



# Drugs, Alcohol, and Addiction in the LGBTQ+ Community

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# Introduction

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North Central College '19 ; Lewis University '22

4 Years: Illinois Department of Corrections

9 months: Cornerstone Services

1 Year: Northwestern Medicine Central DuPage Hospital

Specialization in Treatment of Substance Abuse, Personality Disorders, Mood Disorders





# Young LGBTQ+ and Mental Health

According to the The Trevor Project's: 2023 U.S. National Survey on the Mental Health of LGBTQ Young People:

- ★ 41% of LGBTQ Young people seriously considered attempting suicide in last year, while 14% attempted
- ★ 67% reported anxiety ; 54% reported depression in the last year
- ★ Nearly  $\frac{1}{3}$  reports mental health was poor due to anti-LGBTQ policies and legislation
- ★ 60% reports discrimination in past year due to sexual orientation or gender identity
- ★ 15% reports threatened with or subjected to Conversion Therapy
- ★ 65% of those receiving gender-affirming care report concern for loss of access to care



# Young LGBTQ+ and Substance Abuse

According to the The Trevor Project's: 2021 U.S. National Survey on LGBTQ Youth Mental Health

- ★ 56% of LGBTQ Youth used alcohol in last year ; 47% of LGBTQ youth under 21 y/o
- ★ 34% used marijuana ; 29% under 21 in the last year
- ★ 11% reports the use of prescription drug not prescribed to them
- ★ 33% of 21+ report daily use of alcohol

# Anxiety & depression symptoms reported among LGBTQ youth by sexual orientation

## Experienced symptoms of anxiety



## Experienced symptoms of depression

Gay



Lesbian



Bisexual



Pansexual



Queer



Questioning



Asexual



# Rates of LGBTQ young people who have felt discriminated against in the past year by race/ethnicity:

## Due to their sexual orientation



Asian American/  
Pacific Islander



Black



Hispanic/  
Latinx



Middle Eastern/  
Northern African



Native/  
Indigenous



White



More than one  
race/ethnicity

## Due to their gender identity



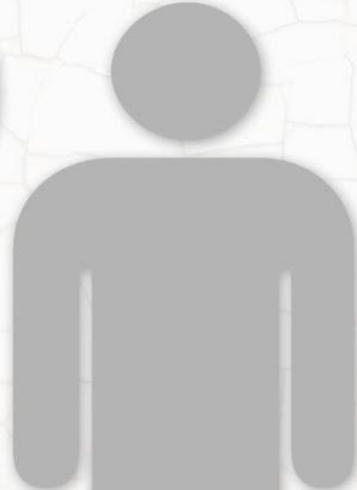
What does this mean for substance abuse?

# PSYCHIATRIC COMORBIDITY

DUAL DIAGNOSIS

Substance  
use  
disorder

Mental  
health  
disorder



# Substance Use and Social Learning Theory

- ★ Social Learning Theory (Albert Bandura) understands that behavior is controlled by antecedent stimuli and behavior-specific consequences. Behavior is learned through observation and imitation and cognition mediates the learning and presentation of behavior.
- ★ Peer substance use, triggers, thoughts of use
- ★ The role of the peer and use
- ★ Examining the network of social network drinking in LGBTQ+ community





# Factors Increasing Risk for Substance Dependence

- ★ Homelessness
- ★ Lack of familial support
- ★ Mental Health Issues
- ★ Increased risk for suicide
- ★ Access to substances



# Treatment of Substance Abuse

Various LOC's to treat substance abuse:

- 1) Detox
- 2) Residential
- 3) Partial Hospitalization Program
- 4) Intensive Outpatient Program
- 5) Medication Assisted Treatment (MAT)
- 6) Continuing Care



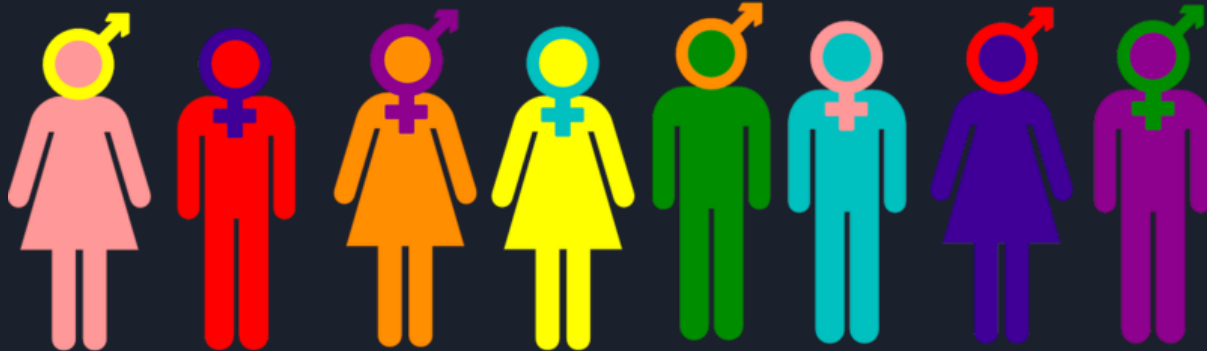
# Treatment of Substance Abuse

1. **Be understanding and flexible**
2. **Provide a comprehensive approach**
3. **Be consistent with cultural needs**
4. **Promote self-respect**
5. **Promote healthy behaviors**
6. **Support collective decision making**
7. **Reduce barriers to treatment**
8. **Provide evidence-based treatment**
9. **Create a recovery community**



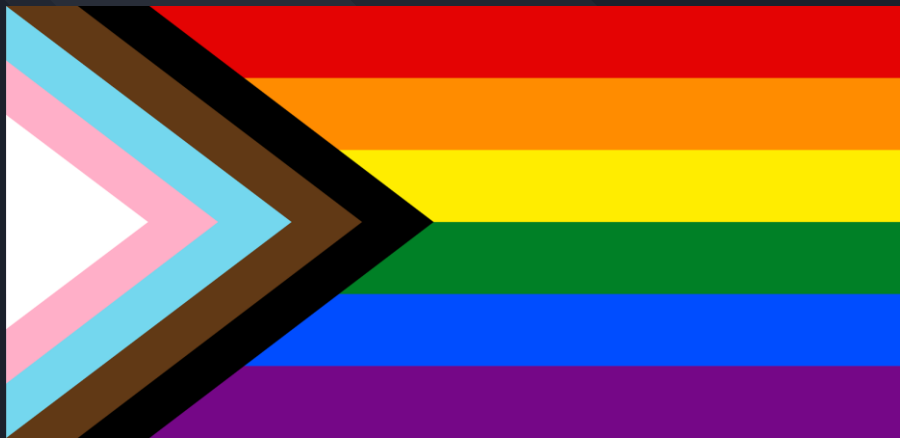
# Understanding the relationship in 2024

- ★ Fostering trust in relationships with clients who identify as LGBTQIA+
- ★ Providing safe spaces
- ★ Providing options for harm-reductions methods of treatment
- ★ Educating ourselves on options and providing accurate and reliable referrals
- ★ Open-mindedness and non-judgmental approach to understanding





Thank you!



Questions?



# References

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