

**KING COUNTY
BOARD OF HEALTH**
July 18, 2024

LGBTQIA2S+
Community
Mental Health
and Services

Christopher Archiopoli
Boardmember

Elle Brooks
Director of Health Services, Seattle's LGBTQ+ Center

Nakita Venus
Executive Director, Seattle's LGBTQ+ Center

Joshua Wallace
CEO & President, Peer Washington



LGBTQ+ young people are not inherently prone to suicide risk because of their sexual orientation or gender identity but rather placed at higher risk because of how they are mistreated and stigmatized in society.

Suicide is the second leading cause of death among young people aged 10 to 14, and the third leading cause of death among 15-24 year olds (Centers for Disease Control and Prevention, 2022). Lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ+) young people are at significantly increased risk.

The Trevor Project estimates that more than **1.8 million** LGBTQ+ young people (ages 13-24) seriously consider suicide each year in the U.S. — and at least one attempts suicide **every 45 seconds**

Members of the LGBTQ+ community are more than twice as likely as heterosexual people to experience a mental health condition in their lifetime, **according to the American Psychiatric Association**. They are also less likely to receive effective, compassionate care.

“Members of the LGBTQ+ community are at greater risk for mental health disparities based on many factors, not the least of which is minority stress—a type of stress that is experienced in a minority group on a daily, sometimes hourly or by-minute basis,” says Jeff Day, DNP, AGPCNP-BC, CNEcl, an expert in LGBTQ+ care.

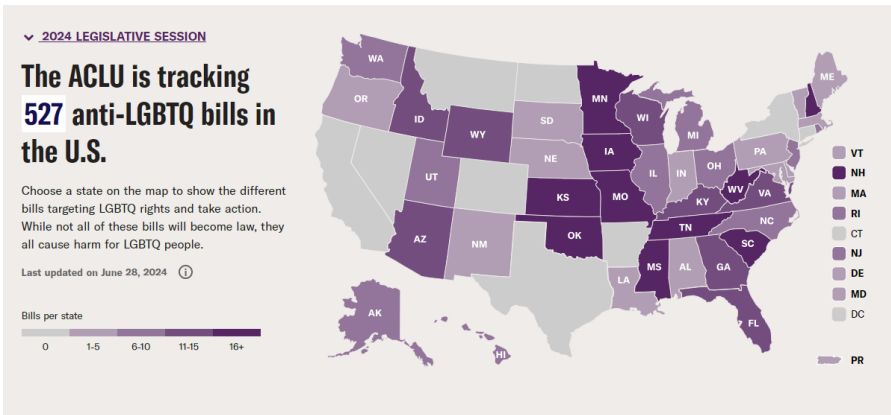
The Trevor Project’s 2023 U.S. National Survey on the Mental Health of LGBTQ Young People found that **41% of LGBTQ+ young people** seriously considered attempting suicide in the past year, including **roughly half of transgender and nonbinary youth**.

LGBTQ+ young people are **more than four times as likely** to attempt suicide than their peers (Johns et al., 2019; Johns et al., 2020)



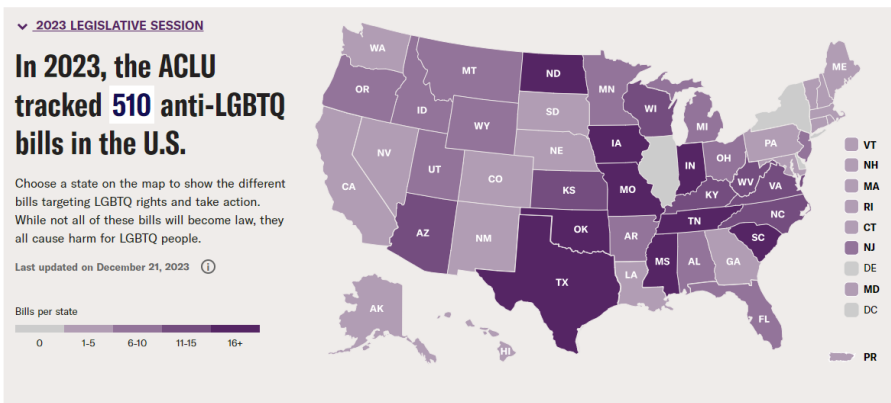
2023

2024



- Barriers To Accurate IDs (17)
- Free Speech & Expression Bans (48)
- Healthcare Restrictions (137)
- Public Accommodation Bans (8)
- Restricting Student & Educator Rights (233)
- Weakening Civil Rights Laws (44)
- Other Anti-LGBTQ Bills (79)

- Barriers To Accurate IDs (16)
- Free Speech & Expression Bans (34)
- Healthcare Restrictions (112)
- Public Accommodation Bans (12)
- Restricting Student & Educator Rights (206)
- Weakening Civil Rights Laws (121)
- Other Anti-LGBTQ Bills (105)



- Introduced (5)
- Advancing (150)
- Passed Into Law (84)
- Defeated (214)
- In Court (20)

- Introduced (32)
- Advancing (111)
- Passed Into Law (41)
- Defeated (339)
- In Court (0)

Trans Health in WA

TRANS-LED PRIORITY ASSESSMENT IN TRANS HEALTH

~ JUNE 2024 STUDY UPDATES ~

Trans Policy

The health of trans Washingtonians is negatively impacted by national anti-trans legislation.

- Despite awareness of WA's robust trans policy protections, the nationwide political assault on trans rights is significantly linked to higher depression and anxiety mental health outcomes of trans Washingtonians.

Transphobic policy environments can drive harmful alcohol & drug use.

- Greater awareness of national anti-trans policies is linked to higher rates of harmful drug use, while greater awareness of protective state laws is associated with lower levels of harmful alcohol use.

Learn More



32%

needed treatment for mental health but did not receive it

- **Mental healthcare access is essential.**
 - Among people who needed treatment, only 26% received treatment for mental health in the past year.
- **There are varying preferences for mental health needs.**
 - Medication-based treatment (57%) and individual therapy (81%) were the most common treatments for mental health or substance use.



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PEER

WASHINGTON

HOPE – RECOVERY – PRIDE

LGBTQ+ Mental Health

Seattle's LGBTQ+ Center

Elle Brooks & Nakita Venus



Land Acknowledgement

We are here today on the unceded, traditional homelands of the Coast Salish Peoples, specifically the Duwamish People, past and present, who

are the original stewards of the land. We acknowledge and pay respect to Coast Salish Elders, and extend that respect and gratitude to their descendants and to all Indigenous people.

We honor the Duwamish Tribe and their ancestral land with gratitude and care, acknowledging and working towards honoring the truth of the first people of Seattle. Those who hold settler privilege in this city must work towards supporting the Duwamish people.



Mental Health and Barriers to Healthcare

- Barriers to accessing care for Trans and gender diverse communities
 - Lack of availability and access to quality gender affirming healthcare
 - Learned mistrust in medical providers out of self- preservation
 - Racism, homophobia, and transphobia in healthcare systems
- Heightened risk of recent suicidal ideation is found among trans (43%), gender diverse (40%), age 18-29 (40%), bisexual (32%), and queer and sexually diverse (37%) participants.



Seattle's LGBTQ+ Center

- Priority population: Black and Latinx populations, undocumented immigrants, folx unstably housed, gender expansive individuals and trans women of color
- Current service population:
 - Over 50% self-identified non-white individuals
 - Over 32% gender diverse (non cis-gender) individuals



CBOs a “touch point” for Community

- Kelley Ross Pharmacy provides Gender Affirming Hormone Replacement Therapy (GAHRT)

Seattle’s LGBTQ+ Center provides:

- Peer-to-peer navigation
 - Training for pharmacists on Gender Affirming Care
 - Low barrier gender affirming hormone replacement therapy
- Since December, the program has grown to serve 30 clients per month with an average of 12 new clients being seen each month



Summary

- There is an elevated rate of attempted suicide and suicidal ideality among LGBTQ+ individuals (compounded by social determinants of health and intersecting systems of oppression)
- Gap in healthcare services is filled by by-and-for community based organizations
 - Transgender and gender diverse individuals are more likely to seek care
- CBOs are a touch point within the community for individuals that otherwise would delay or not seek care when it is needed





PEER

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HOPE – RECOVERY – PRIDE

Joshua Wallace
CEO & President



**Workforce
Development**

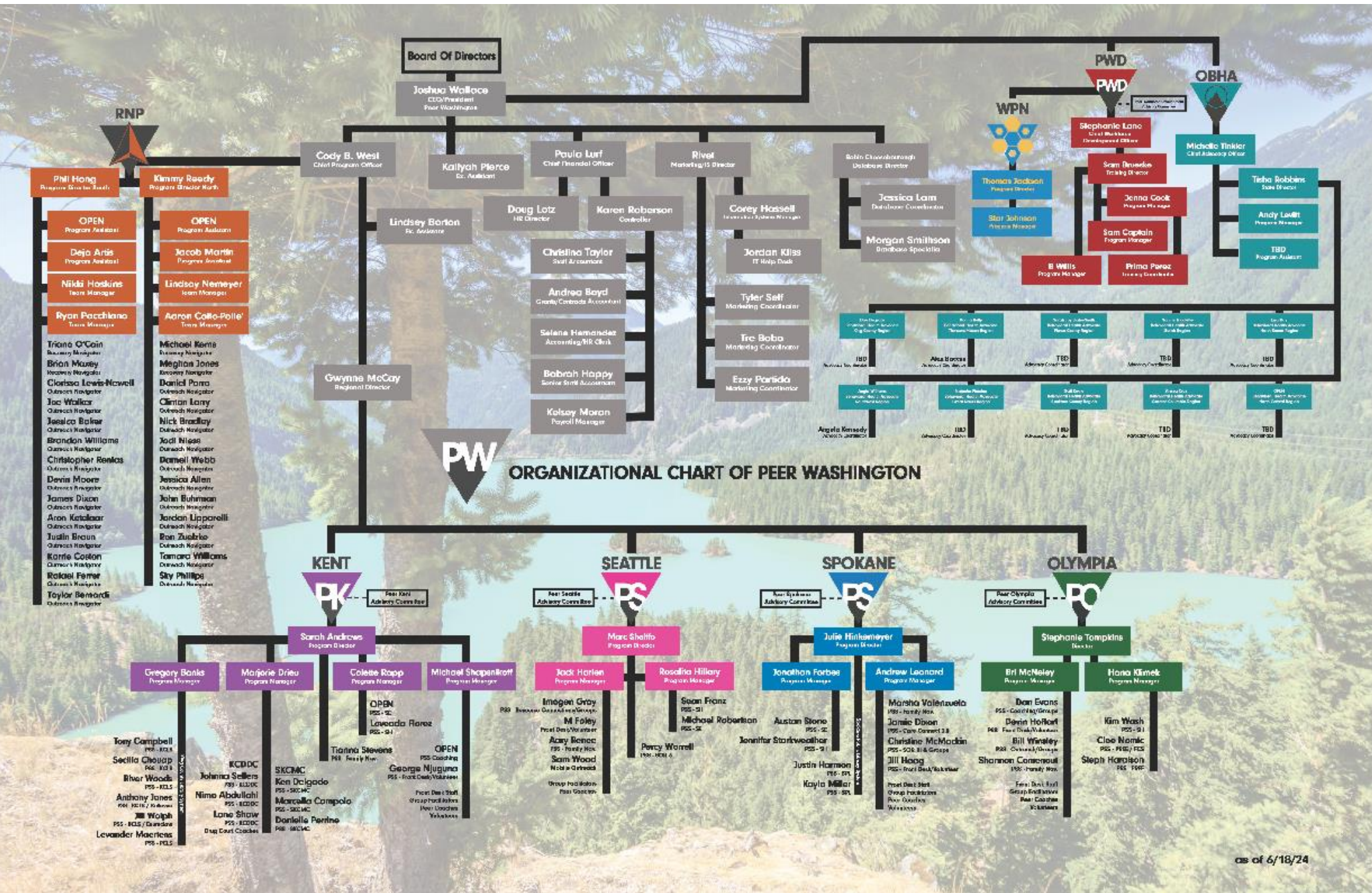


Adult Direct Services



**BH Advocacy
(Ombuds)**





KING COUNTY RESOURCES



Lifelong.

