

LGBTQ+ Affirming Mental Health for Adolescents

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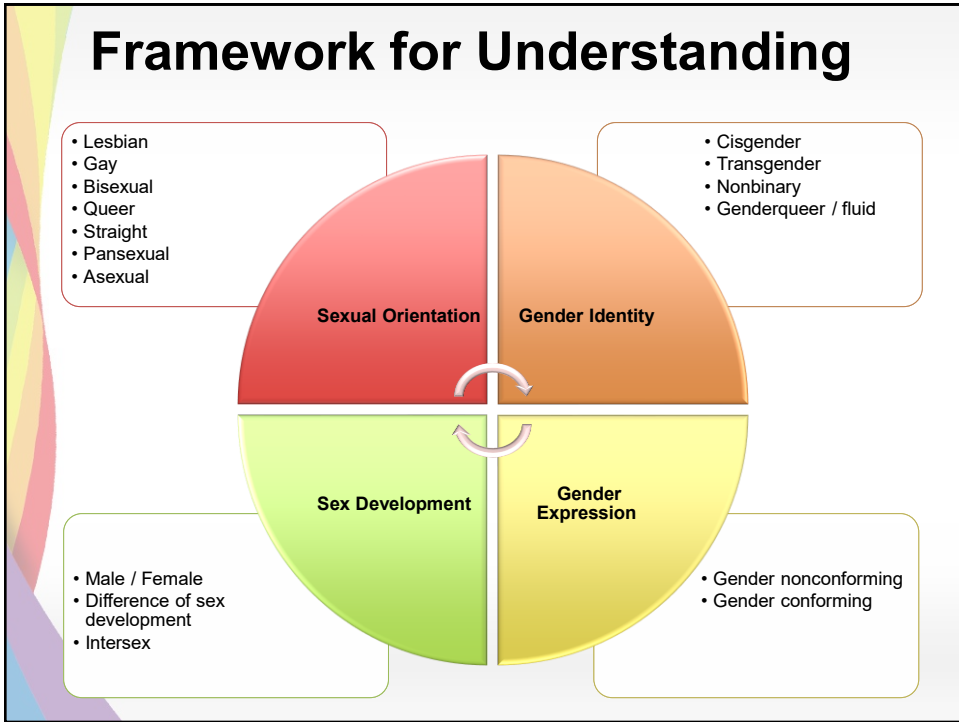
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Learning Objectives

1. Define affirming mental health for LGBTQ+ adolescents
2. Identify components of adapted interventions to address mental health in LGBTQ+ youth
3. Discuss strategies for including affirming mental health practices into current practice at WPH

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Disparities at a Glance

45% of LGBTQ youth seriously considered suicide in the past year

including more than half of transgender and nonbinary youth (53%) and 1 in 3 cisgender youth (33%).

14% of LGBTQ youth attempted suicide in the past year

including nearly 1 in 5 transgender and nonbinary youth (19%) and nearly 1 in 10 cisgender youth (9%).

73% of LGBTQ youth reported experiencing symptoms of anxiety

including more than three-quarters of transgender and nonbinary youth (78%) and nearly two-thirds of cisgender youth (65%).

58% of LGBTQ youth reported experiencing symptoms of depression

including nearly two-thirds of transgender and nonbinary youth (65%) and nearly half of cisgender youth (47%).

The Trevor Project. 2022 National Survey on LGBTQ Youth Mental Health. <https://www.thetrevorproject.org/survey-2022/>

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Current State of Treatment

Eliminating / reducing stigma, bias, and discrimination will improve LGBTQ+ mental health

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Access to gender-affirming and trauma informed health care will improve trans mental health

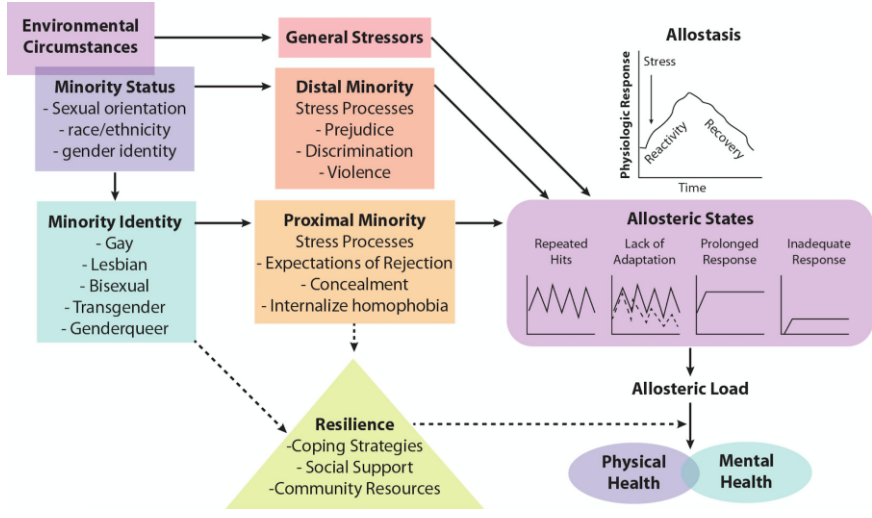


More effective strategies are needed for LGBTQ+ people struggling with mental health, particularly those navigating un-affirming environments or who lack access to care

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Minority Stress Theory

Minority Stress Theory describes the process by which levels of stigma (i.e. stressors) are related to health disparities in minority communities



Credit: K. Tetzlaff

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What do we do with this clinically?

Part 1: Enhancing History Taking

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Step 1: Environmental Safety



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Step 2: Therapeutic Safety

Affirmative Treatment Approach

Approach to care that embraces a positive view of LGBTQ+ identities and relationships and addresses the negative influences of homo/bi/transphobia and cis/het-sexism

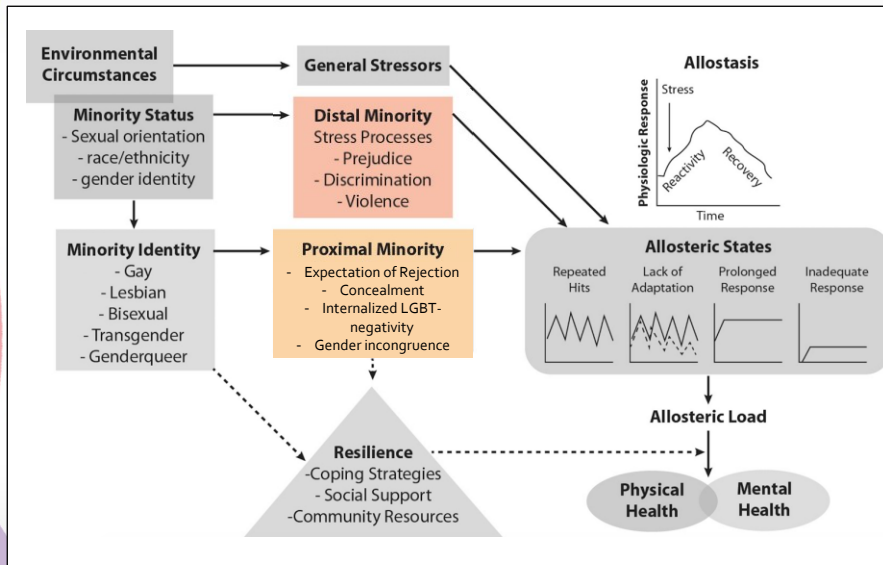
Avoids discrimination by embracing and individuals identity, attraction and behavior

Avoids harm by validating feelings and emphasizing individual value

Acknowledges lack of data while treating the patient in an ethically appropriate manner

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Step 3: Minority Stressors



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Step 3: Minority Stressors

Distal Stressors

- What, if any, harassment, discrimination, or stigma have you experienced...
- Has anyone ever threatened you...
- How often do you hear someone, or a loved one, use slurs

...as a result of your sexual orientation, sex assigned at birth, gender identity, or [identity]?

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Step 3: Minority Stressors

Proximal Stressors

- How do you feel about your....
- What is your level of comfort with your friends, family, or coworkers knowing about your...
- How concerned are you that people will treat you differently, look down on you, or think less of you because of your...
- How often do you conceal your...

...sexual orientation, sex assigned at birth, gender identity, or [identity]?

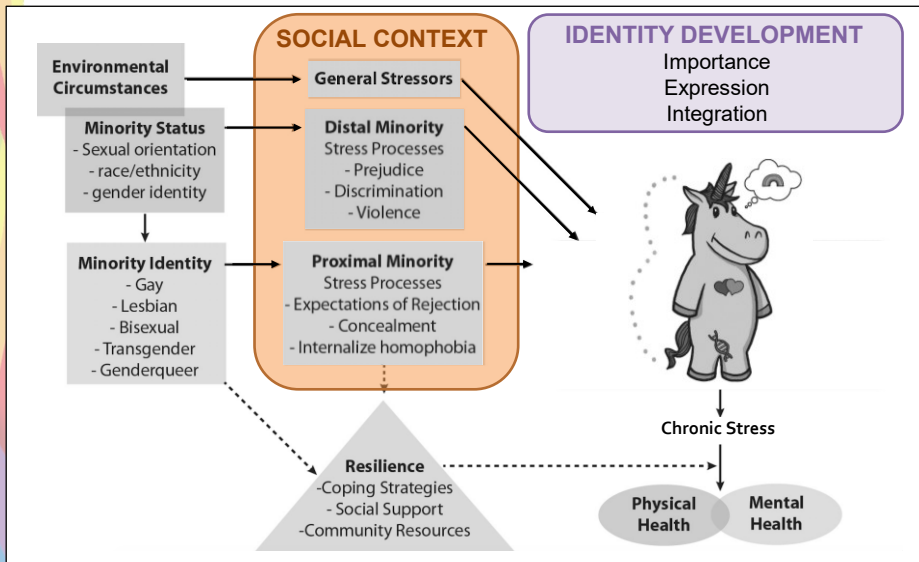
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What do we do with this clinically?

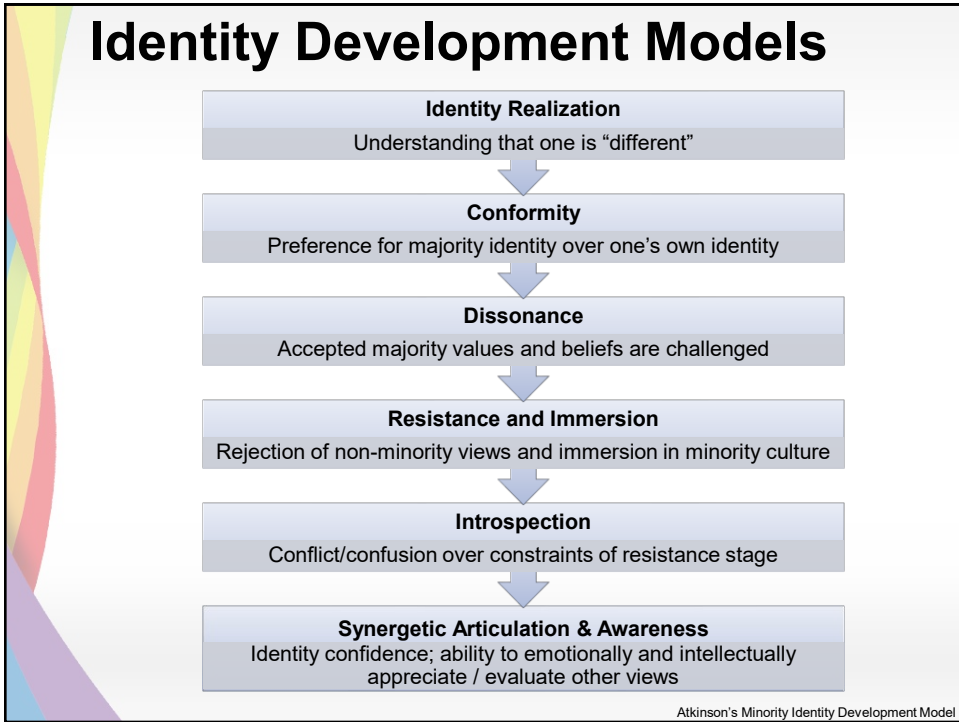
Part 2: Developmental history taking

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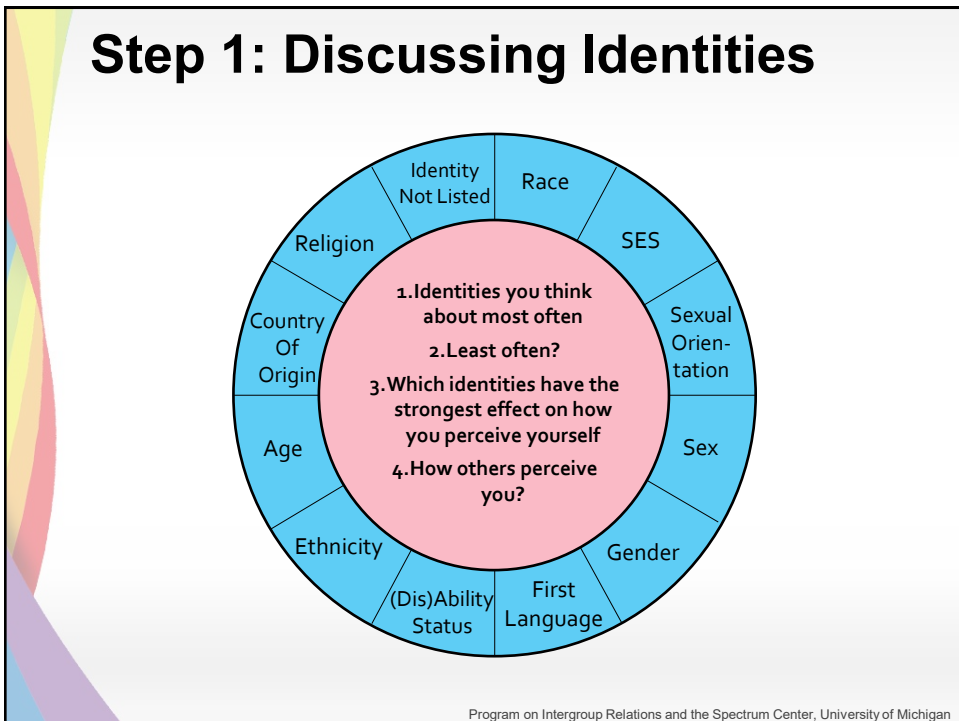
Adapted Minority Stress Model for Youth



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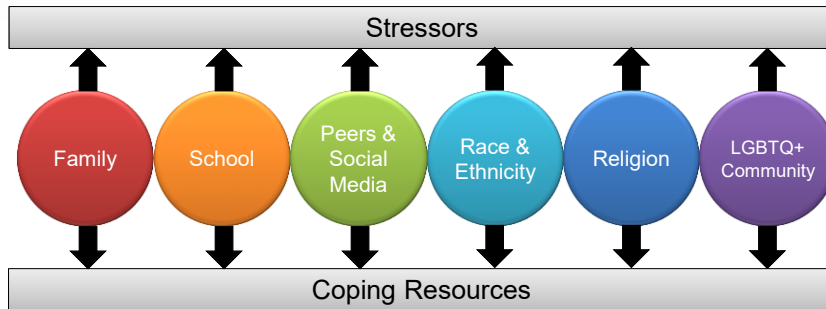


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Step 2: Assessing Social Context



What are the harder parts of being [identity] for you?

Who/what supports you when you are dealing with those hard things?

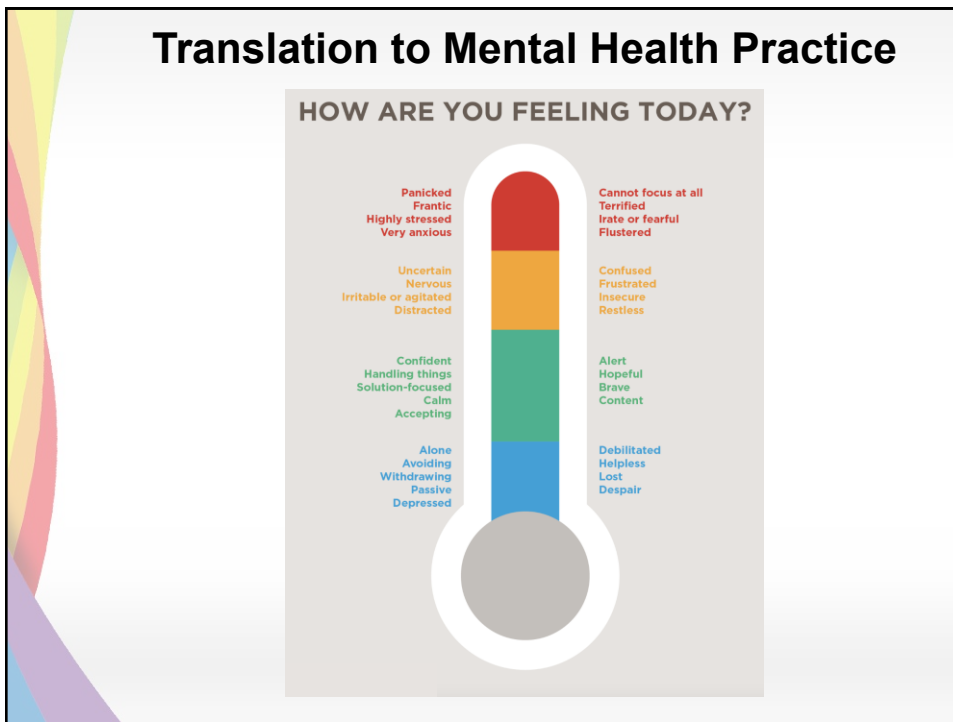
Goldbach & Gibbs. 2017. *Journal of Adolescence*.

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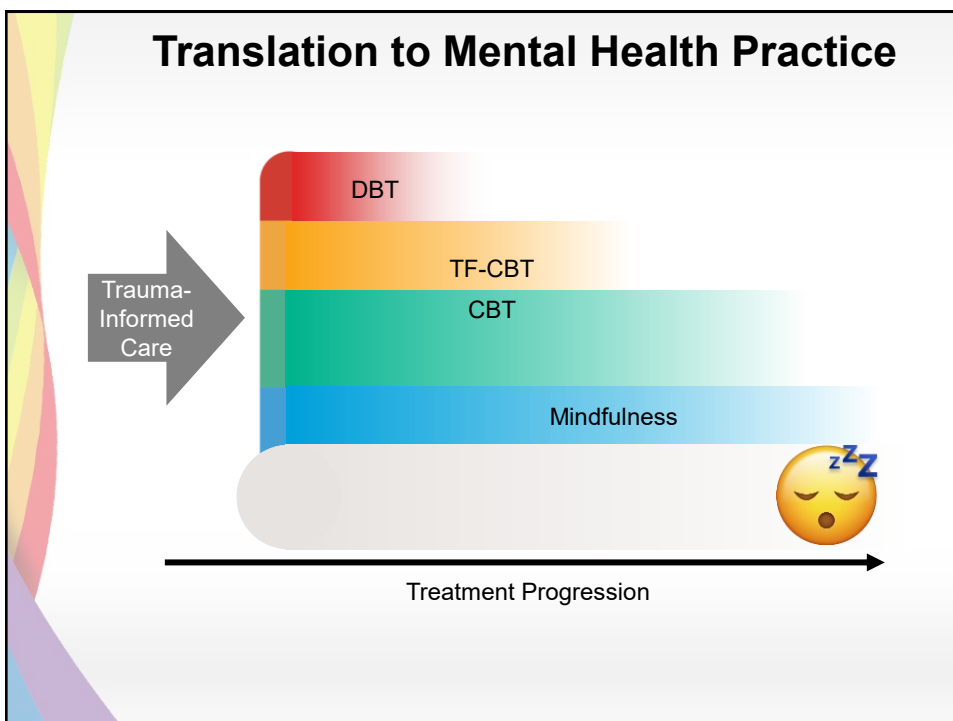
What do we do with this clinically?

Part 3: Adapted treatment models

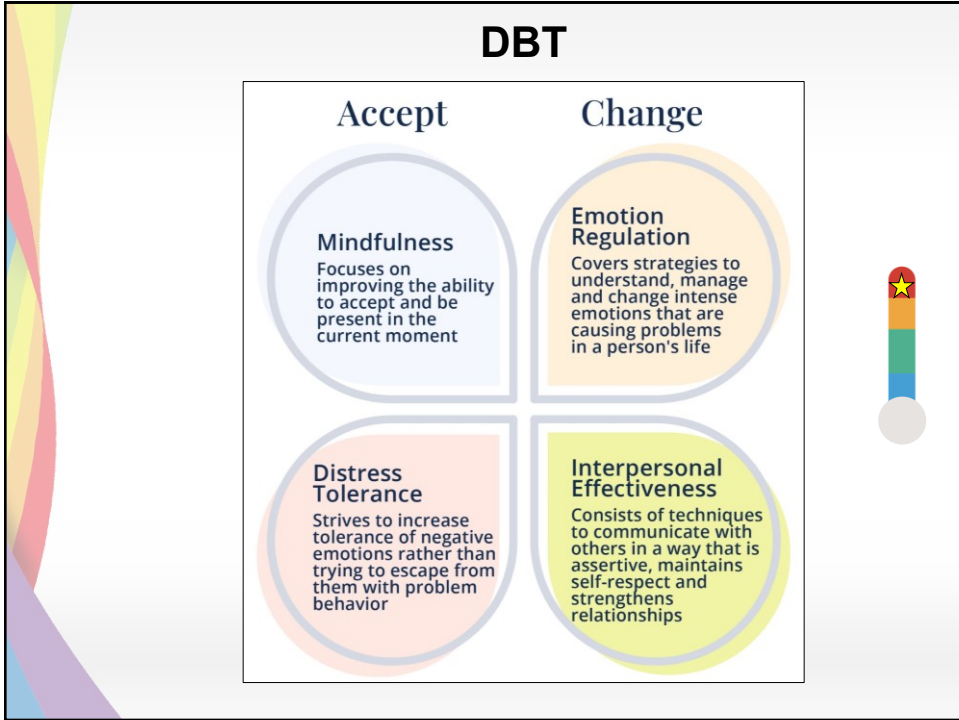
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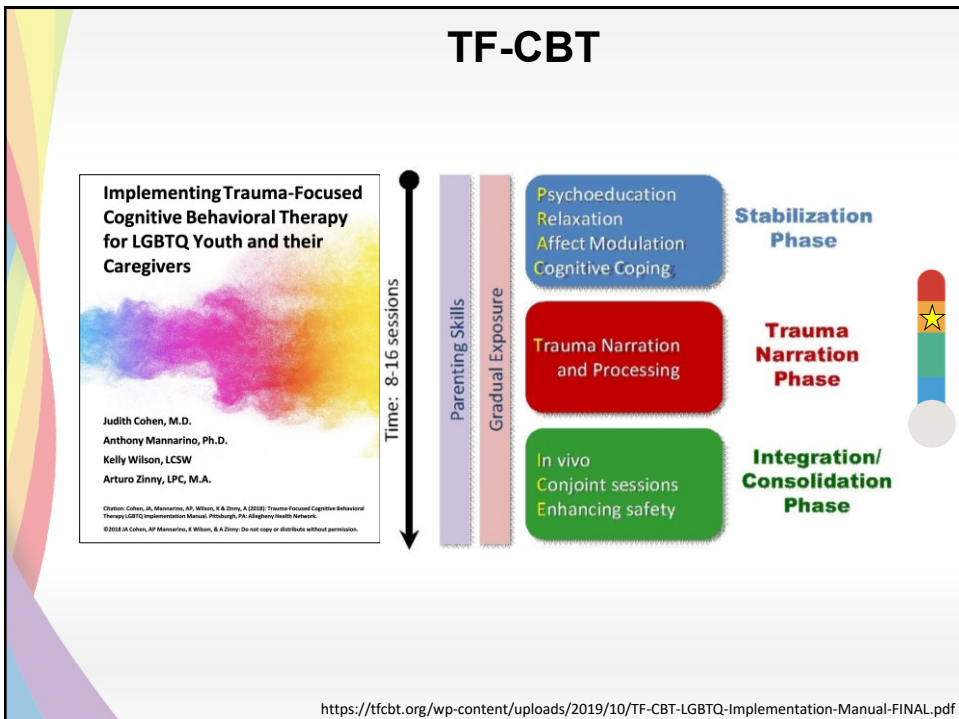
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<https://tcbt.org/wp-content/uploads/2019/10/TF-CBT-LGBTQ-Implementation-Manual-FINAL.pdf>

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CBT (e.g. AFFIRM Program)

- Distinguish issues based on structural causes and those rooted in dysfunctional thoughts
- Question the helpfulness of the thought or belief
- Develop cognitive appraisal skills
- Build their skills for interacting with the social environment
- Increase supports
- Identify “minority” strengths
- Assign homework that is congruent with stage of identity development / coming out

Virtual Interactive Training with
Dr. Ashley Austin and Dr. Shelley Craig
AFFIRM CAREGIVER
a compassionate approach to parenting LGBTQ+ youth

AFFIRM Caregiver is a 7 session, evidence-informed intervention that increases the knowledge and skills of parents and caregivers of LGBTQ+ children and youth move from rejection to affirmation.

Behavioral and attitudinal improvements in biological and foster parents, and kinship and other caregivers after completing AFFIRM Caregiver.

Consider joining this training if you are a mental health professional that works with parents and caregivers or LGBTQ+ youth in schools, communities, hospitals, child welfare or other organizations.

Learn more and register today at
www.affirmativeresearch.net/register

AFFIRM Caregiver training is:

- Virtual and interactive
- Grounded in current research, theory and cutting edge practice
- Informed by your clinical challenges

Attendees will learn the skills necessary to effectively implement AFFIRM Caregiver:

- Educate caregivers about youth sexual orientation, gender identities and expressions
- Help caregivers understand the scope of anti-LGBTQ+ discrimination on youth and help them move from rejection to affirmation
- Foster the development of affirmative parenting practices, including compassionate parenting
- Flexibly deliver and implement an evidence-informed manualized intervention to caregivers in your setting



<https://www.projectyouthaffirm.org/>

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Development of Group



Ask



Research



Check with colleagues



Implement

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Recruitment

Fliers

Other clinic's treatment teams

Mass emails

Press

LGBTQIA+ TEEN THERAPY GROUP

Open to anyone ages 14 to 19 who identifies as LGBTQIA+ and could use a safe space to talk and explore their identity.

Group topics include:

- Coming out process
- Coping skills
- Psychoeducation
- Intersectionality
- Mindfulness
- Gender identity
- Distress tolerance
- Strengths and resilience

What: 10 weekly group sessions

Where: Group sessions are held in person at the UPMC Western Behavioral Health office at:
100 N. Statefield Ave.
Sixth Floor
Pittsburgh, PA 15213

When: Scan the QR code for upcoming dates.

Advance registration is required. For more information and to register, scan the QR code below.

UPMC WESTERN BEHAVIORAL HEALTH

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Structure of Group

- Lethality screener
- Check in
- Mindfulness
- Topic and discussion
- Check out

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Topics


- Introduction to group
- Psychoeducation
- CBT
- Identity
- DBT
- Coming out
- Strengths and resilience
- Wrap up

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Results

- Two rounds completed – Summer 2022, Spring 2023
- 5-6 members in each group with consistent attendance
- All members gender diverse
- Most popular sessions include identity, coming out, psychoeducation
- CBT and DBT was not as popular/engaging
- Survey results
- Changes for next round starting summer 2023

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Adaptation in Individual Work

- Respect of identity- pronouns, names, fluidity
- Utilize skills to specifically address LGBTQIA+ topics
- Systemic mindset and cultural competence
- Minority stress model
- Coming out safety plan
- Identity pie chart

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Questions?

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