

Substance Use and Health Care in LGBTQ+ Adolescents

Carol Ott, PharmD, BCPP (she/her/hers) Clinical Professor of Pharmacy Practice Clinical Pharmacy Specialist, Psychiatry and Gender Health Eskenazi Health

Exploring SUD in the LGBTQ Population

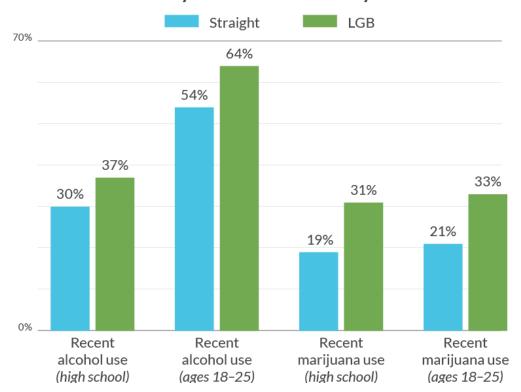
https://www.youtube.com/watch?v=NFms3xO98Nk



Substance Use in LGBTQ+ Adolescents

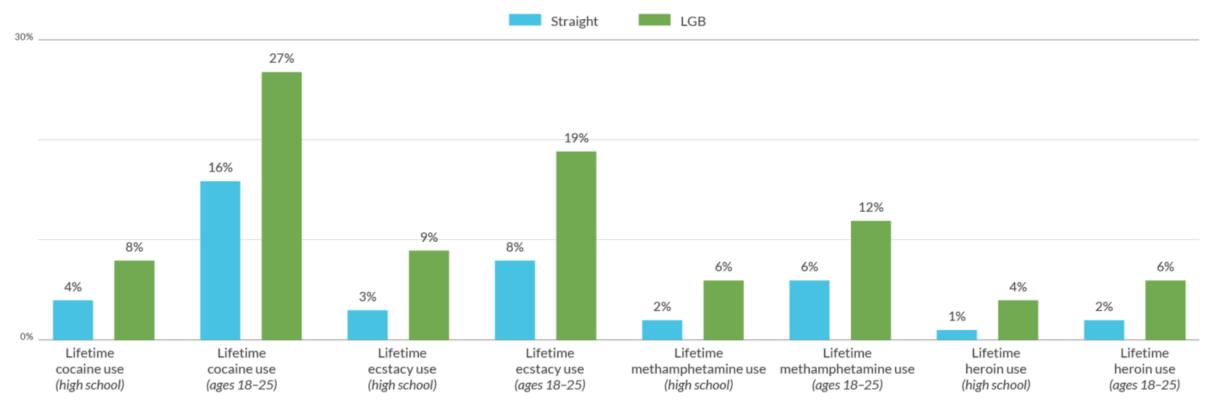
- LGB high school students engage in substance use at a significantly higher rate than those who are straight
- 25% higher rate of alcohol use
- 62% higher rate of marijuana use

Past 30 Day Alcohol Use and Marijuana Use by Sexual Identity



https://www.thetrevorproject.org/research-briefs/substance-use-disparities-by-sexual-identity/

Lifetime Hard Drug Use by Sexual Identity



https://www.thetrevorproject.org/research-briefs/substance-use-disparities-by-sexual-identity/

Substance Use in LGBTQ Youth

- Being LGBQ increases the risk of substance use more substantially in girls than in 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 LGBQ):
 - Peer victimization
 - Emotional distress
- Limited data about transgender youth because research doesn't consistently identify them

https://assets2.hrc.org/files/assets/resources/YouthSubstanceAbuse-IssueBrief.pdf?_ga=2.233125342.1994485185.1636568956-1501758115.1636568956

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

https://assets2.hrc.org/files/assets/resources/YouthSubstanceAbuse-IssueBrief.pdf?_ga=2.233125342.1994485185.1636568956-1501758115.1636568956

What Helps Teens With Substance Use?

All Teens

- Discussing Expectations
- Monitoring
- Positive Reinforcement

LGBTQ+ Teens

- Family Support
- Caring Adults
- Safe Schools

Advocacy Organizations in Indiana



www.purdue.edu/lgbtq/



www.lgbtq.indiana.edu

GenderNexus

www.gendernexus.org



www.indypride.org



www.ingekco.com



Transgender Resource, Education and Enrichment Services

www.webetrees.org



www.indianayouthgroup.org



www.buwellness.org

Questions? Thoughts?

