DESIGNING A RESPONSE TO THE SUICIDE INCREASE IN THE LATINXS LGBT COMMUNITIES.

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OASIS Latino LGBTS Wellness Center  
Latino Commission on AIDS.
LATINO COMMISSION ON AIDS.

- HIV / HCV / STD counseling and testing.
- PrEP / PEP Services.
- Sexual Education and Support Groups.
- Navigation Services (Housing, Mental Health, Legal Services, Medical Insurance Assistance).
- Capacity Building Assistance (CBA).
- Community Building and Mobilization.
- Advocacy.
- Research.
LATINX

- Gender-neutral term used as substitute of “Latinos and Latinas”.

“LATIN@S”  “LATINES”
SOCIAL ISOLATION

- Complete or near-complete lack of contact between an individual and society.
- It differs from Loneliness.
- Symptoms may differ by age group.

LOW SELF-ESTEEM

- Lack of confidence.
- Feeling badly about oneself.
- Fragile sense of self that can easily be wounded by others.

MINORITY STRESS

- Discrimination, marginalization and victimization.
- Disrupt an individual’s psychological processes
- Become internalized, leading to identity concealment, self-hate, feelings of worthlessness, fear of rejection and suicide.

When people are singled out, discriminated or oppressed for a period of time, they often internalize the myths and misinformation that society communicates to them about their group.

They believe and make that oppression part of their own image.


It's a type of internalized oppression. It is manifested through high levels of anguish, confusion, personal devaluation, presenting behaviors and decisions that are harmful to ourselves or acting as if we consider ourselves inferior to others due to our sexual orientation or gender identity.

Some LGBTQ people turn to opioids and other substances that provide a sense of euphoria or relief as a coping mechanism.

- Physiologic dependence and addiction
- Depression and other mental health disorders
- HIV and other sexually transmitted diseases.
- Suicidal tendencies.
# NUM83R5
### CDC SURVEILLANCE SUMMARIES 2015

<table>
<thead>
<tr>
<th></th>
<th>Feeling sad or hopeless</th>
<th>Seriously considered suicide</th>
<th>Attempted suicide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heterosexual</td>
<td>26.4%</td>
<td>14.8%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Not Sure</td>
<td>46.5%</td>
<td>31.9%</td>
<td>13.7%</td>
</tr>
<tr>
<td>L G B</td>
<td>60.4%</td>
<td>42.8%</td>
<td>29.9%</td>
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Latino gay / bisexual young adults who reported experiencing higher levels of family rejection were 8.4 times more likely to have attempted suicide.

(Bryan, Huebner, Diaz and Sanchez, 2009)

Bisexual adults are more likely to engage in self-harming behaviors, attempt suicide or think about suicide than Heterosexuals, Lesbians or Gay men.

(Human Rights Campaign Foundation, Health disparities among bisexual people).
### 2015 U.S. TRANSGENDER SURVEY. SUICIDE.

<table>
<thead>
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<th>Serious thought about suicide.</th>
<th>Attempted Suicide in their life.</th>
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<tbody>
<tr>
<td><strong>U.S. Population.</strong></td>
<td>4%</td>
<td>4.6%</td>
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<tr>
<td><strong>Trans Population.</strong></td>
<td>48%</td>
<td>40%</td>
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</table>
SUICIDE BY GENDER (BINARY)

- **Females** attempt suicide in a higher rate compared with males.

- **Males** complete suicide more often than females.
WHAT CAN BE DONE?
SAFE SPACE

- Focus Groups.
- Immigration.
- Language.
- LGBT "S".
- HIV Status.
- Mental Health and Substance Use.
- Confidentiality.
COMMUNITY BUILDING AND LEADERSHIP.

- Construyendo Tu Yo Ideal.
- Transformational Leadership Theory.
- Address Internalized Homophobia and Transphobia.
- Address Low Self-esteem.
- Community Building:
  - Coming Out Day.
  - LGBT Pride Marchs and Events
  - NLAAD
  - World AIDS Day
  - PULSE Memorial.
PEER SUPPORT

- Staff.
- Navigations.
- Counseling.
- Groups Services.
ASSERTIVE REFERRALS AND NAVIGATIONS.

- LGBT Sensitivity.
- Safe Space.
- Language.
- Cost.
DATA COLLECTION TOOLS.

- Comprehensive need assessment.
  - Demographics.
  - Housing.
  - Substance Use.
  - Mental Health.
  - Medical insurance.
  - Income.
  - Level of Education.

- History of Services.

- SBIRT (Screening, Brief Intervention, Referral to Treatment)
CONCLUSION.

Social Isolation, low self-esteem, and oppression, inclusive of homophobia, transphobia, family rejection and minority stress, may lead an individual to consider or attempt suicide. All of these factors make LGBT Latinx community members more prone to suicidal ideation and hence result in a disproportionate impact on this group.

OASIS Latino LGBTS Wellness Center is designed with this in mind, and looks to address these disparities by providing peer support and client centered services in a safe space for Latinxs in NYC.
REFERENCES.

- CDC Surveillance Summaries 2015
- Ryan, Huebner, Diaz and Sanchez, 2009 Family rejection as a predictor of negative health outcome in White and Latino lesbian, gay, and bisexual young adults. Pediatrics.
- 2015 US Transgender Survey. Suicide
- Human Rights Campaign Foundation, Health disparities among bisexual people
THANK YOU

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