Addressing the Treatment Environment and Therapeutic Approach for Lesbian, Gay, Bisexual and Transgender Homeless Youth.

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Treatment Environment & Therapeutic Approach for LGBTQSA

Presentation Overview:

- Project Description
- Participant Demographics
- Baseline (Intake) Participant Profile
- Treatment Approach and Environment Modifications
- Baseline and 6-month Follow-up Outcomes
- Summary
“My” Treatment Empowerment for Adolescents on the Move: (iTEAM)

- Five year (2009-2014) SAMHSA-CHAB project serving homeless LGBTQ and straight allied (SA) youth and young adults
- Six agency collaboration each bringing expertise to the project:
  - UA SIROW- administration & evaluation
  - Our Family Services- case management
  - Open Inn- housing (shelter, temporary & permanent housing)
  - CODAC- substance abuse and mental health treatment
  - Southern Arizona AIDS Foundation- HIV/STI/comprehensive sexuality education
  - Wingspan- Tucson’s LGBTQ Community Center-which houses EON Youth Lounge (programs and structured activities)
Treatment Environment & Therapeutic Approach for LGBTQSA

iTEAM Project Description

- Informed by a previous 5-year SAMHSA project serving LGBTQSA youth and young adults
  - Age range
  - Housing issues
  - Abuse and harassment due to gender expression
  - Trauma experiences and related symptoms
  - Substance abuse and mental health problems
  - Sexual risk behaviors
- Program delivered at Eon Youth Lounge (within Wingspan)
- Sixty youth per year
- Six month program with step down case management follow-up between six and twelve months
Demographics

- **N = 165**
- **Age:**
  - $M = 19.69$ years; $SD = 1.88$ years
  - Range: 15 to 23 years
- **Race/ethnicity:**
  - 36.1% White/Caucasian
  - 27.2% Hispanic/Latin@
  - 23.1% Multiracial (usually Latin@ and Native American)
  - 4.7% Native American
  - 5.9% Black/African American
  - 3.0% Asian/Pacific Islander
Innovations in Assessment

- Incorporate more fluid models of gender identification and sexuality.
- Re-define youth homelessness.
- Look more closely at reasons behind homelessness.
- Look at Internalized Homophobia.
Treatment Environment & Therapeutic Approach for LGBTQSA

Biological Sex (n=74)

- Male: 55%
- Female: 38%
Treatment Environment & Therapeutic Approach for LGBTQSA

Gender Identity (n=74)

<table>
<thead>
<tr>
<th>Label</th>
<th>Percent (n=74)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>35.2%</td>
</tr>
<tr>
<td>Male</td>
<td>51.4%</td>
</tr>
<tr>
<td>Queer</td>
<td>4.1%</td>
</tr>
<tr>
<td>Transgender</td>
<td>4.1%</td>
</tr>
<tr>
<td>Two-spirit</td>
<td>1.3%</td>
</tr>
<tr>
<td>Female, Transgender</td>
<td>1.3%</td>
</tr>
<tr>
<td>Male, Female</td>
<td>1.3%</td>
</tr>
<tr>
<td>Write-in</td>
<td>1.3%</td>
</tr>
</tbody>
</table>
Attracted to males
Equal Attraction
Attracted to females

Sexual Attraction (n=74)

- Attracted to males:
  - Female: 3
  - Male: 3
  - Transgender/Gender Queer: 11

- Equal Attraction:
  - Female: 4
  - Male: 4
  - Transgender/Gender Queer: 1

- Attracted to females:
  - Female: 2
  - Male: 2
  - Transgender/Gender Queer: 2

Treatment Environment & Therapeutic Approach for LGBTQSA
Participant Profiles at Baseline:

- Housing (n=174)
  - 25% in own house/apartment

- Education and Employment (n=174)
  - 43% enrolled in school
  - 20% employed
Participant Profiles at Baseline:

- **Mental Health**
  - Participants are bothered by mental health problems approximately 30% of the time.

- **Trauma**
  - 82.1% report trauma
  - Average age at first abuse: 10.37 years old.
  - 46.0% More than one person involved
  - 57.5% Family member/trusted person
  - 41.6% Afraid for life/serious injury
  - 24.2% Attack included sexual assault
  - 36.1% People told did not believe participant
Participant Profiles at Baseline: (n=174)

- **Substance Use in Past 3 Months**
  - 35% report no substance use
  - 47% report alcohol use
  - 34% report using marijuana
Treatment Approach and Environment Modifications:

- Originally proposed two evidence-based practices:
  - MET-CBT5
  - Street Smart

- Challenges:
  - Need for crisis counseling
  - Need more general treatment to address behavior change
  - Case management services not integrated into the environment
  - Need for comprehensive sexuality education tailored for LGBTQ
  - Low enrollment in MET-CBT5 (29% group counseling; 25% individual counseling)
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Treatment Approach and Environment Modifications:

- **Solutions:**
  - Implemented crisis counseling individual sessions
  - Adapted MET-CBT5 for population (non-mandated clients; LGBTQ)
  - Incorporated Mindfulness approach in treatment sessions and Lounge activities
  - Increased emphasis on compassion-based practices
  - Integrated case management services at the Lounge along with all other services
  - Combine Street Smart curriculum with SAAF’s LGBTQ comprehensive sexuality education “Sex Chats”
iTEAM Project Outcomes (n = 124):

- **Housing:**

<table>
<thead>
<tr>
<th>Housing Type</th>
<th>Baseline</th>
<th>6-month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Own apartment/house</td>
<td>24.5%</td>
<td>41.2%</td>
</tr>
<tr>
<td>Friend/relative’s house</td>
<td>55.5%</td>
<td>44.7%</td>
</tr>
<tr>
<td>Homeless</td>
<td>10.0%</td>
<td>5.3%</td>
</tr>
<tr>
<td>Temporary/emergency shelter</td>
<td>5.5%</td>
<td>5.3%</td>
</tr>
<tr>
<td>Public Housing</td>
<td>1.8%</td>
<td>3.5%</td>
</tr>
</tbody>
</table>

- **Education and Employment:**

<table>
<thead>
<tr>
<th>Education Employment</th>
<th>Baseline</th>
<th>6-Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>School (full/part-time)</td>
<td>42.7%</td>
<td>47.6%</td>
</tr>
<tr>
<td>Employed (full/part-time)</td>
<td>20.1%</td>
<td>33.9%</td>
</tr>
</tbody>
</table>
夭 afternoon, everyone.

In this section, we will discuss the iTEAM Project Outcomes with a focus on the outcomes related to Substance Use & Problems Related to Substance Use (n=124).

### Substance Use (past month)

<table>
<thead>
<tr>
<th>Substance Use (past month)</th>
<th>Baseline</th>
<th>6-Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>46.8%</td>
<td>51.6%</td>
</tr>
<tr>
<td>Alcohol to Intoxication (One or more times)</td>
<td>62.1% (of those who drank at all)</td>
<td>54.7% (of those who drank at all)</td>
</tr>
<tr>
<td>Marijuana</td>
<td>38.7%</td>
<td>30.6%</td>
</tr>
</tbody>
</table>

Thank you for your attention.
### Treatment Environment & Therapeutic Approach for LGBTQSA

#### iTEAM Project Outcomes (n = 124):

- **Trauma Related Outcomes:**

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Baseline</th>
<th>6-Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average days disturbed by traumatic memories (past 90 days)</td>
<td>17.98</td>
<td>14.35</td>
</tr>
<tr>
<td>Average days disturbed by emotional problems (past 90 days)</td>
<td>14.09</td>
<td>8.16</td>
</tr>
<tr>
<td>Serious anxiety or tension (past 30 days)</td>
<td>54.8%</td>
<td>42.7%</td>
</tr>
<tr>
<td>Serious depression (past 30 days)</td>
<td>46.0%</td>
<td>42.7%</td>
</tr>
<tr>
<td>Trouble understanding, concentrating, remembering (past 30 days)</td>
<td>37.9%</td>
<td>43.5%</td>
</tr>
</tbody>
</table>
iTEAM Project Outcomes (n = 124):

- **Current Worries About Abuse:**

<table>
<thead>
<tr>
<th></th>
<th>Ever Experienced</th>
<th>Currently worried (Baseline)</th>
<th>Currently worried (6 months)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attacked with a weapon</td>
<td>36.9%</td>
<td>12.7%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Physical assault</td>
<td>50.5%</td>
<td>13.9%</td>
<td>11.5%</td>
</tr>
<tr>
<td>Sexual assault</td>
<td>28.8%</td>
<td>5.5%</td>
<td>5.3%</td>
</tr>
<tr>
<td>Emotional abuse</td>
<td>60.4%</td>
<td>15.6%</td>
<td>21.2%</td>
</tr>
</tbody>
</table>
Summary:

- Many LGBTQSA youth and young adults living in community:
  - Lack housing stability and are not in school or employed
  - Indicate moderate substance use and substantial mental health problems
  - Report having experienced trauma and have trauma-related symptoms
- Originally proposed program components needed to be modified to engage and retain participants and meet their needs (MET-CBT5, crisis counseling; trauma symptoms management)
- Including mindfulness in treatment sessions and the overall environment seems to have advanced clinical care
- Adaptations in program are thought to be related to the positive outcomes -- although additional analysis comparing outcomes of early program participants to later program participants is needed to confirm this assumption