

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

By: Luciano E. Reberte (He/Him)
LEAD Program Manager
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.

(Morris Rosenberg and Timothy J. Owens, [Low Self-Esteem People: A Collective Portrait](#))

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.

(Gerrard Michael P. Addressing Opioid Use Disorder among LGBTQ Populations. National LGBT Health education Center. June 2018).

INTERNALIZED OPPRESSION

- ❑ 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

(Lipsky, S. 1987. Internalized Oppression. Seattle, WA: Rational Island Publishers).

INTERNALIZED HOMOPHOBIA AND TRANSPHOBIA

- ❑ 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.

(Roner, A.D. 2005. Homophobia and the LAW. Washington D.C: United Book Press).

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

	Feeling sad or hopeless	Seriously considered suicide	Attempted suicide
Heterosexual	26.4%	14.8%	6.4%
Not Sure	46.5%	31.9%	13.7%
L G B	60.4%	42.8%	29.9%

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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.

(Ryan, 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 man.

(Human Rights Campaign Foundation, Health disparities among bisexual people).

2015 U.S. TRANSGENDER SURVEY. SUICIDE.

	Serious thought about suicide.	Attempted Suicide in their life.
U.S. Population.	4%	4.6%
Trans Population.	48%	40%

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 Evets
 - NLAAD
 - World AIDS Day
 - National Latinx HIV Testing 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.

- ❑ Morris Rosenberg and Timothy J. Owens, [Low Self-Esteem People: A Collective Portrait](#)
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THANK YOU

Luciano E. Reberte.
LEAD Program Manager
Lreberte@latinoaids.org

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www.oasiscenter.nyc



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