



CALIFORNIA
ALLIANCE *of*
CAREGIVERS



LGBTQ+ YOUTH SUICIDE AWARENESS AND PREVENTION STRATEGIES FOR CAREGIVERS

9/2/2021



LGBTQ+ YOUTH SUICIDE AWARENESS AND PREVENTION STRATEGIES FOR CAREGIVERS

- Welcome to the 2021 Caregiver Support Webinar Series!
- This series is created by the California Department of Social Services (CDSS) in partnership with the California Alliance of Caregivers (CAC).
- I am Summer Rolfe, (she, her, hers) an analyst with the Foster Caregiver Policy and Support Branch at CDSS.
- I am your facilitator for today's webinar, Lesbian, Gay, Bi-sexual, Transgender, Queer, Plus Youth Suicide Awareness and Prevention Strategies for Caregivers.

LOGISTICS

- This webinar is being recorded and will be available at: www.cacaregivers.org/webinars
- All handouts, slides, and this recording will be emailed to all attendees.
- If you would like a certificate of attendance, please email your request to info@cacaregivers.org as listed in the chat.
- Participants will not have the ability to speak, please submit questions to the Q&A section of the toolbar. The icon with 3 dots should give you this option.





AGENDA

- **The Caregiver Perspective**

By Jennifer Rexroad (she/her), Executive Director of the California Alliance of Caregivers

- **Suicide Rates of LGBTQ+ Youth in Foster Care**

By Alex Gomez (he/him), Advocacy and Government Affairs Coordinator for The Trevor Project

- **LGBTQ+ Suicide Awareness and Prevention Strategies for Caregivers**

By Vida Khavar (she/her), getREAL California, Family Builders

- **Q&A**

LaNaya Blackwell (she/her), Policy Assistant, California Alliance of Caregivers

Alicia Ward (she/her), Foster Care Rates Policy Analyst CDSS

RESOURCES AVAILABLE



CALIFORNIA ALLIANCE OF CAREGIVERS RESOURCES!

Suicide Prevention Resources

cacaregivers.org/suicide/

Find prevention and awareness resources to support your youth!

Supporting your LGBTQ Youth

cacaregivers.org/lgbtq/

Find support groups and resources that will prepare you for proper care of LGBTQ youth!



Suicide Prevention: LGBTQ Youth With a History of Foster Care

Alex Gomez (he/him)

Sept 2, 2021



Alex Gomez (he/him)

Advocacy and Government Affairs Coordinator

WHO WE ARE

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people.

Our Mission

To end suicide among LGBTQ young people.

Crisis Intervention Services



TrevorLifeline

The only nationwide, 24/7 crisis and suicide prevention lifeline offering free and confidential counseling for LGBTQ youth.

866-488-7386



TrevorText

A free, confidential, 24/7, secure service for LGBTQ youth to text a trained Trevor counselor for support and crisis intervention.

START to 678678



TrevorChat

A free, confidential, 24/7, secure instant messaging service that provides live help for LGBTQ youth by trained volunteers.

[TheTrevorProject.org/help](https://www.thetrevorproject.org/help)

Prevention Programs



TrevorSpace

The world's largest safe space social networking community for LGBTQ youth, their friends, and allies.



Trevor Research

Our programmatic evaluations ensure we significantly reduce suicidality with our services, and we also publish external research to help peers support LGBTQ youth.



Trevor Advocacy

Our advocacy work at the federal, state, and local levels includes publicly advocating for/against particular bills and filing/joining amicus briefs in major cases.

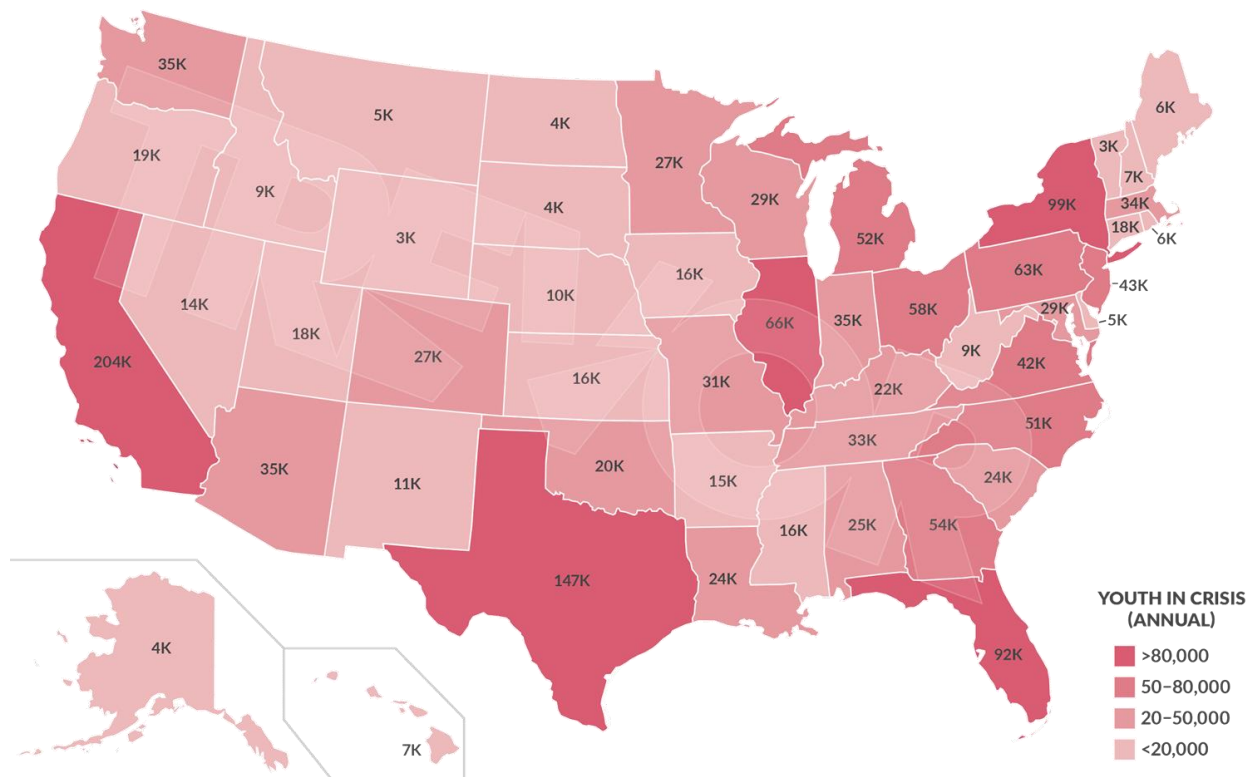


Trevor Education

Our online education programs include information about school policies and training programs for teachers and guidance counselors.

Why We Exist

More than 1.8
Million LGBTQ
Youth Seriously
Consider Suicide
Each Year



Why We Exist



Suicide is the

2nd leading cause

of death among young people



Up to

50% of all

trans people have made a suicide attempt — many before the age of 25



Lesbian, gay, bisexual, and transgender youth are more than

4x more likely

to attempt suicide than their peers

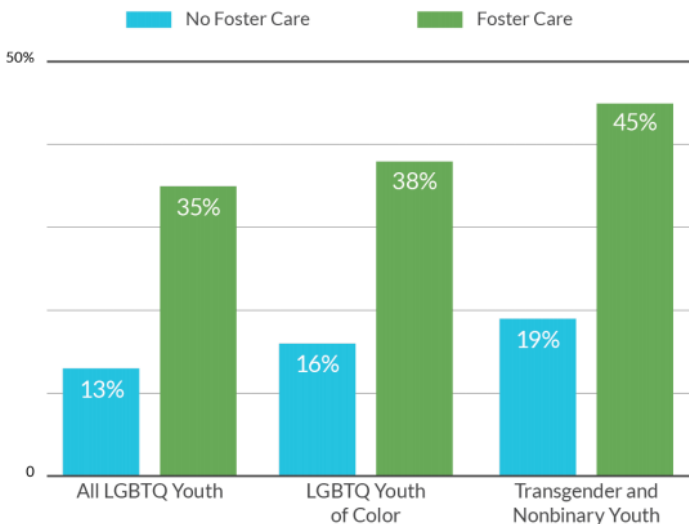


Accepting adults decrease the risk of LGBTQ youth attempting suicide

by 40%

Why We Exist

Association between Being in Foster Care and Attempting Suicide in the Past Year



“LGBTQ youth who reported having been in foster care had three times greater odds of reporting a past-year suicide attempt compared to those who had not.”

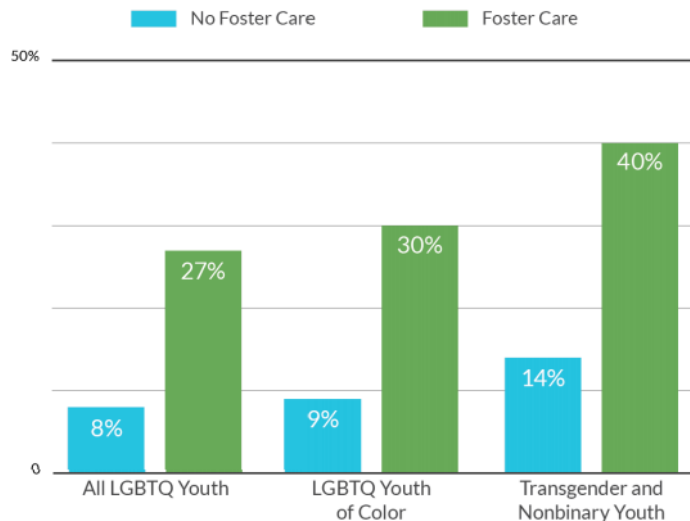
The Trevor Project, “The Trevor Project Research Brief: LGBTQ Youth with a History of Foster Care” (Los Angeles, CA: The Trevor Project, May 2021)

Affirmation, Support, Understanding

“LGBTQ youth who had been in foster care had nearly four times greater odds of being kicked out, abandoned, or running away due to treatment based on their LGBTQ identity compared to those who were never in foster care.”

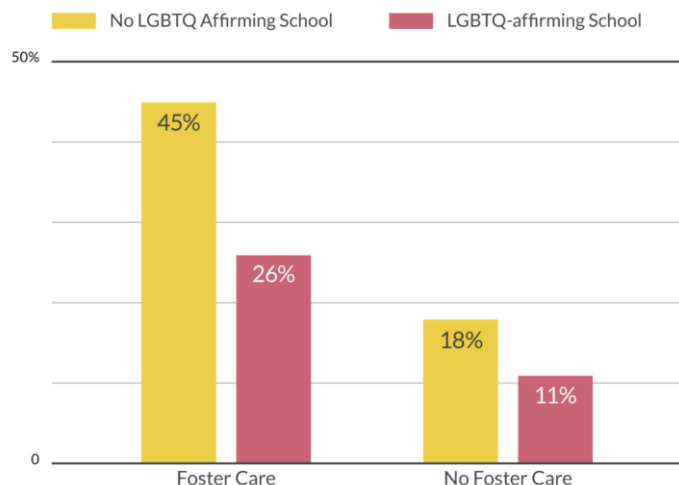
The Trevor Project, “The Trevor Project Research Brief: LGBTQ Youth with a History of Foster Care” (Los Angeles, CA: The Trevor Project, May 2021)

Association between Being in Foster Care and Being Kicked-out, Abandoned, or Running Away Due to Treatment Based on Being LGBTQ



Affirmation, Support, Understanding

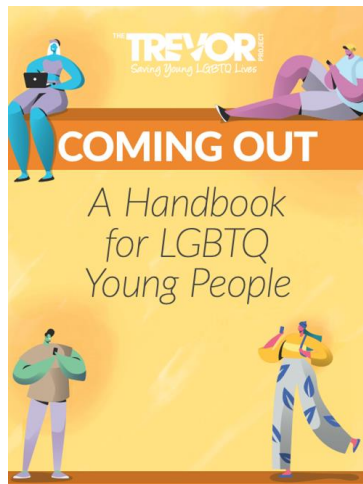
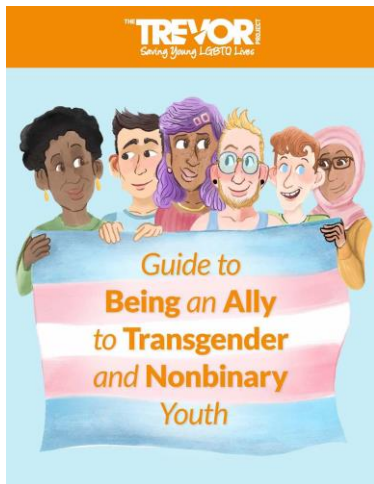
Association of LGBTQ affirming schools
with Past Year Suicide Attempt,
Comparison of those Who Experienced
Foster Care with Those who Had Not



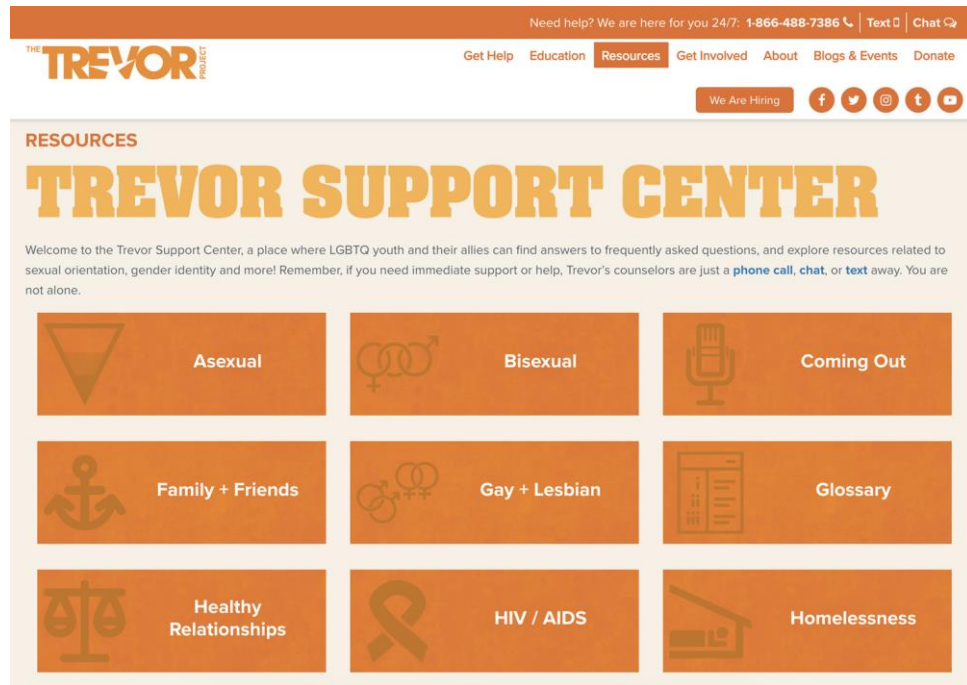
“Among LGBTQ youth with a history of foster care, those who reported attending an LGBTQ-affirming school had more than 50% lower odds of reporting a past-year suicide attempt compared to those who attended a school that was not LGBTQ-affirming.”

The Trevor Project, “The Trevor Project Research Brief: LGBTQ Youth with a History of Foster Care” (Los Angeles, CA: The Trevor Project, May 2021)

What Can You Do?



TRVR.org/Resources





- *Reframe your ideas on sexuality and relationships*
- *Take people's word*
- *Affirm and uplift (even if you don't get it)*
- *Address biphobia and bierasure*

- Listen
- Be Accountable
- Commit To Do Better



Take Action!

Text “TREVOR” to 40649
to join our advocacy work!

LGBTQ+ SUICIDE AWARENESS AND PREVENTION STRATEGIES FOR CAREGIVERS



VIDA KHAVAR, LMFT

(SHE, HER)



FUN FACT:



The new PRIDE flag was redesign to:

- A. Be more colorful and fun
- B. Represent more diversity and include Transgender and Black, Indigenous & People of Color.
- C. Added the pink color to represent lesbians.
- D. To look more like a country flag.

SOGIE stands for:

- A. Sexual Orientation, Gender Ideology and Expression
- B. Separate Orientation, Geographic Ideology and Epidemiology
- C. Sexual Orientation, Gender Identity and Expression
- D. Sexuality, Orientation, Gender, Ideology and Expression
- E. I have no idea

WHY THIS MATTERS?

Nationwide:
30% of
children in
out of home
care identify
as LGBTQ

57% of these
youth are
youth of color

One in five
young people
in U.S. juvenile
justice facilities
identify as
LGBTQ, and
85% of these
individuals are
youth of color.

12.9% of LGBTQ
youth report
being treated
poorly by the
foster care
system
compared to
5.8% of non-
LGBTQ youth.

70% LGBTQ
youth in group
homes report
violence based
on sexual
orientation or
gender identity.
100% report
verbal
harassment

Of the 1.6
million youth
who are
homeless in the
US, close to 50%
identify as
LGBTQ+ and
they are on the
streets due to
family rejection

30% of LGBTQ
youth in foster
care reported
physical
violence after
disclosing their
SOGIE

The Trevor Project's National Survey on LGBTQ Youth Mental Health represents experiences of more than 40,000 LGBTQ youth across the U.S. The following data was taken directly from the survey:

Nearly 15% of LGBTQ
respondents attempted
suicide in the past
twelve months,
including more than 1
in 5 transgender and
nonbinary youth.

40% of LGBTQ
youth and more
than 5% of
transgender and
nonbinary youth
report having
seriously
considered
attempting suicide
in the past 12
months.

28% of
LGBTQ
youth who
experienced
housing
instability
reported a
suicide
attempt in the
past year.

Nearly 50% of
transgender and
nonbinary youth
didn't receive
wanted mental
health care due to
concerns related to
the LGBTQ
competence of
providers.

Participants said
those close to them
have tried to
convince them to
change their sexual
orientation or
gender identity -
with 35% saying
that person was a
parent or caregiver.

THE GOOD NEWS

Transgender and nonbinary youth who report having their pronouns respected by all or most of the people in their lives attempted suicide at half the rate of those who did not have their pronouns respected.

Transgender and nonbinary youth with access to binders, shapewear, and gender-affirming clothing reported lower rates of attempting suicide in the past year compared to transgender and nonbinary youth without access (14% compared to 26%).

Teens who perceived parental support regarding gender identity were 93% less likely to attempt suicide than youth who did not perceive parents as supportive.

70% of transgender youth with family support report positive mental health.

VIDEO: Hearing from LGBTQ+ and GE Foster Youth Project Flare



What did you hear?

EXPERIENCES OF LGBTQ+ IN FOSTER CARE

VICTIMIZED

- LGBTQ youth are twice as likely to report being treated poorly as their non-LGBTQ peers while in care.
- 100% report verbal harassment.

DISPLACED

- 78% of youth removed or run away from placement because of hostility to sexual orientation or gender identity and they do not find families for them.
- LGBTQ youth have a greater average number of placements than their non-LGBTQ peers.
- LGBTQ youth are more likely than their non-LGBTQ peers to be placed in congregate care, including group homes.

SEGREGATED

- They are segregated from other youth of same sex.

PUNISHED

- Punished for expressing sexual orientation or gender identity.
- Not allowed to participate in programming.

Nearly **1 in 4**
Black LGBTQ
youth in foster
care **reported a**
suicide attempt
in the past year

Best practices for providing care to LGBTQ+ and Gender Expansive youth in care.



Some Key Factors to Consider

- The increased risks faced by LGBTQ-GE + youth are not inherent to their identities, but stem from the stresses of prejudice, discrimination, rejection, and mistreatment.
- Like all children, LGBTQ-GE + children thrive and succeed when their families, schools and communities support and nurture their evolving identities.
- Efforts to change a young person's sexual orientation or gender identity are ineffective, unnecessary, and harmful.
- A person's pr child's SOGIE is not linear and may change over time, this does not mean it is a phase.
- A young person's SOGIE cannot be understood separately from their race, ethnicity, class, ability or immigration status, which together confer a mix of disadvantage and privilege that impacts their experiences, opportunities and health status.
- Regardless of their personal beliefs, we are required to treat LGBTQ-GE + young people equitably and respectfully.

The "DO NO HARM PRINCIPLE".

DO NOT MAKE ASSUMPTIONS, ASK

To engage a youth around their SOGIE, be inquisitive just as you normally would with any child. Be curious and interested about who they are. Here are some possible statements/questions:



My name is (...) and my pronouns are she and her.
What name would you like me to use when I refer to you?
What pronouns do you use?
What else would you like me to know about you?

TIPS:

- Practice introducing yourself with your own pronouns.
- Wear a pronoun pin.
- Use gender neutral language.

PRONOUNS

- How many of you introduce yourselves with your pronouns?
- How does a LGBTQ+ person know that you are affirming/an ally?

Subjective	Objective	Possessive	Reflexive	Examples
He	Him	His	Himself	The book is his. He identifies outside a gender binary.
She	Her	Hers	Herself	The book is hers. She identifies outside a gender binary.
They	Them	Theirs	Themselves	The book is theirs. They identify outside a gender binary.
Ze (pronounced "zee")	Hir (pronounced "here")	Hirs (pronounced "heres")	Hirself (pronounced "hereself")	The book is hers. Ze identifies outside a gender binary.
Name Only				
Choose Not to Disclose				

MICAH



LET'S TALK ABOUT YOUR HOUSE

- How does a LGBTQ+ Child/youth know that they are safe with you?
- How does your environment clearly reflect the welcoming of all children?



HOW TO BE AN ALLY



- Don't assume that because a child identifies as LGBTQ+, all their issues come from their SOGIE, by the same token, do not ignore their SOGIE.
- Have conversations with children and youth about their SOGIE and who they may feel comfortable coming out to. It is NEVER ok to "out" a child. This is a long process that is different for each child. You cannot 'force' a child to come out.
- If a child wants to come out, support their decision and help them prepare for the coming out process. They may or may not experience discrimination, but not allowing them to come out or recommending they wait, may result in far more serious consequence such as suicide, drug use etc.
- Separate out discomfort versus safety issues.
- Facilitate LGBTQ+ and gender expansive children spending time spend time with friends who are LGBTQ+, groups, community activities etc. as well as with people who are affirming of the youth' SOGIE.
- Have someone who can advocate for LGBTQ youth during Family Team meetings.

PRIVACY

To maintain privacy regarding sexual orientation and gender identity and expression, unless the child permits the information to be disclosed, or disclosure is required to protect their health and safety, or disclosure is compelled by law or a court order.



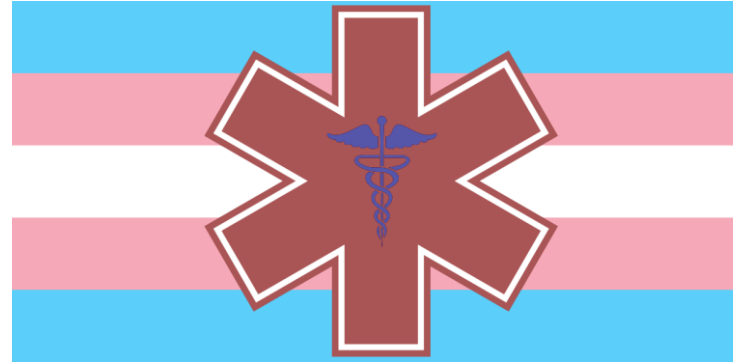
(This include roommates, peers, school staff, other caregivers etc.)

TIPS

1. Ask permission from the youth before divulging any information on their SOGIE.
2. Ask the youth under which circumstances you may share the information.
3. Is the information need to know? What are the safety risks to sharing it?
4. Come up with safety plans with the youth around sharing their information.

LGBTQ+, GENDER EXPANSIVE AND TRANSGENDER YOUTH HEALTH

Minors and nonminors dependents in foster care have the right to receive medical, dental, vision, and mental health services (...) according to their gender identity, regardless of the gender or sex listed in their court or child welfare records. They also have the right to receive mental health and health care from providers who have expertise and experience working with LGBTQ+ youth.



TIPS:

1. Ensure that the youth gets to a medical professional who has experience working with LGBTQ+ youth.
2. Advocate for the youth's right to access transgender related medical care.
3. CDSS Resource Guide for Transgender Medical Health in California (handout).

IN CALIFORNIA:

- YOUTH HAVE THE RIGHT TO IDENTIFY AND LIVE AS THEIR TRUE GENDER IDENTITY AND BE RECOGNIZED AS SUCH.
- THIS INCLUDES BEING "PLACED" ACCORDING TO THEIR GENDER IDENTITY.



FOSTER YOUTH BILL OF RIGHTS - 2020

- To participate in extracurricular, cultural, racial, ethnic, personal enrichment, and social activities, including, but not limited to, access to computer technology and the internet, consistent with the child's age, maturity, developmental level, **sexual orientation, and gender identity and expression**.
- To have fair and equal access to all available services, placement, care, treatment, and benefits, and to not be subjected to discrimination or harassment on the basis of actual or perceived race, ethnic group identification, ancestry, national origin, color, religion, sex, **sexual orientation, gender identity and expression**, mental or physical disability, or HIV status.
- To have caregivers, child welfare and probation personnel, and legal counsel who have received instruction on cultural competency and sensitivity relating to sexual orientation, gender identity and expression, and best practices for providing adequate care to lesbian, gay, bisexual, and transgender children in out-of-home care.
- To be placed in out-of-home care according to their gender identity, regardless of the gender or sex listed in their court, child welfare, medical, or vital records, to be referred to by the child's preferred name and gender pronoun, and to maintain privacy regarding sexual orientation and gender identity and expression, unless the child permits the information to be disclosed, or disclosure is required to protect their health and safety, or disclosure is compelled by law or a court order.

Additional resources:

Gender Spectrum

<https://genderspectrum.org/>

Trevor Project

<https://www.thetrevorproject.org>

PFLAG

<https://pflag.org/>

The Youth Acceptance Project at Family Builders

<https://familybuilders.org/programs-services/youth-acceptance-project/>

California Youth Crisis Line

www.youthcrisisline.org

GLBT National Help Center

www.glnh.org

Q & A

Vida Khavar, LMFT

vkhavar@familybuilders.org
818.458.4050

Alex Gomez (he/him)
Trevor Project

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- https://cronkitenews.azpbs.org/2020/07/09/covid-isolation-mental-health-lgbtq/?utm_source=News+Clip+Subscribers&utm_campaign=ec2421e32e-EMAIL_CAMPAIGN_2020_07_10_07_54&utm_medium=email&utm_term=0_9e19710dfa-ec2421e32e-150756429
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THANK YOU FOR
JOINING US TODAY!

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