

Name: Nathan

Research Topic #1: Why is there a lack of availability of resources? (causes)

Subhrajit, C. (2014). Problems Faced by LGBT People in the Mainstream Society: Some Recommendations. *International Journal of Interdisciplinary and Multidisciplinary Studies*, 1(5), 317-331. Retrieved from http://www.ijims.com/uploads/cae8049d138e24ed7f5azppd_597.pdf

- Covers both some reasons as to why there is a lack of available resources and what the effect of this is
- Generally, lack of available resources is caused by:
 - No national shelter system for homeless same-sex couples
 - Lack of support within existing resources
 - Transgender people cannot choose which gender to live with
 - Domestic abuse shelters refuse to admit gay or transgender men
 - Etc.
 - Harassment and abuse within shelters (both by employees and shelter inhabitants)
- There tends to be a lack of LGBT-specific resources because there is little support for it on a national or state level. Though every state is different, oftentimes the only available LGBT resources are from private groups, and are not widely available. LGBT individuals must resort to using non-LGBT resources, which are both under equipped at dealing with LGBT issues and are the sources of further harassment and antagonization.

King, M., & McKeown, E. (2003). *Mental health and social wellbeing of gay men, lesbians and bisexuals in England and Wales* (Rep.). London, UK: Department of Psychiatry and Behavioural Sciences, Royal Free College and University College Medical School.

- A study of 2000 LGBT individuals on their experiences in life and with using mental health services in the UK
- 60% of gay men and 70% of lesbian women sought mental health professionals for emotional distress
- 1/3 of gay men, 1/4 of bisexual men, and 40% of lesbian women reported a negative or mixed reaction from mental health professionals upon disclosing their sexuality
- Over 1/4 of gay men and lesbian women have carried out self-harm
- Though there is an strong demand for LGBT-oriented mental health services, the services that exist are not prepared or trained to deal with LGBT issues. Many LGBT individuals reported that mental health professionals were rude to them or attributed unrelated problems to their sexuality. Overall, though there is wide availability of general mental health institutions, they are not accepting of LGBT individuals, thus pushing LGBT individuals away from utilizing these resources.

Johnson, M. J., Jackson, N. C., Arnette, J. K., & Koffman, S. D. (2005). Gay and Lesbian Perceptions of Discrimination in Retirement Care Facilities. *Journal of Homosexuality*, 49(2), 83-102. doi:10.1300/j082v49n02_05

- A survey of 127 LGBT individuals (mean age 42)
- $\frac{3}{4}$ of respondents believed discrimination exists in retirement homes and that the homes do not include sexual orientation as part of their anti-discrimination policies.
- $\frac{1}{3}$ believed they would have to hide their sexual orientation if they were to be admitted to a retirement home
- Respondents identified administration as the leading source of discrimination, then care workers, then other residents

Research Topic #2: What is the effects of not having resources widely available?

Subhrajit, C. (2014). Problems Faced by LGBT People in the Mainstream Society: Some Recommendations. *International Journal of Interdisciplinary and Multidisciplinary Studies*, 1(5), 317-331. Retrieved from http://www.ijims.com/uploads/cae8049d138e24ed7f5azppd_597.pdf

- Lack of resources and acceptance leads to:
 - Increased drug abuse
 - Lack of self-worth / lower self respect
 - Increased risk for contracting disease
 - Increased rates of suicide and depression
 - Under utilization of non-LGBT resources
 - Many LGBT individuals are unsure of which services they may be entitled to
 - Many individuals fear backlash if they are open with their sexuality
 - Increased risk of dropping out of school
 - Higher homeless rates

Brotman, S., Ryan, B., & Cormier, R. (2003). The Health and Social Service Needs of Gay and Lesbian Elders and Their Families in Canada. *The Gerontologist*, 43(2), 192-202. doi:10.1093/geront/43.2.192

- Focus groups consisting of elderly LGBT, LGBT activists, social workers, and policy makers
- Because the elderly grew up in a time of intense discrimination, they are more cautious and less optimistic about interactions with healthcare facilities
- Elderly LGBT remain “invisible” in social groups, as little support exists, if any
- Healthcare workers often overlook the possibility of elderly patients being LGBT

- In healthcare facilities, elderly LGBT are afraid that they will have to hide their sexual orientation to prevent discrimination
- Rampant ageism exists in LGBT communities, leaving the elderly without help
- Elderly LGBT individuals may delay seeking out medical care or may choose facilities based on friendliness as opposed to quality, leads to increased stress

What does the scholarly research say about the effects of discrimination on the health of LGBT people? (2020, January). Retrieved December 20, 2020, from <https://whatweknow.inequality.cornell.edu/topics/lgbt-equality/what-does-scholarly-research-say-about-the-effects-of-discrimination-on-the-health-of-lgbt-people/>

- A literature review of 300 studies on the link between discrimination and health
- 95% of studies found that there is some link between discrimination and mental health harms
- Discrimination at all levels contributes to
 - Increased stress
 - Increased risk of disease
 - Increased risk of substance abuse
 - Low self-esteem
 - Fear of discrimination
 - Expectations of rejection

LGBTI Populations and Mental Health Inequality (2018, May). Retrieved December 20, 2020, from <https://www.lgbthealth.org.uk/wp-content/uploads/2018/08/LGBTI-Populations-and-Mental-Health-Inequality-May-2018.pdf>

- Lack of support networks for older groups
 - 41% of LGBT individuals over 55 live alone
 - 40% of individuals over 55 are single
 - 72% of gay men and 51% of lesbian and bisexuals do not have children
 - 9% of LGBT individuals see their family at least a few times per week (compared to 21% heterosexual)
- Public service use
 - 25% received poor or worse quality care
 - 55% experienced staff making incorrect assumptions about orientation or identity
 - 33% are uncomfortable being open about their orientation or identity
 - 54% of trans people experienced health care providers not knowing enough about a specific trans-related care to provide it
 - 29% of trans people had their identity treated as a symptom of mental health issues
 - 12% of trans people had healthcare refused because of identity

- Many staff are uncomfortable working with trans individuals, either because of transphobia or because they have not been trained to deal with trans-specific issues

Research Topic #3: Existing technologies (what is currently out there to support this problem)

<https://fenwayhealth.org/care/wellness-resources/help-lines/>

- LGBT Helpline and Peer Listening Line
- Run by 40+ trained volunteers
- Lines are staffed by LGBT individuals of varying ages, but Peer Listening Line is limited to 16-25 year olds
- Volunteers receive 15 hour training
 - Coming out
 - Active listening
 - Suicide
 - Self care
 - Safer sex
 - Harm reduction
 - trans/bisexual issues

<https://solace.lgbt/>

- iOS and Android app to help with transitioning
- Prompts users with personalized goals and allows them to mark a goal as complete
- Offers legal, medical, and social advice and resources for a variety of situations
- Protected by a PIN, ensuring user privacy even if the device is lost
- Encrypted
- In-app information is gathered through publicly-available documents, conversations with experts, and user feedback

Name: Veronica

Research Topic #1: Definition of safe space/resource/LGBT+

<https://www.glaad.org/resourcelist>

- List of resources available through GLAAD

Research Topic #2: Challenges faced by LGBT+ individuals

Dario Sansone, LGBT students: New evidence on demographics and educational outcomes, Economics of Education Review, Volume 73, 2019, 101933, ISSN 0272-7757,

<https://doi.org/10.1016/j.econedurev.2019.101933>.

(<http://www.sciencedirect.com/science/article/pii/S0272775719302791>)

Abstract: This paper shows that LGBT students in the U.S. are less likely to graduate from high school and attend college. These differences persist after controlling for demographic characteristics, family background, state and school fixed effects. Relatedly, LGBT students have lower educational expectations, a lower sense of school belonging, and are more likely to have been affected by discrimination.

Keywords: LGBT; High school graduation; College attendance; Discrimination

- A study conducted seeking to better define and formulate statistics on LGBT+ students in the United States. Investigates “whether LGBT+ students are more or less likely to complete high school or attend college, and whether they have higher or lower performance while in school.” Examines whether or not sexual/gender minorities are vulnerable enough to need extra support or better representation.
- Found that LGBT+ students have lower educational achievements, breaking it down by sexual orientation and gender identity.

ILGA World: Lucas Ramon Mendos, State-Sponsored Homophobia 2019: Global Legislation Overview Update (Geneva; ILGA, December 2019)

- A yearly report by ILGA World that looks into international sexual orientation laws. This report looks at all international legislation on a state-by-state basis, assesses the global inequalities existing for LGBT+ individuals and defines core challenges, both legislative and otherwise, that LGBT+ individuals face

Curry, C. (2017, June 20). 9 Battles The LGBTQ Community In The US Is Still Fighting. Retrieved December 22, 2020, from

<https://www.globalcitizen.org/en/content/9-battles-the-lgbt-community-in-the-us-is-still-fi/>

1. List of challenges that the LGBT+ community in the United States face. Reasons outlined:
 - a. Violence - Hate crimes are incredibly prevalent in the United States. Trans women of color face a majority of this violence.
 - b. Parenting - Only a few states guard an LGBT+ individual's right to parent with their partner. Only about 14 states + Washington DC allow for same-sex adoption. Five states allow adoption agencies to deny adoption to a same-sex couple due to sexual orientation. Only California prohibits sexual orientation and gender identity related discrimination in adoptions.
 - c. Gay Conversion Therapy - Most states allow for minors to be sent to gay conversion therapy. Only eight states ban forcing minors into gay conversion camps.
 - d. Employment Discrimination - Most states allow LGBT+ individuals to be fired from their jobs due to sexual orientation or gender identity.
 - e. Housing Discrimination - LGBT+ people can legally be denied housing due to their identities. Housing discrimination based on SOGI is legal in 28 states.
 - f. Bathrooms, Schools and other Public Accommodations - Important for trans community; helps reduce stigmatization and violence against trans children.
 - g. Unequal healthcare - Many LGBT+ youth are at risk for health issues due to substance abuse and other mental health issues. Trans individuals can face discrimination due to their trans identity (difference between affirming surgery and cosmetic surgery). Insurance companies can discriminate based on SOGI in 37 states.
 - h. Criminal Justice - Queer people face high counts of discrimination in prison and are at risk for abhorrent abuse.

- i. Acceptance - Outside of the courtroom, LGBT+ individuals still face discrimination, fear, violence, etc. that reduces their ability to coexist as equals in the United States. 41% of trans adults have attempted suicide, along with 10-20% of LGBT+ adults.

Davies, M., Duffy, N., Milton, J., & Maurice, E. (2020, December 17). Almost every single queer Black household has faced serious financial problems due to COVID, troubling study finds. Retrieved December 22, 2020, from <https://www.pinknews.co.uk/2020/12/17/movement-advancement-project-covid-pandemic-inequality-queer-black-latinx-lgbt/>

- COVID-19 is exacerbating the strain on BIPOC (notably Black and Latinx) queer households due to the huge economic insecurity in the country as of 2020. People are being denied medical care and other assistance.
- "LGBT+ households are twice as likely to be unable to receive medical care and 4x more likely to go hungry."
- 29% had internet connection problems for work or schoolwork at home, compared with 17% of non-LGBT+ families. COVID-19 has amplified and exacerbated these disparities, making now a pivotal time for action.

The Disproportionate Impacts of COVID-19 on LGBTQ Households in the U.S. (n.d.). Retrieved December 22, 2020, from <https://www.lgbtmap.org/2020-covid-lgbtq-households>

- The Movement Advancement Project (MAP) developed reports, as well as a list of resources, related to the disproportionate impacts of COVID-19 on LGBT+ households in the United States.

Research Topic #3: Existing resources

<https://safespacestraining.org/about/>

- Workshop online that teaches attendees on how to create safe spaces for LGBT+ individuals

<https://www.cdc.gov/lgbthealth/youth-resources.htm>

- List of resources by the CDC for impacted LGBT+ youth and their friends/supporters. These resources range from clubs and organizations to web applications designed to target a specific struggle faced universally by LGBT+ individuals.

Name: Sarah Akbar

Research Topic #1: Definition of safe space/resource/LGBT+

Research Topic #2: Challenges faced by LGBT+ individuals

LGBT+ Glossary. www.openingdoorslondon.org.uk/lgbt-glossary.

- A glossary of terms individuals use to describe their gender and sexuality.
- Uses the + to recognize that there may be more things people identify with that are not included in the acronym, **LGBTQIAP**
- Helpful for defining LGBT+ in our paper

Crockett, Emily. "Safe Spaces, Explained." Vox, Vox, 5 July 2016, www.vox.com/2016/7/5/11949258/safe-spaces-explained.

- A definition of a safe space and why they are so important for LGBT+ individuals.
- The term "safe space" was originated from gay and lesbian bars in the 1960s.
- "A 'safe space' is a place where LGBTQ people don't have to think twice about whether they can show affection for their partners — and whether they can just be themselves."
- The term can be used in other contexts for other marginalized groups.
- There's a stigma associated with safe spaces. Some people feel that the term itself coddles youth and prevent them from "toughening up"

Team, The Safe Zone Project, et al. "Free LGBTQ+ Curriculum, Activities, & Resources!" *The Safe Zone Project*, thesafezoneproject.com/.

- A website for LGBTQ awareness and ally training workshops.
- An example of a central LGBTQ resource to bring awareness and offer safe zone trainings to individuals and institutions.
- The website is accessible by anyone with internet access, and the self guided curriculum is a free download.

<http://assets2.hrc.org/files/assets/resources/2018-YouthReport-NoVid.pdf>

- A PDF of the HRC 2018 LGBTQ Youth Report.
- This report is full of statistics on the issues faced by LGBT+ individuals as well as direct quotes from the impacted people.
- Provides suggestions on what people can do based on their relation to the individual to make them feel more accepted.