

Technical Information

SAMHSA

Substance Abuse and Mental Health
Services Administration

This training was developed under the Substance Abuse and Mental Health Services Administration's Prevention Technology Transfer Center task order. Reference # 1H79SP081018.

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Funding for this presentation was made possible by SAMHSA grant no. 1H79SP081018. The views expressed by speakers and moderators do not necessarily reflect the official policies of HHS; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



Central East (HHS Region 3)

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LIVE

This webinar is now live.



It is being recorded.



Please remain muted.

Welcome

Central East PTTC Webinar

Bisexual Women and Substance Misuse

The Central East PTTC is housed at the Danya Institute in Silver Spring, MD

Oscar Morgan
Acting Executive Director

Deborah Nixon Hughes
Project Director



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Each TTC Network includes 13 centers.



Network Coordinating Office

National American Indian and Alaska Native Center

National Hispanic and Latino Center

10 Regional Centers (aligned with HHS regions)

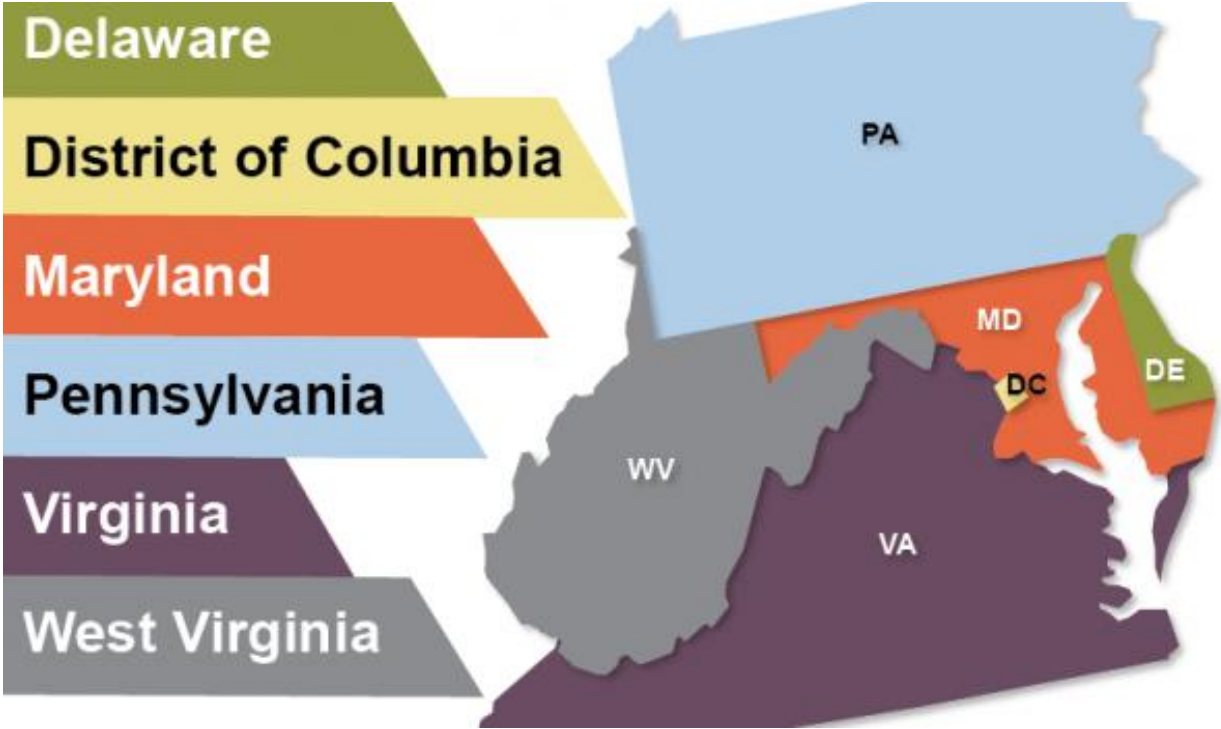


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Central East Region

HHS REGION 3



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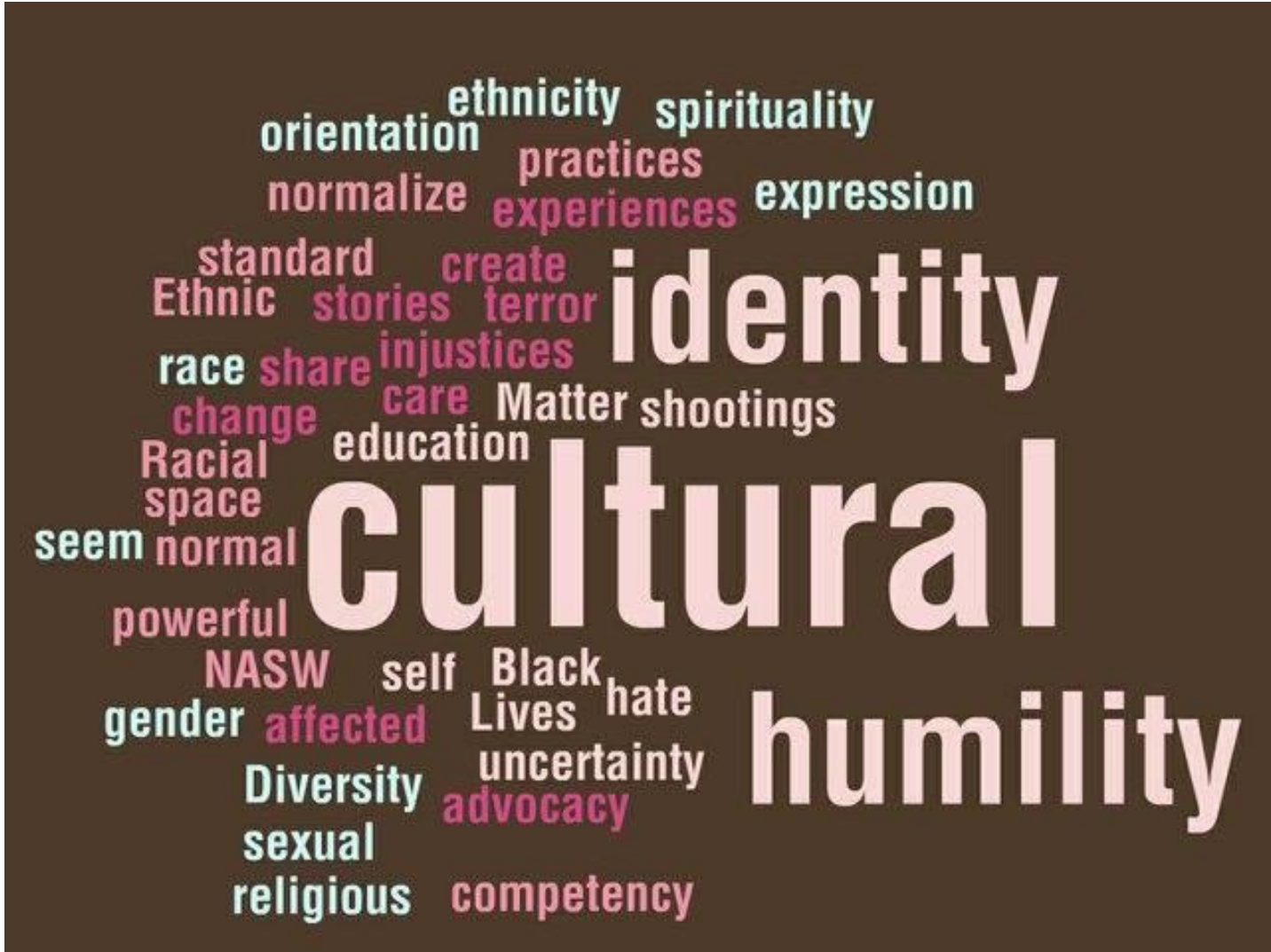
The use of affirming language inspires hope.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.



PTTC Mission



To Strengthen the Capacity of the Workforce

1

To Deliver Evidence-Based Prevention Strategies

2

Facilitate Opportunities for Preventionists to Pursue New Collaboration Opportunities, which include Developing Prevention Partnerships and Alliances

3

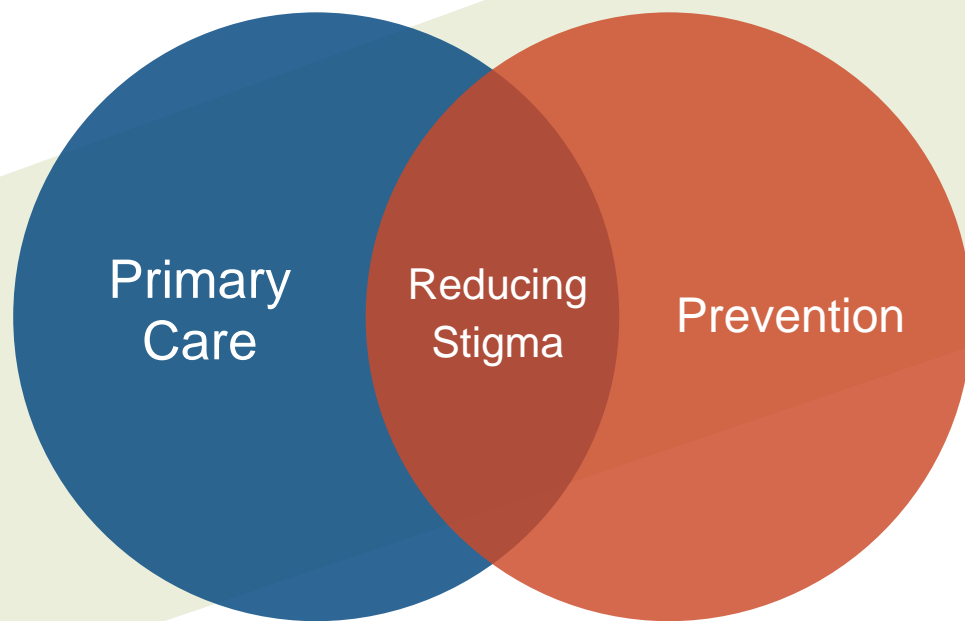


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Central East PTTC Specialty Area

Engaging and Collaborating
with Primary Care Providers
for Substance Use
Prevention



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Eligibility

Consistent with
Regional, State and
Local Needs

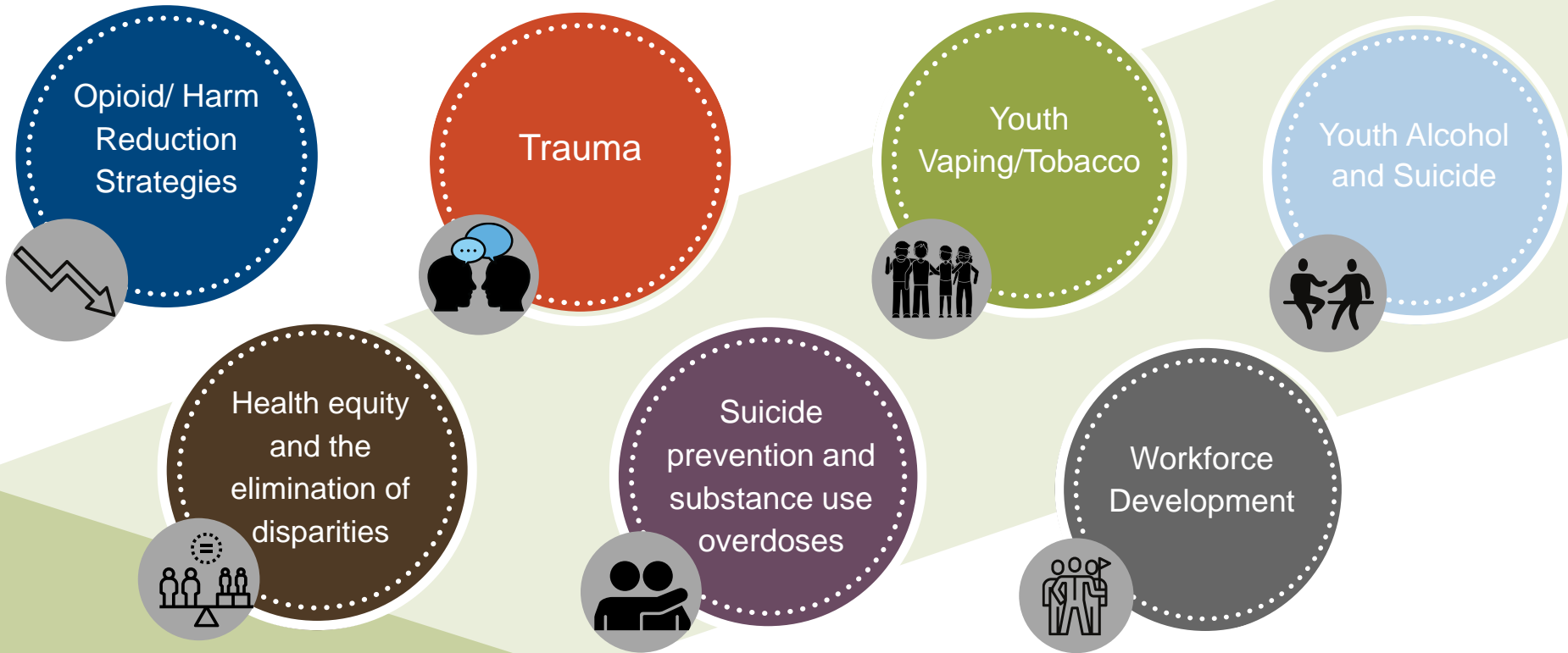
No Cost

Data Driven

EBPs provided by
Subject Matter
Experts



PTTC Focus Areas



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Services Available



Online Courses



Technical Assistance



Skill Based Training



Webinar



Toolkits



Facilitate Prevention Partnership & Alliances



Research Learning Collaborative



Newsletter



Technology Driven Models



Literature Searches



Virtual Meeting



Research Publication



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Other Resources in Region 3



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ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



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Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Bisexual Women and Substance Misuse

Kate Bishop, MSSA

Education Coordinator

The Center for LGBTQ Health Equity

Chase Brexton Healthcare, Baltimore Maryland

April 27, 2022

SAMHSA
Substance Abuse and Mental Health
Services Administration

The logo features a stylized red swoosh above the text "THE DANYA INSTITUTE".
THE DANYA INSTITUTE

Presenter: Kate Bishop

- Education Coordinator
The LGBT Health Resource Center of
Chase Brexton Health Care, Baltimore MD
- Expertise in working with LGBTQ+ populations,
HIV/AIDS, reproductive health, intimate partner
violence, sexual trauma
- 25 years of training experience; certified as an
LGBTQ trainer through GLSEN (Gay, Lesbian
and Straight Education Network) as well as
SAGE (Services and Advocacy for GLBT
Elders)
- BA: Gender Studies, Hiram College
MA: Social Work, Case Western Reserve
University





The Center for LGBTQ Health Equity

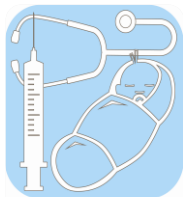
A Chase Brexton Health Care Center of Excellence 



Adult
Medical Care



HIV
Medical Care



Pediatrics



Ob/Gyn



Behavioral
Health



Dentistry



Pharmacy



Case
Management

Center for LGBTQ Health Equity Services:

- LGBTQ Health Navigation
- LGBTQ-Informed Primary Care
- LGBTQ Behavioral Health
- Gender-Affirming Care
- Training and Education
- Advocacy



Chase Brexton Health Care

Because everyone's health matters.

QUICK QUIZ:

What is your primary job role?

1. Therapist
2. Educator
3. Case Manager
4. Substance Abuse counselor
5. HIV service provider
6. Law Enforcement/Corrections
7. Medical provider (MD, CNP, PA)
8. Administration/Policy
9. Researcher
10. Something else



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Learning Outcomes

1. Describe the scope of substance use among bisexual women.
2. Explore the unique challenges many bisexual women face which may contribute to elevated rates of substance use disorders within the population.
3. Identify intervention strategies to support bisexual women who wish to address chaotic substance use in their lives.

QUICK QUIZ:

What is your level of professional experience in serving the LGBTQ community?

0. None At All
1. Beginner
2. Advanced
3. Expert
4. I am LGBTQ+ myself



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Americans' Self-Identified Sexual Orientation

Which of the following do you consider yourself to be? You can select as many as apply: Straight or heterosexual; Lesbian; Gay; Bisexual; Transgender.

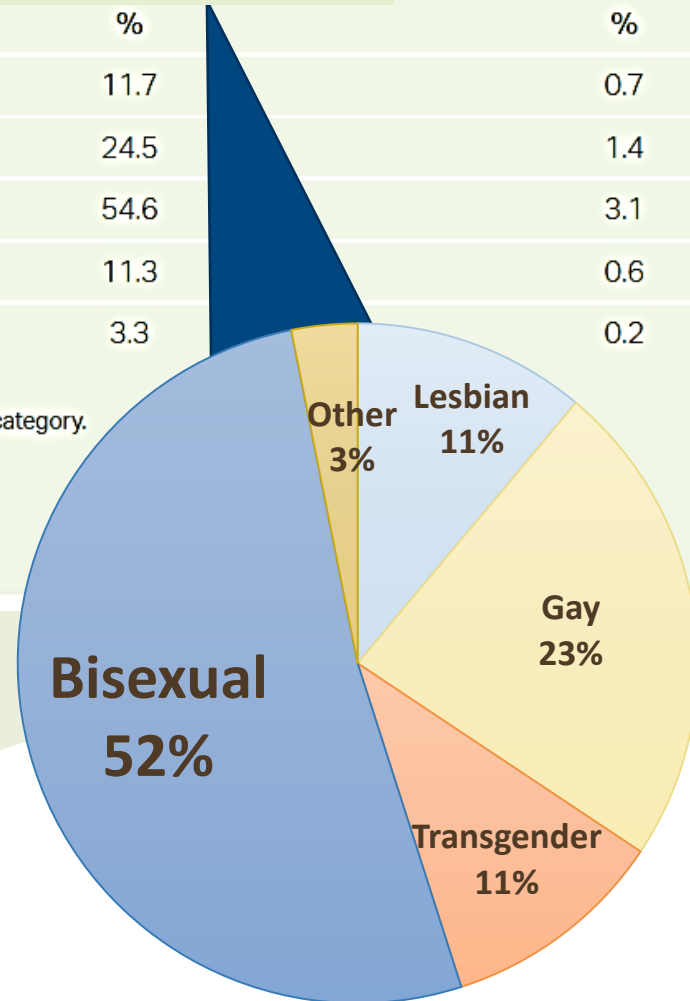
Among LGBT U.S. adults

Among all U.S. adults

	Among LGBT U.S. adults	Among all U.S. adults
	%	%
Lesbian	11.7	0.7
Gay	24.5	1.4
Bisexual	54.6	3.1
Transgender	11.3	0.6
Other (e.g., queer, same-gender-loving)	3.3	0.2

Percentages total more than 100% because respondents may choose more than one category.

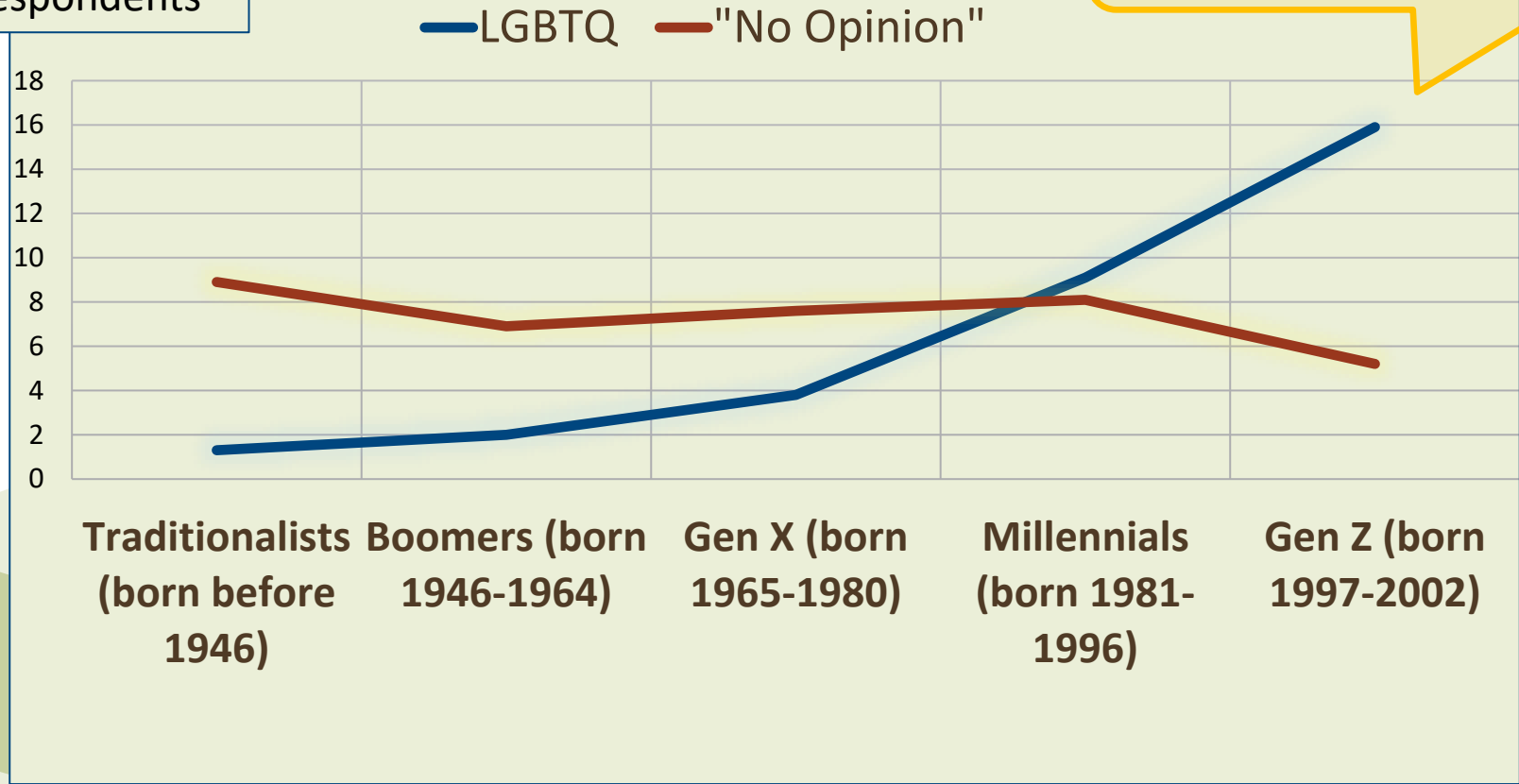
GALLUP, 2020



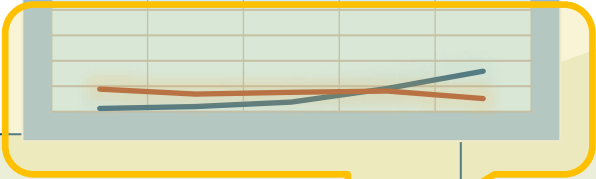
Jones, J. M. (2021, November 20). *LGBT identification rises to 5.6% in latest U.S. estimate.* Gallup.com.

US Sexual Minority Population by Generation

LGBTQ+ Respondents

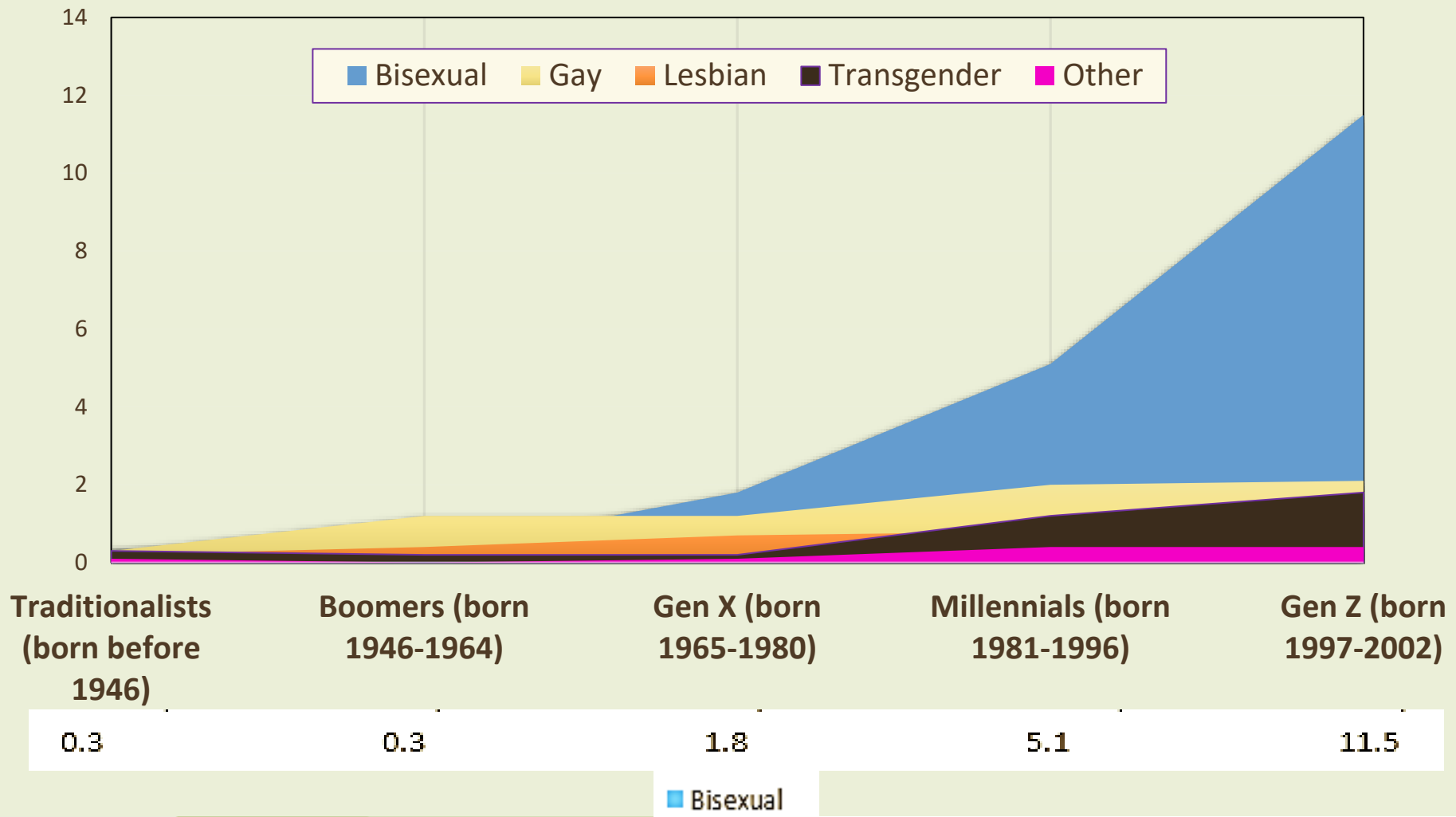


Cisgender Heterosexuals



Entire Population

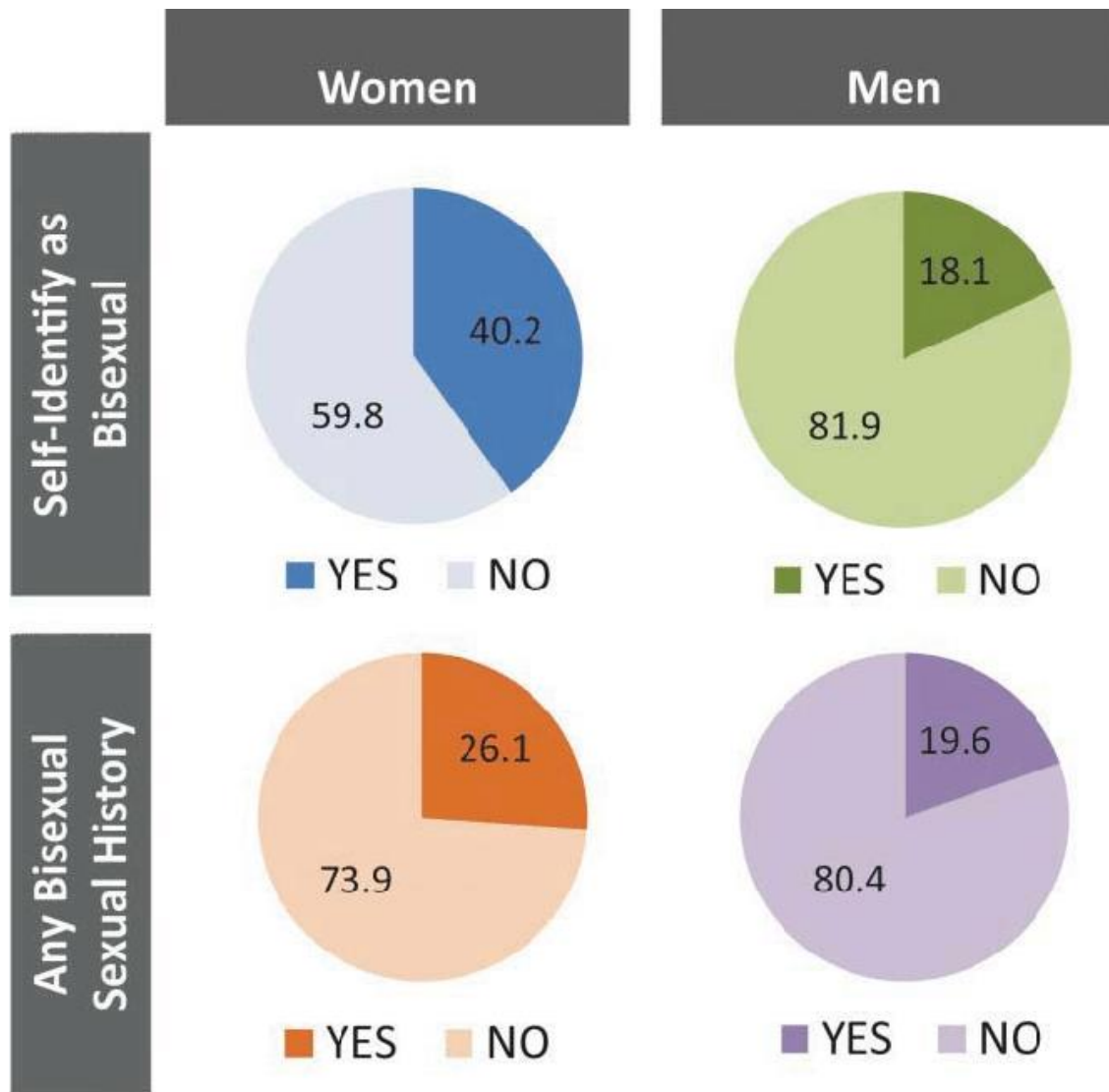
Sexual Orientation Trends by Generation



Quick Quiz

Please Answer in Chat:

True or False: LGBTQ individuals use more drugs and alcohol than other people.



Greta R. Bauer & David J. Brennan (2013) The Problem With 'Behavioral Bisexuality': Assessing Sexual Orientation in Survey Research, *Journal of Bisexuality*, 13:2, 148-165,

“How do you talk about your bi+ identity?”

I call myself bisexual because I acknowledge in myself the potential to be attracted — romantically and/or sexually — to people of more than one gender, not necessarily at the same time, not necessarily in the same way, and not necessarily to the same degree. For me, the “bi” in bisexual refers to those with genders similar to my own, and those with ones that are different.

– Robin O. (she/they)

Bisexuality

Attraction to more than one gender.

This attraction could be physical, romantic, and/or emotional.

Bisexual people may experience different kinds of attraction to different genders, and their attractions may change over time.

Pansexuality

Attraction to all genders and/or regardless of gender.

This attraction could be physical, romantic, and/or emotional.

Pansexual people may also experience different kinds of attraction to different genders, and their attractions may change over time.

Pansexual and **bisexual** are identities that overlap and have nuanced differences, and someone who is attracted to all genders or regardless of gender might also identify as bisexual.

“Bisexual” – Bi Resource Center

- “The BRC uses ‘bisexual’ as an umbrella term for people who recognize and honor their potential for sexual and emotional attraction to more than one gender (pansexual, fluid, omnisexual, queer, and all other free-identifiers). We celebrate and affirm the diversity of identity and expression regardless of labels.”

Ruthstrom, E. (2014, October 3). *Bisexual Health Awareness Month draws attention to community's urgent health needs*. National LGBTQ Task Force.

WHILE THE TERMS

BISEXUALITY

AND

PANSEXUALITY

BROADLY OVERLAP, THE DISTINCTION MATTERS TO SOME PEOPLE. ONE IS NOT INHERENTLY BETTER OR MORE CORRECT THAN THE OTHER, AND THE IDENTITY DOES NOT DEFINE THE PERSON — THE PERSON DEFINES THE IDENTITY.

- Image Credit: Original Art by Spaceraes

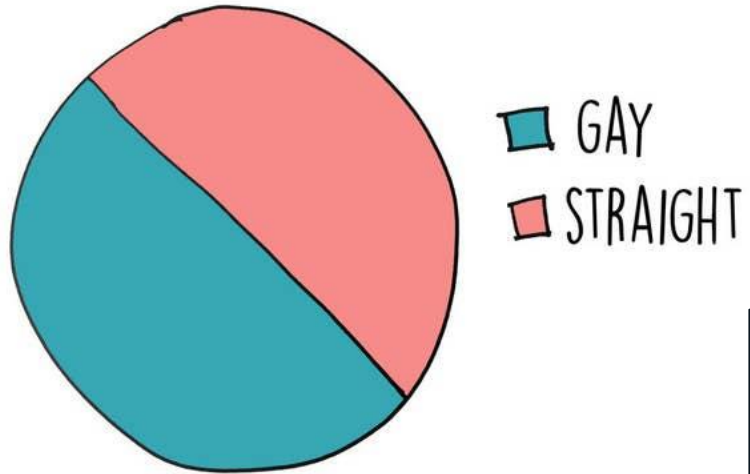


“How do you talk about your bi+ identity?”

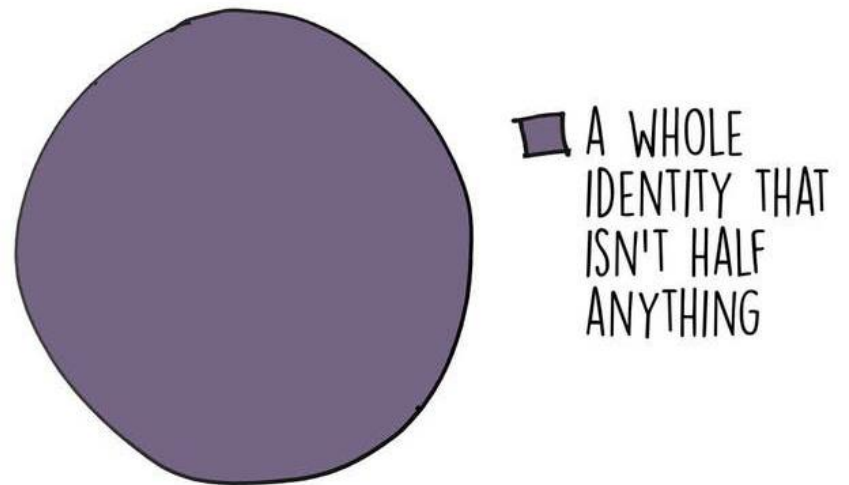
I use the word “bisexual” to describe myself personally, but “pansexual” fits me just as well. I also use “queer” when I’m referring to myself in the context of the larger movement for liberation.

– Belle S. (she/they)

WHAT PEOPLE THINK BISEXUALITY IS

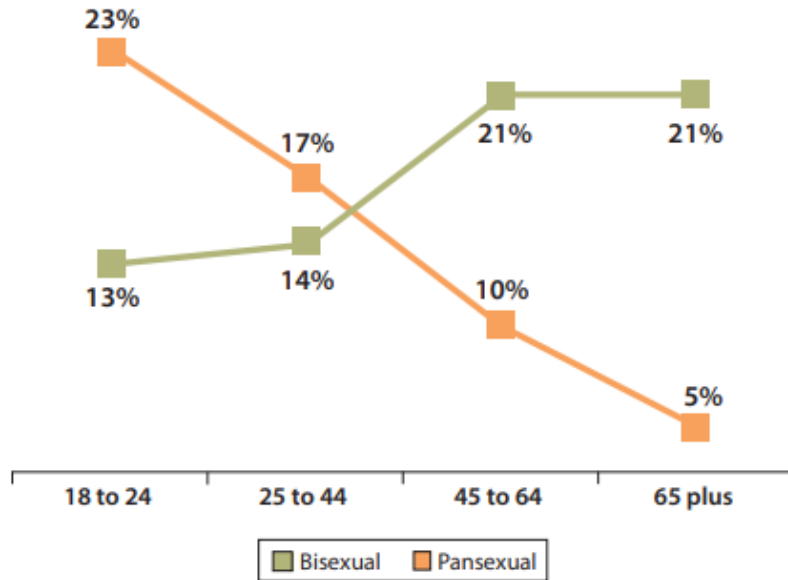


WHAT BISEXUALITY ACTUALLY IS



Transgender Bisexuals

Figure 2: Younger Transgender People Are More Likely to Identify as Pansexual

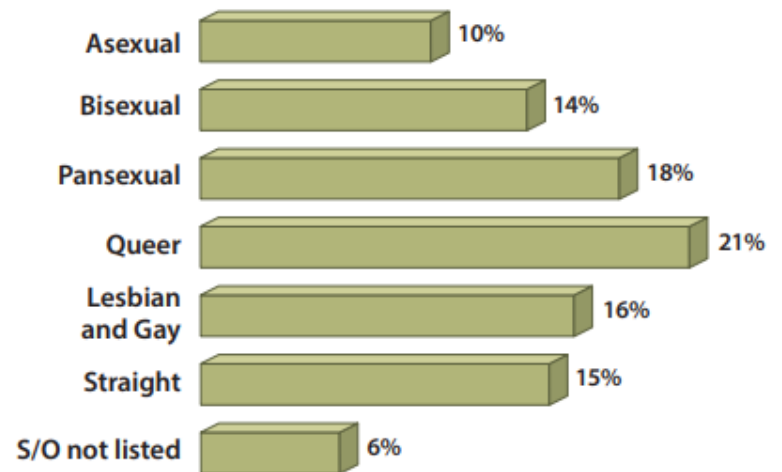


Source: Original analysis by the Movement Advancement Project of data from the U.S. Transgender Survey, administered by the National Center for Transgender Equality.



Image Source: Bisexual Resource Center

Figure 1: One-Third of Respondents Identified as Bisexual or Pansexual



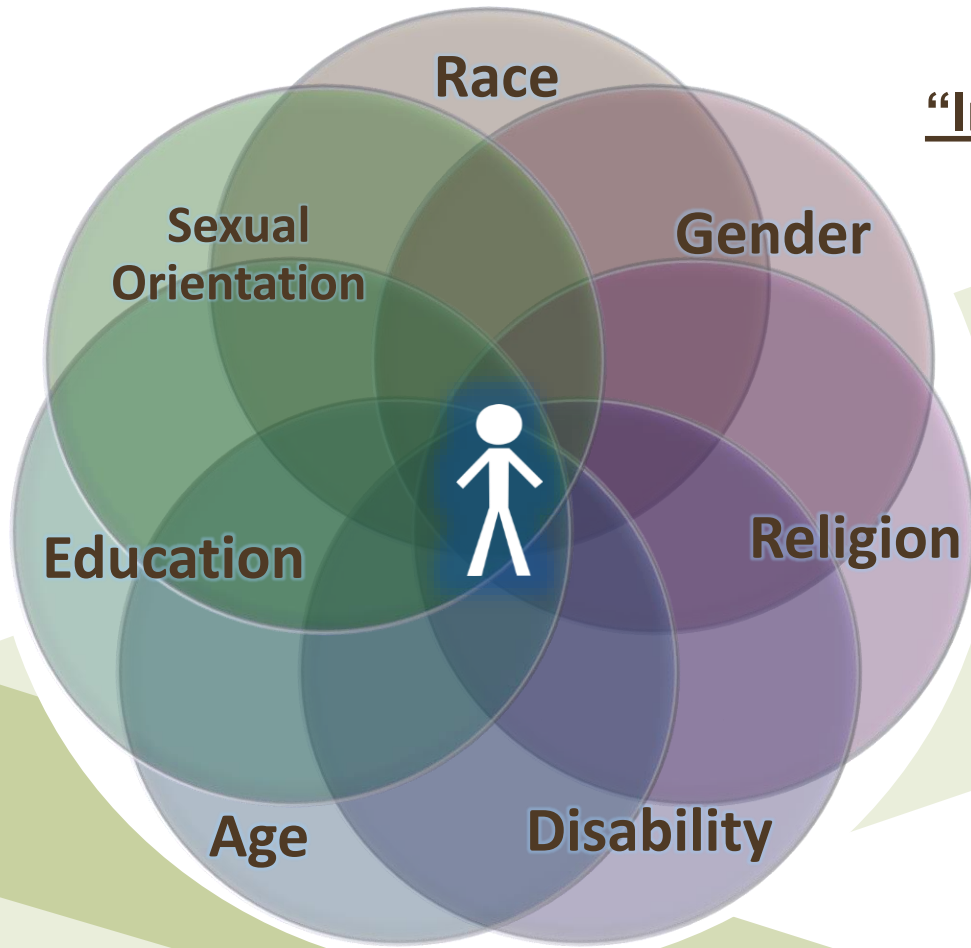
Source: Sandy James, et al., "The Report of the 2015 U.S. Transgender Survey," National Center for Transgender Equality, 2016, <http://www.ustranssurvey.org/report>.

“How do you talk about your bi+ identity?”

I’m transgender and attracted to people regardless of their gender. I describe myself as bi, pan, or queer, depending on who I’m talking to. I think “queer” resonates the most with me, but I love the word “bisexual” because it makes me feel more connected to the history of the LGBTQ+ community and the bisexual activists who came before me.

– River M. (they/them)

Intersectional Lives, Intersectional Needs



“Intersectionality”



Dr. Kimberle Crenshaw, 1989

- We live at the crossroads of our identities
- Multiple marginalization = compound discrimination
- Cultural Humility approach can help bridge rapport across power dynamics



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Targeted Population Stress

- Damaging physical and mental health effects for those who are targeted with prejudice and discrimination
- Impacts all marginalized groups
 - sometimes called “minority stress”
- Hostile environments, anticipated threats, and continual micro-aggressions cause or exacerbate:
 - Depression
 - Anxiety disorders
 - Substance abuse
 - Hypertension
 - Heart disease
 - Cancer



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Ambiguous Identities



- Queer
- Hetero/Homoflexible
- Bi-curious
- Performative Bisexuality
- Situational Bisexuality
- Fluid
- Wobbly-Wobbly Sexy-Wexy
- “I love boys and I love girls. I love humans.”
- “I don’t like labels.”

Image Credit: Yana Paskova/Getty Images

“How do you talk about your bi+ identity?”

I am bisexual. I’m attracted to more than one gender, but I don’t know if I’m attracted to all genders because I don’t think I’ve met folks of all genders. I also don’t say that I’m attracted regardless of gender because my attractions are gendered.

– Camille H. (she/her)



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Bisexual Resource Center. (n.d.). *What is bisexuality?* Bisexual Resource Center.

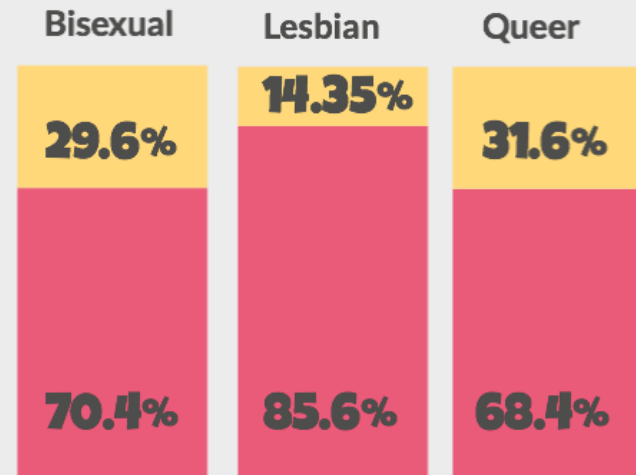
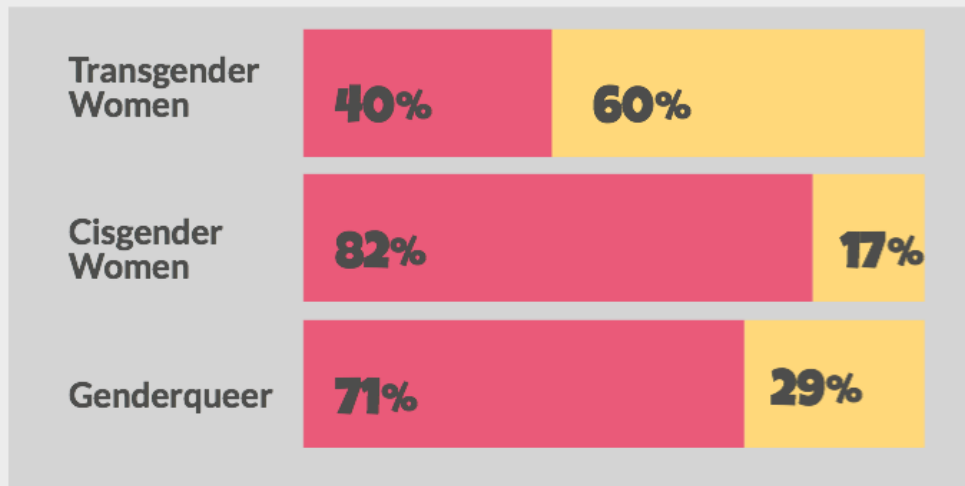
MONOGAMY! (OR NOT)

Featuring data from the 2015 Autostraddle Ultimate Lesbian Sex Survey, completed by 8,566 people, of which 89% were between the ages of 18 and 36.

OF SURVEY RESPONDENTS IN RELATIONSHIPS...

● MONOGAMOUS

● NON-MONOGAMOUS



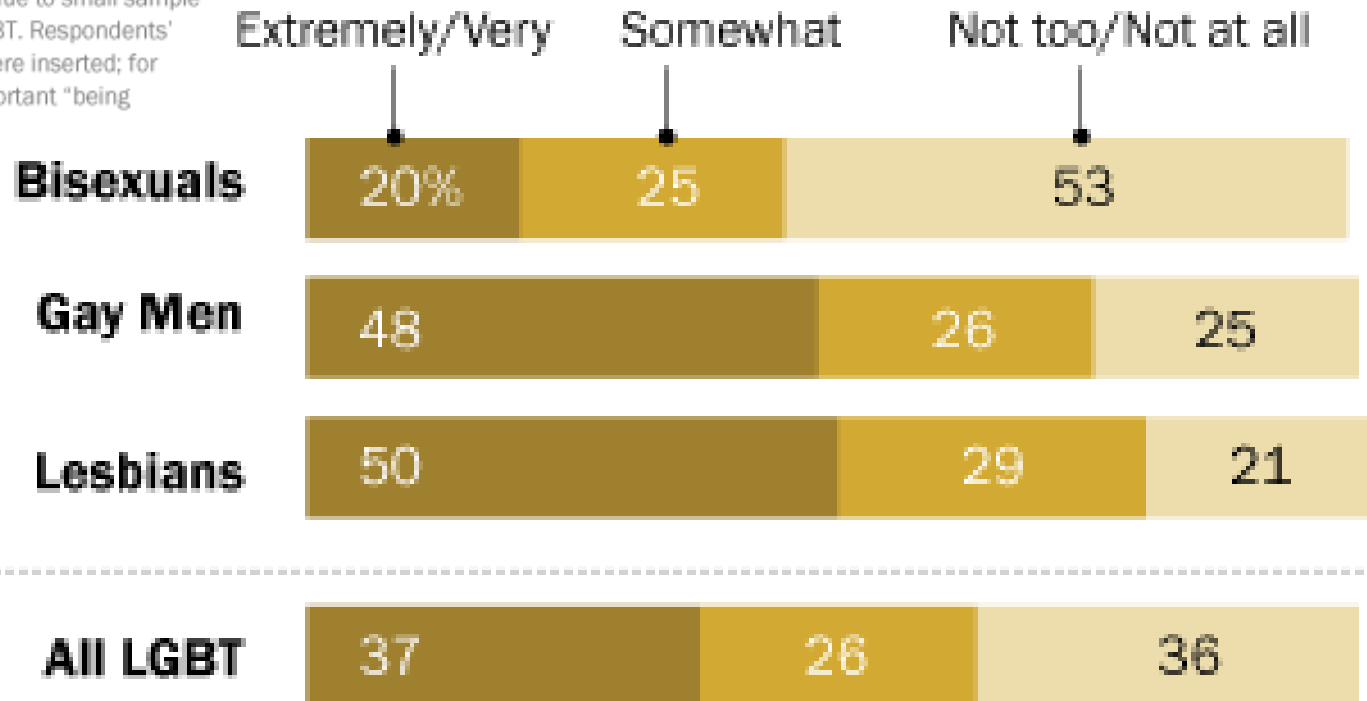
AUTOSTRADDE

Riese. (2022, January 19). *Here's the salacious sex statistics on queer women in non-monogamous vs. monogamous relationships.* Autostraddle.

Bisexuals Less Likely to Say Sexual Orientation is Important to Their Identity

Percent who say being LGBT is ... important to their overall identity

Notes: Based on all LGBT (N=1,197). Responses for transgender adults are not broken out due to small sample size but are included in the total for LGBT. Respondents' individual sexual or gender identities were inserted; for example, lesbians were asked how important "being lesbian" is

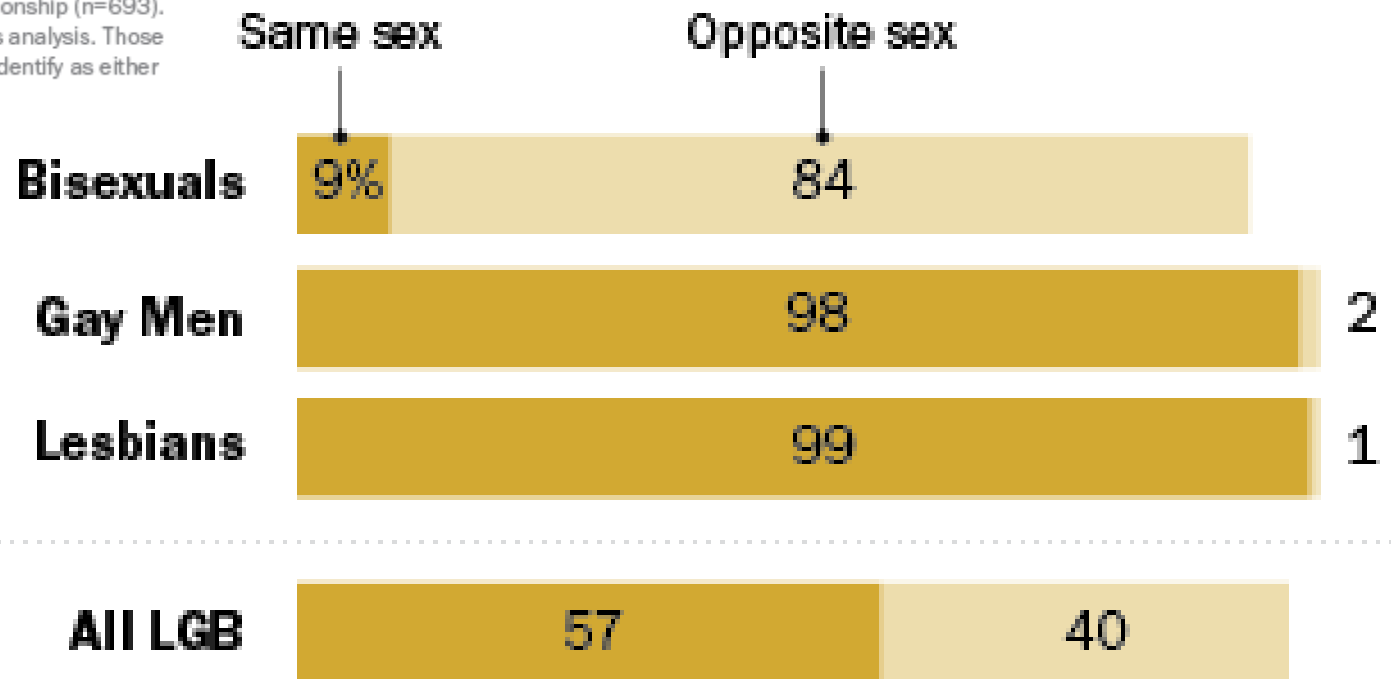


Parker, K. (2020, May 30). *Among LGBT Americans, bisexuals stand out when it comes to identity, acceptance.* Pew Research Center.

Most Bisexuals in Relationships Have Partners of the Opposite Sex

Percent in committed relationships with partners of the ...

Notes: Based on all LGBT who are in a relationship (n=693). Transgender adults are not included in this analysis. Those who didn't answer and those who did not identify as either male or female are not shown.



Parker, K. (2020, May 30).
Among LGBT Americans, bisexuals stand out when it comes to identity, acceptance.
Pew Research Center.

“How do you talk about your bi+ identity?”

I say that, even though the majority of my intimate relationships have been with men, I know that I’m attracted to people of all genders (that is, people who are the same gender as I am, and people who are of a different gender from me). I have the capacity to have intimate relationships with people of all genders. I always like to sum it up by saying, “I’m bisexual because I say I am!”

– Gloria J. (she/her)

“Performative Bisexuality”

- Bi+ women are often accused of being performative for male attention because of the way bisexual women are depicted in pornography and popular culture.
- As Dr. Nicole Johnson notes “the media, and pornography in particular, have a long history of depicting women as “bisexual” while engaging in same sex behaviors for the pleasure of male onlookers.
- Recently, this experience, which has been labeled “performative bisexuality” has become common place in bars and at parties where two girls/women engage in same-sex behavior for the purposes of arousing men.” This makes for a very confusing environment for individuals exploring and identifying their true selves and sexuality.



Bisexuals are far less likely to be 'out' to the important people in their life

% of those who identify as bisexual or gay or lesbian saying that ____ of the important people in their life are aware of their sexual orientation



Note: Includes only those who are currently or have ever been in a relationship or married. Share of respondents who didn't offer an answer not shown.

Source: How Couples Meet and Stay Together 2017 survey (fresh sample), conducted by Stanford University July 13-Aug. 1, 2017.

PEW RESEARCH CENTER

Pew Research Center. (2019, June 18). *Bisexuals are far less likely to be 'out' to the important people in their life.* Pew Research Center.

The Closet Has Costs

Research shows that the majority of Bi+ folks make active efforts to conceal their sexual identity in everyday life.

- Identity concealment is generally associated with a big increase in mental health issues.
- Loneliness is another factor Bi+ folks report in high numbers due to double exclusion (feeling left out of both gay and straight circles).

- Brian A. Feinstein, Casey D. Xavier Hall, Christina Dyar & Joanne Davila (2020) Motivations for Sexual Identity Concealment and Their Associations with Mental Health among Bisexual, Pansexual, Queer, and Fluid (Bi+) Individuals, *Journal of Bisexuality*, 20:3, 324-341,



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Common Bisexual Community Experiences

While cultural identity affects an individual's situation, Gravely and Silverman highlighted common experiences people who are bisexual may face that contribute to mental health problems, including:

Encountering the false belief that bisexuality does not exist.

Feeling a constant need to “come out” to people or explain bisexuality.

Facing interpersonal issues related to the myth that bisexuals are untrustworthy.

Encountering stereotypes that bisexuals are immoral or hedonistic.

Experiencing emotional exhaustion caused by stigma and discrimination.



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Social Work License Map. (2021, June 29). *How to be an ally to people who are bisexual*. Social Work License Map.

Biphobia in the LGBTQ Community

Advocate Megan S. Schuler names these stereotypes as contributing to stigma around Bisexual Women:

- Bisexual people aren't sufficiently committed to LGBTQ identity or the struggle for equality
- Bisexual people are "prone to cheating" because they are attracted to more than one gender.

Likely because of these in-group pressures, bisexual women who report being more out about their sexuality actually experience greater alcohol and drug use, especially if they feel greater discrimination.

“How do you talk about your bi+ identity?”

It really depends on the context. If in a straight-dominant space I say I'm queer and specifically bisexual if people assume I am lesbian. If I am in a friendly LGT+ space, I just say I'm bi. If I am in a sophisticated LGBTQ+ space, I'll go further and say that I'm a Bi, demi, nonbinary person. If I am in any unfriendly straight or LGT+ [space], I won't mention much about myself, and that includes orientation, since I won't be back anyway. Despite so much progress, trust still plays such a big factor for all queer people.

-Patricia S. (they/them)

What Contributes to Bi+ Erasure?



Mislabeling bi+ people as lesbian, gay, or straight, even when they come out as bi+

Denying that bi+ people exist

Calling bi+ people “allies”

Using non-inclusive language like “gay marriage,” for example, even when there are out bi+ people getting married

Assuming a person is lesbian, gay, or straight depending on the gender(s) of their partner(s)

BHAM
2017

brc 
Bisexual Resource Center



Hypersexualization

In a 2016 study, 18% to 31% of people reported believing the stereotype that bisexual women are inherently hypersexual, promiscuous, or unable to be in monogamous relationships.

Heinze, J. L. (2021, September 22). *Disparities in bi+ health and sexual violence*. National Sexual Violence Resource Center.

Image Credit: fxquadro

Bisexuals Face Severe Health Disparities



- Higher rates of anxiety, depression and other mood disorders, compared to heterosexuals, lesbians and gays.
- Higher rate of STI diagnoses, compared to heterosexuals.
- Higher rate of heart disease, compared to heterosexuals.
- Higher rate of cancer risk factors, compared to heterosexuals.
- Lower rate of cancer screening, compared to heterosexuals.
- Higher rate of tobacco use, compared to heterosexuals, lesbians and gays.



Best health in relation to sexual orientation

Poorest health in relation to sexual orientation



Heterosexuals

Gays & Lesbians

Bisexuals

Bi the Way, Our Health Matters Too!



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Ruthstrom, E. (2014, October 3). *Bisexual Health Awareness Month draws attention to community's urgent health needs*. National LGBTQ Task Force.

Bisexual Resource Center. (n.d.). *What is bisexuality?* Bisexual Resource Center.

Bisexual Health Disparities

- Higher rates of anxiety, depression, and other mood disorders.
- Higher levels of sexualization -- being objectified or fetishized by others.
- Higher reporting of self-harm.
- Lower levels of social support, which contribute to low help-seeking and an increase in mental health issues.
- Higher rates of intimate partner violence and low self-esteem.
- Higher rates of sexual harassment in the workplace and in public.
- Higher rates of substance use, including cigarette smoking and heavy drinking.
- An increase in eating disorders.
- Higher poverty rates.

Chronic Conditions

- Studies indicate that Bi+ trans folks are least likely to say that their health was excellent or very good, compared to gay, lesbian, and heterosexual transgender people.
- Overall, Bi+ individuals were more likely to identify with having a disability than both their straight and gay counterparts.



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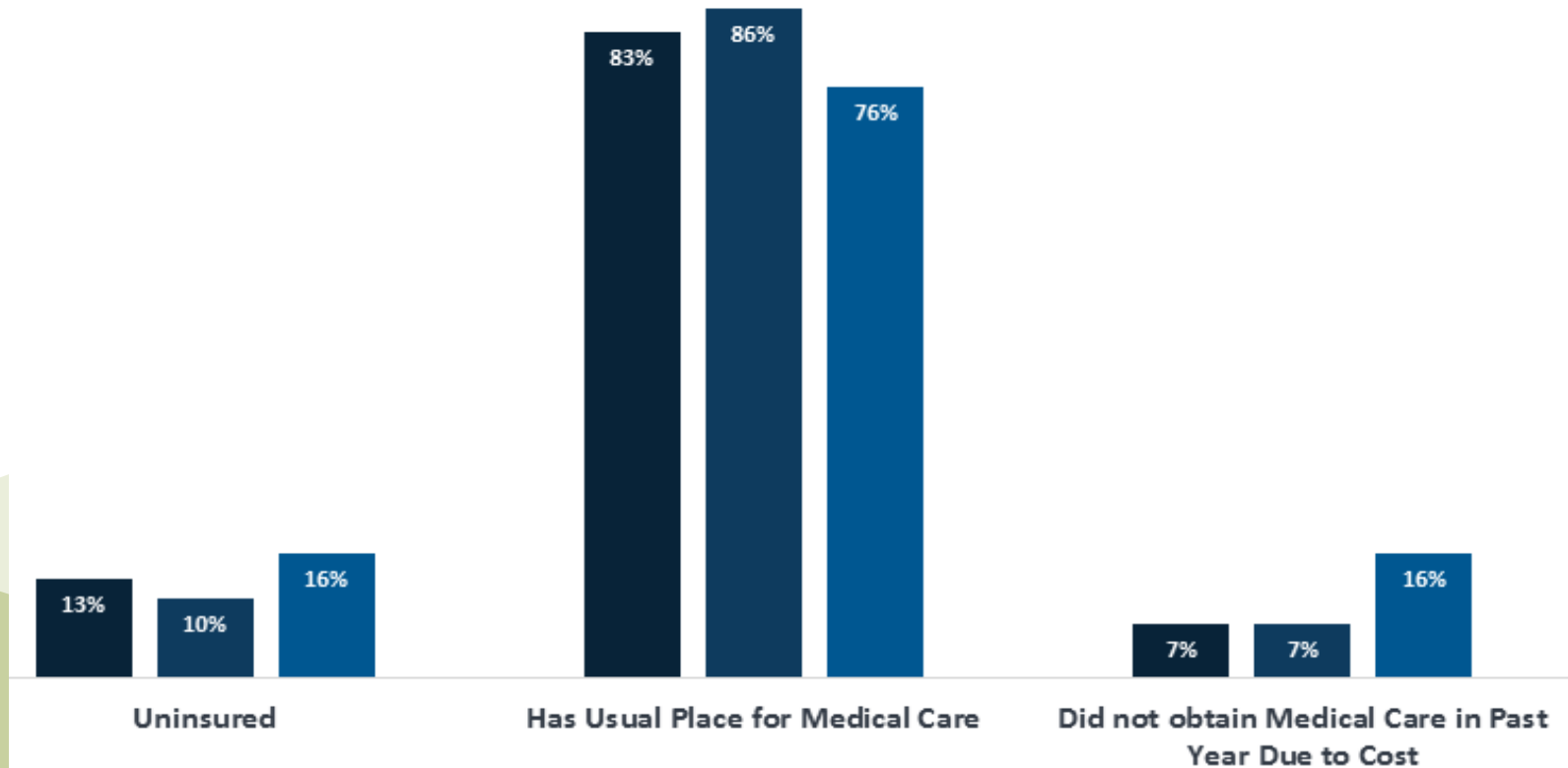
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Heinze, J. L. (2021, September 22). *Disparities in bi+ health and sexual violence*. National Sexual Violence Resource Center.

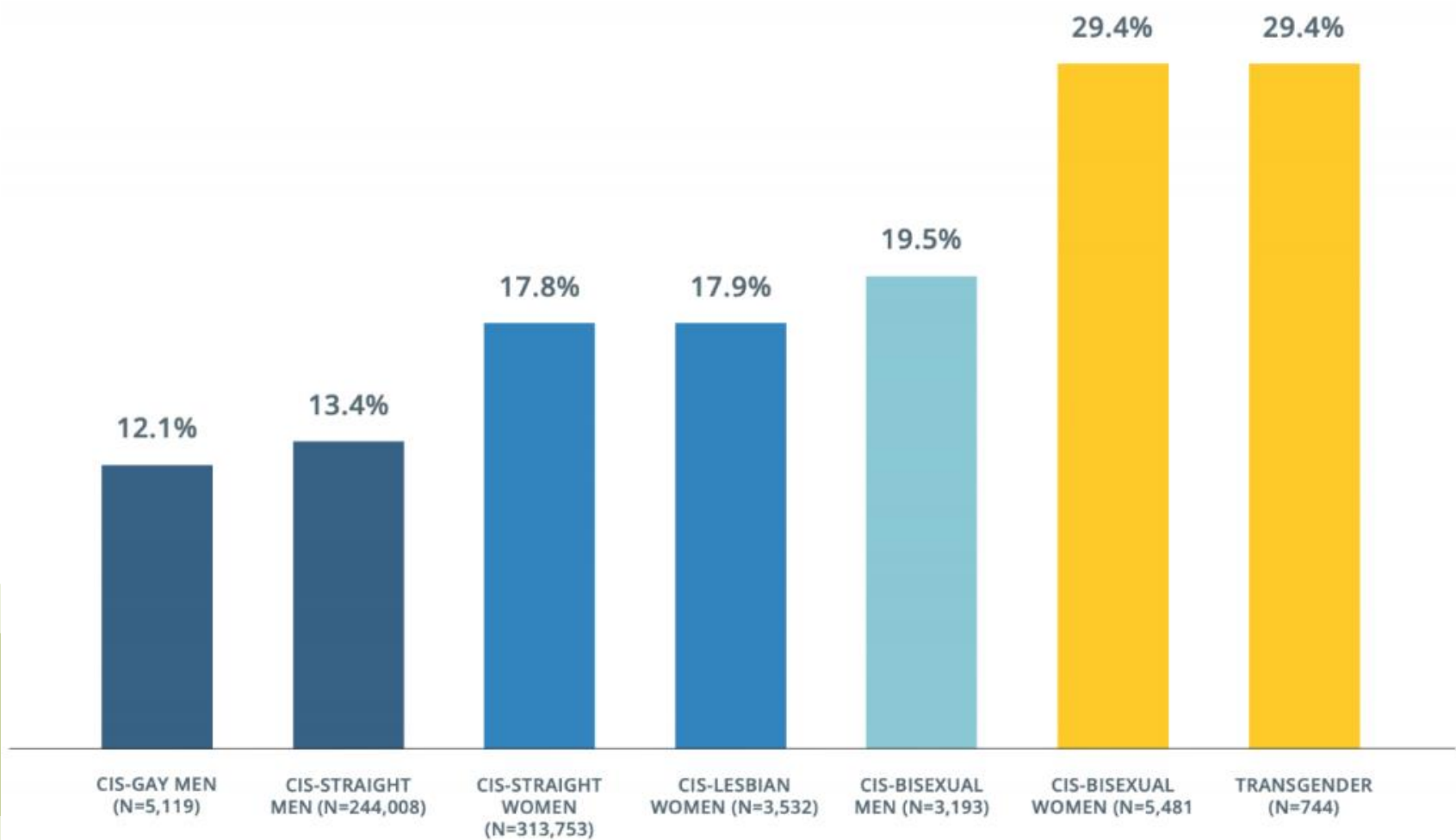
Access to Care

Among adults ages 18-64

■ Heterosexual ■ Lesbian or Gay ■ Bisexual



LGBTQ Poverty Rates



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Brownworth, V. (2020, November 2). *New study shows roots of LGBTQ poverty and need for government data: Analysis*. Pennsylvania Capital-Star.



Bisexual Women in the Justice System

- Because of this combination of discrimination, sexual trauma, substance use, and poverty, around 30% of women in the justice system are lesbian or bisexual, in contrast to 3.4% of the general U.S. population.

Bisexual Mental Health Disparities

- Forty-five percent of bisexual women have considered or attempted suicide, followed by bisexual men (35%), lesbians (30%), gay men (25%), and much lower rates for heterosexual women and men.
- Bisexual women are twice as likely to have an eating disorder than lesbians.
- Bisexual women report the highest rates of alcohol use, heavy drinking, and alcohol-related problems when compared to heterosexual and lesbian women.
- Bisexual men and women report the highest rates of smoking of all orientations.

Ruthstrom, E. (2014, October 3). *Bisexual Health Awareness Month draws attention to community's urgent health needs*. National LGBTQ Task Force.

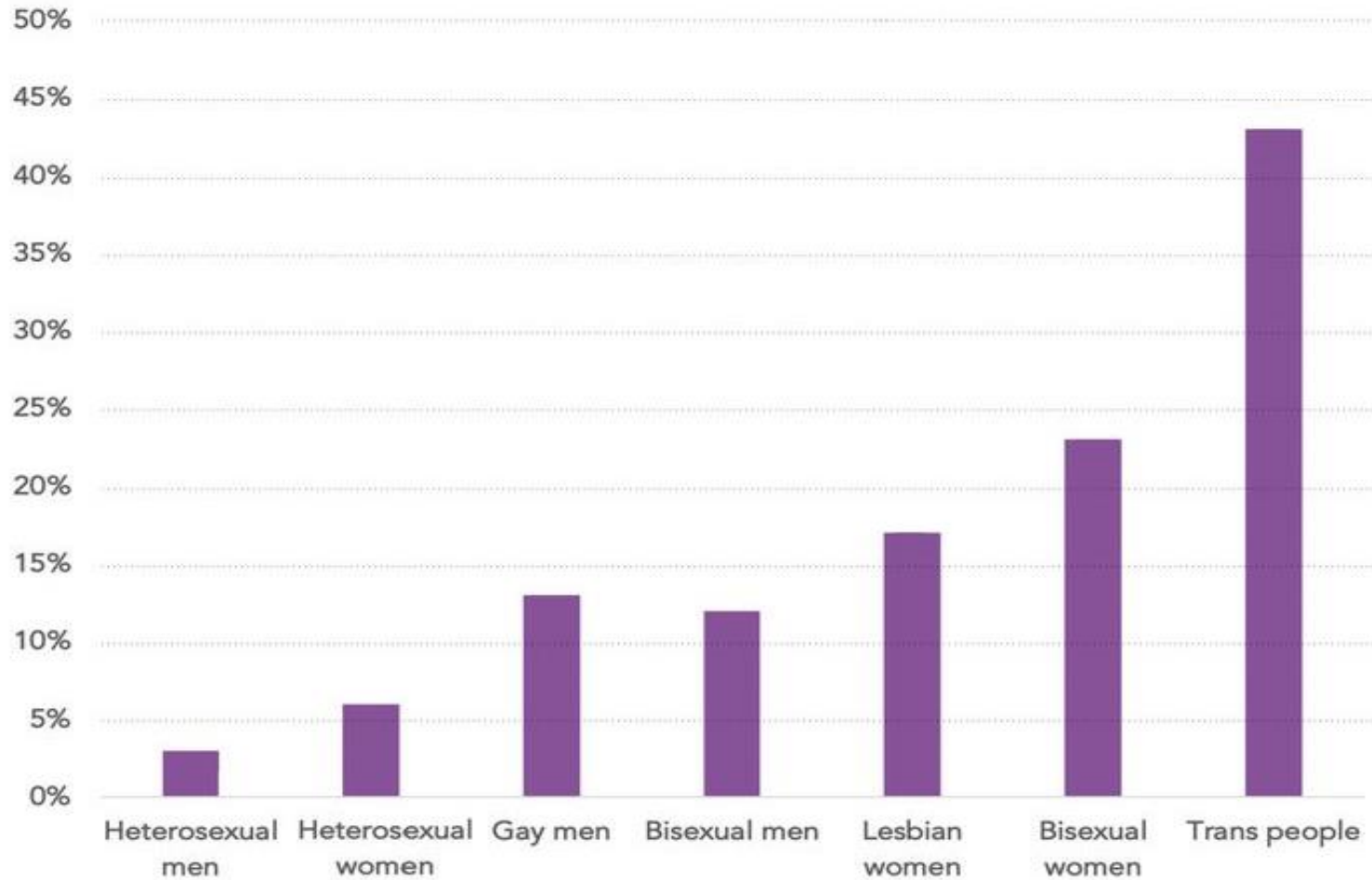


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Adult Suicide Attempts by SOGI

(2019 meta-analysis study)

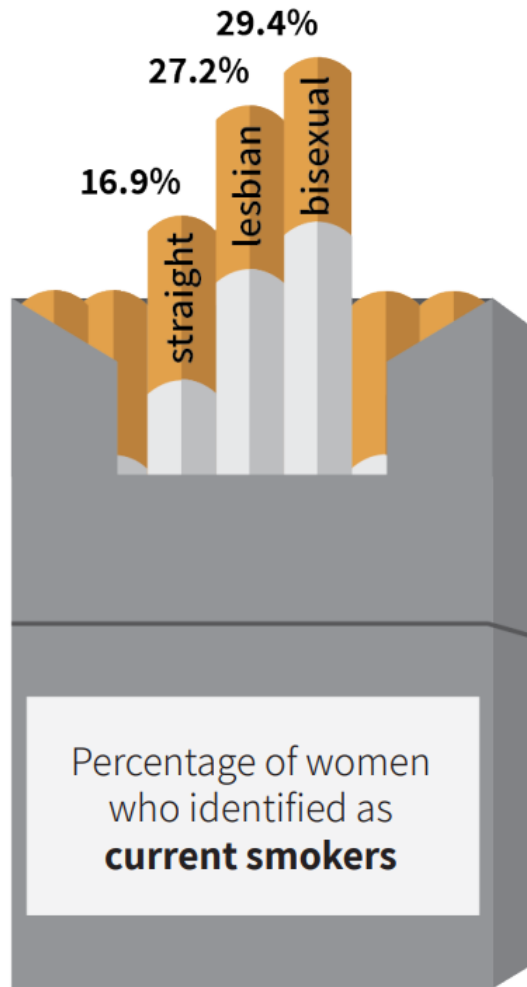


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Source: "A systematic review and meta-analysis of disparities in the prevalence of suicide ideation and attempt among bisexual populations," *Archives of Sexual Behavior*, 2019; "Suicidality among trans people in Ontario: implications for social work and social justice," *Service Social*, 2013.

Substance Use and Sexual Orientation

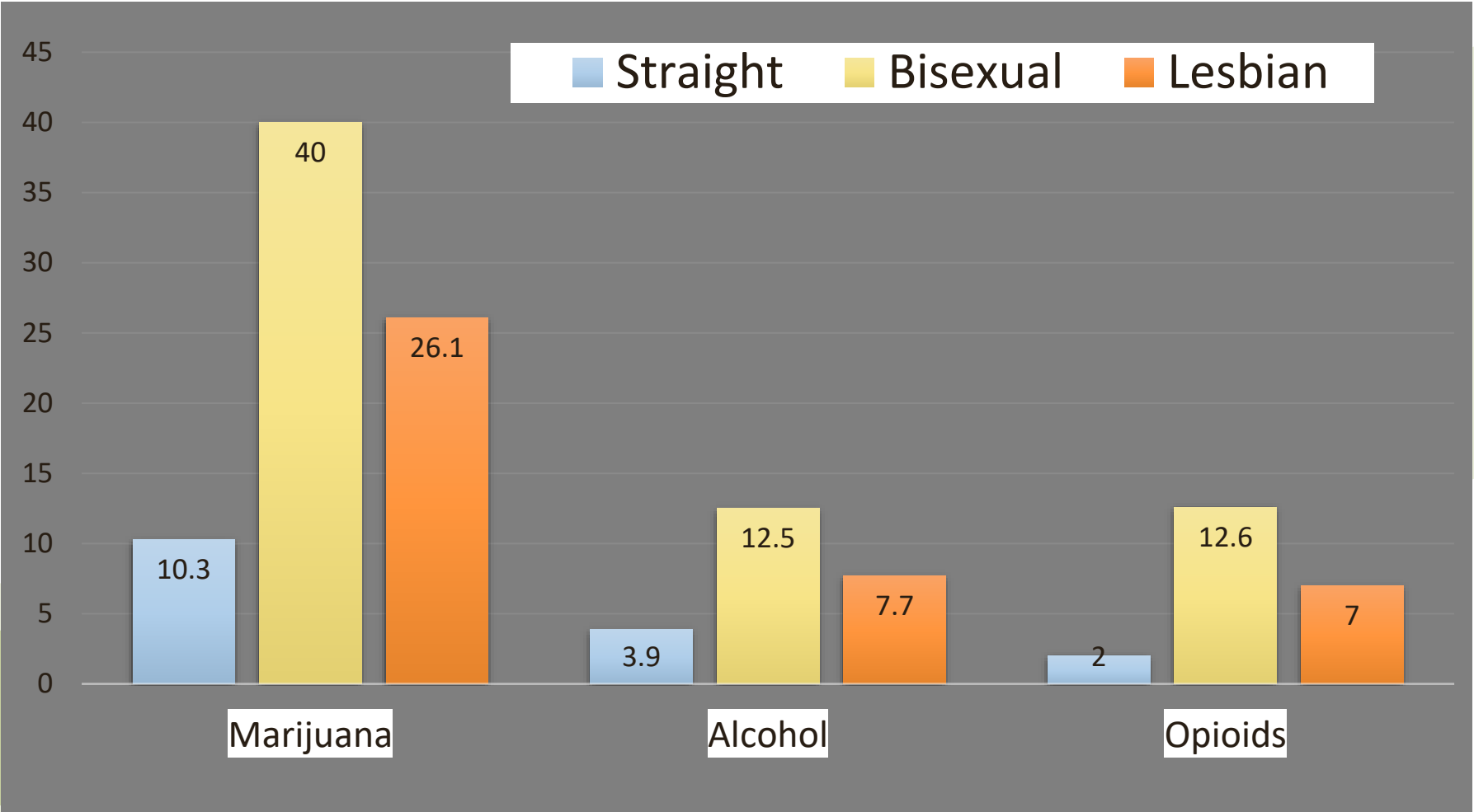


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Image Source: Bisexual Resource Center

Full Spectrum of Substance Misuse



Discrimination Starts Early

- Young LGBTQ women report feeling higher levels of stigma than their male counterparts. This is particularly true for bisexual women, who often lack role models who are out and bi. Young bi women are surrounded by stereotypes that bisexuality isn't "real," that bi people are "actually" straight or gay and simply confused, or that bi people should "choose a side."
- "The sexual identity development process potentially is more prolonged or confusing" for bi women, says Schuler. "Bisexuality is not presented as a valid option."



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Gattuso, R. (2021, September 22). *Why are bisexual women at a higher risk of substance abuse?* Talkspace.

Sexual Violence

One in two
bisexual women
has experienced
severe violence
by an intimate
partner

#STILLBISEXUAL

- Studies indicate that 61 percent of bisexual women experience rape, physical violence, or stalking by an intimate partner, compared to 35 percent of straight women.
- Three social factors that may contribute to higher sexual violence rates among Bi+ women:
 - Substance use
 - Hypersexualization
 - Biphobic harassment

Image Source: Bisexual Resource Center



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Heinze, J. L. (2021, September 22). *Disparities in bi+ health and sexual violence*. National Sexual Violence Resource Center.

Increased Vulnerability, Increased Drug Use

SM showed higher odds of past-year substance use and lifetime chemsex drug use.

Bisexual women had higher odds for use of all analysed substances relative to heterosexual women.

Urbanity, being uninsured, and unmet need for mental health treatment were associated with significantly higher odds of substance use, chemsex drug use and binge drinking.

Higher odds of drug use correlated with lower health ratings.

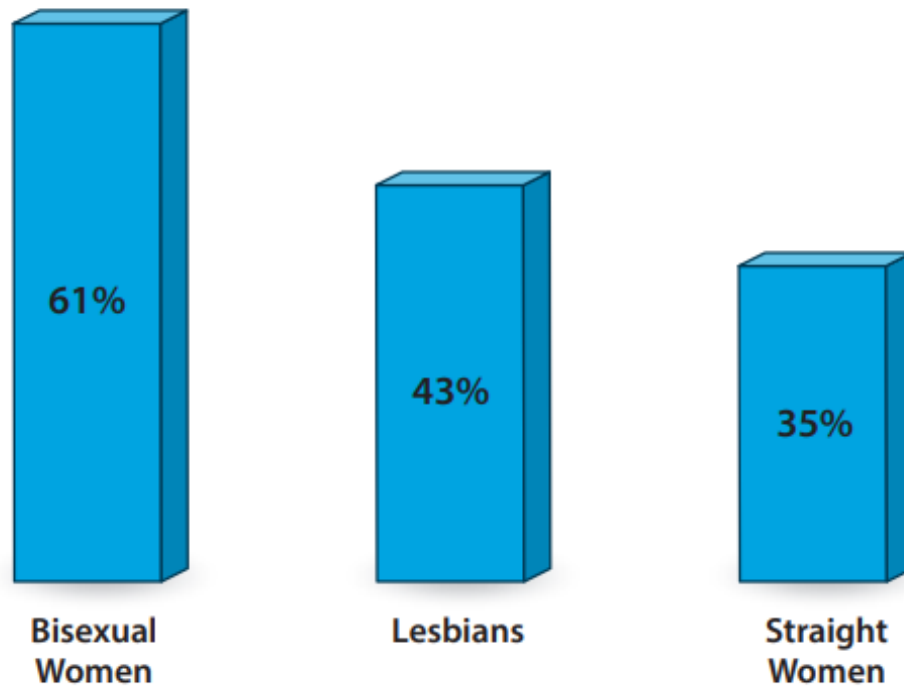
Sexual minority people have significantly higher levels of socioeconomic vulnerability.

Higher vulnerability indices were associated with increased odds for drug use.

Rosner, B., Neicun, J., Yang, J. C., & Roman-Urrestarazu, A. (2020, December 17). *Substance use among sexual minorities in the US – linked to inequalities and unmet need for mental health treatment? results from the National Survey on Drug Use and Health (NSDUH)*. Journal of Psychiatric Research.

Figure 4: Women Experiencing Intimate Partner Violence

% Of Women Who Say They Have Experienced Rape, Physical Violence, And/Or Stalking By An Intimate Partner



Source: M.L. Walters, J. Chen, and M. J. Breiding, "The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Findings on Victimization by Sexual Orientation," National Center for Injury Prevention and Control, Centers for Disease Control and Prevention, 2013.



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Movement Advancement Project, BiNet USA, and Bisexual Resource Center. 2014. "Understanding Issues Facing Bisexual Americans."

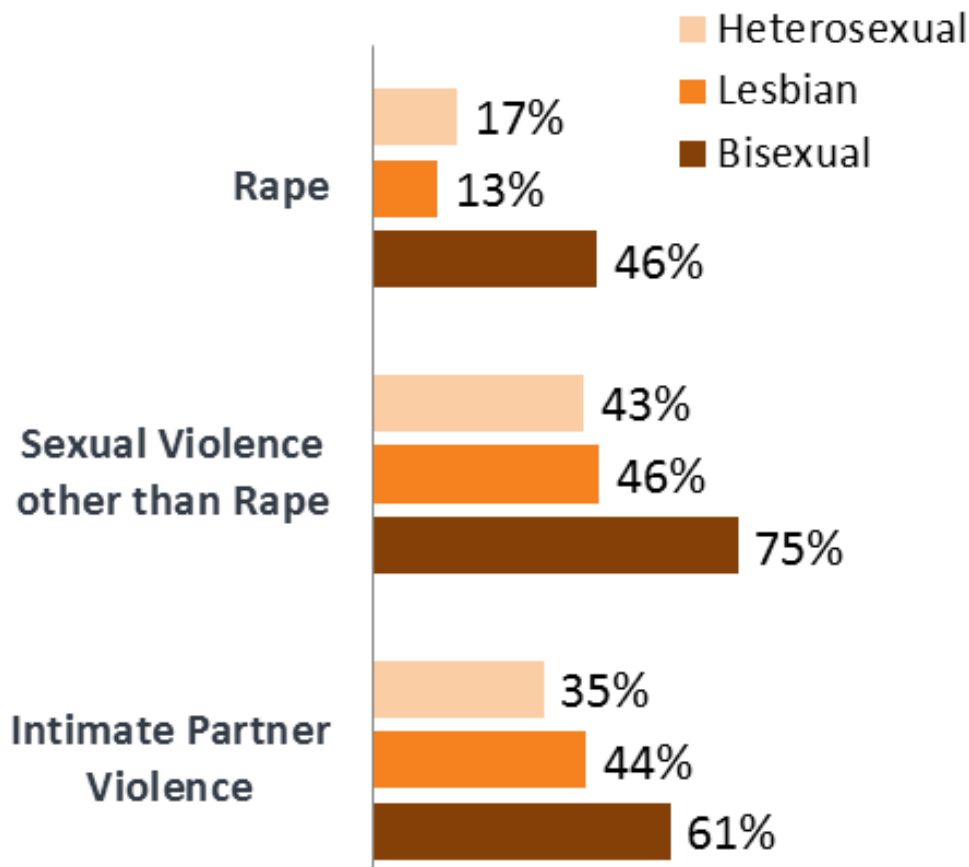
Sexual Trauma

Nearly **1/2** of bi women have been **raped** while **3/4** of bi women **will experience sexual violence** other than rape in their lifetimes

#STILLBISEXUAL

Image Source: Bisexual Resource Center

Lifetime Prevalence Among Women



Sexual Violence other than rape includes being made to penetrate, sexual coercion, unwanted sexual contact, and non-contact unwanted sexual experiences. Perpetrator can include an Intimate Partner.

Intimate Partner Violence includes physical and sexual violence, threats of physical or sexual violence, stalking, and psychological aggression by a current or former intimate partner.

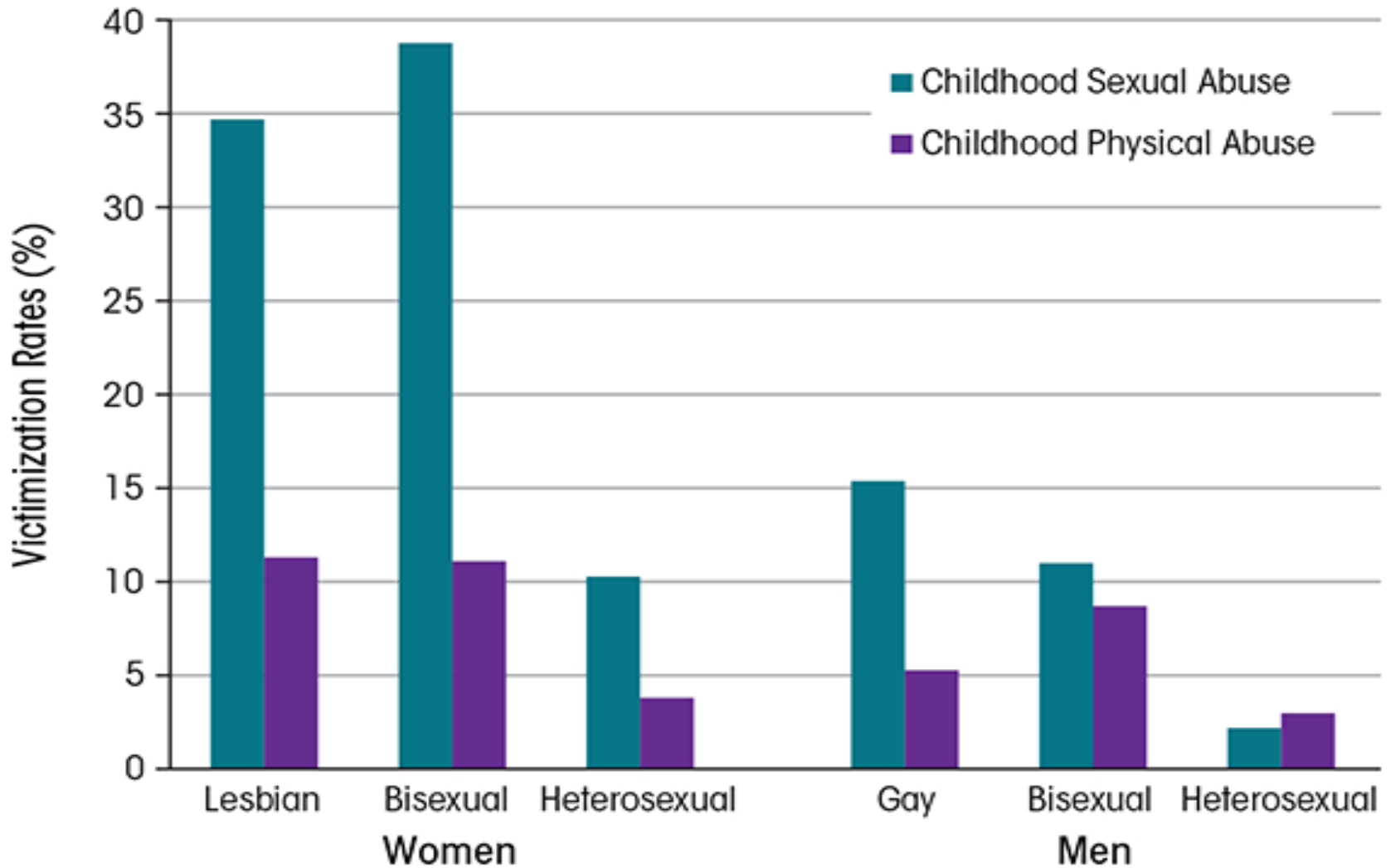
NOTE: *Sample size too small for estimate. Among adults 18 and older.

SOURCE: CDC. (2013). The National Intimate Partner and Sexual Violence Survey: 2010 Findings on Victimization by Sexual Orientation.



Kates, J, U. R., Beamesderfer, Dawson, L., & Salganicoff, A. (2018, May 3). *Health and access to care and coverage for lesbian, gay, bisexual, and transgender (LGBT) individuals in the U.S. - health challenges*. KFF.





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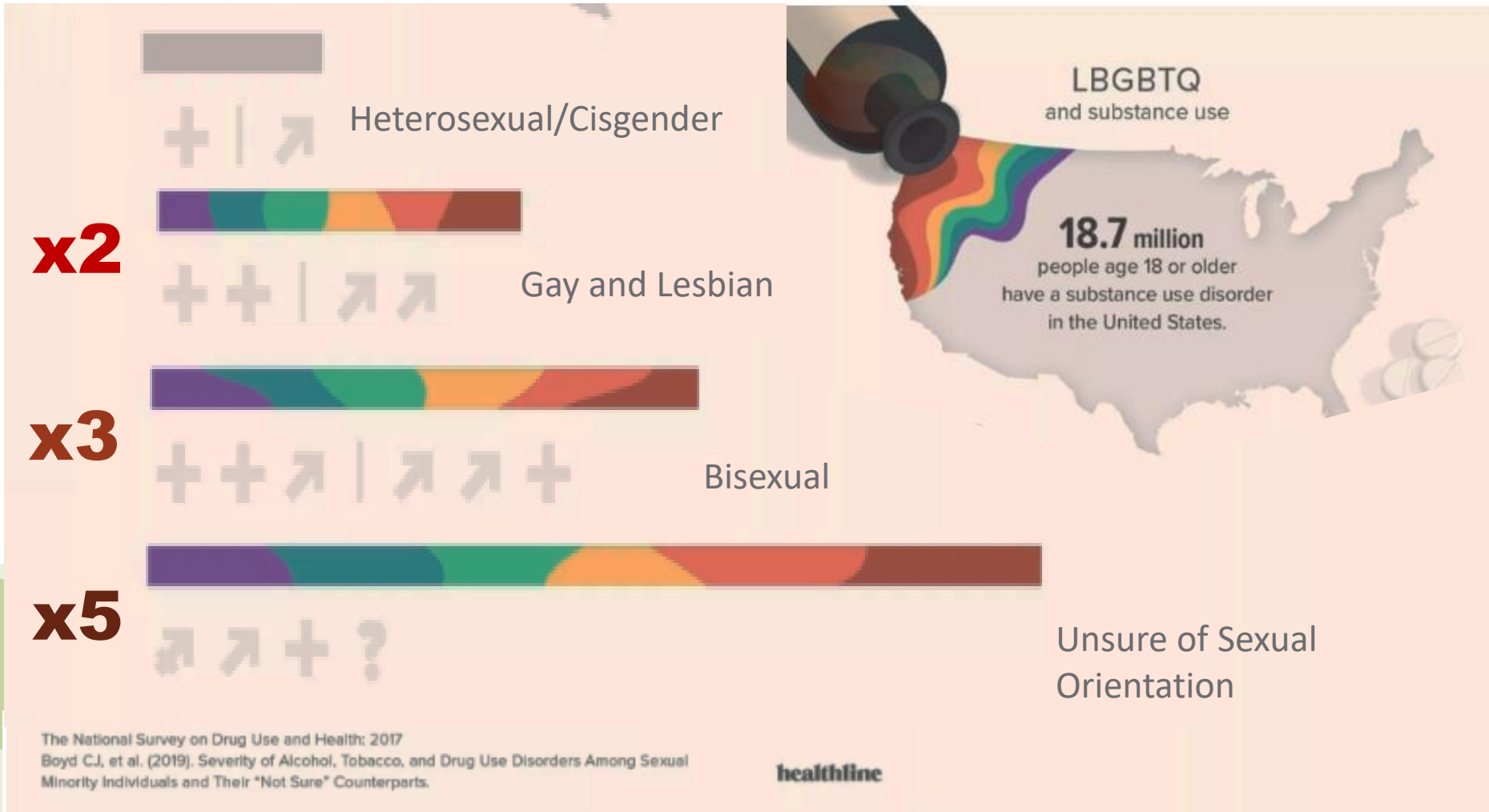
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Hughes, T., Wilsnack, S., & Kantor, L. (2016, January 1). *The influence of gender and sexual orientation on alcohol use and alcohol-related problems: Toward a global perspective*. National Institute on Alcohol Abuse and Alcoholism.

Sexual Trauma Leads to Substance Use

- “A lot of people report subsequently using substances to cope in part from constantly experiencing victimization,” says Schuler.
- “This victimization partly stems from stereotypes of bi women as hypersexual. “Our standards of women regarding sexuality are clearly different than men. I think that’s the real magnifying factor,” says Schuler.
- Researchers like Nicole Johnson, at Lehigh University’s Resistance Lab, back up this explanation, arguing that because bi women are stereotyped as indiscriminately sexual, our partners may use our bi identity as an excuse to coerce or control us. Bi women may turn to substances to help us cope with the resulting trauma.

Substance Use Disorder: An LGBTQ Epidemic



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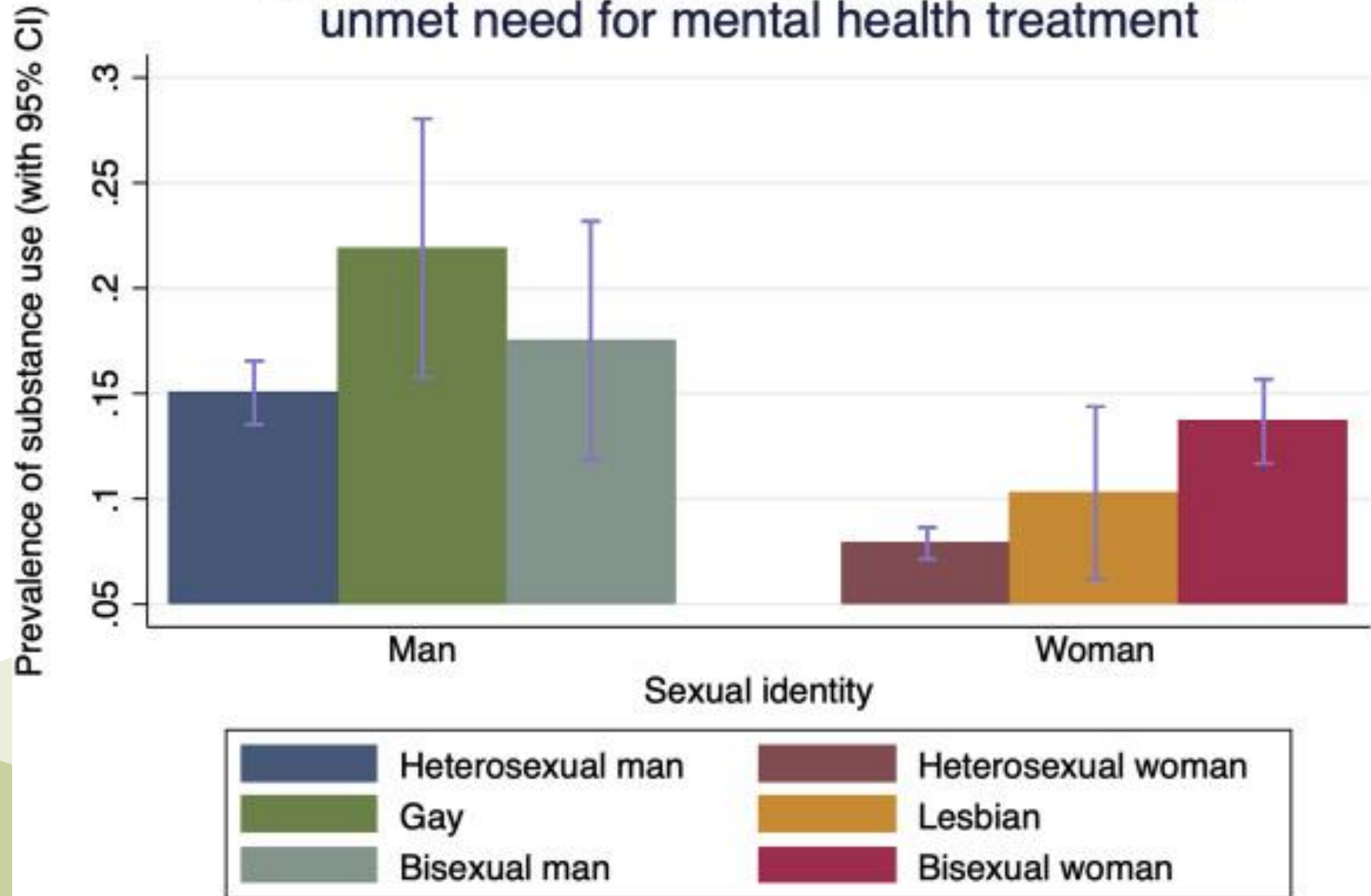
Five Reasons Why

High rates of LGBTQ substance use and abuse may be due to:

1. **STIGMA:** High stress levels due to social, legal, medical, employment and housing prejudice and discrimination.
2. **TRAUMA:** More likely to have experienced trauma and other mental health concerns than their cisgender/heterosexual peers
3. **SAFER SPACES:** LGBTQ people have relied on bars and clubs as community-controlled safe venues for socializing
4. **TARGETED MARKETING:** Alcohol and tobacco companies exploit LGBTQ values like freedom, self-expression, and visibility
5. **CARE SYSTEM GAPS:** Lack of cultural knowledge in health care discourages LGBTQ population from seeking treatment

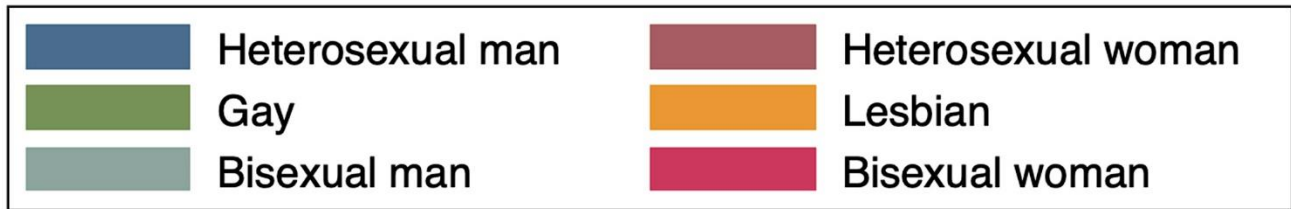
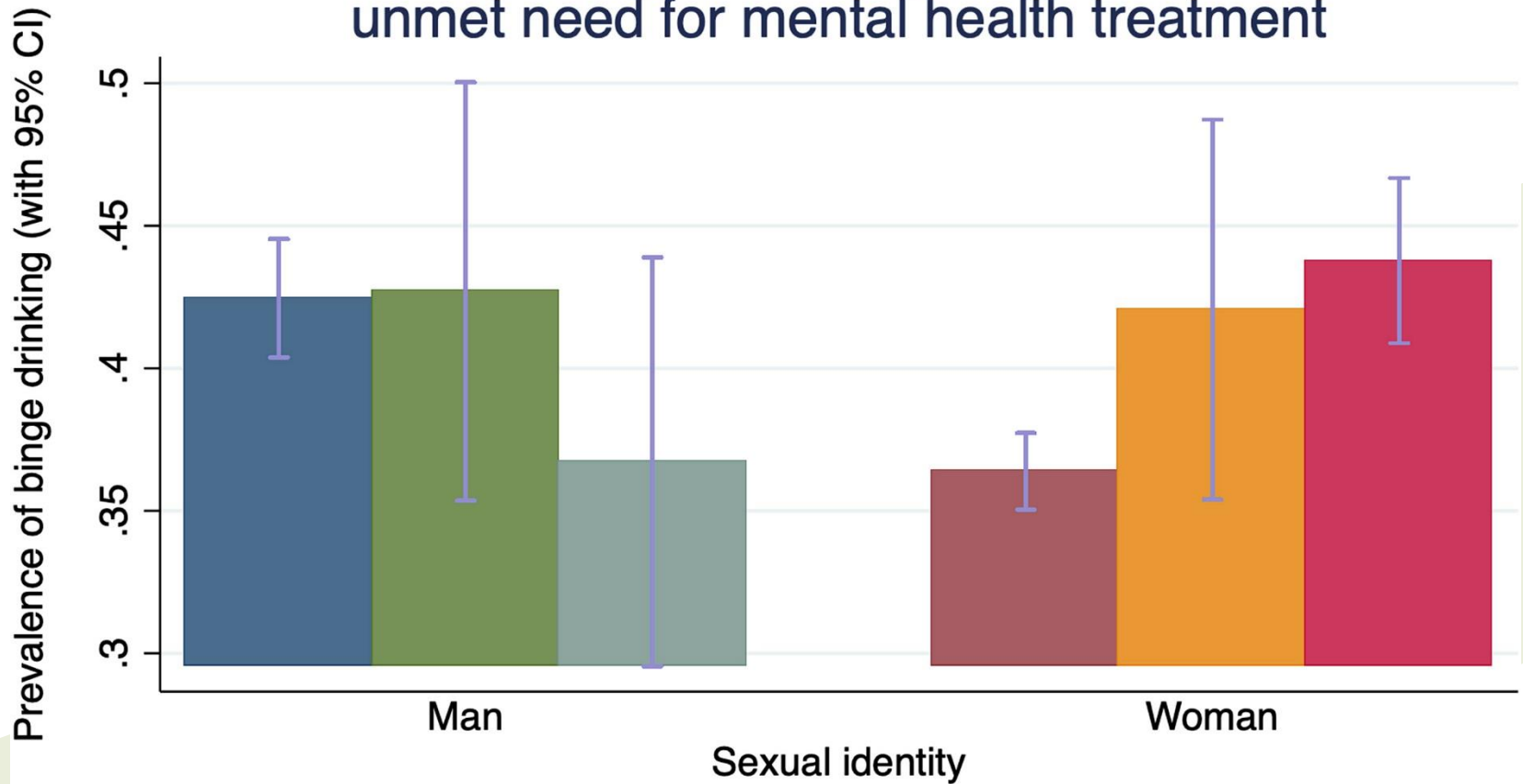
Hunt, Jerome. *Why the Gay and Transgender Population Experiences Higher Rates of Substance Use*. Center for American Progress, 3/9/12.

Past-year substance use for individuals with unmet need for mental health treatment



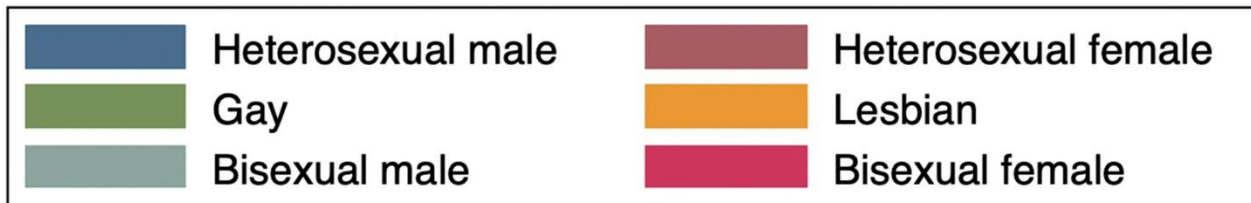
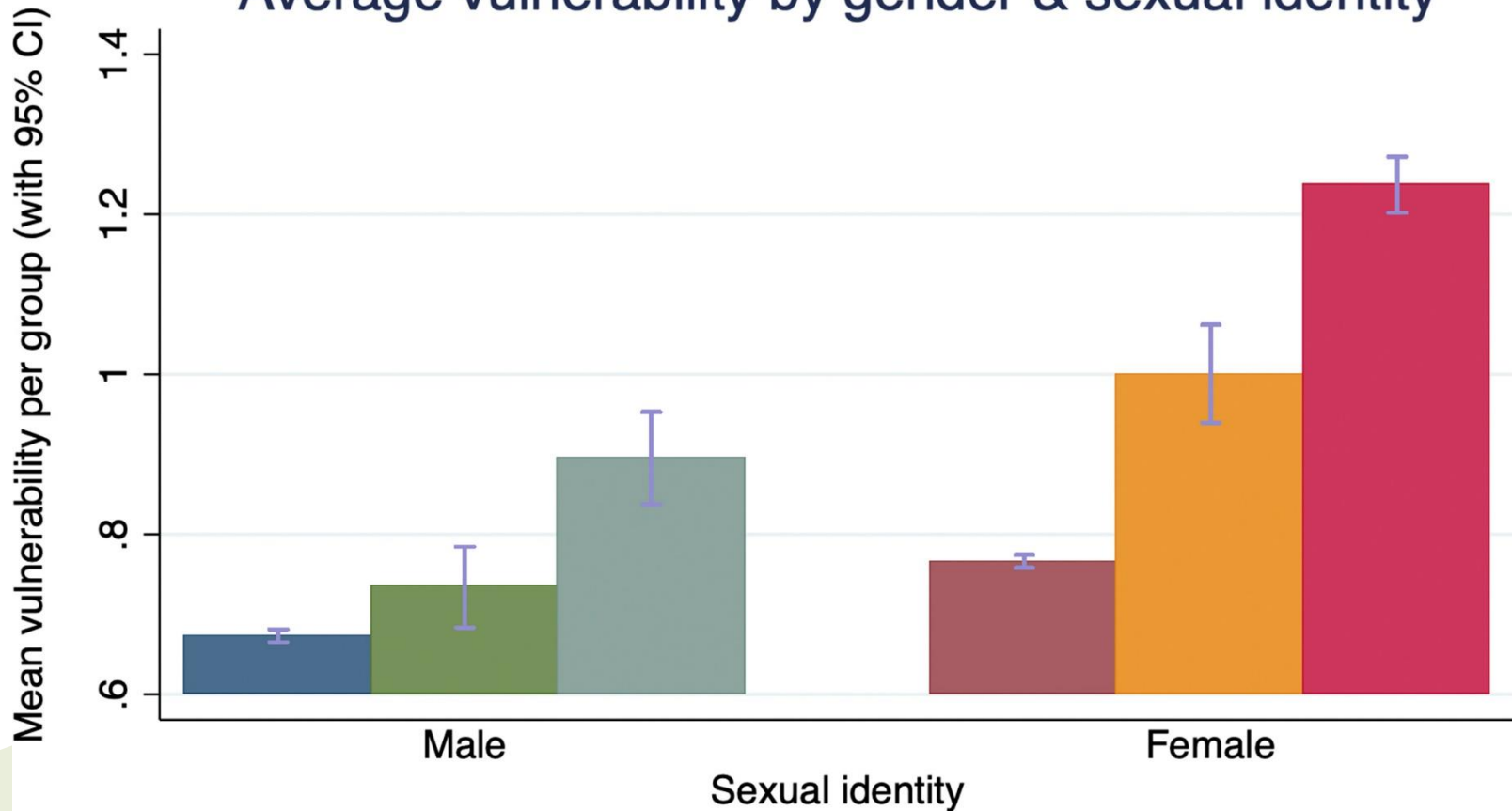
Rosner, B., Neicun, J., Yang, J. C., & Roman-Urrestarazu, A. (2020, December 17). *Substance use among sexual minorities in the US – linked to inequalities and unmet need for mental health treatment? results from the National Survey on Drug Use and Health (NSDUH)*. *Journal of Psychiatric Research*.

Past-month binge drinking for individuals with unmet need for mental health treatment



Rosner, B., Neicun, J., Yang, J. C., & Roman-Urrestarazu, A. (2020, December 17). *Substance use among sexual minorities in the US – linked to inequalities and unmet need for mental health treatment? results from the National Survey on Drug Use and Health (NSDUH)*. Journal of Psychiatric Research.

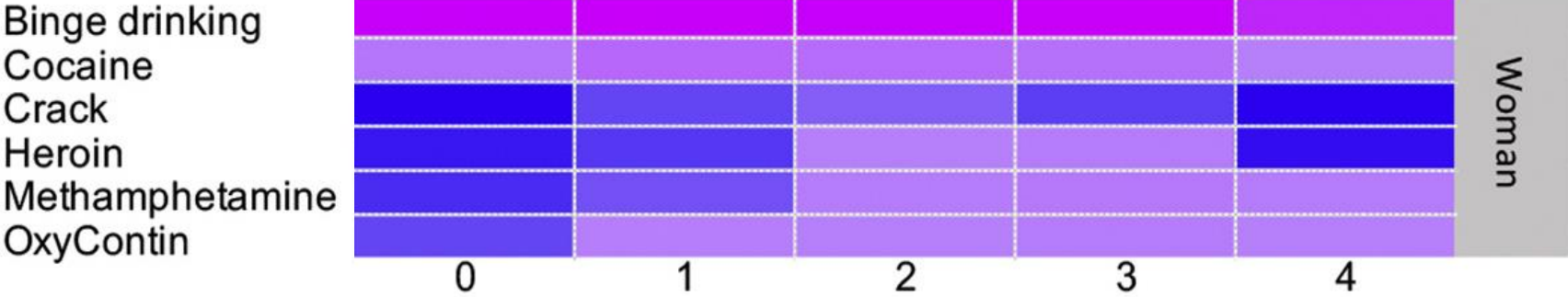
Average vulnerability by gender & sexual identity



Rosner, B., Neicun, J., Yang, J. C., & Roman-Urrestarazu, A. (2020, December 17). *Substance use among sexual minorities in the US – linked to inequalities and unmet need for mental health treatment? results from the National Survey on Drug Use and Health (NSDUH)*. Journal of Psychiatric Research.

Prevalence and Vulnerability

Patterns in prevalence of substance use by sexual identity and gender



Rosner, B., Neicun, J., Yang, J. C., & Roman-Urrestarazu, A. (2020, December 17). *Substance use among sexual minorities in the US – linked to inequalities and unmet need for mental health treatment? results from the National Survey on Drug Use and Health (NSDUH)*. Journal of Psychiatric Research.

High Stress, High Risk

Stress related to prejudice, discrimination, and disclosure/hiding

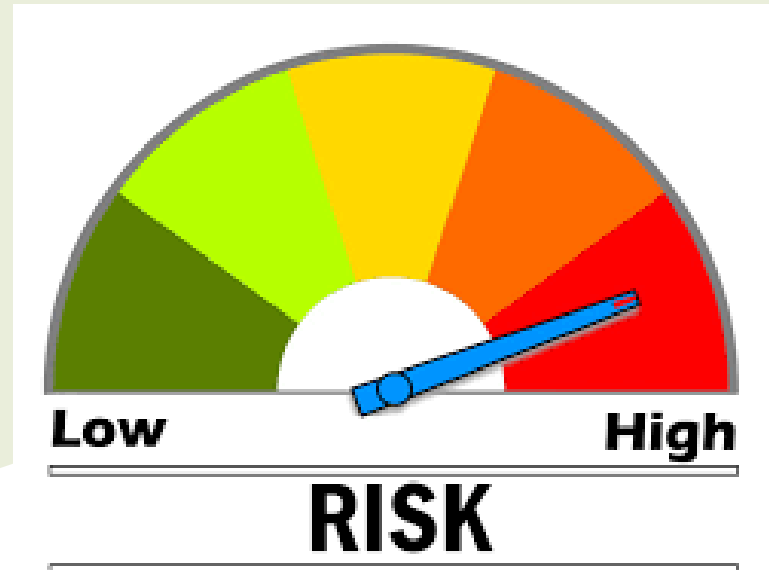


LGBTQ cultural normalization of heavy substance use



Social and sexual/romantic opportunities limited to venues designed for substance use

Disproportionate risk for substance use-related health, emotional, social, and legal problems



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Plus ça Change / The more things change...



Le Monocle, Paris 1930

Henrietta Hudson, NYC 2013



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QUICK QUIZ:

What was the name of the NYC bar where a 1969 uprising against police brutality started the U.S. LGBTQ liberation movement?

1. Pegasus
2. The Cubbyhole
3. The Stonewall Inn
4. The Eagle

It's What We Do

- For many LGBTQ people, bars and clubs are home, the only place it is safe to be completely authentic.
- Dedicated sober spaces are more common in leather/BDSM communities and in lesbian/bisexual/queer women's socialization



- Mark: "So, the next 20 years or so, all I knew was that if you are gay, you go to bars and clubs. Over the years, you're just trapped. You don't have a choice. It's like 'you're gay, here's a bottle, here's a bag.'"

Brian Mastroianni, *Why the Risk of Substance Use Disorders Is Higher for LGBTQ People*. Healthline, 6/28/19

Targeted Alcohol Marketing

03. **Stonewall**

Presented by **Stonewall**

July 27th marked the 50th anniversary of homosexuality being legalised in England & Wales. But homosexuality is still illegal in 72 countries. This project celebrates people from those countries who kiss with pride. See them all at absolut.com/kisswithpride

ABSOLUT.
C'est la belle, l'ancienne, l'originale.



Coors LIGHT

OUT IS REFRESHING

STYLISH. REFRESHING. MAGNETIC. CONFIDENT. RESPONSIBLE. BEST. FRIENDS. REFRESHING. ENERGIIZED. MAGNETIC. OPTIMISTIC. EXUBERANT. EXPRESSIVE.

great to see you out.

Miller Lite

GREAT TASTE... LESS FILLING.

PROUDLY SUPPORTING THE LGBT COMMUNITY FOR MORE THAN 35 YEARS

ABSOLUT.
EXPRESS YOUR PRIDE

ENJOY RESPONSIBLY.

ABSOLUT VODKA

IMPORTED 40% ALC. VOL. (80 PROOF) 100% GRAIN NEUTRAL SPIRITS

LIMITED EDITION BOTTLE SAME ABSOLUT VODKA



Targeted Tobacco Marketing

<http://transformingcareconference.com/wp-content/uploads/2017/11/Creating-Tobacco-Free-Initiatives-for-LGBTQ-Communities.pdf>

freedom. to speak. to choose. to marry. to participate. to be. to disagree. to inhale. to believe. to love. to live. **it's all good.**

NATURAL AMERICAN SPIRIT

the people of *santa fe* natural tobacco company

No additives in our tobacco does **NOT** mean a safer cigarette.

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

www.nascigs.com

BREAK FREE

CAMEL SNUS

TAKE PRIDE IN YOUR FLAVOR

Enjoy smoke-free, spit-free, drama-free tobacco that's packed in a pouch for great tasting, long-lasting anytime enjoyment. Camel SNUS—the pleasure's all yours.

om[®]
TO ADD IN A TOBACCO CIGARETTE.

ARNING: Smokeless tobacco is addictive.

I CHOOSE AN AMERICAN ORIGINAL

Las Autoridades Sanitarias advierten que el tabaco perjudica seriamente la salud.

Advertisement by American Spirit via LGBT Tobacco ; Photo illustration by Lisa Larson-Walker. Ads by manufacturer via LGBT Tobacco.



LGBTQ Substance Misuse Prevention and Treatment

Limited Targeted Treatment Options

Of the 854 treatment programs (including residential, outpatient, and partial hospitalization) in the SAMHSA directory that reported to have specialized treatment services for LGBTQ people...

...Only 62 programs confirmed these services actually existed during a telephone follow-up

- 70.8% of these “LGBT” programs were no different from services offered to the general population
- Only 7.4% could identify a service specifically tailored to the needs of LGBT clients

Bryan N. Cochran, K. Michelle Peavy & Jennifer S. Robohm (2007) Do Specialized Services Exist for LGBT Individuals Seeking Treatment for Substance Misuse? A Study of Available Treatment Programs, *Substance Use & Misuse*, 42:1, 161-176.

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Proven Prevention Strategies

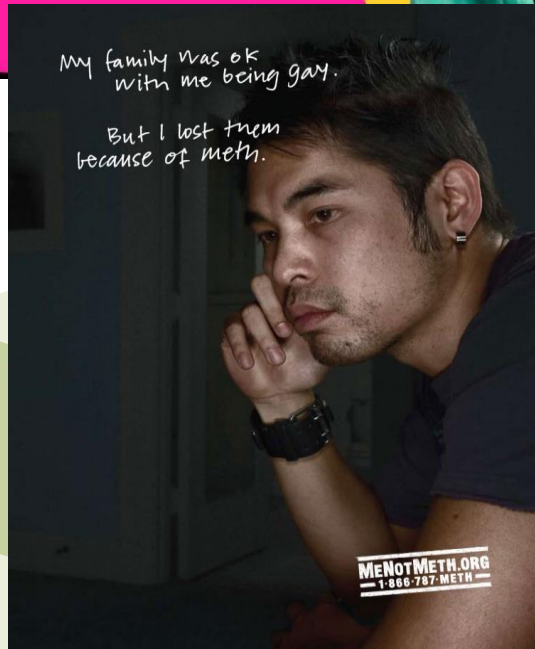
- LGBTQ-targeted prevention messages and images
- “No Wrong Door” model
 - 24-hour crisis support
 - walk-in centers
 - peer support groups
 - community outreach programs
- Protective Interventions:
 - Mental Health Therapy: individual, group, and family (including “families of choice”)
 - Meeting Basic Needs: Housing, Food, Income
 - Connection: promoting strong social networks

Medley, G., Lipari, R. N., Bose, J., Cribb, D. S., Kroutil, L. A., & McHenry, G. (2016, October). *Sexual orientation and estimates of adult substance use and mental health: Results from the 2015 National Survey on Drug Use and Health*. NSDUH Data Review. Retrieved from <https://www.substanceabuserhab.com/lgbt-substance-abuse-prevention/>

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Targeted Prevention Messages



"Me Not Meth" California Department of Alcohol and Drug Programs

"Healthy Chicago" Chicago Dept of Public Health Campaign

"Tips from Former Smokers" Centers for Disease Control

"This Free Life" Food and Drug Administration

LGBTQ-Specific Recovery Concerns

- Self-acceptance of sexual orientation/gender identity
- Managing discrimination and microaggressions
- Mistrust of healthcare providers and systems
 - Especially prevalent in gender diverse communities and among people of color
- Handling peer pressure in LGBTQ culture
- Interference with hormone treatments or HIV regimens
- Coming out to loved ones, maintaining relationships
- Family rejection and social isolation
 - Bisexual individuals particularly may feel disconnected from both heterosexual and homosexual communities

Ranes, Bethany. *Research Update*, Butler Center For Research, Hazelden Betty Ford Foundation, January 2016



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LGBTQ- Focused Recovery Program Strategies

- Positive and affirmative environment
- Acknowledge LGBTQ identities and realities
- Affirm “families of choice”
- Integrate sexual concerns into treatment
- LGBTQ staff and peer role models
- Focus on
 - self-acceptance
 - self-awareness
 - practical strategies for coping with
 - stigma
 - discrimination
 - stress

Ratner E. A model for the treatment of lesbian and gay alcohol abusers. *Alcohol Treat Q.* 1988;5(1):25–46.

Risk Reduction: Building Resilience

CARE

- Easy access to effective, culturally competent care
- Support from medical and mental health care professionals
- Restricted access to highly lethal means of suicide (e.g. firearms)

SKILLS

- Positive role models and self esteem
- Coping, problem solving and conflict resolution skills



Risk Reduction: Building Resilience

PRIDE

- Academic, artistic, athletic achievements
- Cultural and religious beliefs that discourage suicide
- LGBTQ Identity

CONNECTION

- Strong connections to family members (original and chosen)
- Connectedness to safe schools
- Positive connections with friends who share similar interests



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Suicide Risk and Prevention for LGBTQ People 2018 Fenway Institute

Skill Builder Section: Frameworks That Work





What is Cultural Humility?

- Other-centered interpersonal approach
- Ethical orientation of service delivery
 - A commitment to understanding power dynamics
 - Requires us to take responsibility for our interactions
 - Acknowledges the limitations of our own cultural perspective
 - “Borrow the patient’s glasses”



HUMAN



UV



BUTTERFLY



BEE





Community Concept: Service Providers

Agency assurances that services are “for Everyone” may not mean much to a LGBTQ person.

- LGBTQ people tend to assume service providers will be unwelcoming or hostile until proven otherwise
- LGBTQ people often believe services do not include their concerns unless explicitly targeted toward them
- LGBTQ people historically have been offered “help” to become “normal”, may automatically be suspicious of help from any institutional representative

Adapted from the YWCA of Greater Cincinnati/Northern Kentucky

Community Concept: Safety



- “Safety” to LGBTQ people means:
 - Safety to be authentic and open with identities
 - Safety to feel believed about discrimination and abuse
 - Safety to feel unafraid of homophobic/transphobic responses and attitudes of service providers
- People from a **dominant** (heterosexual, cisgender) culture tend to assume that if they are mistreated, they have an automatic right to help, and will be treated respectfully by any agency
- Those from a **subdominant** (LGBTQ) culture may not have experienced agencies as helpful in the past, may not believe that help is genuinely available, and may not seek out help



What Is “Sex Positive”?

“An attitude towards human sexuality that regards all **consensual sexual activities** as fundamentally **healthy** and pleasurable, and **encourages sexual pleasure** and **experimentation.**”

Allena Gabosch,
Center for Sex Positive Culture



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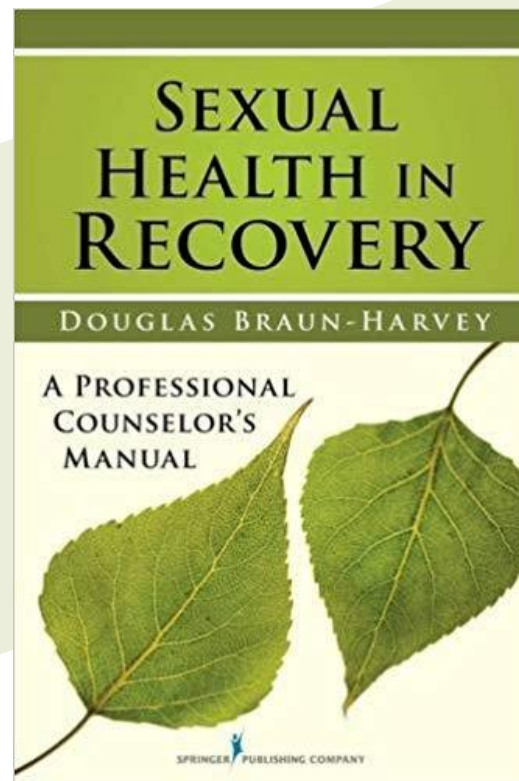
Why It Works

- LGBTQ individuals have been pathologized, even institutionalized, by medical and psychological consensus for their sexual desires
- Clients may be scanning for these attitudes, concerned their attractions and activities will be labeled sick and immoral
- Free sexual expression is a key value to communities who have had to fight for sexual dignity
- Frank conversation about sexuality, sexual concerns, and sexual pleasure is common and normal within LGBTQ communities
- Sexual connection can be a strongly positive route to healing for LGBTQ individuals



Example: Sexual Health in Recovery

- Group-level psychoeducational intervention originally developed by Douglas Braun-Harvey
- Curriculum allows participants to explore sexual values, examine sex/drug linked behaviors, and plan for triggers that can impede recovery.
- From the SHIR facilitator's manual:
"Sexual Health is not just about avoiding relapse, or about avoiding disease, or unintended pregnancies, or getting PAP smears and testicular and prostate exams. It's also about having sexuality be a safe, consensual, joyful, pleasurable and meaningful part of our lives."



QUICK QUIZ:

Which of these is **NOT** an example of a harm reduction strategy?

1. Abstinence-based SUD treatment
2. Mandated Face Masks
3. PrEP (Pre-Exposure Prophylaxis)
4. Syringe exchange programs



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What is Harm Reduction?

- Practical strategies intended to save lives
- Avoids abstinence-only approaches to managing risky behaviors
- Non-judgmental, non-coercive services
- Resources for people who do not abstain from risk

Examples:

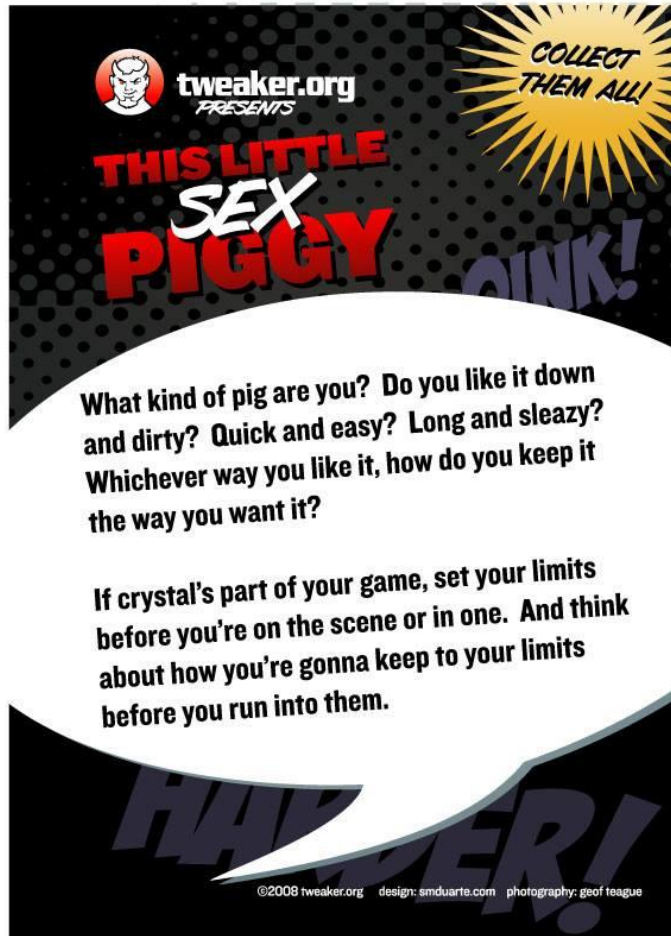
- Seat Belts
- Contraceptives
- Nicotine patches
- Syringe exchange programs
- Methadone and buprenorphine
- PrEP (Pre-Exposure Prophylaxis)



Why It Works

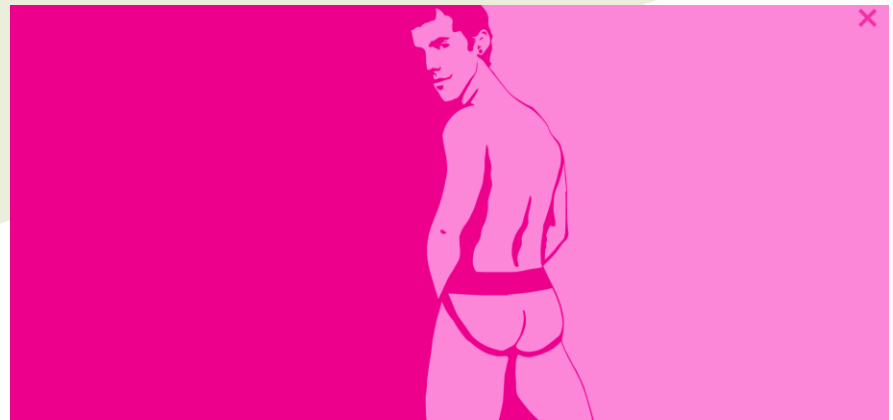
- Abstinence-based approach can be incompatible with LGBTQ counterculture-culture
- Mitigates LGBTQ community value of medical/service provider mistrust
- Acknowledges the cultural centrality of drug use in LGBTQ populations
- Allows client to set pace, extent, and routes of behavior change
- Empowers the client as the expert about their own experiences and needs

Example: Tweaker.org



SMDuarte for Tweaker.org, 2008

- Harm Reduction project aimed at gay/bisexual/queer crystal meth users in San Francisco
- Focuses on mitigating sexual risk-taking while using club drugs
- “Tweaking Tips for Party Boys” tip sheet offers advice for safer crystal meth use before using, during the high, coming down, and how to cut back or stop if you want to, and many recovery resources.



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Trauma-Informed Care: Principles

EMPOWERMENT

Noticing capabilities in the individual

COLLABORATION

Making decisions together

TRUSTWORTHINESS

Providing clear and consistent information

SAFETY

Creating areas that are calm and comfortable; setting boundaries

CHOICE

Providing individuals options in their services and treatment

Institute on Trauma and Trauma-Informed Care, 2015, adapted from Harris, M. & Falloot, R. D. (Eds.) (2001). *Using Trauma Theory to Design Service Systems. New Directions for Mental Health Services*. San Francisco: Jossey-Bass.



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Why It Works

Trauma impacts LGBTQ communities at extraordinarily high rates. Addiction is often a survival strategy vs pleasure seeking strategy:

- To self-soothe and self-regulate
- As a way to numb hyperarousal symptoms: intolerable affects, reactivity, impulsivity, obsessive thinking
- In the service of walling off intrusive memories or facilitating dissociation
- As a way to combat helplessness by increasing its hyper vigilance and feelings of power and control
- To “treat” hyper arousal symptoms of depression, emptiness, numbness, deadening
- As a way to function or to feel safer in the world

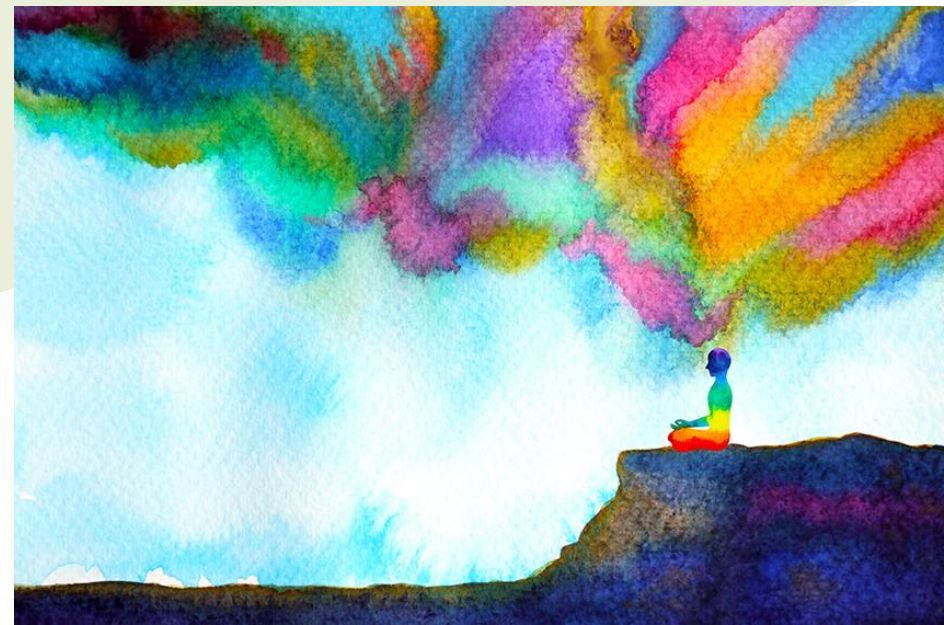
Example: Trauma-Sensitive Care

Treatment must address the relationship between:

- The trauma and the addictive behavior
- The role of the addictive behavior in “medicating” traumatic activation
- The origins of both in the traumatic past
- The reality that recovering from EITHER requires recovery from BOTH

Effective Therapeutic Modalities:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Mindfulness-Based Meditation
- Seeking Safety counseling model



Jeff Zacharias, “The Interplay Of Trauma & Addiction In The LGBT Community,” Addiction Studies Institute (ASI) / Columbus, OH, 8/15/15
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How Helping Professions Can Help Eliminate Bisexual Erasure

- **Check your own biases.** Recognize if you view things through the lens of monosexism so you can acknowledge any biases you may have about others' sexuality.
- **Use affirming language.** Respect that people may use different labels for their identity and ask them what they prefer to use in conversation.
- **Use inclusive language.** Acknowledge bisexual-plus people instead of referring to just “gays” and/or “lesbians.” Be mindful of how phrases like “gay marriage” erase bisexual people who are in same-sex relationships and who are married.
- **Educate yourself.** Learn about the bisexual-plus community and how the connections between identity, behavior and attraction can look different for people.
- **Educate others.** Support bisexual-plus people by teaching their family members, coworkers and the community about bisexuality.

How to Be An Ally to a Bi+ Person



Believe we exist.

Accept the labels and identities we use.

Speak up when we're being defamed or excluded.

Validate our frustration with the L & G communities when they ignore or exclude us.

Celebrate bi+ culture with us!

BHAM
2017

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Bisexual Resource Center



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Image Source: Bisexual Resource Center



Kate Bishop
kbishop@chasebrexton.org

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Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

a program managed by



THE DANYA INSTITUTE

Central East PTTC website:
www.pttcnetwork.org/centraleast

Danya Institute website:
www.danyainstitute.org

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(240) 645-1145

Funding for this presentation was made possible by SAMHSA grant no. 1H79SP081018. The views expressed by speakers and moderators do not necessarily reflect the official policies of HHS; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



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