



# LGBTQ+ INEQUITIES AND MENTAL HEALTH

Pride Center

University of Wisconsin – Green Bay

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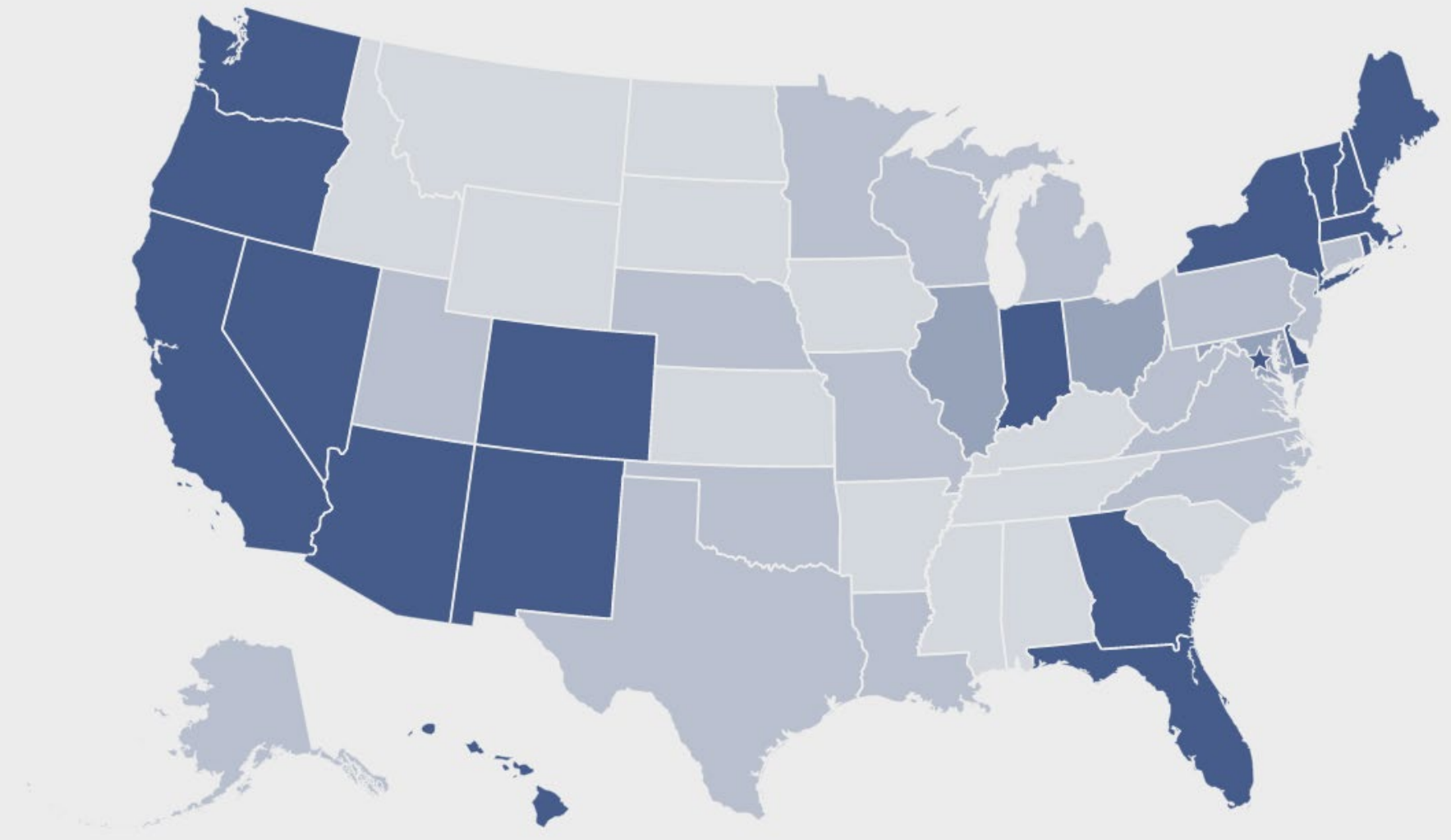
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## FIRST SOME DEMOGRAPHICS

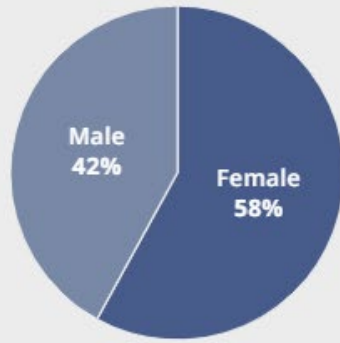


## LGBT Proportion of Population: United States

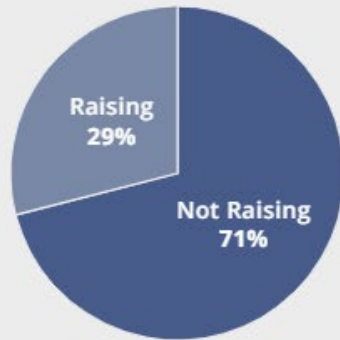
- Below 3.7%
- 3.7% - 4.1%
- 4.1% - 4.5%
- 4.5% and above



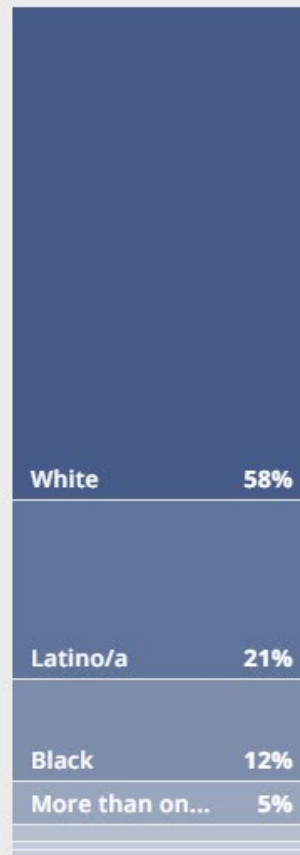
## Characteristics of LGBT People: United States



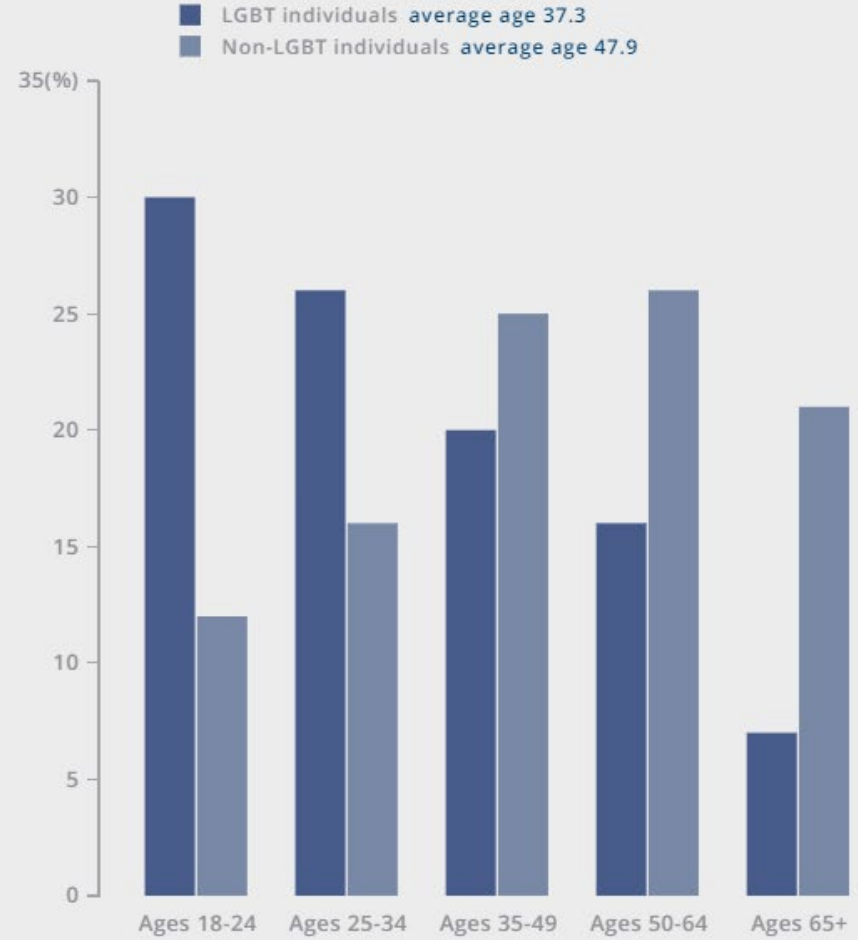
GENDER



% RAISING CHILDREN



RACE/ETHNICITY



AGE DISTRIBUTION

10%-15% of undergraduate students identify as  
LGBTQ+ (Best Colleges, 2020)

Over 100 campuses have a dedicated resource centers with paid staff members (Campus Explorer, 2020)

38 colleges currently offer gender-neutral housing for LGBT students

26% of campuses prohibit discrimination on sexual orientation (Campus Explorer, Diverse 2017)

16% prohibit discrimination based on gender identity and expression (Diverse, 2017)



HOUSING



HOMELESS YOUTH  
POPULATION



GENERAL YOUTH  
POPULATION



LGBTQ YOUTH ARE 120% MORE LIKELY TO  
EXPERIENCE HOMELESSNESS.



**6%**

of African American sexual minorities  
experienced recent housing instability

**17%**

of sexual minority adults have experienced homelessness in their lives

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**6%**

of cisgender straight people have

**71%**

of sexual minorities experienced homelessness  
for the first time as an adult

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**20%**

of sexual minorities experienced homelessness  
before age 18

**22%**

of LGBT people in the U.S. live in poverty

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**16%**

of cisgender straight people live in poverty

**29%**

of transgender people and cisgender bisexual women live in poverty



**21%**

of LGBT people in urban areas live in poverty

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**26%**

of LGBT people in rural areas live in poverty

**8%**

of transgender adults experienced homelessness in the past year

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**3%**

of cisgender and genderqueer sexual minorities did

# Williams Institute Survey (2021)-Due to Covid-19

- [One-third of LGBTQ college students experienced housing disruption during the COVID-19 pandemic – Williams Institute \(ucla.edu\)](#)
- 14% LGBTQ+ lost internships compared to 6% non LGBTQ+
- LGBTQ+ were 2x more likely to lose financial aid, fellowships, wages than non-LGBTQ+
- LGBTQ+ students are 3x more likely to select a school away from home
- 31% of LGBTQ+ college students went home compared to 17% non LGBTQ+



# MENTAL HEALTH

## **LGBT and the DSM (APA, 2021)**

**DSM-I (1952):** Homosexuality is listed as a sociopathic personality disturbance.

**DSM-II (1968):** Homosexuality continues to be listed as a mental disorder

**DSM-II (1973):** Homosexuality is no longer listed as a category of disorder. The diagnosis is replaced with the category of “sexual orientation disturbance”.

**DSM-III (1980):** The diagnosis of ego-dystonic homosexuality replaces the DSM-II category of “sexual orientation disturbance”. Introduces gender identity disorder.



**DSM-III-R (1987):** Ego-dystonic homosexuality is removed and replaced by “sexual disorder not otherwise specified,” which can include “persistent and marked distress about one’s sexual orientation.”

**DSM-V:** Includes a separate, non-mental disorder diagnoses of gender dysphoria to describe people who experience significant distress with the sex and gender they were assigned at birth.

## **Mental Health Warning signs:**

Decrease in class attendance

Grades slipping

Changes in daily functions: crying, weight gain or loss, participation in activities they used to enjoy, excessive partying/substance use

Self-harm

# Mental Health

LGB adults are more than twice as likely as heterosexual adults to experience a mental health condition.

Transgender individuals are nearly four times as likely as cisgender individuals to experience a mental health condition.

LGB youth are more than twice as likely to report experiencing persistent feelings of sadness or hopelessness than their heterosexual peers.

Transgender youth are twice as likely to experience depressive symptoms, seriously consider suicide, and attempt suicide compared to cisgender lesbian, gay, bisexual, queer and questioning youth.

# Mental Illness and Substance Use Disorders among LGB Adults ( $\geq 18$ y.o.)

PAST YEAR, 2018 NSDUH, LGB 18+

Among LGB with a substance use disorder:

- 1 IN 2 (49.7% or 1.1M) struggled with illicit drugs
- 7 IN 10 (70.2% or 1.5M) struggled with alcohol use
- 1 IN 5 (19.9% or 423K) struggled with illicit drugs and alcohol

Among LGB with a mental illness:

- 2 IN 5 (38.3% or 2.2M) had a serious mental illness

**16.5%**  
**(2.1 MILLION)**  
People aged 18  
or older had a  
substance use  
disorder (SUD)

**11.9%**  
**(1.5 MILLION)**  
People 18+ had  
BOTH an SUD and  
a mental illness

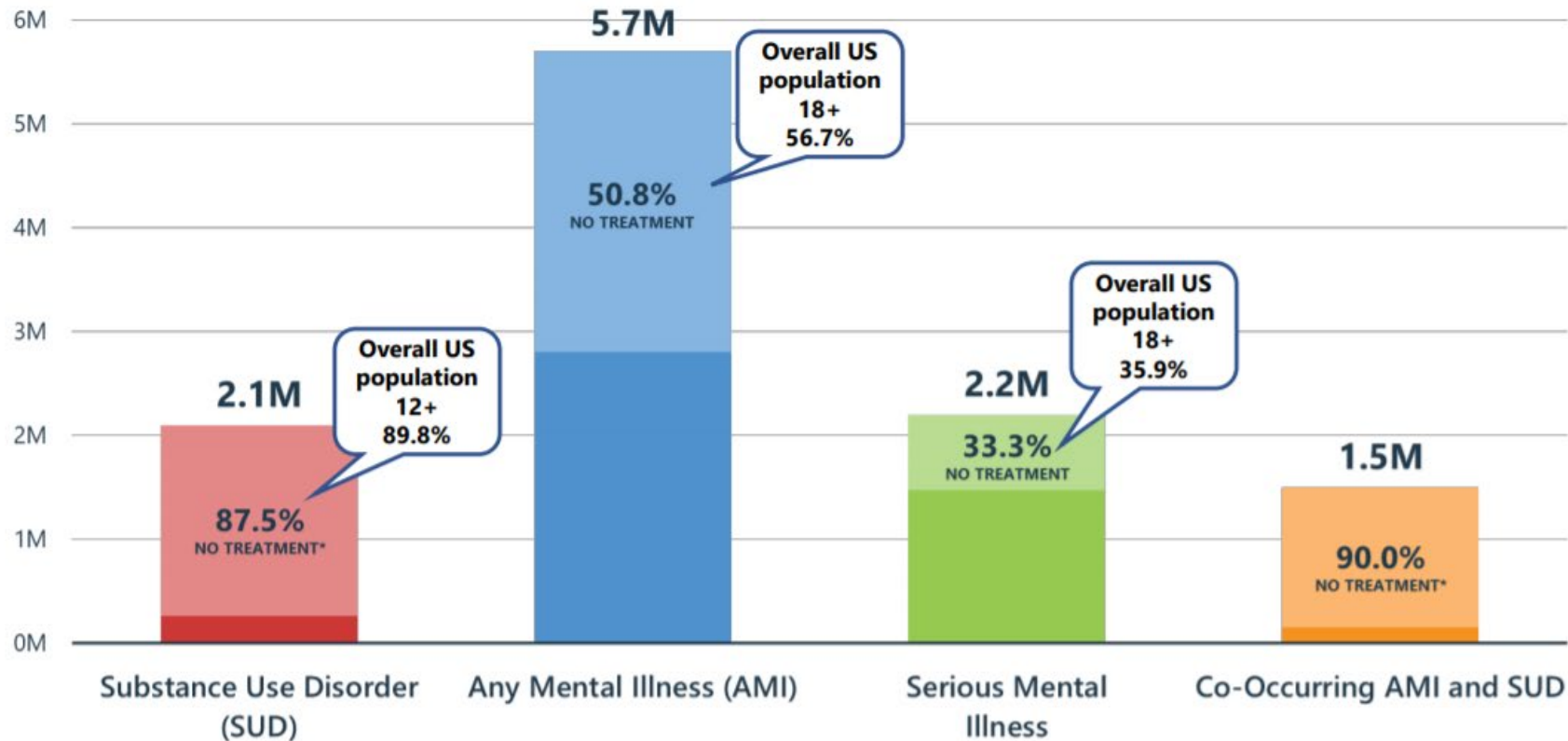
**44.1%**  
**(5.7 MILLION)**  
People aged 18  
or older had a  
mental illness

In 2018, **6.3M** LGB adults had a mental and/or substance use disorder.

**SAMHSA**  
Substance Abuse and Mental Health Services Administration

# Despite Consequences and Disease Burden, Treatment Gaps Remain Vast among LGB Adults

PAST YEAR, 2018 NSDUH, LGB 18+



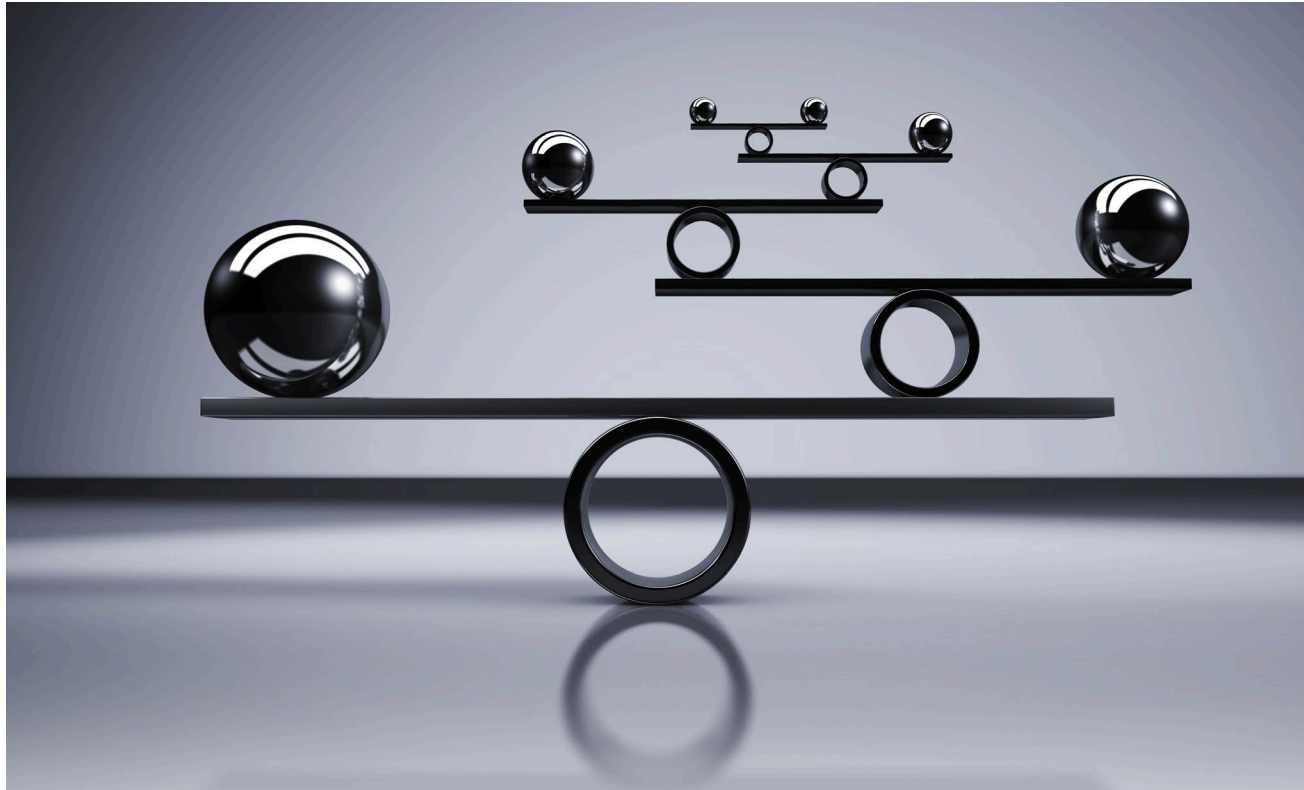
\* No Treatment for SUD is defined as not receiving treatment at any location, such as a hospital (inpatient), rehabilitation facility (inpatient or outpatient), mental health center, emergency room, private doctor's office, self-help group, or prison/jail.

**SAMHSA**



# Trevor Project National Survey Results (2021)

- [The-Trevor-Project-National-Survey-Results-2021.pdf \(thetrevorproject.org\)](#)
- 72% of LGBTQ youth reported symptoms of generalized anxiety disorder in the past two weeks, including more than 3 in 4 transgender and nonbinary youth.
- 62% of LGBTQ youth reported symptoms of major depressive disorder in the past two weeks, including more than 2 in 3 of transgender and nonbinary youth
- 30% of LGBTQ youth experienced food insecurity in the past month, including half of all Native/Indigenous LGBTQ youth.
- 27% of LGBTQ youth said they worried that food at home would run out in the last month before they or their family had money to buy more



Sexual Orientation Policy Tally:

11/18.5

MEDIUM



Gender Identity Policy Tally:

4.5/20

LOW



Overall Tally:

15.5/38.5

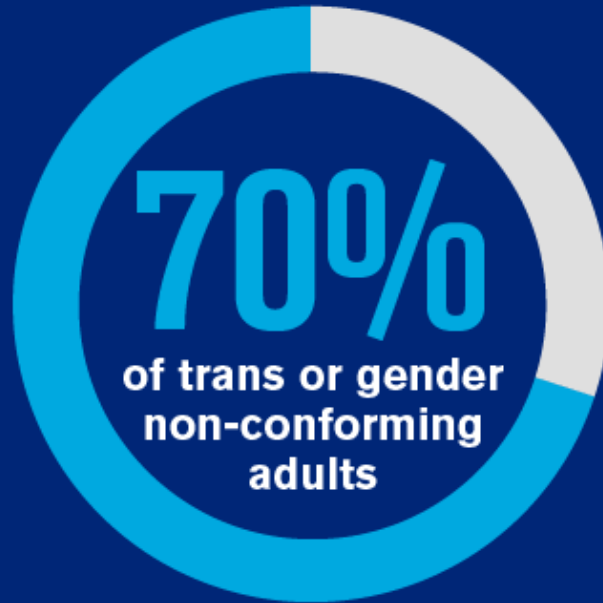
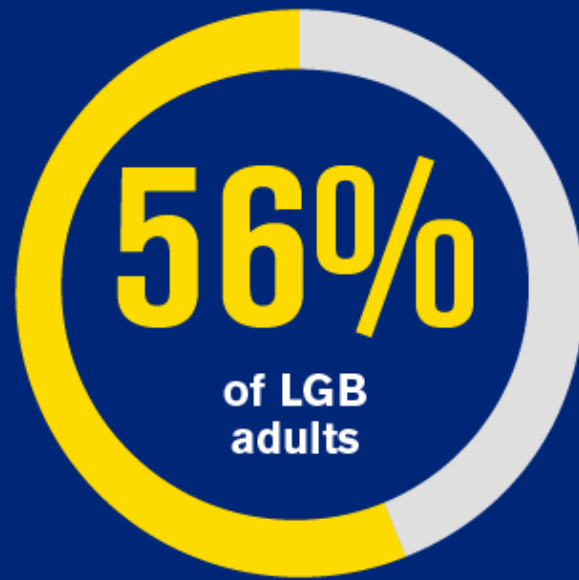
FAIR



## Wisconsin's Equality Profile

- Percent of Adults (18+) Who are LGBTQ
  - 3.8%
- Total LGBTQ Population (13+)
  - 207,000
- Percent of Workforce That is LGBTQ
  - 4%
- Total LGBTQ Workers
  - 124,000
- Percent of LGBTQ Adults (25+) Raising Children
  - 29%

Did you know...



have experienced some form of **discrimination** from a health care professional?

MY HEART  MY PRIDE



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[hrc.im/HeartMonth](https://hrc.im/HeartMonth)

#HeartMonth

**31% OF LGBTQ YOUTH**

**43% OF TRANSGENDER YOUTH**

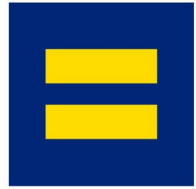
**40% OF QUESTIONING YOUTH**

have been **bullied at school**, compared  
to 16% of their non-LGBTQ peers

TGNC students, 65.1% report experiencing harassing behavior since enrolling at their school

21.5% report intimate partner violence

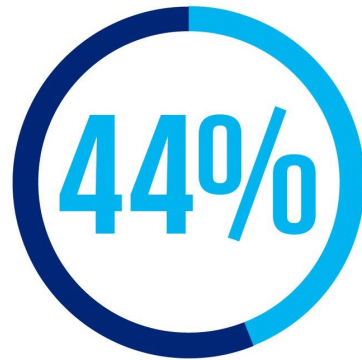
15.2% report having been stalked (Association of American Universities, 2019)



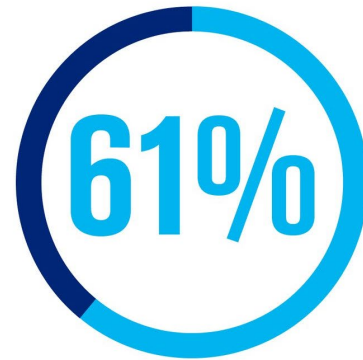
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## LGBTQ INTIMATE PARTNER VIOLENCE AND COVID-19

PERCENTAGE OF YOUTH WOMEN EXPERIENCING RAPE, PHYSICAL VIOLENCE OR  
STALKING BY AN INTIMATE PARTNER



LESBIANS



BISEXUAL WOMEN



STRAIGHT WOMEN

CDC's [National Intimate Partner and Sexual Violence Survey](#)

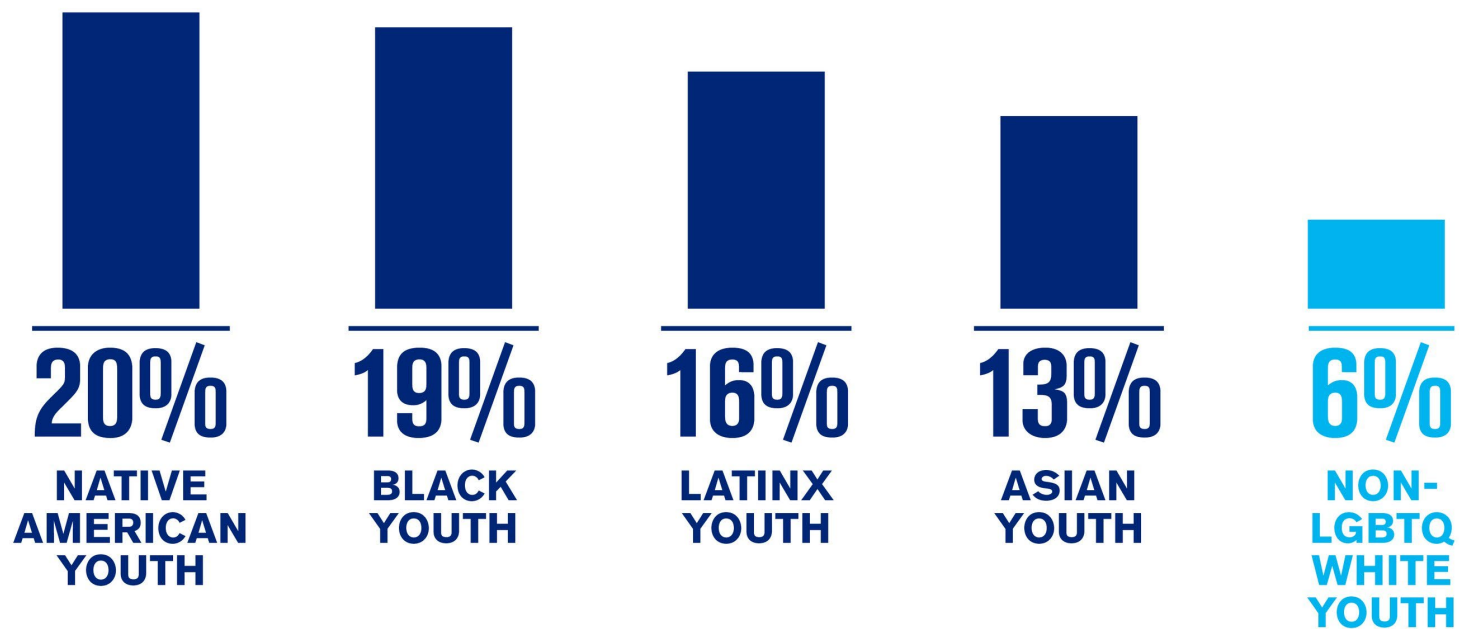




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## LGBTQ INTIMATE PARTNER VIOLENCE AND COVID-19

### PERCENTAGE OF YOUTH EXPERIENCING SEXUAL DATING VIOLENCE



# Key Recommendations to Prevent Discrimination

Nondiscrimination policies and zero-tolerance harassment policies

Civilian complaint review boards with investigators and adjudicators specifically trained to address the types of police profiling and abuse experienced by LGBTQ people, including sexual harassment and assault

LGBT sensitivity, diversity and specialization trainings

Prohibiting discrimination based on gender, sexual orientation or gender identity against law enforcement personnel

Outreach and liaisons to the LGBT community

Requiring officers to respect individuals' gender identity and ensure safety in arrest processing, searches, and placement in police custody, and explicitly prohibiting searches conducted for the purpose of assigning gender based on anatomical features

# Adopt and Enforce Federal Level Protections

Nondiscrimination requirements in Community Oriented Policing Services (COPS) grants, which provide funding to more than 13,000 of the nation's 18,000 law enforcement agencies across the country, and other sources of government funding

Increased data collection through anonymous surveys such as the Bureau of Justice Statistics Police Contact Survey on police searches and seizures to analyze the scope of bias-based profiling practices and identify target regions and agencies in need of nondiscrimination training and policies

Enforcement of new federal bias-based profiling prohibitions that are inclusive of sexual orientation and gender identity and expansion of those provisions to more law enforcement agencies through the passage of the End Racial Profiling Act with sexual orientation and gender identity explicitly included

A hand holding a wooden gavel over a sound block on a desk, with the word 'POLICIES' overlaid in white text. The background is a blurred office setting with papers and another person's hands.

**POLICIES**





WISCONSIN

# State Does Not Support

## School Anti-Bullying

- State does not have a law that addresses harassment and/or bullying of students based on sexual orientation and gender identity.

## Gender Marker Updates On Identification Documents

- State has no laws and policies that facilitate a gender marker update on driver's licenses or birth certificates.

# State Partially Supports

## Transgender Healthcare

- State has a ban on insurance exclusions for transgender healthcare but does not provide transgender-inclusive health benefits to state employees.

## Housing

- State prohibits housing discrimination based on sexual orientation only.

## Employment

- State prohibits employment discrimination based on sexual orientation only.

## Hate Crimes

- State has a law that addresses hate or bias crimes based on sexual orientation only.

## Public Accommodations

- State prohibits discrimination in public accommodations based on sexual orientation only.

## Education

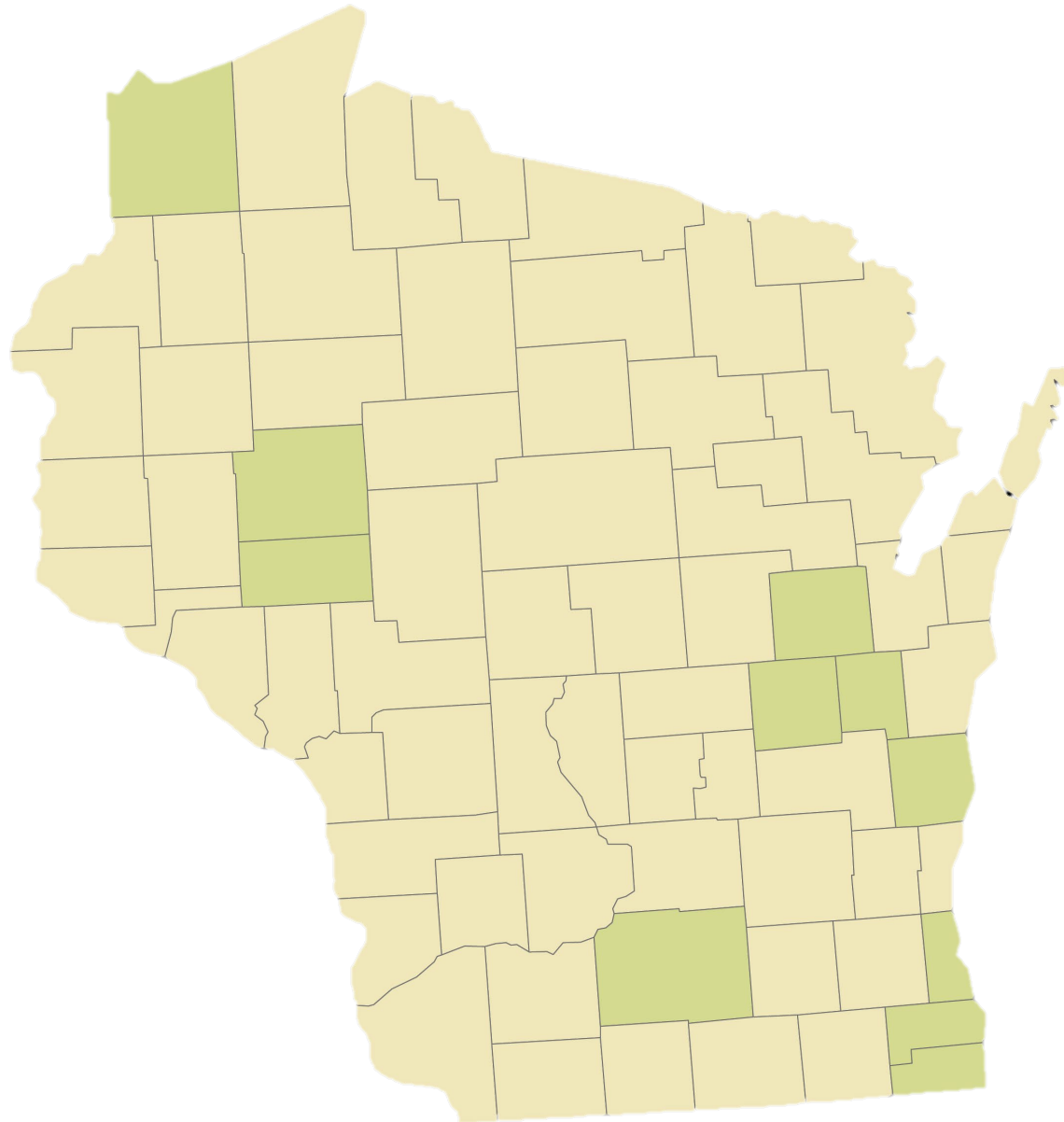
- State has a law that addresses discrimination against students based on sexual orientation only.





## State Supports

- Marriage Equality & Other Relationship Recognition
  - State issues marriage licenses to same-sex couples




# Local Conversion Therapy Ordinances

- **Banned Conversion Therapy**
  - Appleton
  - Cudahy
  - Eau Claire
  - Glendale
  - Kenosha
  - Madison
  - Milwaukee
  - Racine
  - Sheboygan
  - Shorewood
  - Superior
  - West Allis





FEDERAL  
& OTHER  
STATES



## Tennessee's governor signs bill that bans trans youth in sports into law

- This makes the Volunteer State the third this year to pass a ban on trans people in sports.
  - Arkansas and Mississippi
- Tennessee Gov. Bill Lee (R) signed Senate Bill 228 into legislation yesterday, banning trans people in the state from competing in middle or high school sports in accordance with their gender identity.





# LGBTQ Youth in Sports

Participation in sport goes hand in hand with achievement and positive outcomes. Youth who play sports tend to do better academically. They develop teamwork and problem-solving skills. They make better health decisions and are less likely to engage in various risk behaviors.

When LGBTQ youth are excluded from sport, they miss out on these important character-building lessons and benefits. Moreover, so long as any young athlete is kept on the sidelines or excluded altogether simply for being who they are, all youth are being deprived of the true spirit of sport — and its ideals of fairness, competition and integrity.

This type of inclusion is particularly critical in team sports, where participation is linked with increased self-esteem and self-confidence, and lowered stress, anxiety and depression rates.

Inclusion doesn't just benefit individual athletes — it teaches all team members how to build camaraderie, foster community, emphasize diversity and teach discipline and responsibility to one another

# LGBTQ Youth in Sports

68% of high school seniors play at least one sport

24% of LGBTQ youth, and only 21% of high school seniors, currently play on a sports team for their school, with

13% report that they avoided playing sports altogether because they “do not feel [they] will be accepted on the team because [they are] LGBTQ.”





## Arkansas will now allow medical workers to legally refuse treating LGBTQ people

- The governor thinks giving doctors, nurses, and EMTs the right to object to treating patients is fine because of "the federal laws that prohibit discrimination." Without the Equality Act, that doesn't automatically include LGBTQ people.
- Arkansas Gov. Asa Hutchinson (R) announced on March 25 that he signed into law Senate Bill 289, which is entitled the "Medical Ethics and Diversity Act."







# The Equality Act

- The Equality Act would provide consistent and explicit anti-discrimination protections for LGBTQ people across key areas of life, including employment, housing, credit, education, public spaces and services, federally funded programs, and jury service.



National Center for  
Transgender Equality  
2021 State Action Center



**THE  
CENTER**

THE LESBIAN, GAY, BISEXUAL &  
TRANSGENDER COMMUNITY CENTER

THE  &   
FOR LGBT NYC



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THE **TREVOR** PROJECT  
*Saving Young LGBTQ Lives*

UWGB PRIDE CENTER



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A stylized blue 'T' logo.  
*National Center for*  
**TRANSGENDER  
EQUALITY**

**IT GETS  
BETTER**  
PROJECT

# Sources

- APA, (2021). [Working with LGBTQ Patients \(psychiatry.org\)](https://www.psychiatry.org/working-with-lgbtq-patients)
- [“College Guide for LGBTQ Students.”](#) *Best Colleges*, 2020.
- [“LGBT College Statistics.”](#) *Campus Explorer*, 2020.
- [“LGBT Inclusion: A Work in Progress.”](#) *Diverse*, June 2017.
- [The-Trevor-Project-National-Survey-Results-2021.pdf \(thetrevorproject.org\)](#)
- [One-third of LGBTQ college students experienced housing disruption during the COVID-19 pandemic – Williams Institute \(ucla.edu\)](#)