Transition-Aged Youth:
Integrating Primary Care and Behavioral Health Services

Candice Russell, B.S., Facilitator

Nicky Stevens, CPM, MAS, Facilitator

Katie Crowley, B.S., Co-Facilitator

Thursday, April 6, 2023

Vision: Healthy Communities, Healthy People

Session 6:
Supports for Transition-Aged Youth LGBTQIA+
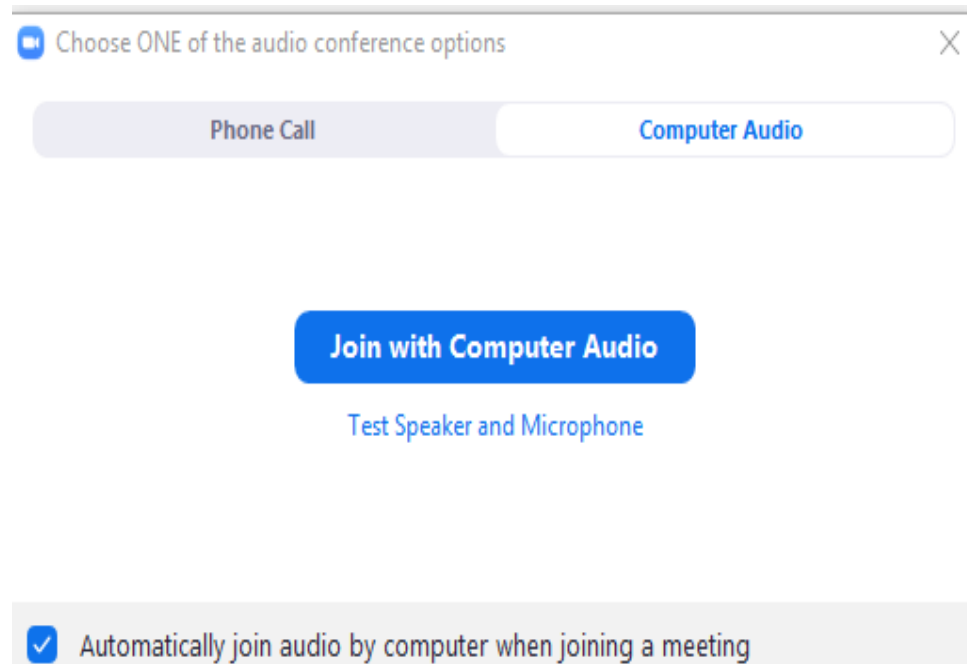
Thursday, April 6, 2023

Vision: Healthy Communities, Healthy People

Connecting to Audio

By computer:
- Click **Join with Computer Audio**.

By phone:
- Click the **Phone Call** tab, dial a listed phone number, and enter **Meeting ID** and **Participant ID**.
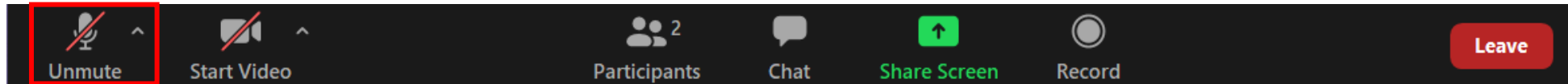
Zoom Participation

- You will begin muted. To **unmute/mute**, click the **microphone** icon located at the bottom left of your Zoom window.

- We encourage everyone to keep their video enabled. Click **Start Video** to join by webcam.
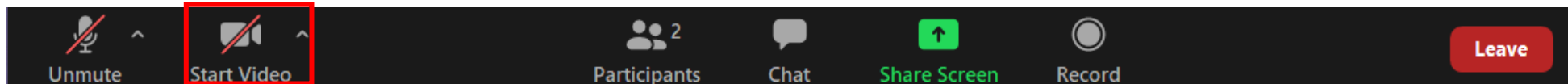
- To ask a question using the **Chat** feature, click the **Chat** icon located at the bottom center of your Zoom window.
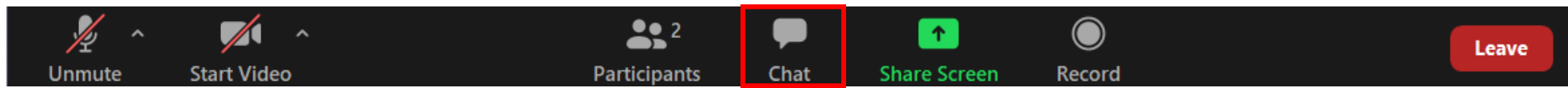
CoP Facilitators

Facilitator:
Candice Russell, B.S.
Senior Program Associate I
Advocates for Human Potential, Inc.

Facilitator:
Nicky Stevens, CPM, MAS
Senior Program Manager and Trainer,
Housing and Homelessness
Advocates for Human Potential, Inc.

Co-Facilitator:
Katie Crowley, B.S.
Program Associate
Advocates for Human Potential, Inc.

CoP Learning Objectives

At the end of this CoP, participants will be able to:

1. Describe the unique challenges that transition-aged youth (TAY) face and the solutions that can be implemented to support them.

2. Design developmentally appropriate programming that is also trauma informed, equitable, and inclusive.

3. Develop effective strategies for your clinic that will improve outreach to and engagement of TAY from specific populations (e.g., youth in foster care, LGBTQIA+ youth, youth and young adults who are pregnant/parenting).
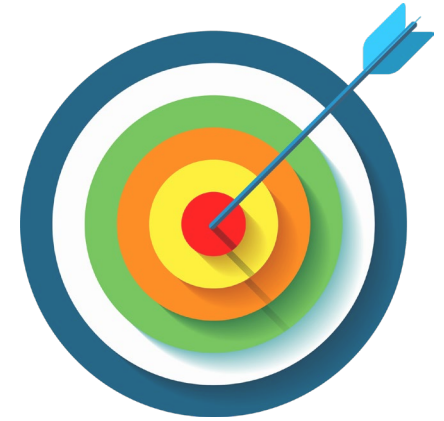
Source: iStock

Agenda

- Check-in and attendance

- SME Presentation: Nicky Stevens, CPM, MAS

- Participant Q&A

- Session wrap-up & intersession learning assignment

Source: iStock

Check-In and Attendance

CoP Participants
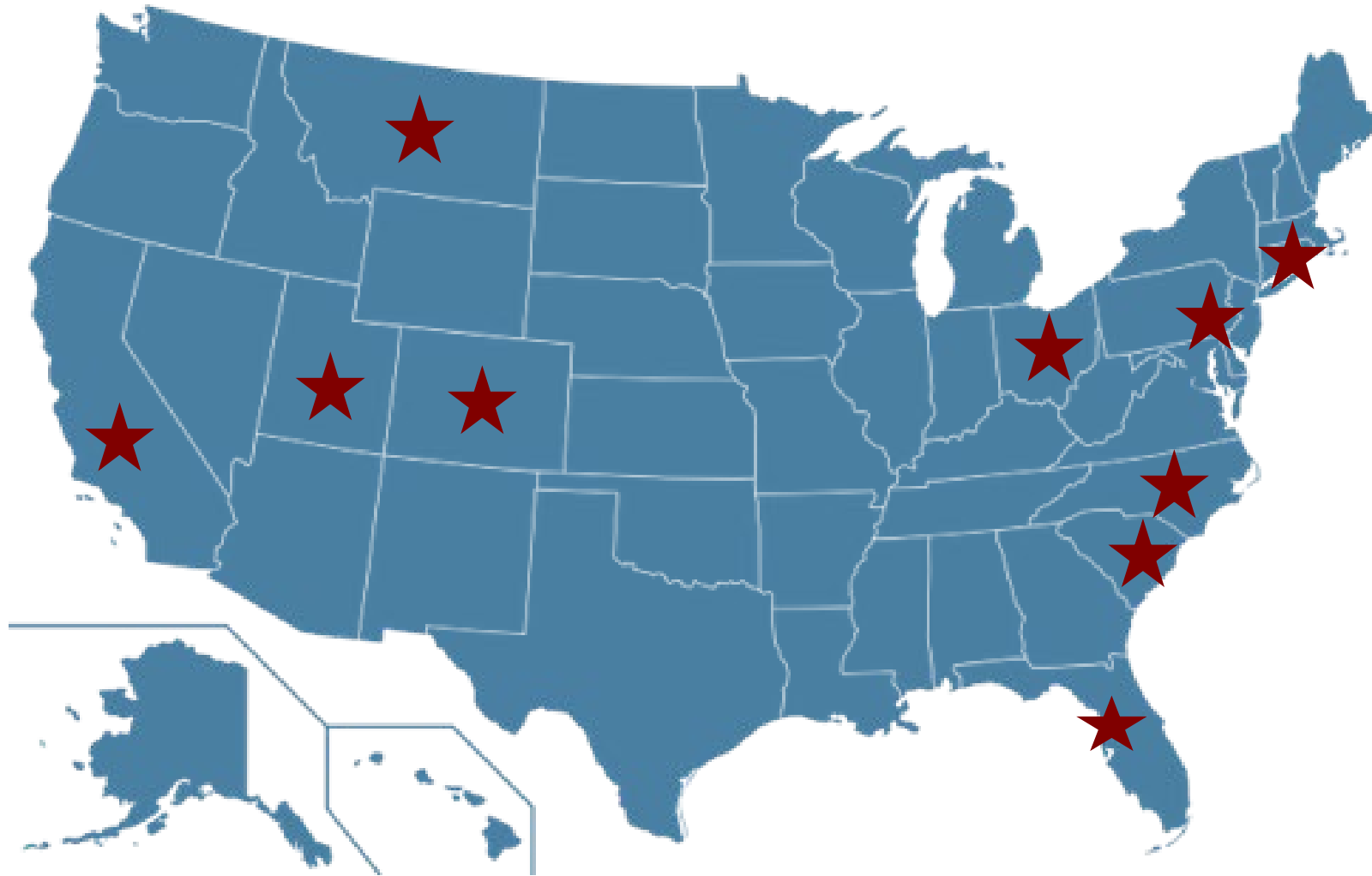
Today's Discussion Question

Later in the session, we will ask:

- What pathways are you currently building to create resource connections (e.g., employment, housing, supportive services) for LGBTQIA+ youth?

- Are there resources/approaches that you would like to add?

- What are you doing to activate the TAY voice?
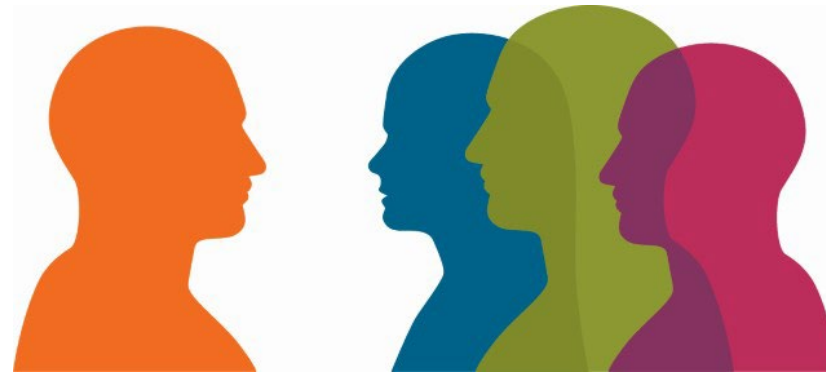
Source: ThinkStock

Supports for TAY LGBTQIA+ Health Center Settings
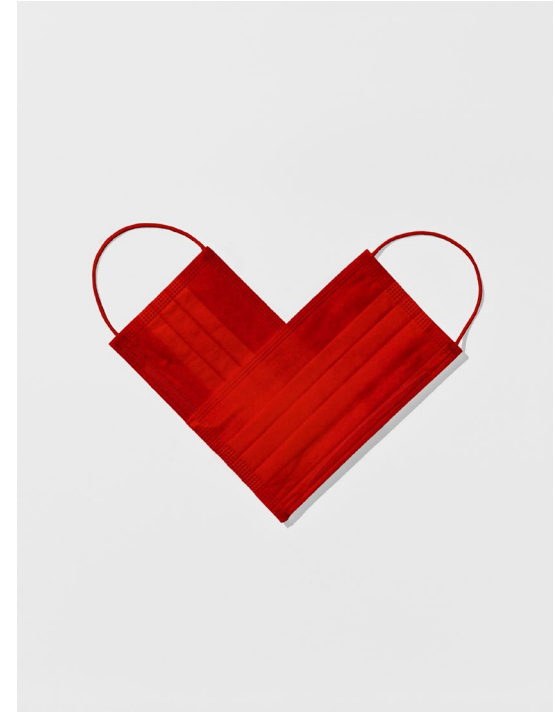
Source: Microsoft® PowerPoint® for Microsoft 365.

Today's Presenter

Nicky Stevens, CPM, MAS
Senior Program Manager and Trainer,
Housing and Homelessness
Advocates for Human Potential, Inc.

# Common TAY Risk Factors & LGBTQIA+ Youth

Source: Microsoft® PowerPoint® for Microsoft 365.

Statistics on Youth: Intersectionality

Inequities continue to exist among TAY who are Black, Indigenous, and people of color (BIPOC) and LGBTQIA+.

- According to the Trevor Project, "28% of LGBTQ[IA+] youth reported experiencing homelessness or housing instability at some point in their lives."[1]
- "Nearly half (44%) of Native/Indigenous LGBTQ [IA+] youth have experienced homelessness or housing instability at some point in their life."[2]

Statistics on Youth; Intersectionality (cont'd)

- "16% of LGBTQ [IA+] youth reported that they had slept away from parents or caregivers because they ran away from home, with more than half (55%) reporting that they ran away from home because of mistreatment or fear of mistreatment due to their LGBTQ[IA+] identity."[1]

- Black youth incarceration rates are 4.4 times higher than those of their White peers.[3]

- BIPOC are more than twice as likely to return to homelessness as a White youth.[4]

Vulnerability of TAY

- Mental health needs of TAY have escalated during the COVID-19 pandemic, with social distancing policies disrupting:
  - Daily routines
  - Social supports
  - Relationships
  - Employment
  - Typical coping strategies including connections with friends."[5]
- In 2021, more than 80% of LGBTQ[IA+] youth reported that COVID-19 had made their living situation more stressful, impacting LGBTQ youths' access to safe and secure housing."[2]

Vulnerability of TAY (cont'd)

- "LGBTQ[IA+] youth face higher rates of discrimination, violence, and economic instability than their non-LGBTQ[IA+] peers.

    - With fewer resources, employment opportunities, or social supports, LGBTQ[IA+] youth who are away from home must find ways to meet their basic needs and may enter the street economy, engaging in commercial sex to meet these needs.[6]

- Instability from COVID-19 continues to disproportionally impact the physical and mental health of individuals in marginalized and under-resourced social groups, including young people with a history of foster care placement.[7]

Discussion Questions

Type in the chat or come off mute to share:

1. What unique challenges do you think LGBTQIA+, BIPOC youth face compared to their White, non-LGBTQIA+ peers?

2. Do you have resources if an LGBTQIA+ youth has been trafficked?

Source: Microsoft® PowerPoint® for Microsoft 365.

Strategies to Support LGBTQIA+ Youth

Source: Microsoft® PowerPoint® for Microsoft 365.

Best Practices for Engaging TAY

Source: Microsoft® PowerPoint® for Microsoft 365.

- **Trust:** It is gained through genuineness, consistency, dependability, and transparency.

- **Safety:** When youth feel safe, they are more willing to voice opinions or fears, set boundaries, and form attachments.

- **Respect:** Providers must attempt to view whole individuals, their perspectives, behaviors, expressed ideas, and experiences from a non-judgmental stance.

Best Practices for Engaging TAY (cont'd)

- **Boundaries:** Identifying and remaining respectful of a person's boundaries is essential to the youth's sense of safety.

- **Cultural competency:** Providers should be aware of how their client's cultural framework informs their need for services.

- **Power:** Youth gain power when they are asked to become part of the decision-making process and are not simply passengers on the journey.

Outreach and Engagement: Why It Matters

- Harm reduction model, "meeting people where they are at"
- Youth advisory boards
- Peer supports
- Co-creating plans
- Drop-in centers
- Communication
- Telehealth
- Trauma-informed care
- Partnering with organizations that serve BIPOC

Source: Microsoft® PowerPoint® for Microsoft 365.

Discussion Question

Type in the chat or come off mute to share:

1. *What are you doing within your agency to create a sense of belonging for LBTQIA+ youth?*

2. *What support can your agency provide if someone comes out to you as LGBTQIA+?*

Source: Microsoft® PowerPoint® for Microsoft 365.

Creating Safe Spaces

- Create youth-friendly spaces—beyond physical
- Ask for/use correct pronouns
- Display rainbow flags
- Walk the talk
- Adopt a trauma-informed lens
- Identify core values
- Foster gender-inclusive settings
- Use inclusive language (words matter!)
- Lower barriers

Source: Microsoft® PowerPoint® for Microsoft 365.

Special Considerations: Housing & LGBTQIA+ Youth

Source: Microsoft® PowerPoint® for Microsoft 365.

TAY: Housing Insecurity and LGBTQIA+

"30% of people experiencing homelessness are younger than age 24."[8]

- On a single night in 2022, "more than 30,000 people under the age of 25 experienced homelessness on their own as 'unaccompanied youth.' Slightly more than half of these youth (57 percent) were in sheltered locations."[9]

- "LGBTQ[IA+] youth are at risk of homelessness if their families lose their housing. History of family homelessness increases young people's individual risk of homelessness or housing instability."[2]

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- 4% of the unaccompanied youth population identifies as:
  - Transgender
  - Not singularly female or male
  - Gender questioning[9]
- 28% of LGBTQIA+ youth experience homelessness or housing instability at some point in their lives
  - 2-4 four times more likely than those with stable housing to report depression, anxiety, self-harm, consider suicide, and attempt suicide[1]
- 14% of LGBTQIA+ youth slept away from parents/caregivers because they were kicked out or abandoned
  - 40% kicked out of or abandoned due to their LGBTQIA+ identity[1]

TAY: Housing Insecurity and LGBTQIA+ (cont'd)[1]

- LGBTQIA+ youth who reported past housing instability or current homelessness had:
  - More than 3 times greater odds of being physically threatened or abused due to their:
    - Sexual orientation
    - Transgender, nonbinary identity, or gender identity.

  - Six time more likely to report being in foster care at any point in their life.

Source: Microsoft® PowerPoint® for Microsoft 365.

Housing Options

- Transitional Housing—Short term up to 2 years, plus services

- Rapid Rehousing—Short-term subsidy

- Permanent Supportive Housing—Long term

- FUP Vouchers—Family Unification Program

- Low-Barrier Emergency Shelters—LGBTQIA+, youth focused

Discussion Question

Type in the chat or come off mute to share:

What challenges have you seen LGBTQIA+ youth experiencing as they are aging out of foster care?

Source: Microsoft® PowerPoint® for Microsoft 365.

Aging Out of Services

Cross-System Collaboration:

- Planning for self-sufficiency
- Circles of support
- Transition planning
- Handbooks/resources
- Education/schools
- Child welfare organizations
- Public housing authorities
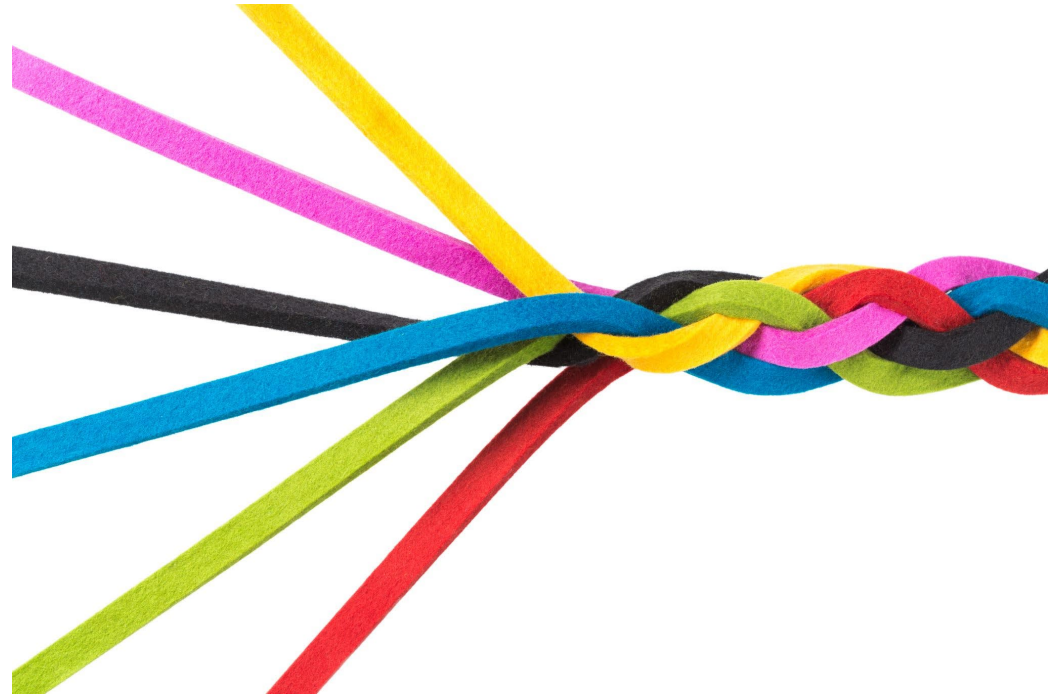
Source: Microsoft® PowerPoint® for Microsoft 365.

Breakout Group Discussion

- What pathways are you currently building to create resource connections (e.g., employment, housing, supportive services) for LGBTQIA+ youth?

- Are there resources/approaches that you would like to add?

- What are you doing to activate the TAY voice?

Source: Microsoft® PowerPoint® for Microsoft 365.

Realizing the Vision

Strategic Plans are driven by a vision for success!

As part of your action plan, you were tasked with developing a three-part strategy that would ensure equitable access to behavioral health care services and supports from primary care services for TAY, using outreach, engagement, and collaboration with other entities.

To continue building your action plan, develop a strategy that incorporates or expands supports for TAY who are LGBTQIA+ in your health center.

Source: ThinkStock

Next Steps

- Identify the thorns you will tackle as part of your action planning.

- Remember, Thursday and Friday Office Hours.

- Coaching Calls are available—*please reach out to schedule a coaching call if you need additional assistance.*

Source: iStock by Getty Images

Biweekly Office Hours

- **Thursdays** (after the session) 3:30–4:30 p.m. ET

- **Fridays** 1:00–2:00 p.m. ET

- Designed to discuss progress and/or challenges related to
  - Your team's action plan
  - The session topic
- Meet colleagues from other health centers

TA Offerings for Health Centers

- One-on-One Coaching

- Webinars

- Intensive On-Site TA

- Communities of Practice (CoPs)

BPHC-BH TA Portal

https://bphc-ta.jbsinternational.com/

- Request TA
- Access Learning Management System (LMS) modules
- Learn more about BH TA options
  - One-on-One Coaching
  - E-learning Webinars
  - Virtual Site Visits to Improve Outcomes
  - Integration of Oral and Behavioral Health
  - Virtual Brown Bag Sessions

Coming in April & May

Oral Health and Behavioral Health Services Integration Learning Collaborative

6 Didactic Sessions (1.5 CME per session) and 6 Discussion Sessions

3/9/2023, 1:00 – 2:00 PM ET *"Tobacco, Vaping & Cannabis: Implications for Patients and Getting Them Help to Quit"*

Presenter: Benjamin Chaffee, DDS, MPH, PhD, University of California San Francisco (UCSF)

REGISTER: https://us06web.zoom.us/meeting/register/tZAuceyorTkrHta9eDN58p3T71uq8ADHNrGJ

Virtual Brown Bag Lunch Office Hours

8 Sessions for **Health Center Staff Only** (1 CE per session)

4/5/2023, 1:00 – 2:00 PM ET *"Addressing Behavioral Health with Youth in a School-based Health Setting"*
Presenters: Katy Stinchfield, MS, LPS and Addie Van Zwoll, MJ, MSW, LCSW, School-Based Health Alliance (SBHA)

REGISTER: https://us06web.zoom.us/meeting/register/tZ0kcuGrpzsuHt3ghrlp6rLxWKXrX2kklUdw

Micro-Webinar (30 minutes)

3/15/2023, 1:00- 1:30 PM ET *"Approaches to Address Social Determinants of Behavioral Health"*

Presenter: Jonathan Scaccia, PhD, The Dawn Chorus Group

REGISTER:https://us06web.zoom.us/webinar/register/WN_4xkq7q_hQC-JXGZv-iTfCw

Continuing Education & Satisfaction Assessment

- We will be offering **1.5 CE credit per session** attended for a maximum of 12 CEs for participation in all 8 CoP sessions.

- You **must** complete the Health Center Satisfaction Assessment after **each** session for which you plan on receiving CEs.

  - Follow the link in the chat

  - Use the link in the follow-up message from Alchemer (Survey Monkey)

- **CE credits will be distributed within 2 weeks after the session.**

This course has been approved by JBS International, Inc. as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #86832, JBS international, Inc. is responsible for all aspects of their programming.

JBS International, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6442. Programs that do not qualify for NBCC credit are clearly identified. JBS International, Inc. is solely responsible for all aspects of the programs.

Thank You!

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Endnotes

1. The Trevor Project. (2022, February 3). *Homelessness and housing instability among LGBTQ youth*. https://www.thetrevorproject.org/research-briefs/homelessness-and-housing-instability-among-lgbtq-youth-feb-2022/

2. The Trevor Project. (n.d.). *Homelessness and housing instability among LGBTQ youth*. https://www.thetrevorproject.org/wp-content/uploads/2022/02/Trevor-Project-Homelessness-Report.pdf

3. Rovner, J. (2021, July 15). *Black disparities in youth incarceration*. The Sentencing Project. https://www.sentencingproject.org/fact-sheet/black-disparities-in-youth-incarceration/

4. Chapin Hall. (n.d.). https://www.chapinhall.org/project/a-new-era-of-equity/

5. Khetarpal, S. K., Auster, L. S., Miller, E., & Goldstein, T. R. (2022). Transition age youth mental health: Addressing the gap with telemedicine. *Child and Adolescent Psychiatry and Mental Health*, *16*, 8. https://doi.org/10.1186/s13034-022-00444-3 PMID: 35109881; PMCID: PMC8809232.

6. Polaris. (n.d.). *Sex trafficking and LGBTQ youth*. https://polarisproject.org/wp-content/uploads/2019/09/LGBTQ-Sex-Trafficking.pdf

7. Greeson, J. K. P., Gzesh, S. E., Wasch, S., Jaffee, S. R., & Ciluffo, K. L. (2022). *"Just being there, like a shoulder to lean on": Resilience and mental health among older youth in and aged out of foster care during COVID-19*. *Journal of Child & Adolescent Trauma*, https://doi.org/10.1007/s40653-022-00498-7 PMID: 36438863; PMCID: PMC9676753.

8. SAMHSA. (n.d.). *Homelessness resources: Youth*. https://www.samhsa.gov/homelessness-programs-resources/hpr-resources/youth

9. Abt Associates. (2022, December 19). *HUD Annual Report to Congress: Slight increase in homelessness in 2022 Abt's analysis finds overrepresentation by race persists*. https://www.abtassociates.com/who-we-are/news/news-releases/hud-annual-report-to-congress-slight-increase-in-homelessness-in-2022

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- Greeson, J. K. P., Gzesh, S. E., Wasch, S., Jaffee, S. R., & Ciluffo, K. L. (2022). *"Just being there, like a shoulder to lean on"*: Resilience and mental health among older youth in and aged out of foster care during COVID-19. *Journal of Child & Adolescent Trauma*, https://doi.org/10.1007/s40653-022-00498-7 PMID: 36438863; PMCID: PMC9676753.

- Henry, M., de Sousa, T., Tano, C., Dick, N., Hull, R., Shea, M., Morris, T., & Morris, S. (February 2022). *The 2021 Annual Homeless Assessment Report (AHAR) to Congress*. U. S. Department of Housing and Urban Development. https://www.huduser.gov/portal/sites/default/files/pdf/2021-AHAR-Part-1.pdf

- Khetarpal, S. K., Auster, L. S., Miller, E., & Goldstein, T. R. (2022). Transition age youth mental health: Addressing the gap with telemedicine. *Child and Adolescent Psychiatry and Mental Health*, *16*, 8. https://doi.org/10.1186/s13034-022-00444-3 PMID: 35109881; PMCID: PMC8809232.

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- The Trevor Project. (n.d.). *National Survey on LGBTQ Youth Mental Health 2021*. https://www.thetrevorproject.org/survey-2021/

- The Trevor Project. (2022, February 3). *Homelessness and housing instability among LGBTQ youth*. https://www.thetrevorproject.org/research-briefs/homelessness-and-housing-instability-among-lgbtq-youth-feb-2022/

- True Colors United. (n.d.). https://truecolorsunited.org/

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Resources

- Health Considerations for LGBTQ Youth - https://www.cdc.gov/healthyyouth/disparities/health-considerations-lgbtq-youth.htm
- Enhancing Clinical Skills in Caring for LGBTQ+ Clients in a Hospital Setting - https://www.hss.edu/conditions_enhancing-clinical-skills-LGBTQ-care-hospital-setting.asp
- Caring for LGBTQ Youth in Inclusive and Affirmative Environments - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5119916/
- LGBTQ Youth Health - https://yth.org/resources/lgbtq-youth-health/