

Involving Families in LGBT Youth Suicide Prevention

Creating Partnerships: Taking a Collaborative Approach to Advancing Suicide Prevention

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Factors Contributing to Suicidal Behavior Among LGBT Youth

- Recent attention heavily focused on:
 - Harassment, bullying, victimization by peers
 - School as the key environment where this is expressed
 - Need for anti-bullying legislation, policies, and trainings
- Limited focus on other systems that contribute to vulnerability vs. resilience of LGBT youth, in particular, the family

Research on Family Rejection & Family Acceptance

Ryan, C. et al. (2009). Family rejection as a predictor of negative health outcomes in white and Latino lesbian, gay and bisexual young adults. *Pediatrics;* 123(1), 346-352

Ryan C et al. (2010). Family acceptance in adolescence and the Health of LGBT young adults. *Journal of Child and Adolescent Psychiatric Nursing;* 23(4), 205-213

Measures

- Based on open-ended in-depth interviews w. LGB youth and families/caregivers, researchers identified:
 - 51 close-ended items to assess presence and frequency of rejecting behaviors
 - 55 close-ended items to assess presence and frequency of accepting behaviors
- Responses used a scale of 0 (never) to 3 (many times)

Examples of Family Reactions

Supportive Behaviors

- Express affection & caring for LGBT youth
- Talk with your child about their LGBT identity
- Advocate for youth when they are discriminated against or mistreated by others
- Welcome LGBT friends & partners to family activities
- Support youth's gender expression

Rejecting Behaviors

- Call youth derogatory names or physically hurt them because of their LGBT identity
- Restrict access to LGBT positive information, including peers & community resources
- Blame youth when others mistreat them because of identity
- Tell LGBT youth that the way they look, act or behave is shameful to the family
- Try to change LGBT identity

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Family Acceptance Project**

Impact of Family Acceptance & Rejection on Health/Mental Heath

Family Response: Acceptance Rejection

100+ Family Behaviors

Sexual Health, HIV & STDs Substance Abuse Depression Suicidal Behavior Self-Esteem Social Support Life Satisfaction Sense of the Future Ejection from the Home

Key Findings

- Family rejection is linked with serious health & mental health problems for LGBT young people
- Family acceptance is a protective factor for LGBT young people
- Family acceptance helps promote wellbeing for LGBT young people

Illegal Drug Use



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Family Acceptance Project"



Lifetime Suicide Attempts (1 or more times)



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Family Acceptance

- Family accepting behaviors during adolescence protect against suicidal behavior, depression and substance abuse in LGBT young adults
 - Increase intimacy and connectedness between parents, caregivers and LGBT children
 - Improve family relationships and strengthen families
- LGBT young adults with high levels of family acceptance during adolescence had significantly higher levels of self-esteem, social support and general health — compared to peers with low levels of family acceptance
- LGBT young adults with low levels of family acceptance during adolescence were over three times more likely to report suicidal thoughts and suicide attempts — compared to peers with high levels of family acceptance.

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Family Acceptance Prpject**

Conceptual Foundation Family Acceptance Project

- All families are potential allies for their LGBT children
- Families love their children and want the best for them
- Parents, families & caregivers have the capacity to support their LGBT children
- Family "rejecting" behaviors are motivated by care & concern to help their LGBT children

FAP Resources & Tools

- Family education materials basic guidance in English, Spanish & Chinese
 - Family video stories of ethnically & religiously diverse families with LGBT children
- Policy & practice related materials assessment materials; policy & practice guidelines; consultation on legal cases
- Training in school systems, faith communities, health & mental health services, child welfare & homeless programs to teach providers how to engage families
- Research publications building an evidence-based foundation through peer-reviewed journals
- Evidence-based family interventions help families decrease risk & promote support for LGBT children

Parent and Provider Education/Support Materials

Family Responses to Learning How Their Behavior Affects Their Child's Risk

We found that families from all ethnic groups were shocked to learn that reactions they thought would help or would protect their children from being gay or inansgender – instead put their children at very high risk for health and mental health problems.

These behaviors – such as trying to charge their children's identity or trying to keep them away from gay friends to protect them – irstead, toolated their children and made them feel alone and unwanted. Many youth who are rejected actually feel lise their parents and family members hate them.

Some Family Behaviors that Increase Your LGBT Child's Risk for Health & Mental Health Problems

Behaviors to Avoid

- Hitting, slapping or physically hurting your child because of their LGBT identity
- Verbal haracement or namecalling because of your child's LGRT identity
- Excluding LGRT youth from family and family activities
- Blocking access to LGBT friends, events & resources
- Raming your child when they are discriminated against because of their Less ricently
- Pressuring your child to be more (or less) masculine or ferminine
- Telling your child that God will punish them because they are say
- Telling your child that you are achamed of them or that how they look or act will shame the family
- Making your child keep their LEIST identity a secret in the family and not letting them talk about it

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B Supportive Part Les, Healthy Children | Really Reports

sadness or disgust when they learn that their child is gay or transgender. Some parents or family members may call their children names or get into physical lights with them. Others may prevent their children from atlending support groups for gay and transgender youth, or from learning about their gay or transgender identity. Or parents and fooler parents may prevent them from attending family events because how the gay or transgender youth looks or behaves is shameful and embarrassing to them.

Parents may react with anger, fear,

Our research identified many behaviors that parents and caregivers use to reject their child's gay or transgender identity. We found that some of these rejecting behaviors - such as blocking access to gay friends and resources or preventing a gay youth from attending family events - were just as harmful as physically beating. a gay or transgender child. Instead, these behaviors that parents and caregivers may use to try to protect their children. from harm put them at very high risk for suicide, depression and other health problems.

"我們必須從 家人開始。

認識到,如果同志孩子不被接受,不被疼受,成長的 過程會很困難,會變成對身體健康有害。不過,如果 我們公開的談論,家長能開始接受和支持他們的同志 子女,不是排斥他們。就會有更多的同志孩子能夠在 家裡茁壯成長,我們的家庭從而變得更加堅強。"

以下的成事是來自一位實際古女兒的母親





Niños saludables con el apoyo familiar

Ayuda para familias con hijos e hijas lesbianas, gays, bisexuales y transgénero

SAN FRANCISCO STATE UNIVERSITY

Family Education Booklet Series - lower literacy levels and versions for specific faith traditions in development. Can be downloaded or purchased in hard copy

http://familyproject.sfsu.edu/publications

FAPrisk Screener



Provider's Guide for Using the FAPrisk Screener

For Family Rejection & Related

rer ranny negection a new Health Risks in LGBT Youth

Provider Toolbox for Assessing Risk for Family Rejection & Related Health Risks in LGBT Youth

Family Acceptance Project¹⁰

The resources in this toolbox wore developed by the research and dimical team from the Remly Acceptance Project® (547) - a research, starventor, education and policy in matrix that is using research and enderco-mitrimed practice to promote healthy futures for othnically diverse leables, gsychisexeal and transgender (LGBT) youth in the containt of their families. We developed these resources with guidance, direction and advice from many health, mental health and social service providers and from LOBT adolescents, young adults and families.

This toolbox contains research generated assessment and banky education materials to enable health, mental health and social service providers to identify LGBT youth in need of immediate support with guidelines for assessment, referral and follow up care.

Contonts

 FAPrick Screener for Family Rejection & Related Health Risks in LGUT Youth - s research-generated screening instrument based on findings from family Acceptance Project ** studies that have blastified and evenued larsty and sampler ladentics that are highly productes of negative health and mental health outcomes for LGBT young people. These include depresence, currels attempts, problems related to substance uso and prior degreess with a sensely transmitted shares (or STI).

This screening instrument is intended to identify LGBT youth who are experiencing espectally harmful types of family rejection from parants and canginers that are highly profibition of backh and marital backh problems to that intervention can more-

 Provider's Guide for Using the RAPrisk Screener – guidelines for using the RAPrisk Soweever in a welo rated of card robated setting. The includes direction for administrative and accorning the accounter, documing findings with youth, engaging the family and related follow up and accounty addressed resources and meterole.

 EAP Family Education Reoldors ...family education materials to help providers educate and pittern panets. forcer perents and caregivers on the importance of decreasing rejecting behaviors and increasing apportive behaviors identified in FAP research that either promote or protect against risk for LGRT young people. These restartish were developed with extensive input from extinically diverse families with LGBT children and from providers and LOBT posts

12

To previde feadback and for additional information on these researces, contact as at: feadblock add

Family Acceptance Project¹⁸ San Francisco State University http://amilgoroiact.sho.ach

Scoring & Follow Up Care 4 & Rick Indicators

Assessment Tool to identify LGBT youth at risk of family rejection & related health risks to initiate intervention

FAP Family Video Series – series in development



"Always My Son" – will be disseminated in 2012 with discussion materials. We're raising funds for 6 other short documentaries, based on our research, that show the journey of ethnically and religiously diverse families to support their LGBT children.

http://familyproject.sfsu.edu/family-videos

Always My Son

Strategies for Fostering Acceptance in Families of LGBT Youth

- What strategies are suggested by this family's story?
- How can families be reached and encouraged toward acceptance of LGBT youth?
 - Family services agencies
 - o Schools
 - o Community health centers
 - o Faith communities

Conclusions

- Family acceptance is a critical aspect of LGBT youth suicide prevention
- Creating broad-based family acceptance requires integrated approach across multiple systems
- Family Acceptance Project is an excellent resource for guidance, materials and training