

NAATP NATIONAL 2021



NATIONAL ASSOCIATION[®]
OF
ADDICTION TREATMENT PROVIDERS

Voice. Vision. Leadership.

Designing Culturally Responsive Clinical Settings



Cecelia Jayme MD
Hazelden Betty Ford



Patrick Zhao MD
Pride Institute

What does our work environment say about us?

Probably more than we realize

What does
your brand
say about
you?

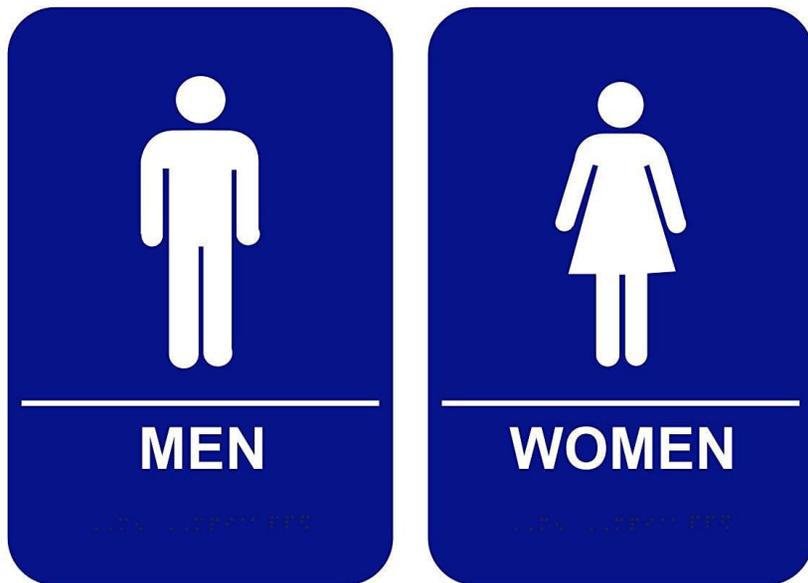


Sometimes our messages are in small print.



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Sometimes our messaging is subtle



What if My Self doesn't fit in those images?



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What do these signs say?



What does that wall of degrees say about you?

Board of Directors



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This was the second



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This was the third.

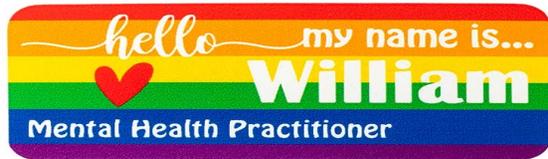




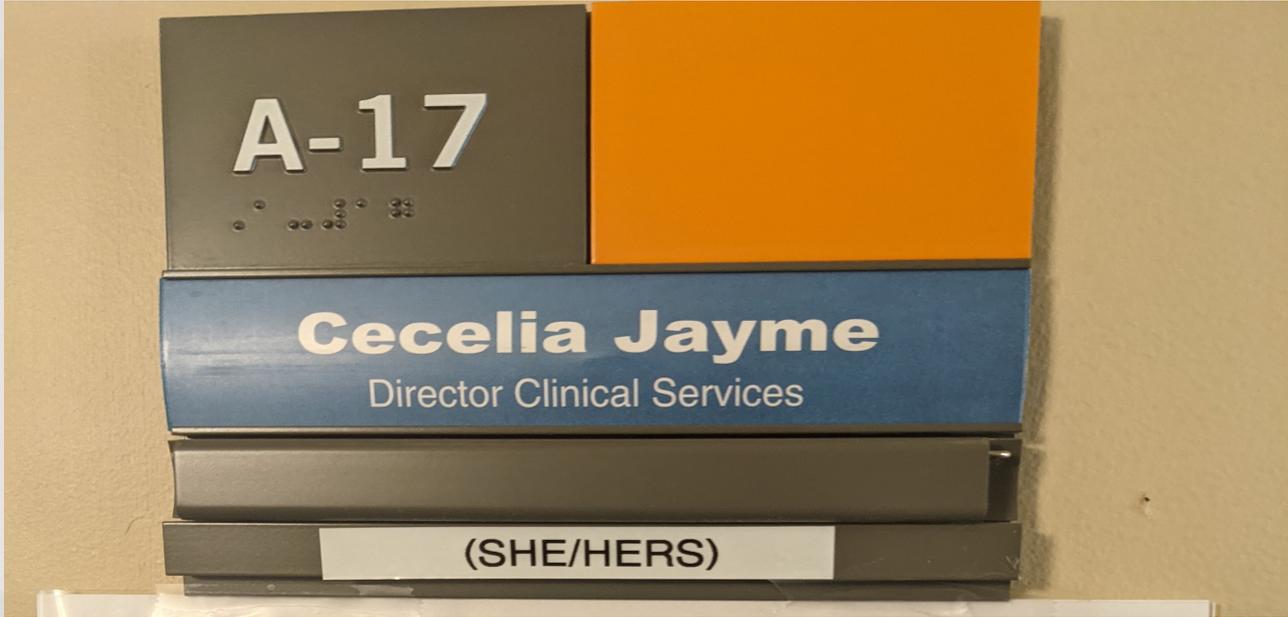
What does the
name plate on
your door say?



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Little things make a difference

This is what mine used to look like.

- **Cecelia Jayme**
Director Clinical Svcs
Hazelden Betty Ford
Foundation
Desk: 1-651-213-4154
CJayme@hazeldenbettyford.org

This what it looks like now

- **Cecelia Jayme**
- (She/Her)
Director Clinical Svcs
Hazelden Betty Ford
Foundation
Desk: 1-651-213-4154
CJayme@hazeldenbettyford.org



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Remember
what we said
about your
company
brand?



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This space

R E S P E C T S

all aspects of people

including *race*, *ethnicity*,
gender expression, *sexual orientation*,
socio-economic background,
age, *religion*, and *ability*.



Multicultural Association of Student Counselors
Hazelden Graduate School of Addiction Studies

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VISION.
LEADERSHIP.

Gender diversity in Mental Health and substance use

Patrick Zhao MD., MS.
(he, him)



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Disclosure

- Medical director, Pride Institute Eden Prairie MN
- Behavioral medical director, UBH



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Goals

- A brief review of gender diversity (GD) history
- A brief introduction of standard gender care services
- review of GD in mental health and substance use



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**“Someone will remember us, I say
even in another time”**



Sappho of Lesbos 570 BCE



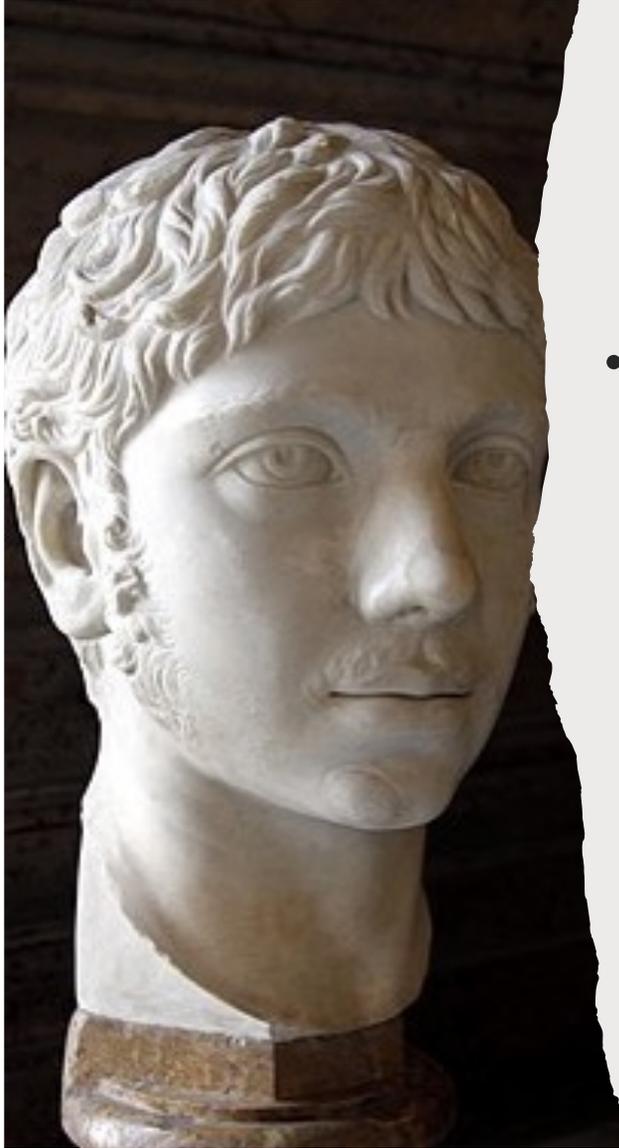
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Part I: the history of gender diversity

History of GD

- **5,000 BCE and forward,**
 - “Transgendered” priests
 - A grave of Transgendered person from 4,500 years ago in Europe
 - Elagabalus: officially Roman Emperor Antoninus (218 to 222 AD)



History of GD

- **From late 19th Century to mid of 20 century**
 - *Psychopathia Transsexualis*” was coined
 - First open transgender person in America: Christine Jorgenson



History of GD

- **From mid of 20th century and forward**
 - Dr Benjamin gender clinic, 1960s: first separated gender and sex clinically
 - WPATH, found in 1985 and SOC of 7th



GD in DSMs and ICDs

DSM (III to 5):

- from transsexualism to gender identity disorder to gender dysphoria disorder

ICD-10 to 11:

- out of MH and behavioral disorder
- Into sexual health conditions



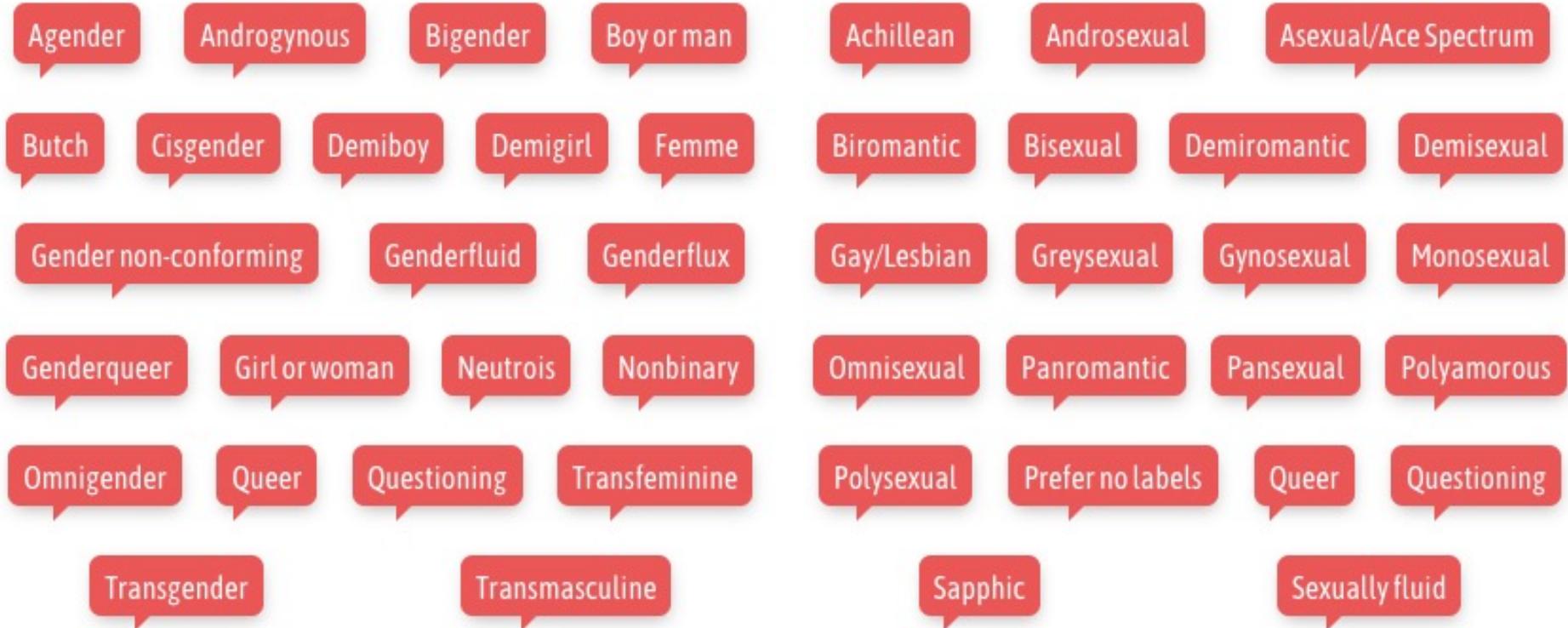
Gender diversity

- Nearly **1 million** people identify as transgender in the United States (US) (**CDC** website)
- **W.H.O.** estimated **0.3–0.5%** (***25 million***) of the global population.



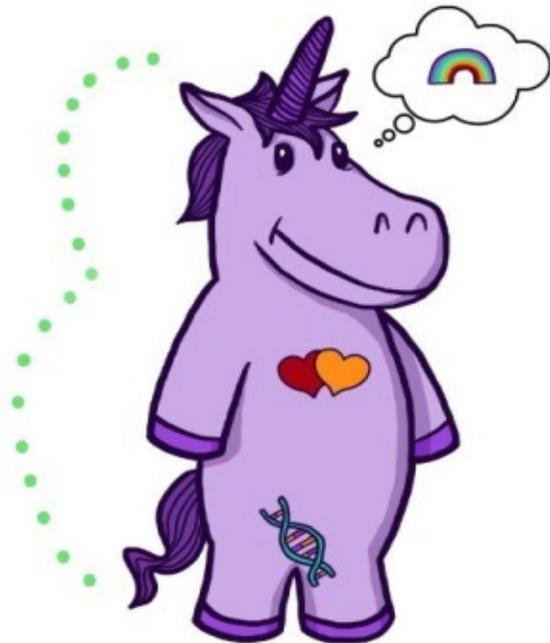
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Gender and sex diversity vernacular



The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



 Gender Identity

Female / Woman / Girl
Male / Man / Boy
Other Gender(s)

 Gender Expression

Feminine
Masculine
Other

 Sex Assigned at Birth

Female Male Other/Intersex

 Physically Attracted to

Women
Men
Other Gender(s)

 Emotionally Attracted to

Women
Men
Other Gender(s)

To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore



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Pronouns

Turn to your neighbor



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What is Gender care

- Gender-affirmative health care or Gender Care) can include any single or combination of a number of social, psychological, behavioural or medical (including hormonal treatment or surgery) interventions designed to support and affirm an individual's gender identity.

- Resource: WTO website



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Transitioning in GD

- Social transition
- Hormonal transition and puberty blockers
- Surgical transition or gender reassignment surgery



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Part II GD in MH and SUD services

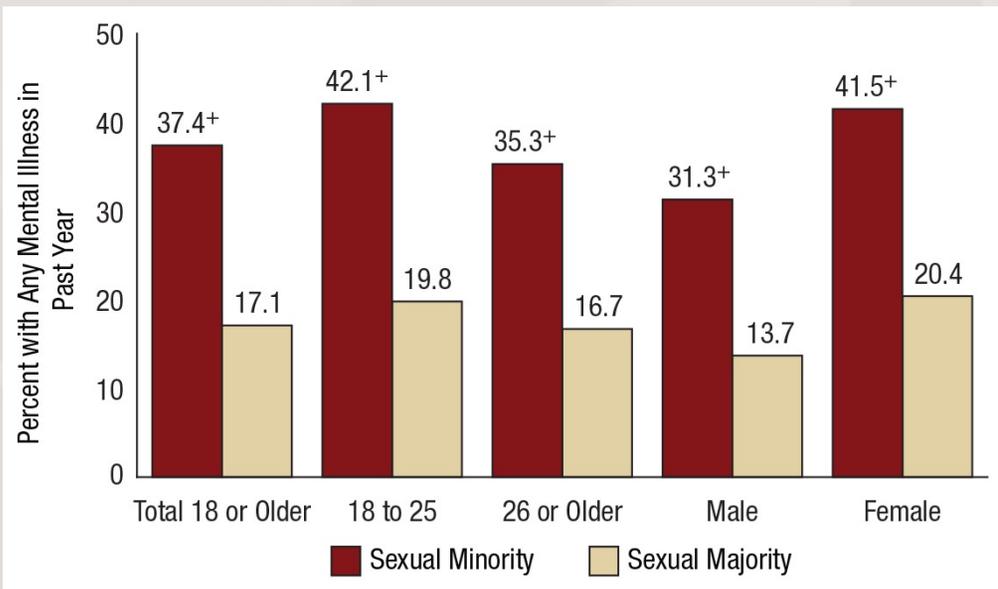
GD in MH and SUD services

- There are known associations between mental health symptoms and transgender identity among adults
- Similar findings are repeated in children and adolescents



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SAMHSA NSDUH Data Review



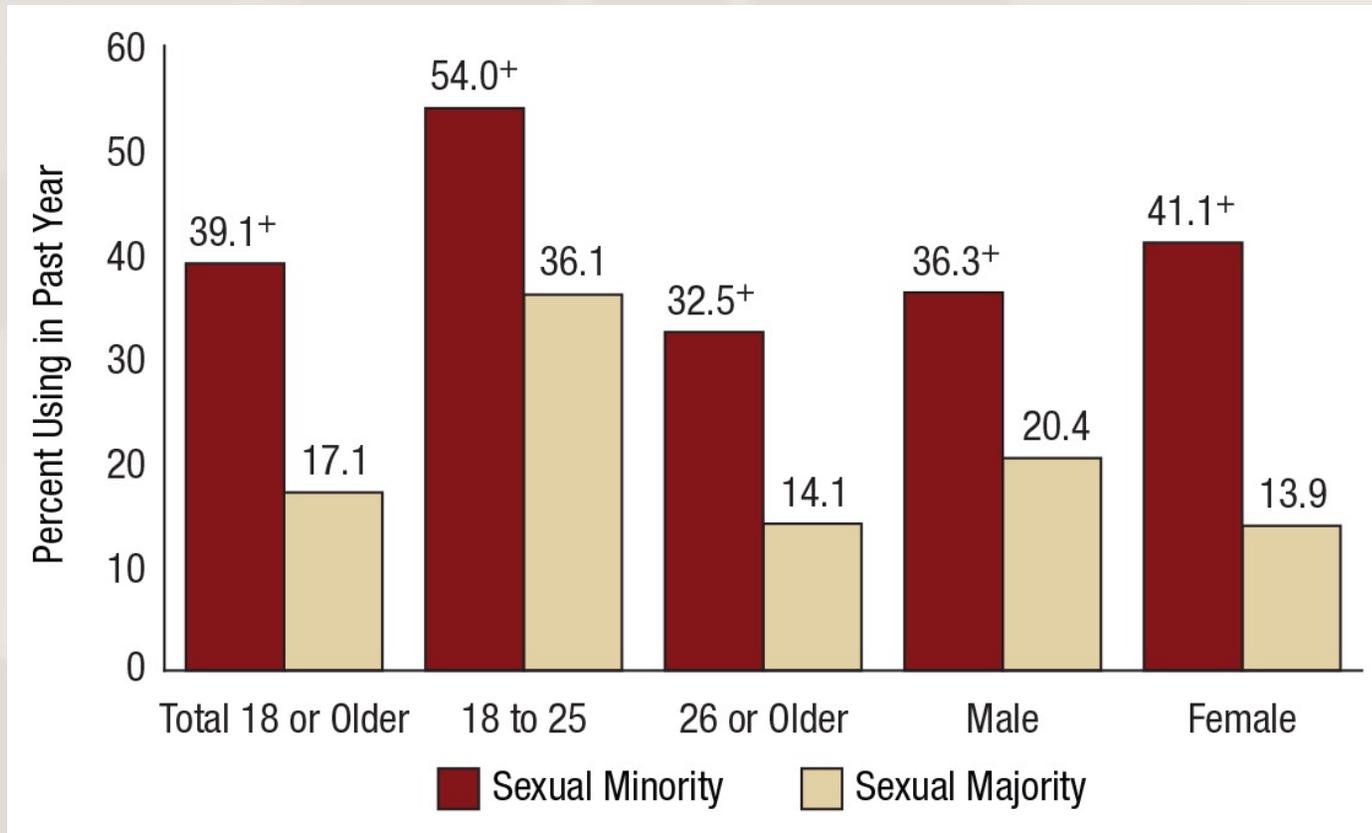
SAMHSA NSDUH 2015 data

- LGBTQ individuals are more than **twice** as likely as heterosexuals to have a mental health disorder in their lifetime
- Gender diversity individuals are **four times** as likely to have a mental health disorder



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SAMHSA NSDUH Data Review



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Suicide in GD

- **48 percent** of GD adults considered suicide in the last year, compared to **4 percent** of the overall U.S. population.
- **60 percent** for trans and nonbinary youth consider suicide in the twelve months. more 50% strongly considered to end their lives.

• *Trevor Project 2020 study*



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Neurodevelopmental issues in GD

- For all diagnostic categories, prevalence was several fold higher among TGNC youth than in matched reference groups.

- ASD: 7% in trans-feminine and 3% transmusculine subgroups

- Source: the STRONG study, PEDIATRICS Volume 141, number 5, May 2018:e20173845

- Amsterdam Gender Clinic study: 204 children and adolescent

- ASD: 10% of transfeminine and 4 % in transmusculine subgroups

- Source: J Autism Dev Dis 2010 40 (8)



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A retrospective chart review of 25 consecutive admissions of GD

Transition Status Per Client Report



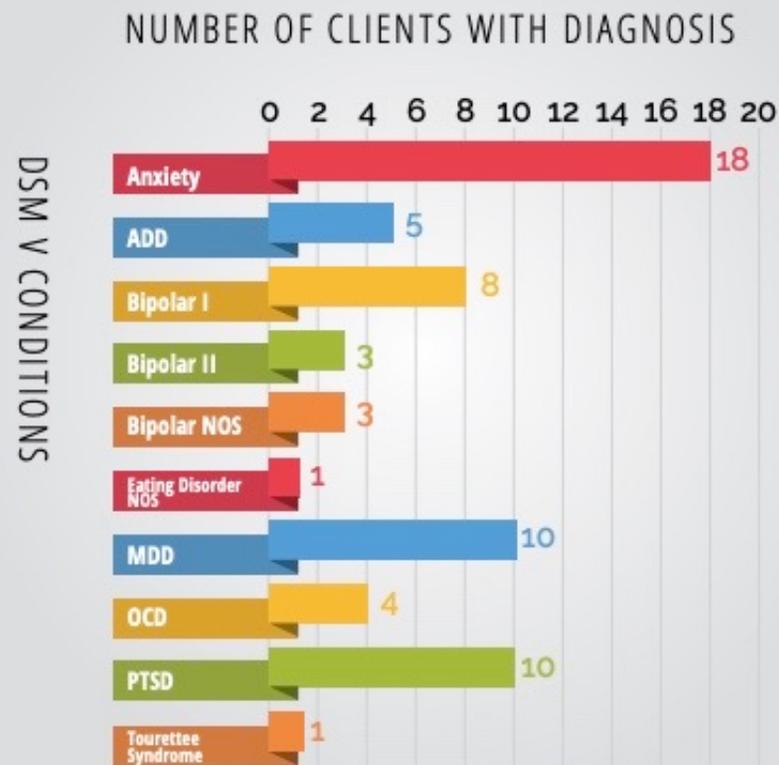
-  Out socially no hormone replacement therapy
-  Out socially and taking hormone replacement therapy
-  Not out socially



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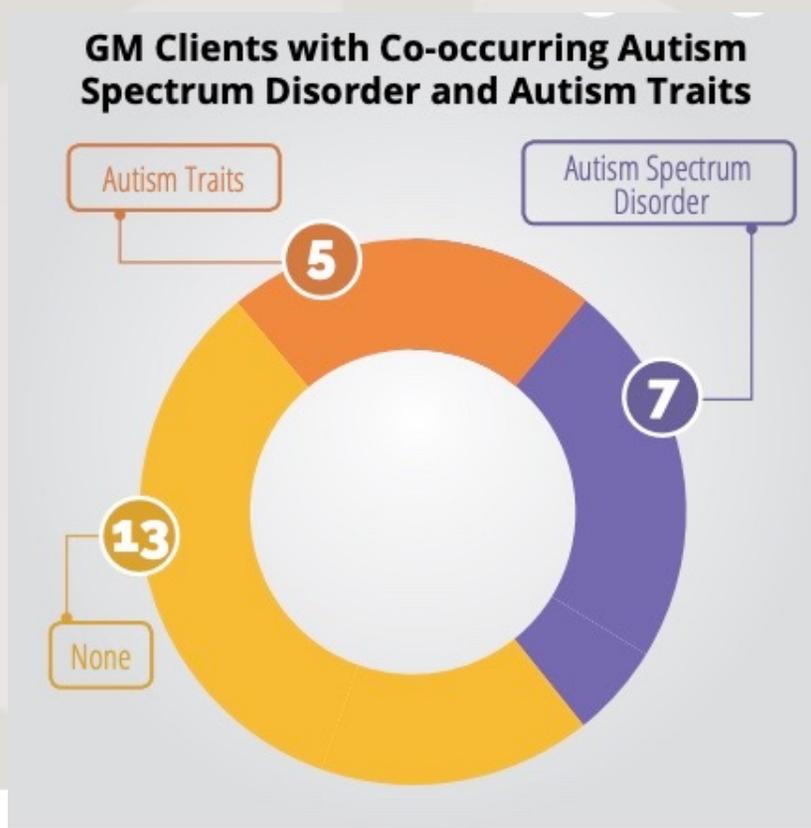
High prevalence of co-occurring MH

Common Co-occurring DSM V Conditions



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A retrospective chart review of 25 consecutive GM admissions



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Summary

GD is integral part of human history and humanity

GD care is complex and multidisciplinary

GD likely have higher prevalence (approx. four times) in MH and SUD.

GD more likely experience SI in the past twelve month and life time.

GD specific MH & SUD assessment is essential while providers working with GD clients

Thank you!



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