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The Impact of Social Climate on Self-Identity, Substance Use, and Mental Health among LGBTQ+ College Students

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The Impact of Social Climate on Self-Identity, Substance Use, and Mental Health among LGBTQ+ College Students

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LGBT youth

Statistics

- 20% of Millennials identify as LGBTQ (GLAAD, 2017)

Distal Stressors- Discrimination

- Stigma
- Lack of Family support
- 53% of LGBT college students report having experienced unfair treatment from other students one or more times (Tetreault, Fette, Meidlinger, & Hope, 2013)

LGBT youth health disparities

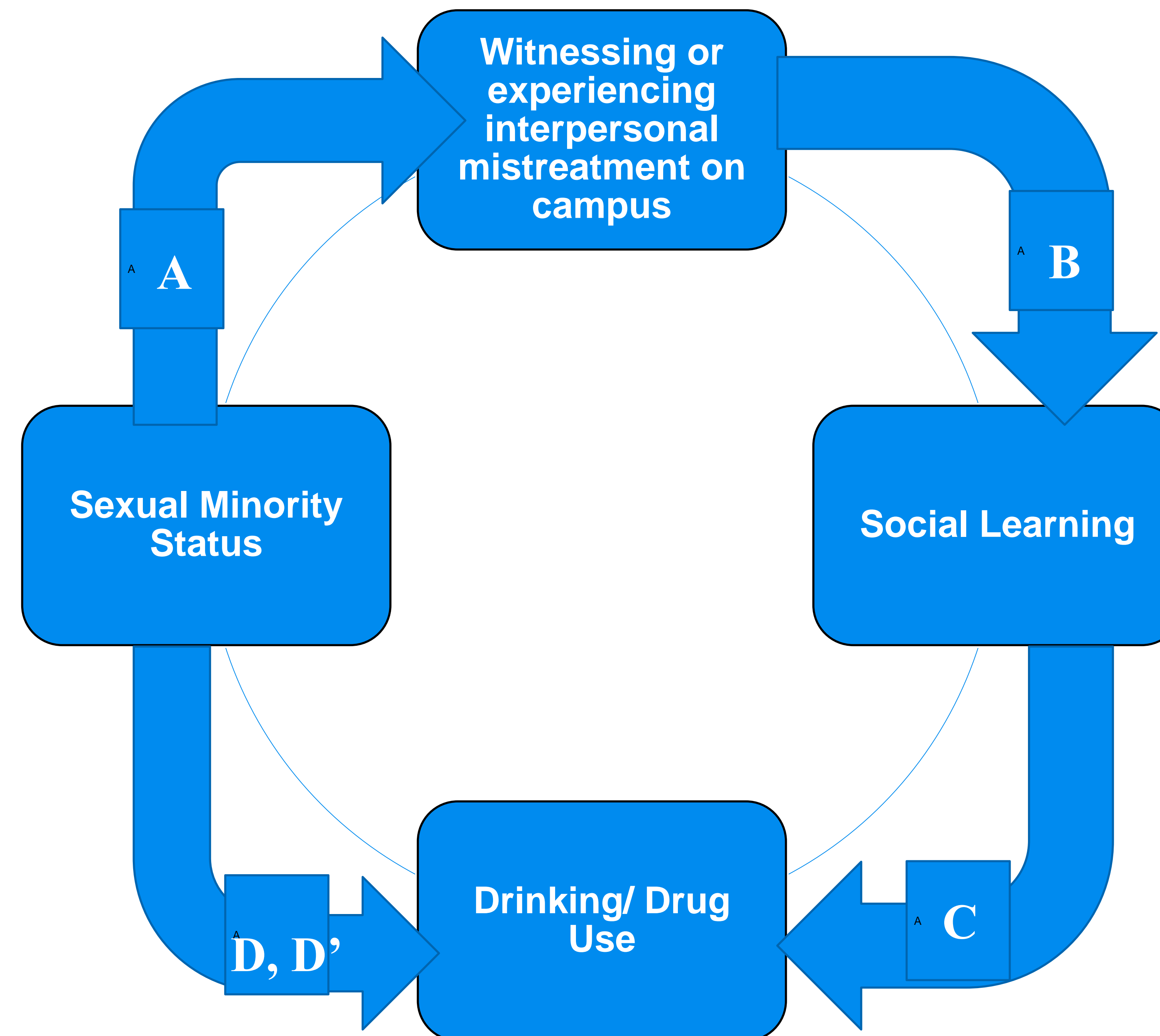
Community

- LGBT college students form their own social community to combat hostile campus climates
- GSM students cope by utilizing alcohol and other drugs at 'gay parties'

Risk Factors

- Suicide- LGBT+ youth are 2-3 times more likely to commit suicide (ODPHP, 2018)
- Substance Abuse- utilize alcohol and other drugs at a higher rate than their heterosexual counterparts (Kroshus, Davoren, 2016)
- Depression & Anxiety- experience more anxiety and mood related disorders (Kroshus, Davoren, 2016)

Minority Stress Model for LGBT youth



Alcohol and other drugs service providers

Expertise in sexually related drug use

- Cultural and sexual literacy to mitigate stigma
- Employs more than HIV prevention

Stress Reduction

- Affirmative based practice
- Behavioral interventions administered at three levels — individual, group and community

Campus Climate

What is campus climate?

- The cumulative attitudes and behaviors of employees and students concerning the inclusion of a group and respect for its needs

How to change campus climate for LGBT students

- Inclusive policies
- Preferred pronoun use
- Student Organizations (GSA)
- Resource Centers/ LGBT support services
- Targeting maladaptive coping mechanisms in all students

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