



Substance Use and Health Care in LGBTQ+ Adolescents

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Trevor Project 2022 National Survey on LGBTQ Youth Mental Health

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



Nearly 1 in 5 transgender and nonbinary youth attempted suicide and LGBTQ youth of color reported higher rates than their white peers.

LGBTQ youth who felt high social support from their family reported attempting suicide at **less than half the rate** of those who felt low or moderate social support.

Fewer than 1 in 3 transgender and nonbinary youth found their home to be gender-affirming.

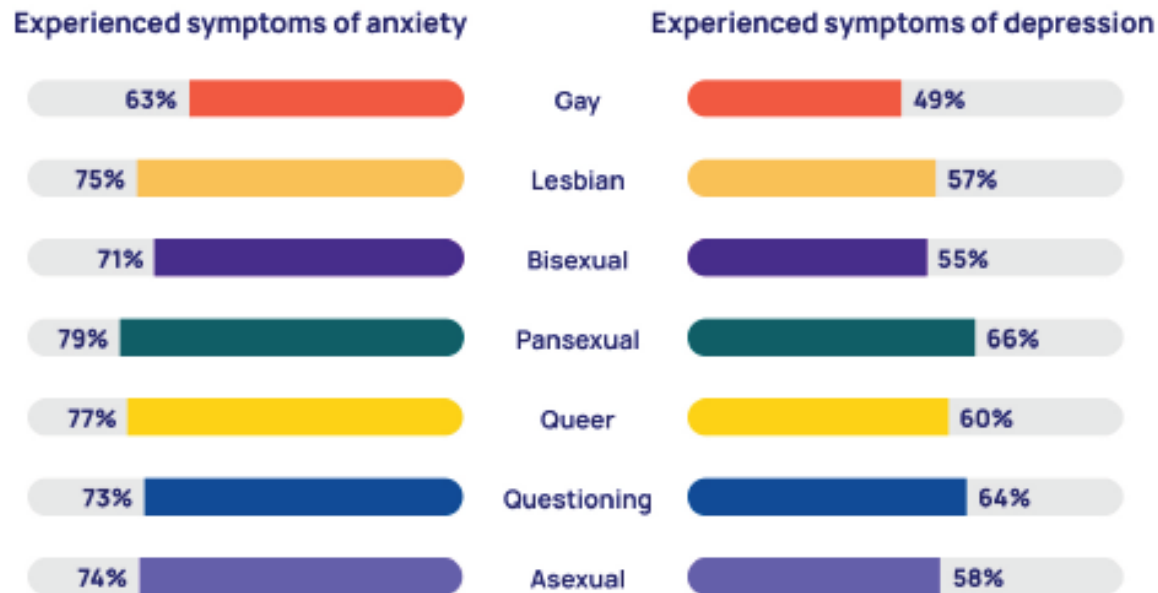
LGBTQ youth who found their school to be LGBTQ-affirming reported **lower rates of attempting suicide**.

60% of LGBTQ youth who wanted mental health care in the past year were not able to get it.

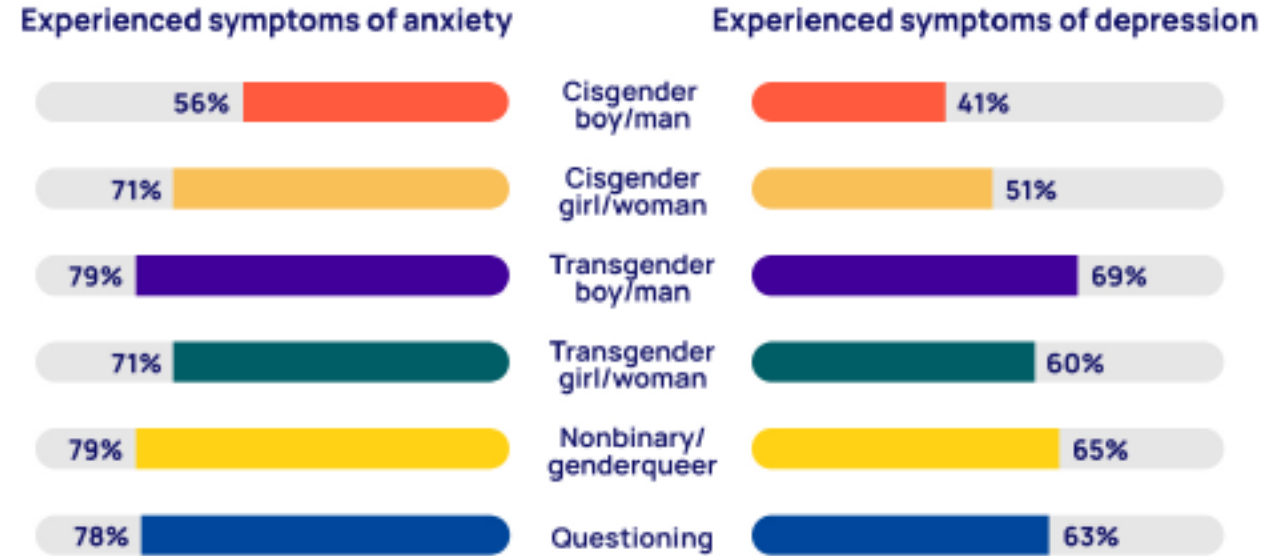


LGBTQ youth who live in a community that is accepting of LGBTQ people reported **significantly lower rates of attempting suicide** than those who do not.

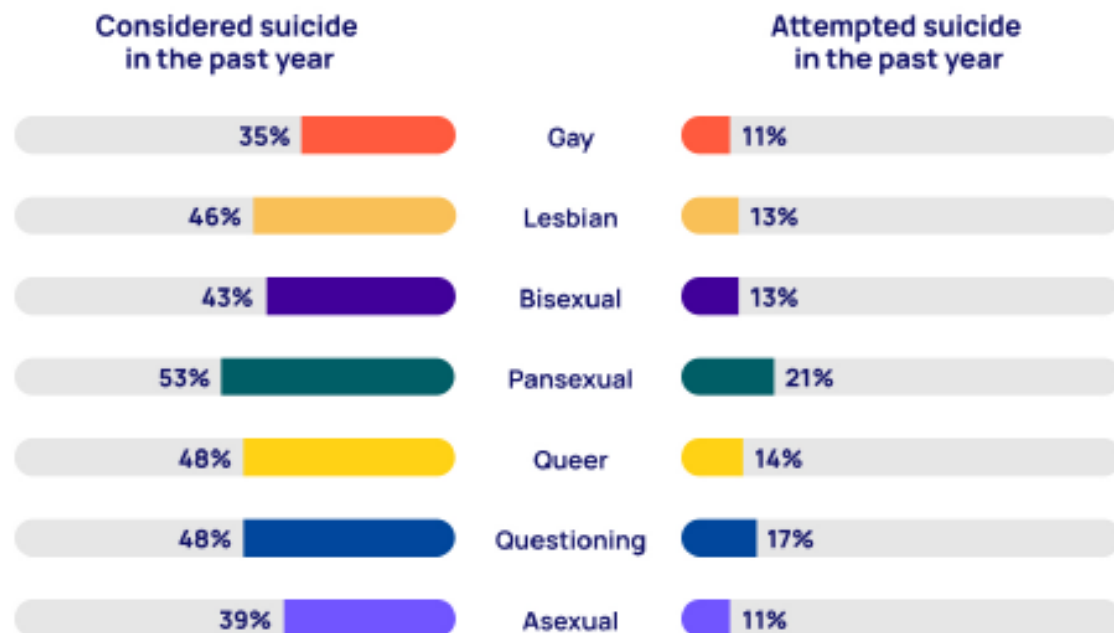
Anxiety & depression symptoms reported among LGBTQ youth by sexual orientation



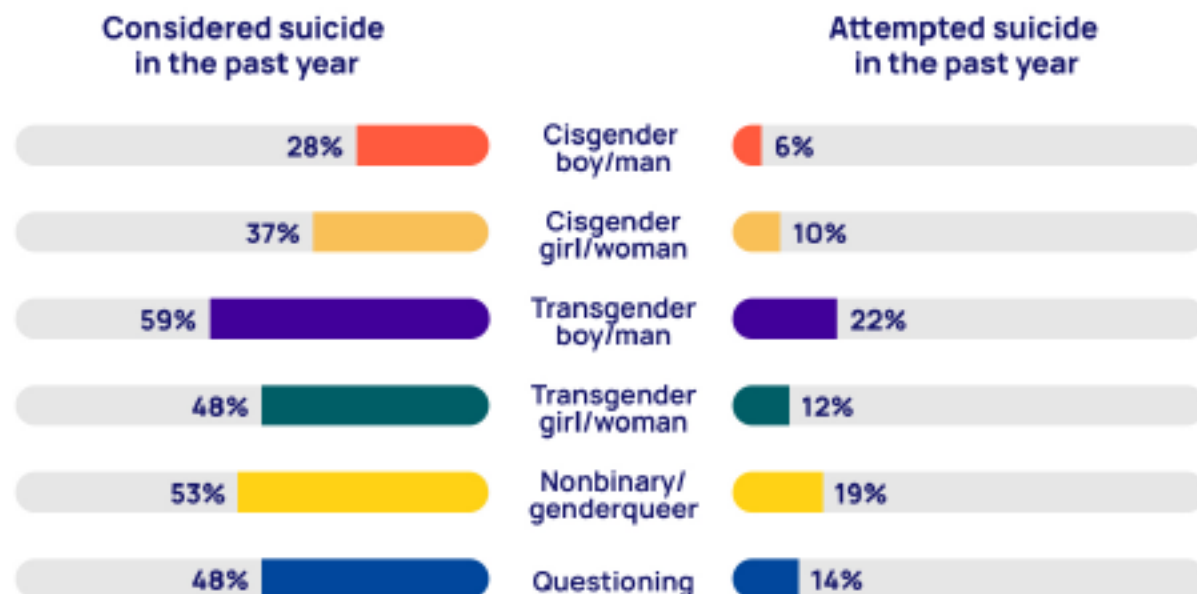
Anxiety & depression symptoms reported among LGBTQ youth by gender identity



Rates of considered and attempted suicide among LGBTQ youth by sexual orientation

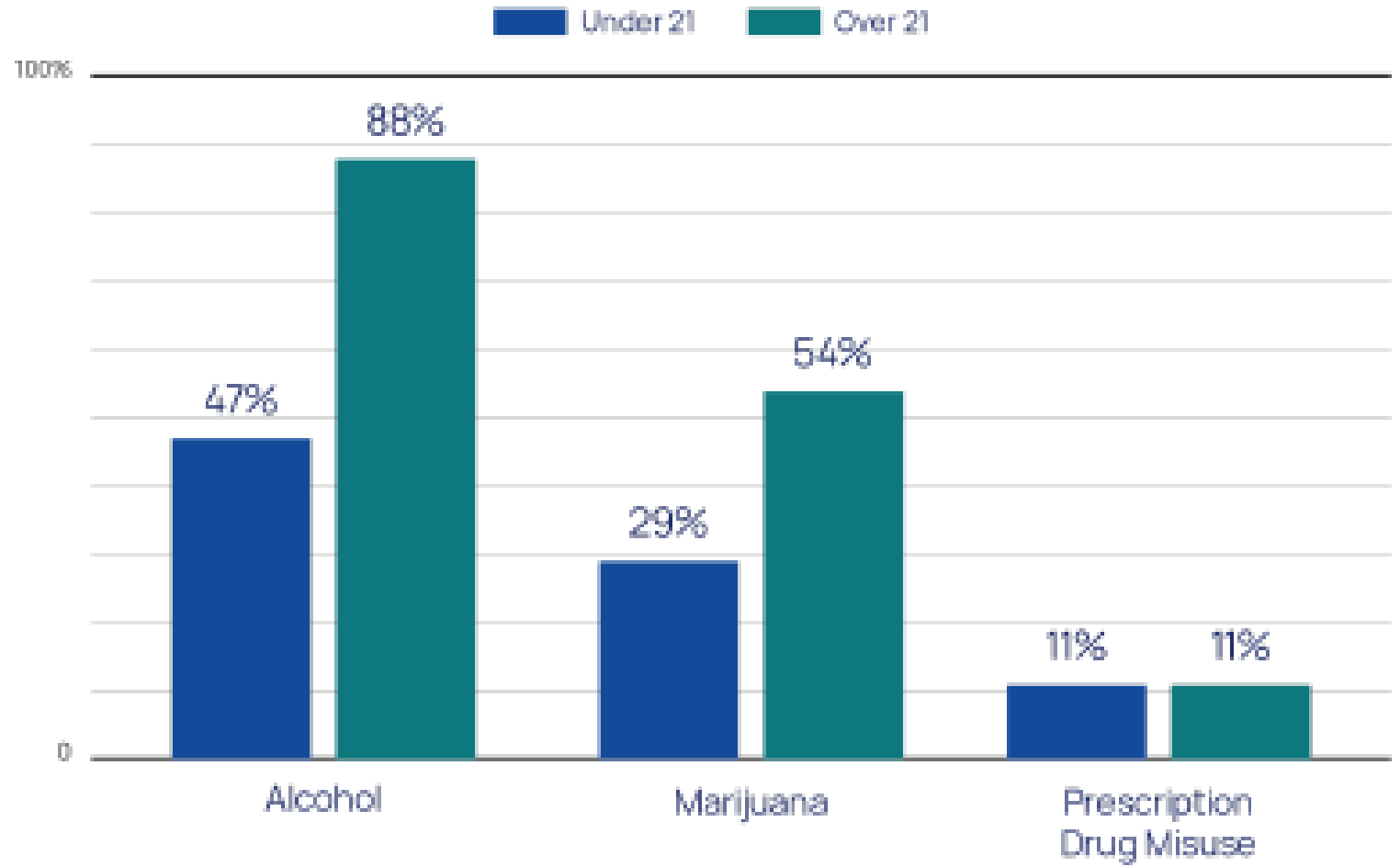


Rates of considered and attempted suicide among LGBTQ youth by gender identity



Substance Use in the Last Year Among LGBTQ Youth

- 56% of LGBTQ youth used alcohol in 2021; 47% of LGBTQ youth under age 21
- One in 10 (11%) misused a prescription drug
- 11% regularly used both alcohol or marijuana (daily or weekly)

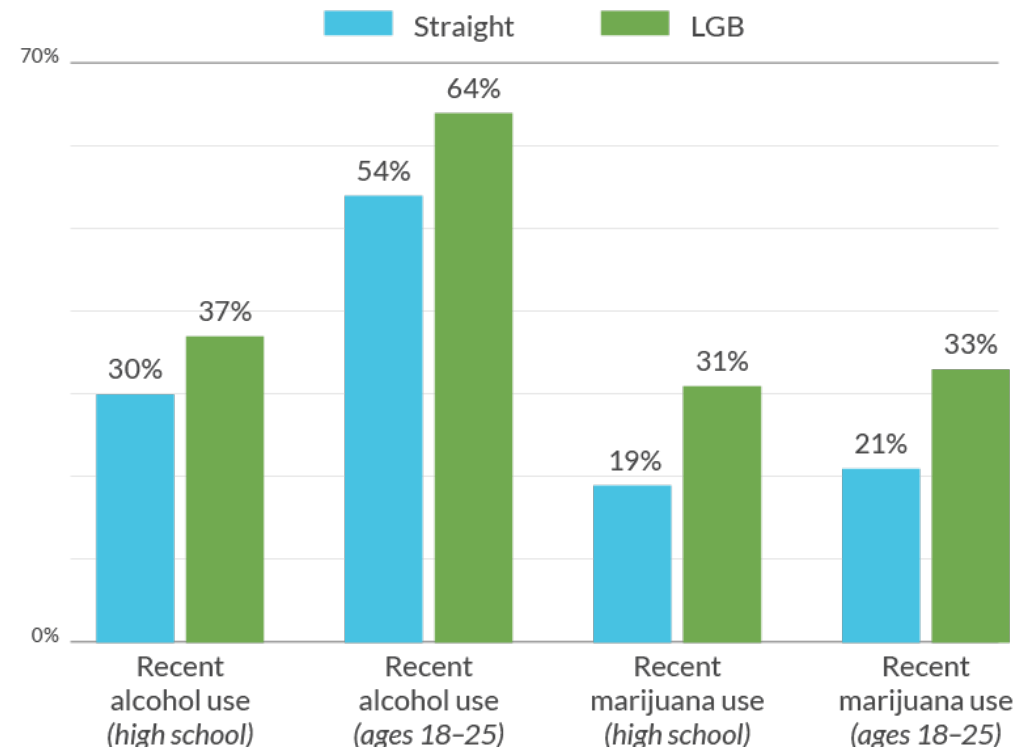


<https://www.thetrevorproject.org/research-briefs/substance-use-and-suicide-risk-among-lgbtq-youth-jan-2022/>

Substance Use in Adolescents by Sexual Orientation

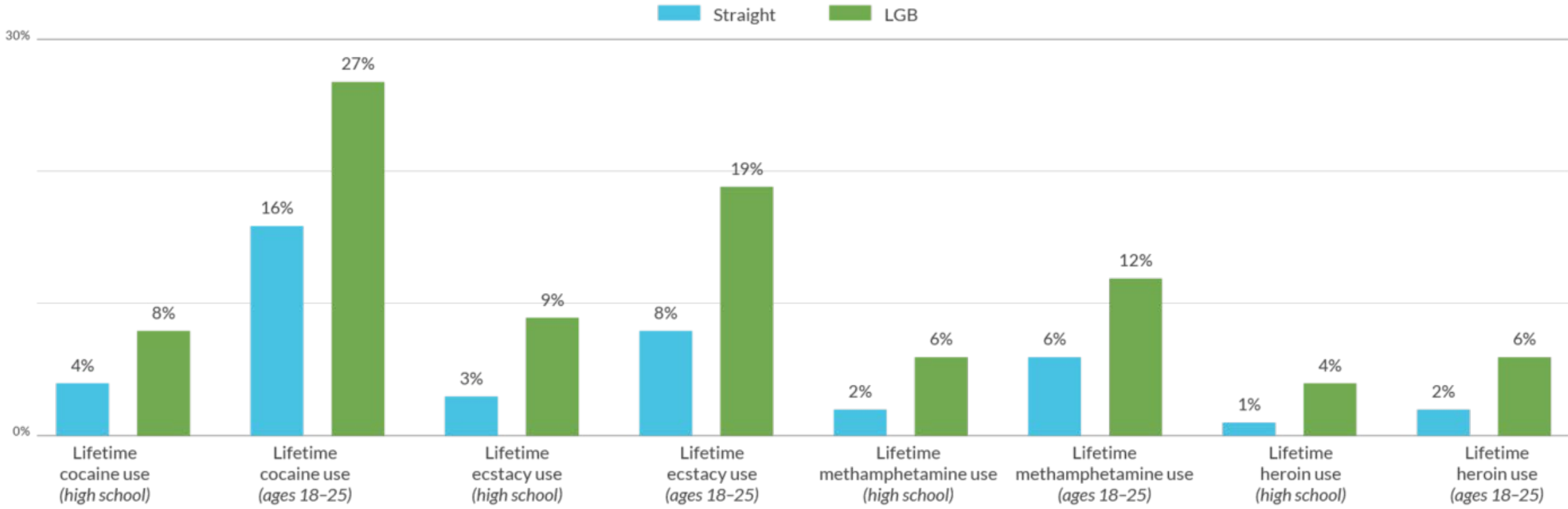
- LGB high school students engage in substance use at a significantly higher rate than those who are straight
- 25% higher rate of alcohol use
- 62% higher rate of marijuana use

Past 30 Day Alcohol Use and Marijuana Use by Sexual Identity



<https://www.thetrevorproject.org/research-briefs/substance-use-disparities-by-sexual-identity/> (2020)

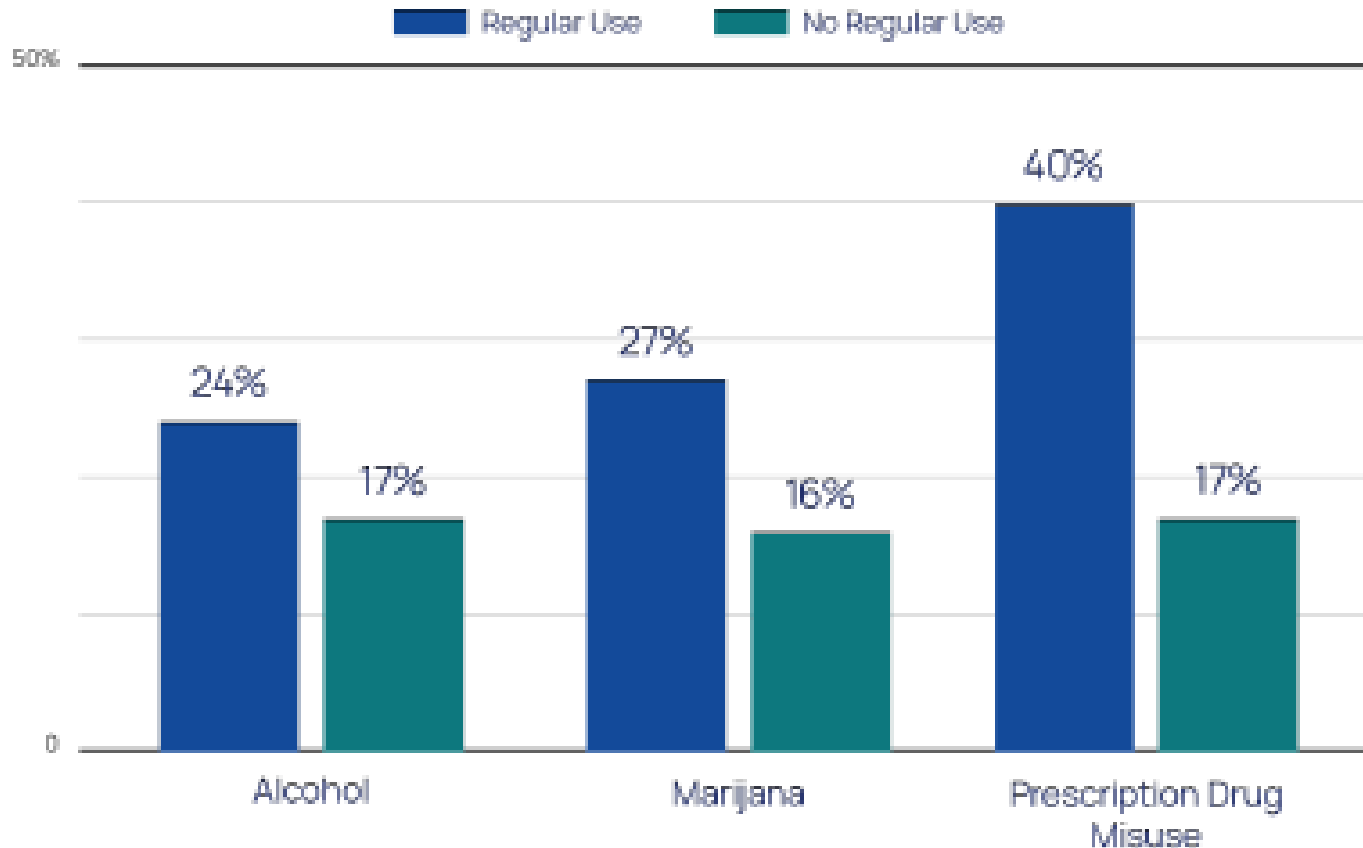
Lifetime Hard Drug Use by Sexual Identity



<https://www.thetrevorproject.org/research-briefs/substance-use-disparities-by-sexual-identity/> (2020)



Rates of Suicide Attempt in the Last Year Among LGBTQ Youth Under 21, by Substance Use



- Regular prescription drug misuse was associated with THREE times greater odds of attempting suicide in 2021
- 50% greater odds of suicide attempt related to regular use of alcohol
- Regular use of any substance overall was associated with an increased risk of suicide attempt in LGBTQ youth of all ages in 2021

<https://www.thetrevorproject.org/research-briefs/substance-use-and-suicide-risk-among-lgbtq-youth-jan-2022/>

Substance Use in LGBTQ Youth

- Being LGBTQ increases the risk of substance use more substantially in cisgender girls than in cisgender boys (even though boys tend to use alcohol more often overall)
- Bisexual youth are specifically more likely to use alcohol and other substances
- Transgender youth experience risk factors for substance use more than cisgender youth (even LGBTQ):
 - Peer victimization
 - Emotional distress
- Limited data about transgender youth because research doesn't consistently identify them

Risk Factors for Substance Use

- Bullying and harassment
- Family conflict and rejection
- Minority stress – being socially stigmatized for being LGBTQ
- Childhood abuse and trauma
- Gender stereotypes
- Peer influence

What Helps Teens With Substance Use?

All Teens

- Discussing Expectations
- Monitoring
- Positive Reinforcement

LGBTQ+ Teens

- Family Support
- Caring Adults
- Safe Schools



Five most common ways that LGBTQ youth reported feeling supported by their parents or caregivers

Been welcoming to their LGBTQ friends or partners



Talked with them respectfully about their LGBTQ identity



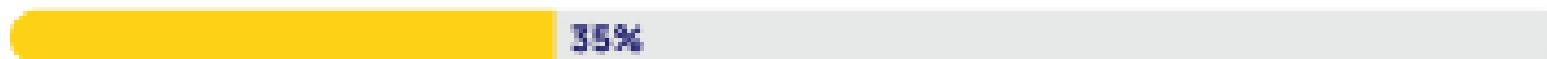
Used their name and pronouns correctly



Supported their gender expression



Educated themselves about LGBTQ people and issues



All sources of joy for LGBTQ youth:

Therapy & medication

Gender affirming clothing

Family & parental support

The LGBTQ community

Accepting & affirming friends

Hope & excitement for the future

Happy LGBTQ elders & married couples

Online communities & support

Learning about LGBTQ history

Faith & spirituality

Music (BTS, Lil Nas X, etc)

Partners/falling in love

Cisnet allies

Learning I'm not alone and there are more people like me

Protective laws/victories for LGBTQ rights

Supportive teachers

Having a safe space to express gender, gender identity, and sexuality

All gender restrooms

Queer role models

Pets/Animals

Taking care of younger siblings

Art, art expression, art therapy/ crafting/drawing

Video games/gamer community

LGBTQ clubs on campus

Athletics & exercise

Going to college

Drag shows

Dance

Living as their authentic self

Escapism/fantasy/fandom

Gender affirming hormones

Financial stability

LGBTQ celebrities, influencers & representation in media

Self-love & acceptance

Cooking

Advocacy Organizations in Indiana



www.purdue.edu/lgbtq/



www.ingekco.com



GenderNexus

www.gendernexus.org



IndyPride

www.indypride.org



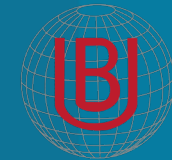
trinityhavenindy.org



www.webetrees.org



www.lgbtq.indiana.edu



Wellness Network

www.buwellness.org



INDIANA YOUTH GROUP

www.indianayouthgroup.org

WE ARE IUPUI

diversity.iupui.edu/offices/lgbtq/index.html

<https://www.thetrevorproject.org/survey-2022/>

2022 National Survey on LGBTQ Youth Mental Health – Trevor Project

