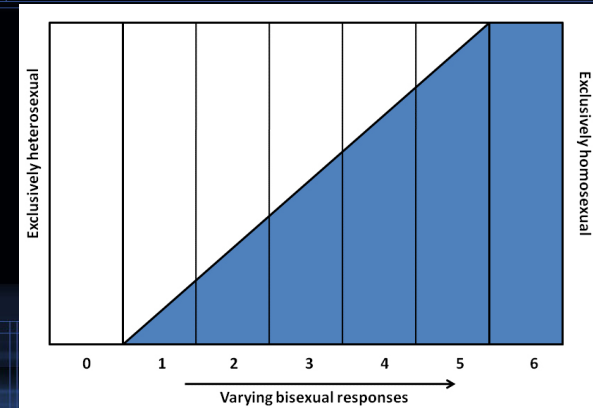
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Alfred C. Kinsey



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The Kinsey Scale



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Sexual Orientation and Gender

Sexual Orientation	Gender
IDENTITY (e.g., gay, lesbian, bisexual, straight, asexual, queer)	IDENTITY (e.g., woman, genderqueer, man)
BEHAVIOR (e.g., same-sex partners, opposite-sex partners, both, neither)	EXPRESSION (e.g., feminine, androgynous, masculine)
ATTRACTION (e.g., Kinsey scale 0, 1, 2, 3, 4, 5, 6, X)	SEX (e.g., female, intersex, male)

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The ABCs of LGBTQ...

1. Lesbian
2. Gay
3. Bisexual
4. Transman
5. Transwoman
6. Queer
7. Questioning
8. Asexual
9. Greysexual
10. Aromantic (Aro)
11. Pansexual
12. Polyamorous
13. Same Gender Loving
14. MSM
15. WSW
16. Genderqueer/fluid
17. Androgynous
18. Intersex
19. Cisgender
20. Ally

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Clinical Tips

- ✓ Use gender-neutral language (e.g., partner) when asking about romantic or sexual partners.
- ✓ Try gender-neutral pronouns (e.g., they).
- ✓ Update intake forms to ask about preferred name and pronouns.

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Mental Health and Suicide

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Minority Stress Theory

- Discrimination
- Expectation or Perception of Discrimination
- Internalized Homophobia

Meyer IH, *Psychological Bulletin*, 2003.

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Statistics

- Depression and anxiety disorders are 1.5 times higher in LGBTQ populations.
- 41% of transgender adults reported attempted suicide.
- The risk of suicide in transgender people who served in the military is 20 times higher than that if the general veteran population.

McNamara MC and Ng H, *Cleveland Clinic Journal of Medicine* 2016.

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Sexual Minority Youths 3.5 x Risk of Suicide

[illegible]

di Giacomo E, *JAMA Pediatrics*, 2018.

Inpatient Care: Home Away from Home

- Items essential for gender expression
- Single gender rooms and bathrooms
- Scripture and religious language

Clinical Tips

- ✓ Screen LGBT patients for depression, anxiety, PTSD, eating disorders, body dysmorphic disorder, and suicide.
- ✓ Treat with the same medications and psychotherapies as you would for non-LGBTQ patients.
- ✓ Consider medical aspects of LGBTQ health (PrEP and PEP, HPV and HIV screening, HPV and Hepatitis A & B vaccination, hormone therapies).

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Substance Use

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Old Thinking: Getting “High”

Use to “augment a hyperactive, restless lifestyle and an exaggerated need for self-sufficiency.”

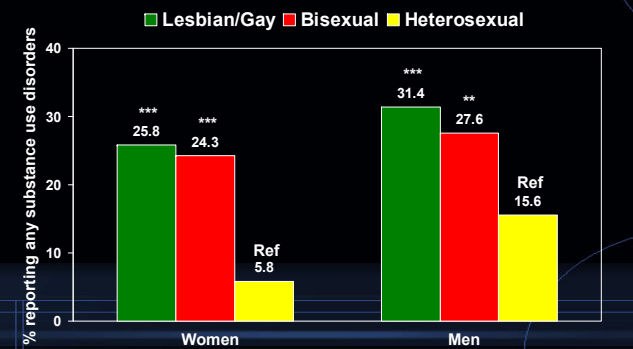
And here is the “evidence”...

tive, restless lifestyle and an exaggerated need for self-sufficiency” (Khantzian 1979, p. 101). The findings of Spotts and Shontz (1977), who extensively studied the psychosocial characteristics of nine representative cocaine addicts, are largely consistent with these clinical descriptions.

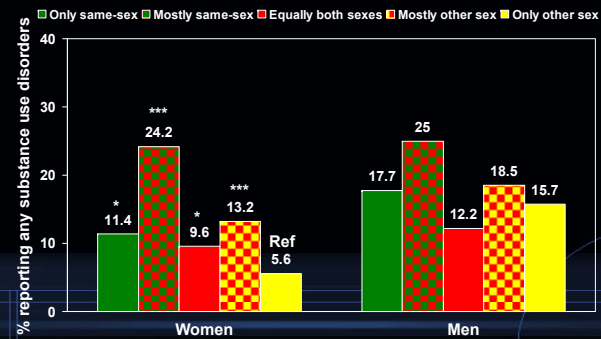
New Thinking: Excess Social Stress

- Minority Stress Theory
- Self-medication

Sexual Identity

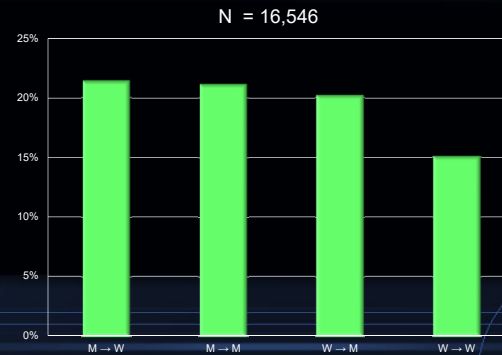


Sexual Attraction



McCabe SE, *Addiction*, 2009. Courtesy of Sean McCabe, PhD.

Motivation to Quit Smoking



Levounis, Motivation for smoking cessation among alcohol drinkers who date on the Internet, study in progress.

Primary Prevention



Courtesy of Daniel L. Carlson, Crystal Meth Working Group (HIV Forum), www.hivforumnyc.org.

Secondary Prevention



Courtesy of Daniel L. Carlson, Crystal Meth Working Group (HIV Forum), www.hivforumnyc.org.

Clinical Tips

- ✓ Look out for alcohol, MJ, and tobacco use among lesbians.
- ✓ Look out for stimulants, MJ, and tobacco use among gay men.
- ✓ Consult the community!

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Dating and Technology

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Love and Sex in Today's World

- Sex, both virtual and real is only a click or a swipe away.
- Variable Intermittent Reinforcement

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The Social Network

- Scruff
- GROWLr
- Tumblr
- Adam4Adam
 - or just “A4A” or “Adam”
- OkCupid, Plenty of Fish, and Tinder
 - the straight dating apps for gays

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LGBT+ Entrepreneurship Panel @ Scruff HQ (NYC) All-star panel of LGBT+ Stanford entrepreneurs

Join us on October 16th at Scruff HQ for an all-star panel of Stanford alumni entrepreneurs who will share their experiences of launching their own companies to raising funds to scaling their businesses and more.

What are challenges unique to the LGBT+ community when it comes to entrepreneurship? With the progress that's been made over the last few decades, are there now also benefits of being an LGBT+ entrepreneur? Find out at Stanford Pride NY's first-ever panel at Scruff HQ!

Light food and beer & wine generously provided by Scruff.

Quick Links:

[Stanford Pride Web site](#)
[Stanford Pride Events page](#)
[Our Facebook Group](#)
[Our Facebook Fan Page](#)
[Our LinkedIn Group](#)
[Princeton's Intercollegiate GALT Event Calendar](#)

Sex Addiction

A condition characterized by:

1. repetitive
2. out of control, and
3. driven sexual behavior,
4. typically conducted with strangers,

that leads to distress or dysfunction.

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Ascher MS and Levounis P. *The Behavioral Addictions*, 2015.

Love Addiction

- Attraction Phase
The craving is for the euphoria of a romantic encounter.
- Attachment Phase
The craving is for a sense of security and continuity in a relationship.

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Ascher MS and Levounis P. *The Behavioral Addictions*, 2015.

Clinical Tips

- ✓ Understand and empathize with your patients by familiarizing yourself with different LGBTQ cultures.
- ✓ It's no longer OK not to know what Grindr is.

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Families

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Rejection v. Support

- Families of Origin
- Families of Community

Levounis P, Drescher J, Barber ME. *The LGBT Casebook*, 2012.

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Clinical Tips

- ✓ Expect that families of LGBTQ people are not always supportive.
- ✓ Ask about support systems broadly.

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Elderly

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Identify as LGBT

	Yes (%)	No (%)	DK/Ref (%)
18 to 29	6.4	90.1	3.5
30 to 49	3.2	93.6	3.2
50 to 64	2.6	93.1	4.3
65 +	1.9	91.5	6.5

Caring for LGBT Older Adults, National LGBT Health Education Center, 2012.

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Isolation and Lack of Support

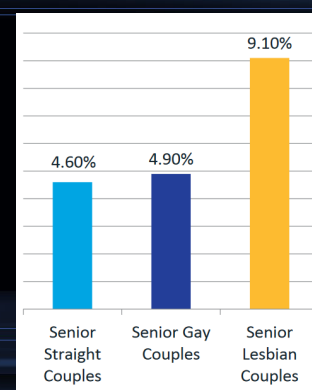
Compared to the general population, LGBTQ older adults are:

- Significantly more likely to be isolated.
- Half as likely to have a significant other.
- 49% of gays and lesbians over 50 years live alone compared to 33% of heterosexuals over 50.

Caring for LGBT Older Adults, National LGBT Health Education Center, 2012.

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Financial Challenges



Goldberg NG, The Williams Institute, 2009.

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Clinical Tip

- ✓ Appreciate that a person's sexuality may not remain the same throughout their lifespan.

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Our Own Sexuality

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Sexual Identity Core Themes

	Gay Patient	Straight Patient
Gay Clinician	How similar are we?	Can we understand and trust each other?
Straight Clinician	Can we understand and trust each other?	Are we open to "go there"?

Levounis P and Anson AJ, *Sexual identity in patient-therapist relationships*, In: The LGBT Casebook, 2012.

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To Disclose or Not to Disclose

- Pictures at an Exhibition.
- We are all massively googleable.

Levounis P and Anson AJ, *Sexual identity in patient-therapist relationships*, In: The LGBT Casebook, 2012.

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Clinical Tips

- ✓ Decide how public you'd like to be and (try to) manage your social media accordingly.
- ✓ If you are LGBTQ yourself, you are likely to be a role model for your LGBTQ patients.

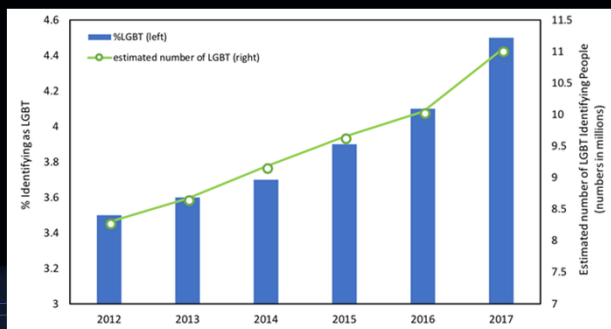
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The Communities

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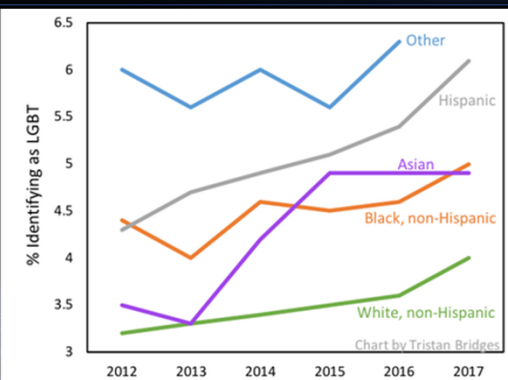
US Adults Identifying as LGBT



Newport F, In US, estimate of LGBT population rises to 4.5%, Gallup.com, May 22, 2018.

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Sexual Minorities and Race



Newport F, In US, estimate of LGBT population rises to 4.5%, Gallup.com, May 22, 2018.

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Clinical Tip

- ✓ Celebrate the clinical and cultural uniqueness of LGBTQ people and enjoy helping everyone thrive!

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Thank you

NJMS.Rutgers.edu/Psychiatry

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