“CHWs EMBRACING A NEW APPROACH WITH HISPANIC LGBTQ YOUTH.”

Healthy Texas Babies, Life Course Conference

Houston, TX June 22-24 2015
Equip CHWs/Promotores with knowledge and advocacy strategies about Hispanic LGBTQ health within their communities.

Demonstrate increased awareness of social determinants of health on birth outcomes, family health and community wellness.

Identify tangible ways to increase health equity in their communities through their individual practice or community engagement.
GROUP ACTIVITY
WHAT IS FAMILY?
HOW ARE LGBTQ ADOLESCENTS TREATED IN THE COMMUNITY ???
VIDEO: TRES GOTAS DE AGUA
SOMOS FAMILIA

https://www.youtube.com/watch?v=HLtHcbmvjAg
Why Is LGBTQ Health Important?
Understand their own biases and how they affect their interactions with others

Develop a common understanding about diversity

Appreciate the need for respectful relations among diverse groups

Develop concrete action plans for implementation
Reductions in disease transmission and progression

Increased mental and physical Well-being

Reduced Health Care costs

Increased Longevity
LESBIAN

A WOMAN WHO IS EMOTIONALLY, ROMANTICALLY AND SEXUALLY ATTRACTION TO OTHER WOMEN.
GAY

A MAN OR WOMAN WHO IS EMOTIONALLY, ROMANTICALLY AND SEXUALLY ATTRACTED TO THE SAME GENDER; SOME USE THE TERM ONLY TO IDENTIFY GAY MEN.
BISEXUAL

A MAN OR WOMAN WHO IS EMOTIONALLY, ROMANTICALLY AND SEXUALLY ATTRACTION TO BOTH GENDERS.
TRANSGENDER

AN UMBRELLA TERM USED TO DESCRIBE PEOPLE WHOSE GENDER IDENTITY, ONE’S INNER SENSE OF BEING MALE OR FEMALE, DIFFERS FROM THE SEX ASSIGNED TO THEM AT BIRTH
A person, often an adolescent, who has questions about his or her sexual orientation or gender identity.
The Genderbread Person

- Identity
- Attraction
- Sex
- Expression
**GENDER IDENTITY**
Is how you, in your head, think about yourself. Is the chemistry that composes you (hormonal levels)
SEXUAL ORIENTATION: Is who you are physically, spiritually and emotionally attracted to, based on their sex/gender in relation to yours.
BIOLOGICAL SEX
Refers to the objectively measurable organs, hormones, and chromosomes.
Female = vagina, ovaries, XX
Male = penis, testes, XY
Intersex = a combination of the two.
GENDER EXPRESSION

Is how you: demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.
WHAT IS SEXUAL ORIENTATION?

- People who are attracted to members of the other gender
  - Heterosexual
  - Homosexual
  - Bisexual
  - Transexual

- People who are attracted to people of the same gender often call themselves gay or homosexual.

- People whose gender identities aren’t in sync with the sex they were assigned at birth and/or most people’s notions of what it means to be a man or a woman.

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Social Determinants Affecting The Health Of LGBTQ Individuals
Legal discrimination in access to health insurance, employment, housing, marriage, adoption, and retirement benefits
Lack of laws protecting against bullying in schools
Lack of social programs targeted to and/or appropriate for LGBTQ youth, adults, and elders
Shortage of health care providers who are knowledgeable and culturally competent in LGBTQ health
Harassment and Young LGBTQ
Bullying has become a common challenge teenagers and adolescents face at schools.
The Federal Civil Rights And Sexual Orientation

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SCHOOLS ARE OBLIGATED BY THESE LAWS TO ADDRESS CONDUCT THAT IS:

- Severe, pervasive or persistent
- Creates a hostile environment at school
- Based on a student’s race, color, national origin, sex, disability, or religion
Another teenage victim of anti-gay bullying has committed suicide.

Texas legislature approves bill to improve school bullying-prevention policies.
The Physical Environment That Contributes To Healthy LGBTQ Individuals

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- Safe schools, neighborhoods, and housing
- Access to recreational facilities and activities
- Availability of safe meeting places
- Access to health services
LGBTQ Health requires specific attention from health care to address a number of disparities.
LGBTQ youth are 2 to 3 times more likely to attempt suicide.

LGBTQ youth are more likely to be homeless.

Lesbians are less likely to get preventive services for cancer.

Gay men are at higher risk of HIV and other STDs, especially among communities of color.
Lesbians and bisexual females are more likely to be overweight or obese.

Transgender individuals have a high prevalence of HIV/STDs, victimization, mental health issues, and suicide and are less likely to have health insurance than heterosexual or LGB individuals.

Elderly LGBT individuals face additional barriers to health because of isolation and a lack of social services and culturally competent providers.

LGBT populations have the highest rates of tobacco, alcohol, and other drug use.
Relevant to the LGBTQ Youth topic area
IF A CHILD IS THE VICTIM OF HOMOPHOBIC BULLYING:
The Warning Signs

Have you or someone you know felt...

- Unimportant
- Trapped
- Hopeless
- Overwhelmed
- Unmotivated
- Alone
- Irritable
- Impulsive
- Suicidal
THE WARNING SIGNS
Do you or someone you know...?

- Not care about their future: “It won’t matter soon anyway.”
- Put themselves down - and think they deserve it: “I don’t deserve to live. I suck.”
- Express hopelessness: “Things will never get better for me.”
- Say goodbye to important people: “You’re the best friend I’ve ever had. I’ll miss you.”
- Have a specific plan for suicide: “I’ve thought about how I’d do it.”
- Talk about feeling suicidal: “Life is so hard. Lately I’ve felt like ending it all.”
THE WARNING SIGNS

Have you or someone you know been...?

- Using drugs or alcohol more than usual
- Acting differently than usual
- Giving away their most valuable possessions
- Losing interest in their favorite things to do
- Admiring people who have died by suicide
- Planning for death by writing a will or letter
- Eating or sleeping more or less than usual
- Feeling more sick, tired or achy than usual
1. Offer Support
2. Listen
3. Educate yourself
4. Work with your school
5. Document everything
6. Contact the police
7. Communicate and build self-esteem
The Affordable Care Act and LGBTQ Americans

equalityfederation.org

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The Affordable Care Act Gives LGBTQ Americans Greater Control over their own Health Care.
U.S. Department of Health and Human Services:
Recommended Actions To Improve The Health And Well-being Of Lesbian, Gay, Bisexual, And Transgender Communities

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Better Health and Well-Being
Equal Employment Opportunity Policy
Non-discrimination Policy
Hospital Visitation
Advance Directives
Internal LGBT Coordinating Committee
Institute of Medicine Study on LGBT Health
Healthy People 2020
- National HIV/AIDS Strategy
- The Affordable Care Act
- Tobacco Control
- Aging Services
- Anti-Bullying Efforts
- Improvements in Foster and Adoptive Care
- Runaway and Homeless Youth Services
Understanding LGBTQ Health: The role of the CHWs

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Curbing human immunodeficiency virus (HIV)/sexually transmitted diseases (STDs) with interventions that work.

Implementing anti-bullying policies in schools.

Providing supportive social services to reduce suicide and homelessness risk among youth.

Providing medical education to increase provision of culturally competent care.

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Talk And Listen.

Provide support.
Stay Involved.

GET INVOLVED!

Be Proactive!
What did you learn?

One thing I will do

what did you feel?
MENSAJE DE LA OFICINA DE LA ONU PARA LOS DERECHOS HUMANOS CONTRA LA HOMOFOBIA

VIDEO:
https://www.youtube.com/watch?v=kz2bm_HOuZE
References

THANK YOU

INSTRUCTORS INFORMATION:

Center for Community Health Development’s National Community Health Worker Training Center
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