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Addressing the Needs of Transgender Individuals

**A Provider's Introduction to Substance
Abuse Treatment for Lesbian, Gay,
Bisexual, and Transgender Individuals**

Second Edition

ON A MISSION TO INSPIRE • GUIDE • CREATE HOPE



ADDICTION RECOVERY SERVICES LLC



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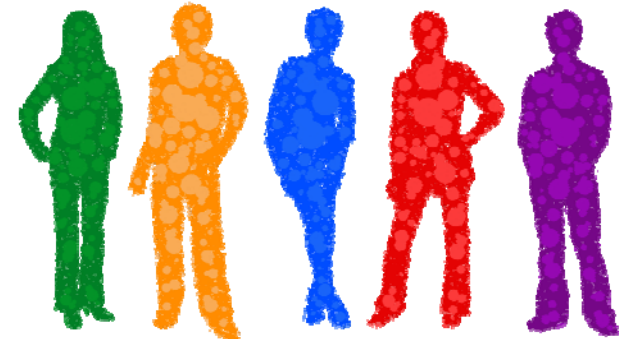
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YMSM+LGBT Center of Excellence (CoE)

Center of Excellence (CoE) for Racial/ethnic Minority Young Men Who Have Sex with Men (YMSM) and other Lesbian, Gay, Bisexual, and Transgender (LGBT) Populations.



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Learning Objectives:

By the end of this module, participants will be able to:

- *List two core concepts related to being transgender.*
- *Identify two factors associated with substance use among transgender individuals.*
- *Identify two ways a provider can create an affirming space for transgender individuals.*





Defining Transgender



Defining Transgender:

What do we mean when we say, “transgender?”

- *Refers to a person whose gender identity does not correspond to their sex assigned at birth.*
- *Transgender (or the shortened version, ‘trans’) may be used to refer to an individual person’s gender identity and is sometimes used as an umbrella term for all people who do not conform to traditional gender norms.*

(Keatley, Deutsch, Sevelius & Gutierrez-Mock, 2015)



Defining Transgender:

- Trans Umbrella



- *Trans man (FTM)*
- *Trans woman (MTF)*
- *Genderqueer*
- *Gender non-conforming*
- *Male*
- *Female*
- *Trans*
- *Additional regional/
cultural terms*



Defining Transgender:

It is important for providers to understand the four core concepts of trans identity:

Sex Assigned
at Birth

Gender
Identity

Gender
Expression

Sexual
Orientation



Defining Transgender:

It is critically important for providers to respect and use trans clients names & pronouns:

- *Preferred names and/or pronouns may change and may not match current identity documents.*
- *Ask clients name and pronoun preference.*
- *Use client's preferred name and pronouns.*



Defining Transgender:

Respecting trans clients names & pronouns cont.:

– *Examples:*

- *Gendered pronouns:*
 - *Include he/his; she/her.*
- *Gender neutral pronouns:*
 - *Include they/them; ze/hir*



Defining Transgender:

How many trans people exist in our society?

.1%

- California LGBT Tobacco Use Survey (2003 & 2004)

.2%

- Los Angeles County (2012) – estimate

.3%

- San Francisco County (2011) – estimate
- Williams Institute (2011) – average of previous studies

.5%

- Massachusetts landline survey (Conron, Scott, Stowell & Landers, 2012)



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Related Health Issues for Trans Individuals



Related Health Issues for Trans Individuals:

Sexual and Reproductive Health:

- Transgender people might have sexual partners who are men, women or both
 - *A transgender person's sexual history cannot be assumed based on their gender identity or sex assigned at birth.*

(Stieglitz, 2010; Gamarel, et al., 2016)

- Transgender people who have sex with men are at risk for unintended pregnancy as well as STIs.
 - *Transgender men who have sex with men report high rates of unprotected vaginal and anal intercourse*

(Gamarel, et al., 2016; Reisner, et al., 2010)



Related Health Issues for Trans Individuals:

Sexual and Reproductive Health Cont.:

- Transgender people may be reluctant seeking sexual and reproductive health care.
 - *A study showed that one in three transgender people, and 48% of transgender men, have delayed or avoided seeking preventive health care such as pelvic exams or STI screening due to fear of discrimination and insolvency.*

(Grant, et al., 2010)



Related Health Issues for Trans Individuals:

Trans people and substance use:

69%

- Trans female youth reported recent substance use. *(Rowe, Santos, McFarland & Wilson, 2015)*
- This study was carried out in San Francisco Bay Area

76%

- Trans women reported recent substance use. *(Nuttbrock et al., 2014)*
- This study was carried out in New York Metropolitan Area

70%

- Trans men reported current substance use. *(Reisner, White, Mayer & Mimiaga, 2014)*
- This study was carried out at a Boston, Massachusetts Area Health Center



Related Health Issues for Trans Individuals:

Factors associated with substance use among trans people:

– *Depression*

(Nuttbrock et al., 2014)

– *PTSD*

(Rowe et al., 2015)

– *Sex work*

(Hoffman, 2014; Birth-Melander et al., 2010)

– *Gender-related discrimination*

(Rowe et al., 2015; Reisner, Gamarel, Nemoto & Operario, 2014; Nuttbrock et al., 2014)



Related Health Issues for Trans Individuals:

Cross-Sex Hormone Therapy (csHT):

- *Not all trans people desire csHT and/or surgical intervention.*
- *csHT is safe, with few long-term side effects.*

(Asscheman, T'Sjoen & Gooren, 2014).

- *csHT is not contra-indicated for HIV antiretroviral therapy (ART) .*

(Center of Excellence for Transgender Health, 2011).

- *Clients should be allowed to continue (or start) csHT in treatment programs.*



Related Health Issues for Trans Individuals:

Trans People and HIV/AIDS:

28%

- Average self-report by trans women across the US was 12%
- 56% among Black trans women
- Herbst et al., 2007

22%

- U.S. results for trans women from a global meta-analysis
- Baral et al., 2013

0-3%

- Self-reported HIV rates among trans men in various cities such as Philadelphia, Washington D.C., San Francisco etc.
- Sevelius et al., 2009



Related Health Issues for Trans Individuals:

Trans People and HIV/AIDS cont.:

- *MTF transgender youth of color have many unmet needs and are at extreme risk of acquiring HIV/AIDS.*

“Although limited data exist on the experiences of transgender youth from communities of color, anecdotal evidence suggests that they are not only at risk of acquiring HIV, but also face enormous challenges navigating adolescent and gender identity development without readily available, culturally appropriate health care and social support services.”

(Garafolo et. al., 2006)



Related Health Issues for Trans Individuals:

Mental health:

- *Trans people report significantly worse mental health than non-trans people.*

(Newfield, Hart, Dibble & Kohler, 2006; Reisner et al., 2014)

- *Negative mental health outcomes are associated with transphobia, including physical and psychological abuse and family rejection.*

(Nuttbrock et al., 2014; Simons et al., 2013)



Related Health Issues for Trans Individuals:

Mental health cont.:

- *Hormone therapy improved quality of life scores among a sample of trans men.*

(Newfield, Hart, Dibble & Kohler, 2006)



Related Health Issues for Trans Individuals:

Hormone Blockers:

- *Used to treat children who are transgender or gender non-conforming. The medications suppresses the body's production of estrogen or testosterone, and essentially pause the changes that would occur during puberty.*
- *The Endocrine Society's guidelines suggest starting puberty blockers for transgender children around 10 or 11 years old for a girl and 11 or 12 years old for a boy.*

(Ehrensaft, 2009; Hembree, et al., 2009; Zucker, et al., 2010)



Related Health Issues for Trans Individuals:

Gender Confirming/Affirming Surgery:

- *This is an irreversible surgical procedure used in changing genital organs from one sex to another.*
- *Male to female genital surgery have been found to be generally more successful and less risky compared to female to male genital surgery.*
- *Clients exposed to such procedures are at increased risk for myocardial infarction, bleeding and mortality, cervical cancer, cardiovascular disease, suicidal behavior, psychiatric morbidity than the general population.*

(Wroblewski, et al., 2013; Tangpricha, 2015; Weinand & Safer, 2015)



Related Health Issues for Trans Individuals:

Assault:

– A 2011 national survey titled, “Injustice at Every Turn” surveyed 6450 transgender and non-gender conforming people:

- 71% of multiracial respondents reported having experienced bullying, physical abuse, sexual assault, harassment, and even expulsion from school.
- When comparing these types of abuses in different geographical areas, 58-65% of transgender and non-gender conforming people had experienced assault.

(Grant, Mottet, & Tanis, 2011)



Related Health Issues for Trans Individuals:

Assault cont.:

- A critical finding from the survey concluded transgender and gender non-conforming people of color experience particularly devastating levels of discrimination when anti-transgender bias is combined with structural and interpersonal racism.

(Grant, Mottet, & Tanis, 2011)





Provider Considerations



Poll Question:

- *Does your agency need to build, enhance, and refine services for trans clients?*



Provider Considerations:



Provider Considerations:

What does intrapersonal stigma and transphobia look like?

- *Internalized transphobia*
- *Low self-esteem*
- *Depression and self-harm*
- *Gender identity validation through external sources*



Provider Considerations:

What does interpersonal stigma and transphobia look like?

- Family rejection*
- Peer harassment/bullying*
- Harassment from co-workers*
- Rejection from potential romantic/sexual interests*



Provider Considerations:

What does institutional stigma and transphobia look like?

- *Access to Comprehensive Health care*
- *Educational settings*
- *Employment discrimination*
- *Housing discrimination*
- *Correctional settings*
- *Religion*



Provider Considerations:

- What does community stigma and transphobia look like?
 - *Violence*
 - *Norm of substance use*
 - *Norm of sex work*
 - *Social stigma*



Provider Considerations:

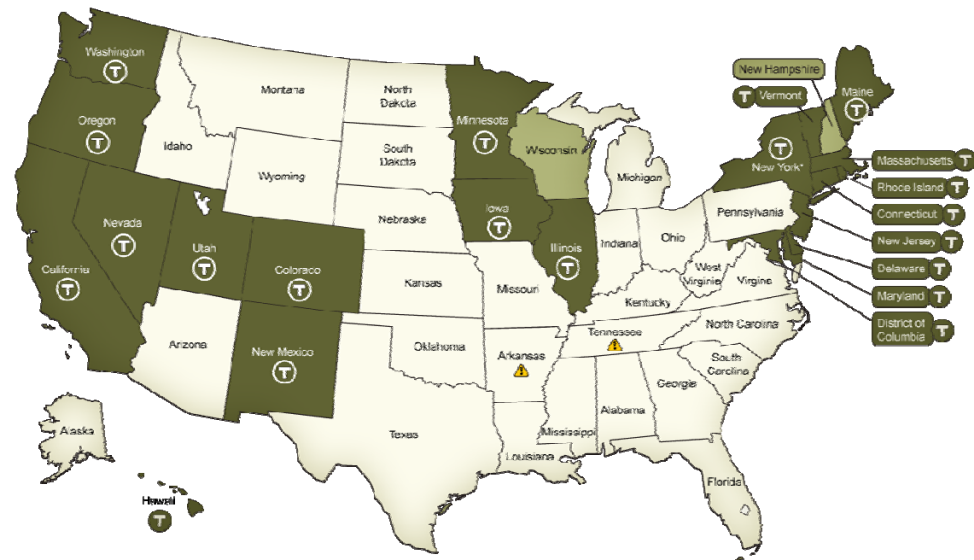
- What does policy stigma and transphobia look like?
 - *Trans panic defense*
 - *Non-Discrimination Policies*
 - *Name and gender changes*
 - *Immigration laws*





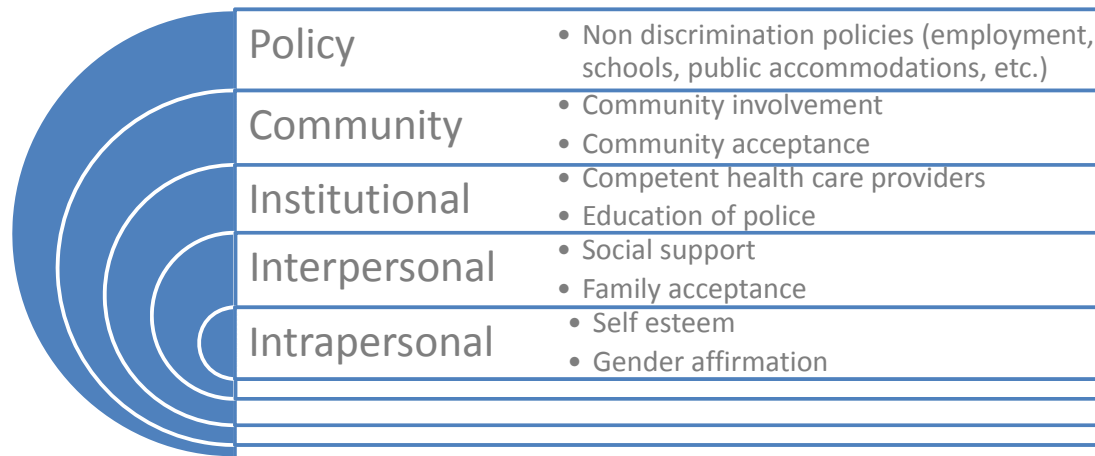
United States Non-discrimination Laws:

- Dark Green: States banning discrimination based on sexual orientation and gender identity (20 states and District of Columbia).
- Light Green: Laws banning discrimination based on sexual orientation (2 states).



Provider Considerations:

It is important to highlight protective factors against negative health outcomes associated with transphobia:



Provider Considerations:

“Intersectionality” can help describe the intersections between race, culture and gender:

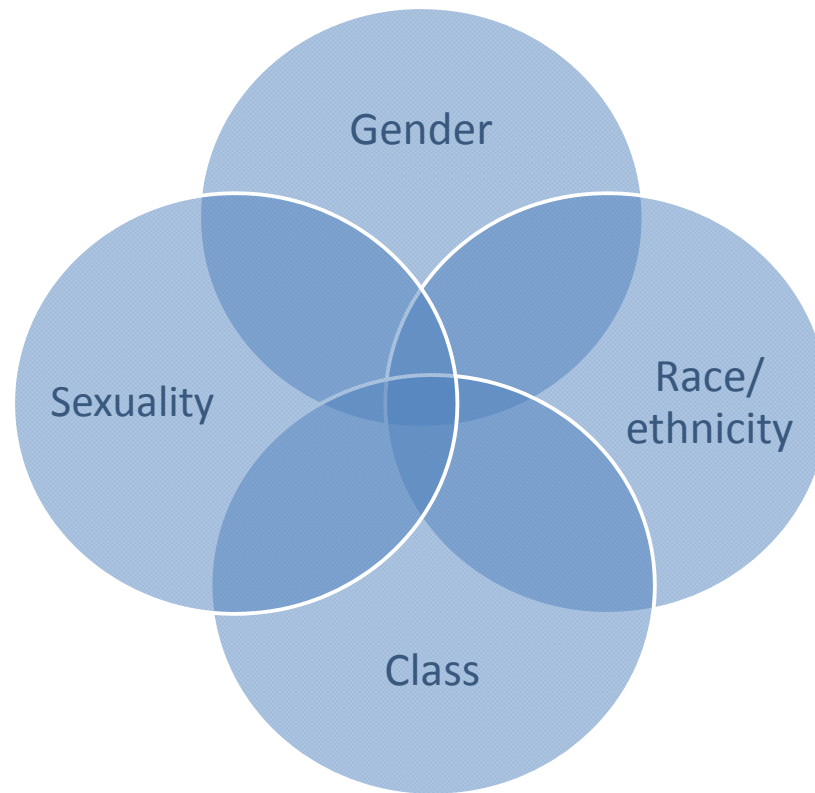
- *Promotes an understanding of human beings as shaped by interaction of different social locations.*
- *Interactions take place within structures of power and systems.*
- *Inequities such as racism, transphobia, prejudice, etc... result from the intersections of different social factors, power dynamics and experiences.*

(Hankivsky 2014)



Provider Considerations:

- Intersectionality



Provider Considerations:

Service delivery clinical considerations:

- *Gender segregated facilities*
- *Identity documents*
- *Staff competence*
- *Appropriate clinical assessment versus curiosity/ignorance*
- *Bullying/victimization from other clients*
- *Electronic health records*



Provider Considerations:

Provider recommendations:

- *A client's anatomy should only be discussed if relevant to their treatment.*
- *Provide care for anatomy that is present while affirming the patient's current gender identity.*

(Center of Excellence for Transgender Health, 2011).



Provider Considerations:

Provider recommendations cont.:

– *The Center of Excellence for Transgender Health makes the following recommendation for trans-inclusive data collection:*

- *Asking current gender identity*
- *Asking assigned sex at birth*

(Center of Excellence for Transgender Health, 2011)



Provider Considerations:

CETH Recommended Trans/Gender Expression Inclusive Intake Questionnaire

1. What is your current gender identity?
(Check and/or circle ALL that apply)

- Male
- Female
- Transgender Male/Transman/FTM
- Transgender Female/Transwoman/MTF
- Genderqueer
- Additional category (please specify):

2. What sex were you assigned at birth?
(Check one)

- Male
- Female
- Decline to answer

3. What pronouns do you prefer? _____

Decline to answer



Provider Considerations:

In treatment programs, trans clients report:

- *Experiencing more transphobia from treatment program staff than from other clients.*
- *Programs do not address trans issues.*
- *Being required to use sleeping and shower facilities inconsistent with their current gender identity.*



Provider Considerations:

Provider recommendations cont.:

- *Educate treatment program staff and enforce policy.*
- *Allow trans clients to use bathrooms, showers and sleeping facilities based on their current gender identification.*
- *Allow trans clients to continue the use of hormones in treatment.*
- *Advocate for trans client using “street” hormones to receive immediate medical care and legally prescribed hormones.*



Provider Considerations:

Provider recommendations cont.:

- *Seek clinical supervision if there are issues or feelings about working with trans individuals.*
- *Post a nondiscrimination policy in the waiting room that explicitly includes sexual orientation and gender identity.*



Provider Considerations:

One approach that has shown to be particularly effective is:

| Intervention Title | Targeted Concern (s) | Description |
|---|---|---|
| Inviting Significant other of LGBT Clients into substance abuse treatment (Senreich, 2010) | Substance abuse treatment completion and satisfaction | For LGBT respondents, inviting significant others into treatment for at least one session. resulted in improved program completion rates, greater satisfaction with treatment, enhanced feelings of counselor support, and higher abstinence rates at the end of treatment. |





*Questions and
Comments?*



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Resources:

- GLAAD Transgender Resources:
<http://www.glaad.org/transgender/resources>
- Transgender Foundation of America:
<http://www.tgctr.org/about/>
- National Center for Transgender Equality:
<http://transequality.org/>
- Transgender Care Health Information Archive:
<http://www.transgendercare.com/medical/resources/>
- Center of Excellence for Transgender Health:
<http://transhealth.ucsf.edu/trans?page=protocol-evidence>
- American Congress of Obstetricians and Gynecologists: Women's Health Care Physicians: Health Care for Transgender Individuals:
<http://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Health-Care-for-Underserved-Women/Health-Care-for-Transgender-Individuals>
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