
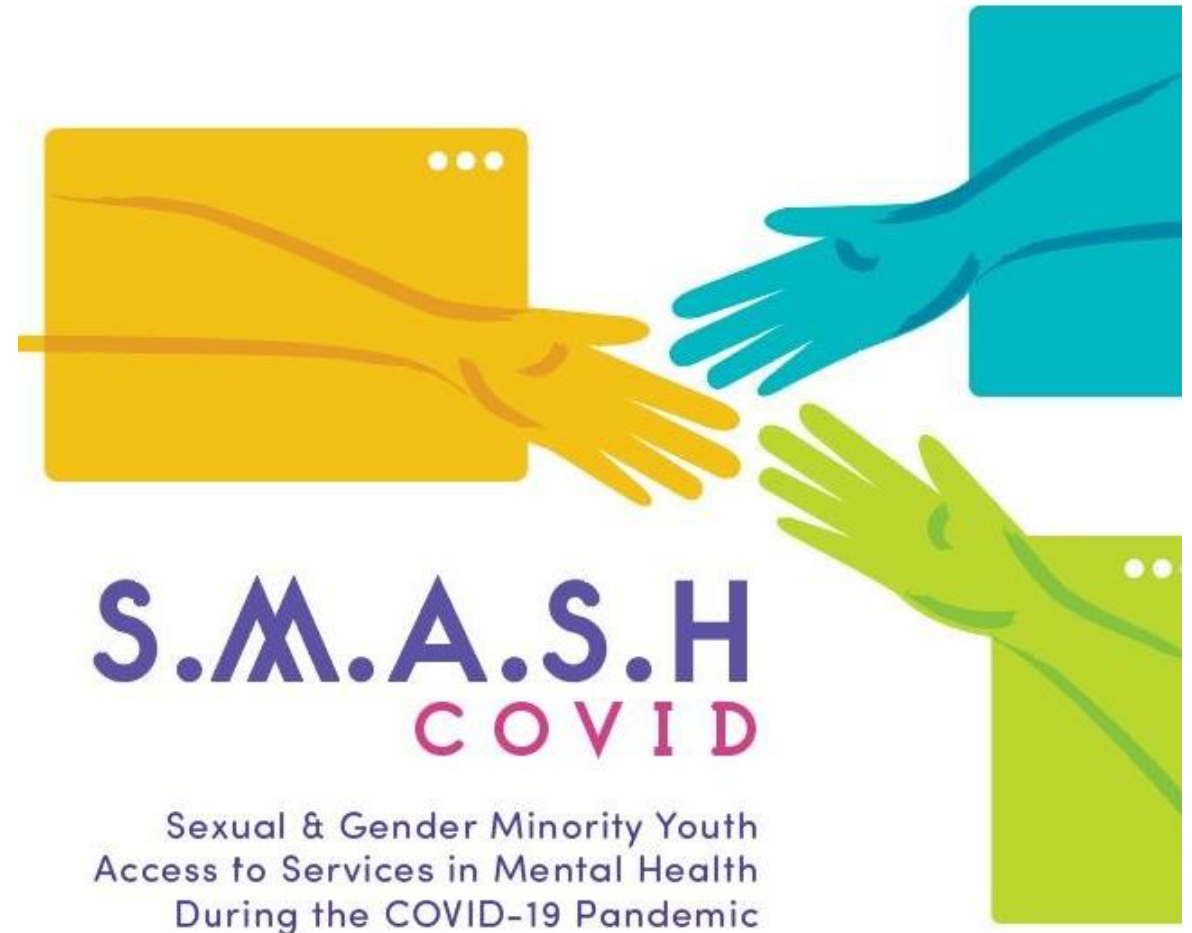


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Access to Mental Health & Substance Use Care for Gender & Sexually Diverse Youth



Introduction



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Agenda

1. Mental health & substance use service access: analysis of survey results
2. Environmental scan of current services
3. Integrating research and community: design charrette introduction
4. Questions & Discussion



Characteristics of youth experiencing barriers to access

A preliminary analysis of survey data





Introduction

- Mental health impacts of COVID have been widespread, with youth from gender and sexually diverse groups being especially vulnerable to mental health-related harms
- Potential contributors include social isolation, unsafe or unwelcoming home environments, and a lack of access to appropriate supports
- Despite tele-health adaptations, youth are struggling

Purpose: to better understand characteristics of gender/sexually diverse youth who are facing barriers to accessing mental health and addictions support in the context of the COVID-19 pandemic

Methods

- Data collected from the *2SLGBTQI+ Commercial Tobacco Project Screening Questionnaire*
- Survey administered virtually to youth in Ontario and Quebec who identify as gender or sexually diverse
- Recruited through paid ads on Facebook, Instagram, Grindr, & networks of youth advisory group and working group members
- Bivariate comparisons between barriers to access and demographic, mental health, & substance use variables

Outcome: Barriers to access

Sought mental health/addictions support since March 2020 **AND** faced barriers to access

Sought support since March 2020 and did not face barriers

Did not seek mental health/addictions support since March 2020

■ Sought help & faced barriers ■ Sought help without barriers ■ Did not seek help



Barriers to access	Prevalence
Sought help and faced barriers to access	59%
Sought help without barriers to access	21%
Did not seek help	20%



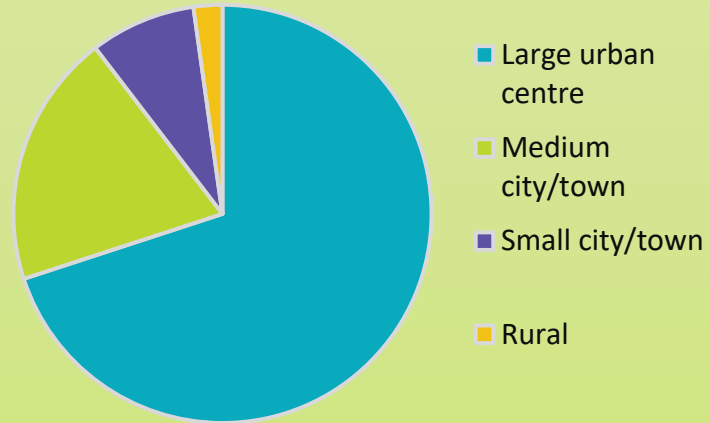
Demographics

886 respondents to date

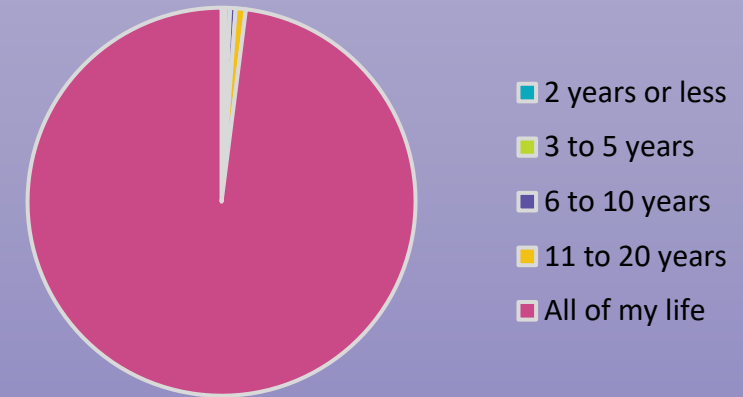
Mean age: 21.8 years (range: 16-29)

67% white

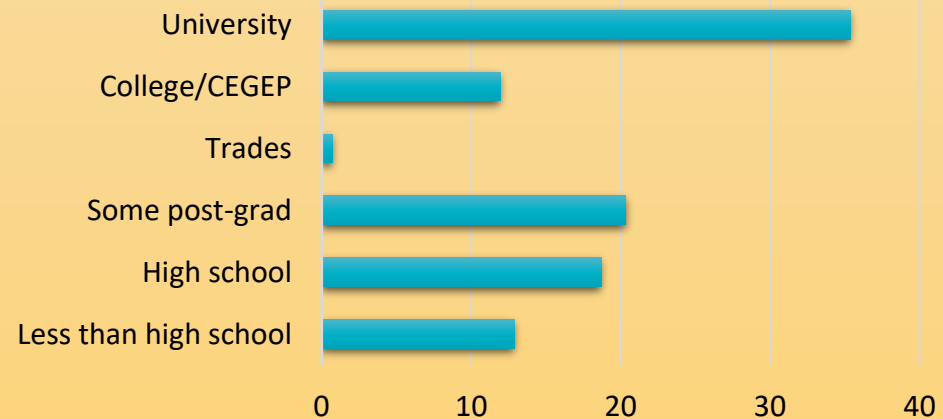
Rural/Urban



Length of time in Canada



Education

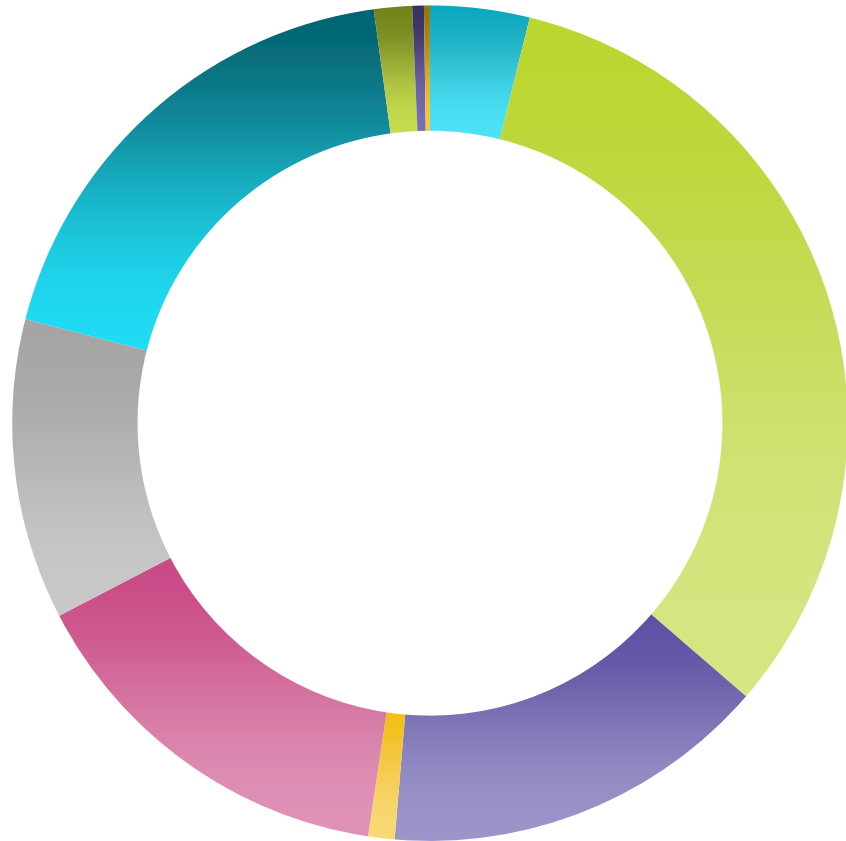


Household income



Current sexual orientation

- Asexual
- Bisexual
- Gay
- Heteroflexible
- Lesbian
- Pansexual
- Queer
- Not sure or questioning



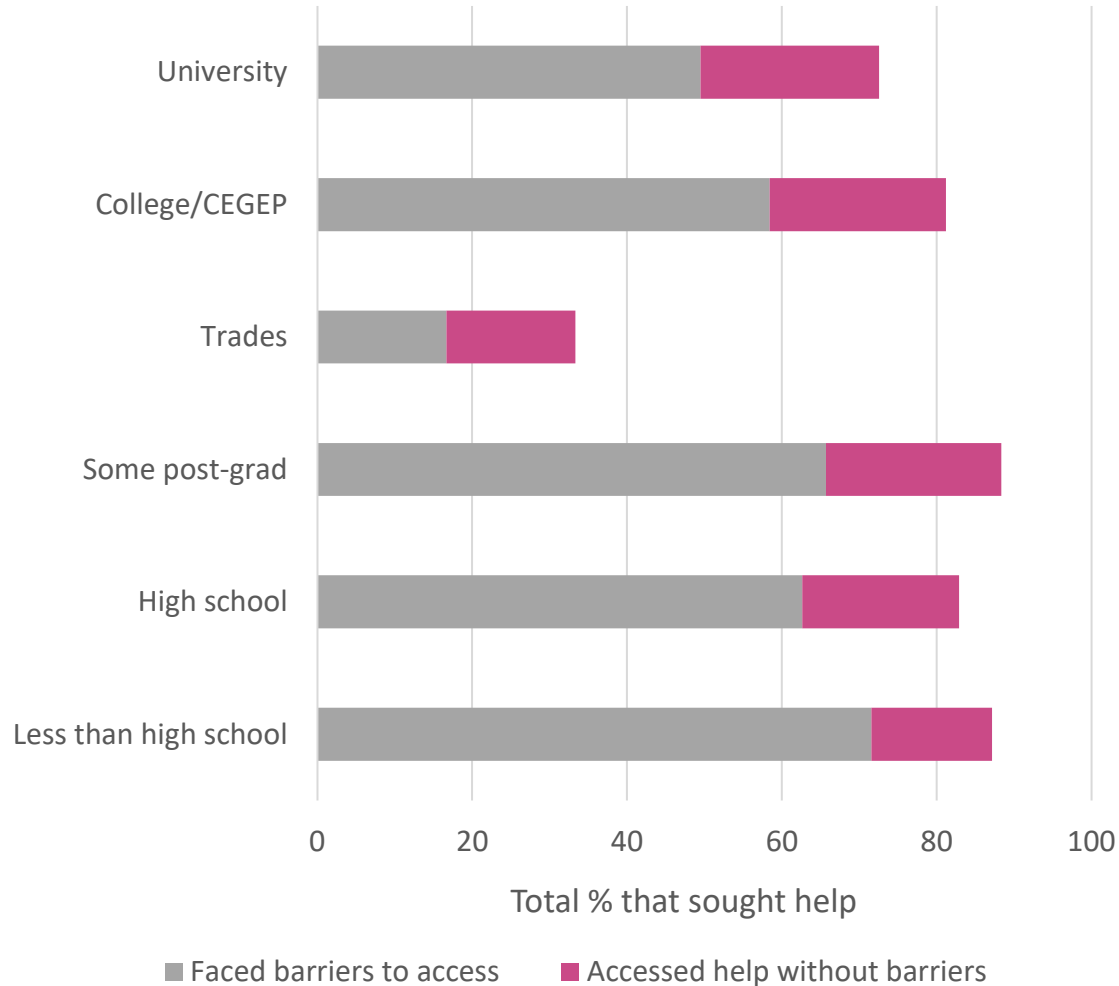
Current gender identity

- Gender fluid
- Genderqueer
- Non-binary
- Gender non-conforming
- Man
- Woman
- Two-spirit
- Don't know

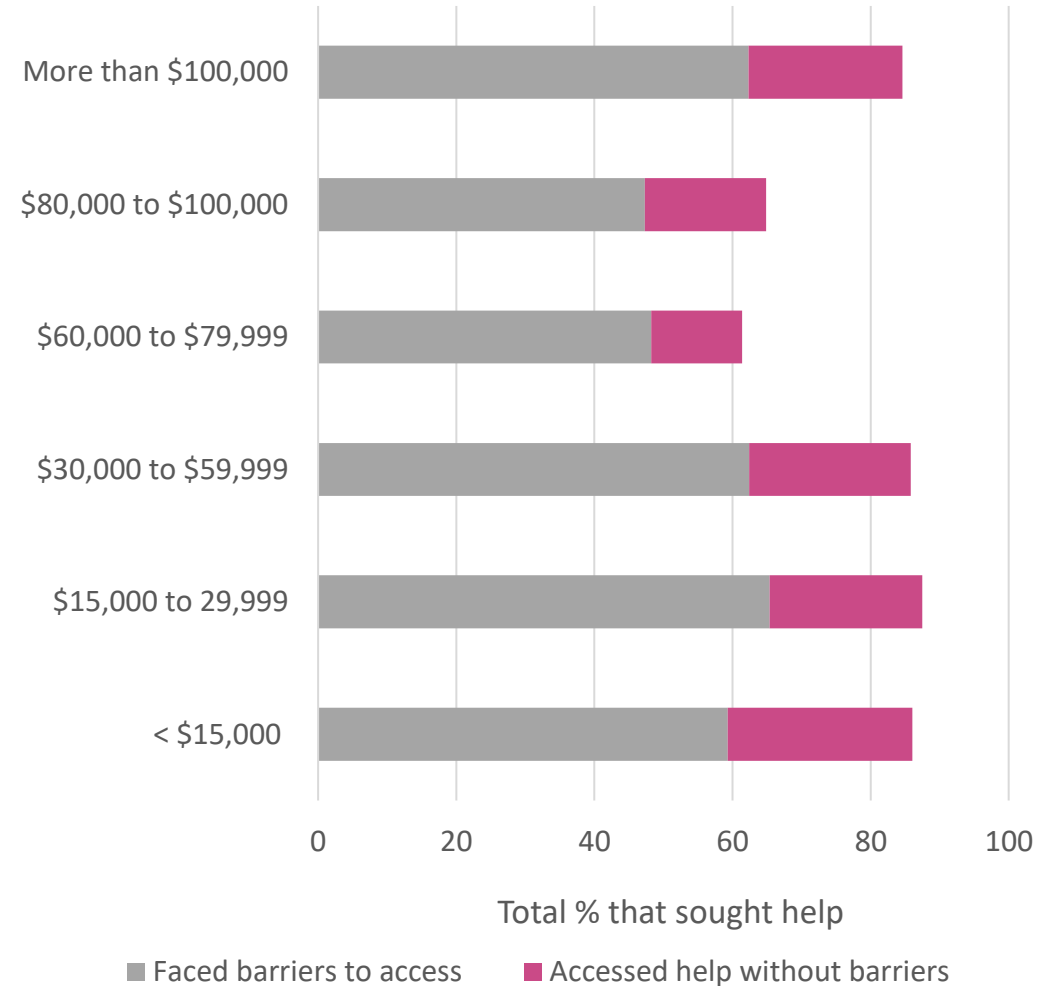


Results: Demographics

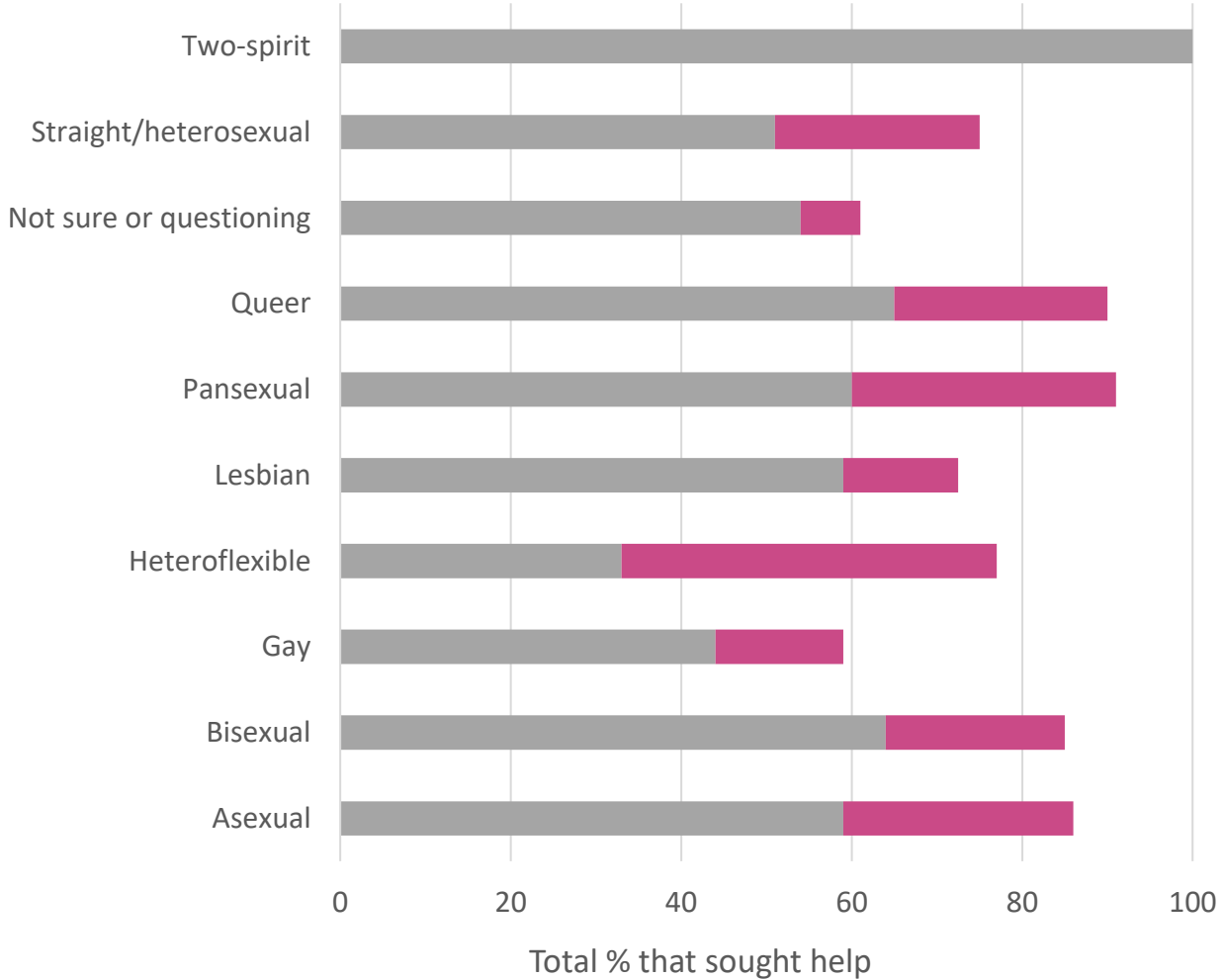
Education



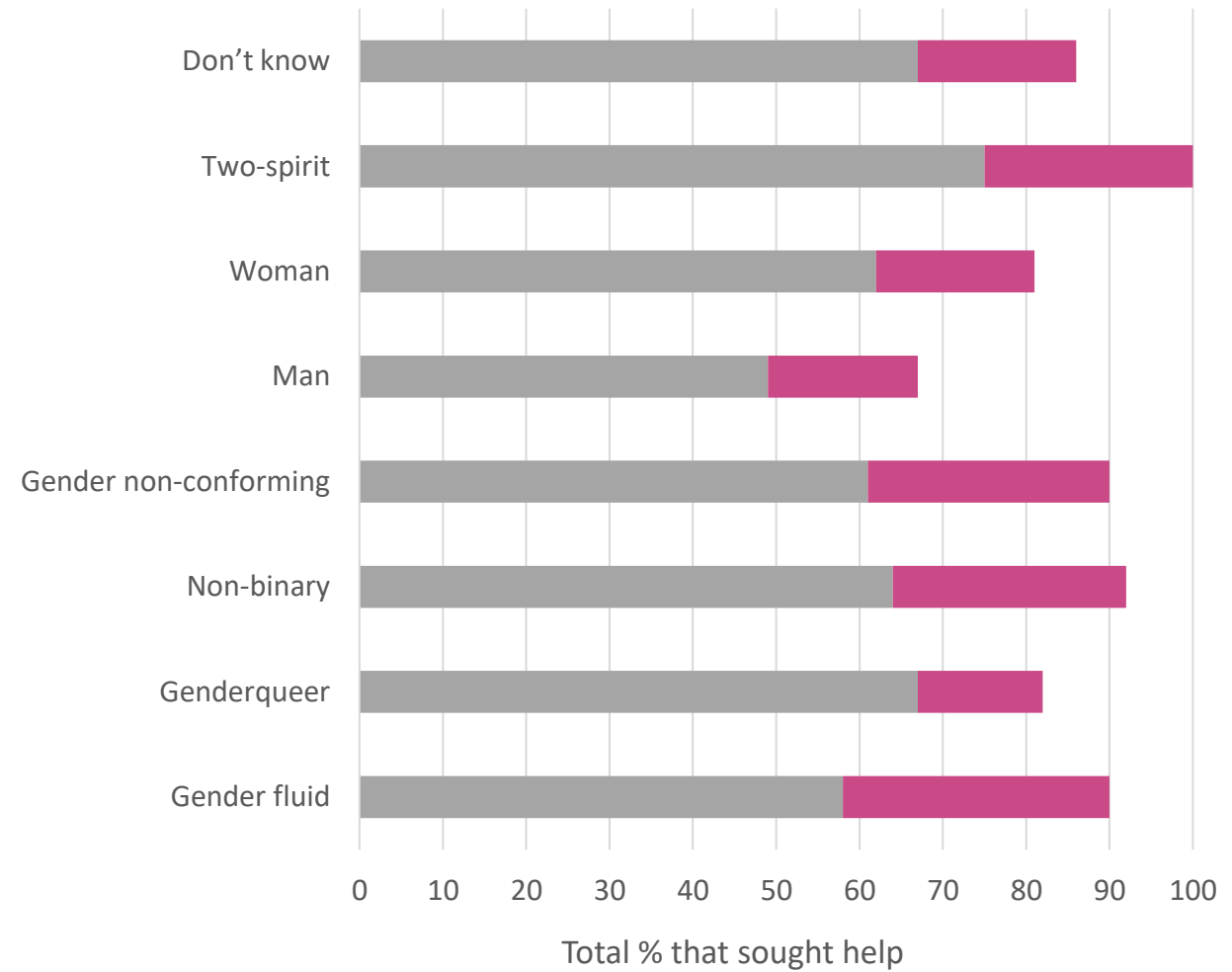
Income



Current sexual orientation



Current gender identity



■ Faced barriers to access ■ Accessed help without barriers

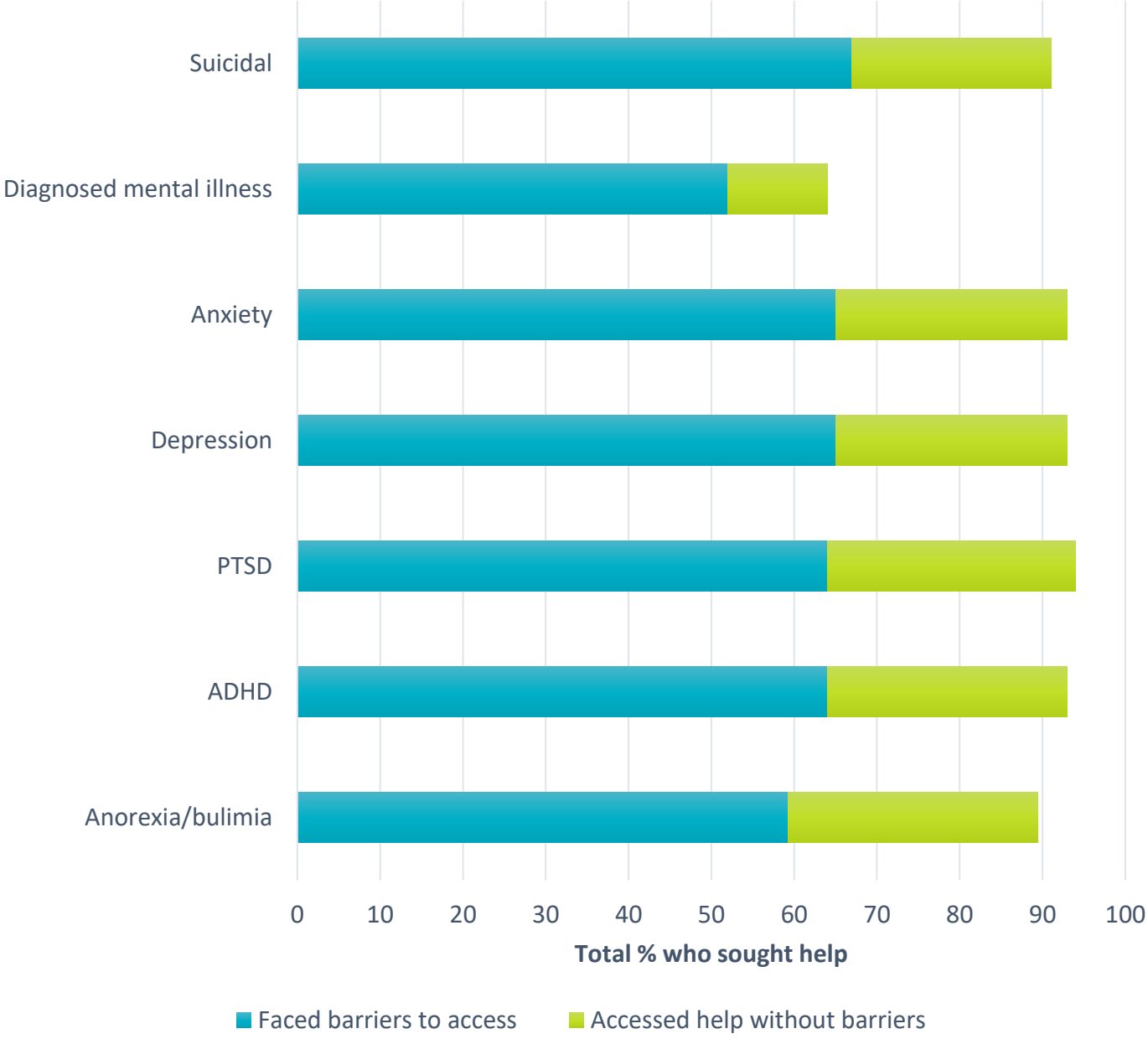
■ Faced barriers to access ■ Accessed help without barriers

Results: Mental Health

39% had a diagnosed mental illness (lifetime)

Most common mental health diagnoses: anxiety disorder (44%), depression (40%), PTSD (12%), ADHD (11%), & anorexia/bulimia (10%)

65% experienced suicidal ideation over the past year



Mental health variable	Proportion that sought help	Proportion that accessed help without barriers (of total condition)
Suicidal ideation	92%	24%
Diagnosed mental illness (any)	64%	12%
Anxiety	93%	28%
Depression	93%	28%
PTSD	94%	30%
ADHD	92%	29%
Anorexia/bulimia	90%	30%

Results: Substance use

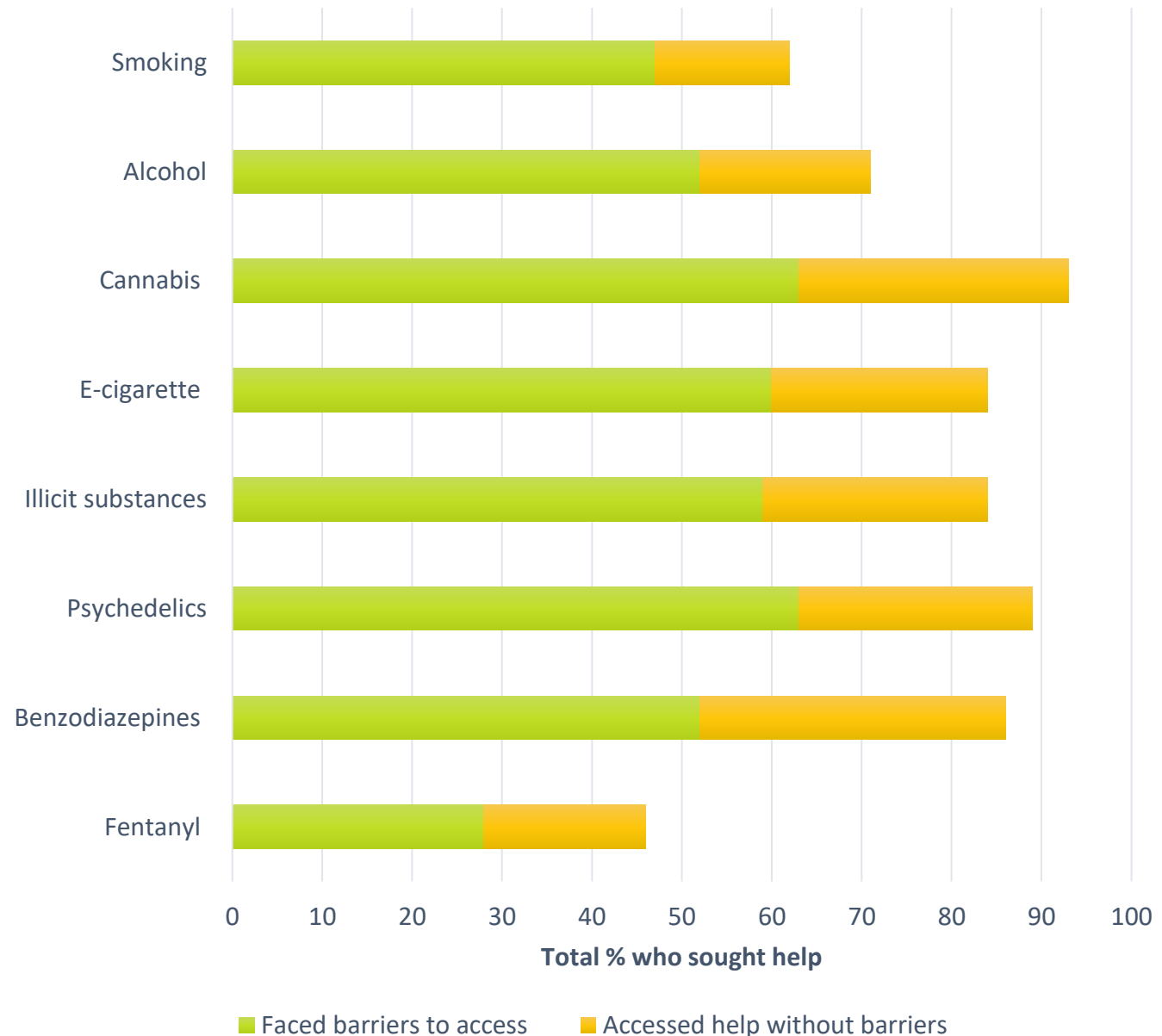
Legal substances


57% smoked cigarettes, 86% drank alcohol, 66% used cannabis, 48% used e-cigarettes

30% used at least one illicit substance in the past year

Psychedelics (19%), tranquilizers/benzodiazepines (6%), fentanyl (1%) significantly associated with barriers to access

Substance use variable	Proportion that sought help	Proportion that accessed help without barriers (of total condition)
Smoking daily	61%	15%
Alcohol daily	71%	19%
Cannabis daily (ns)	92%	30%
E-cigarettes daily	84%	24%
Illicit substances (overall)	84%	25%
Psychedelic use	89%	26%
Benzodiazepines	86%	34%
Fentanyl	45%	18%





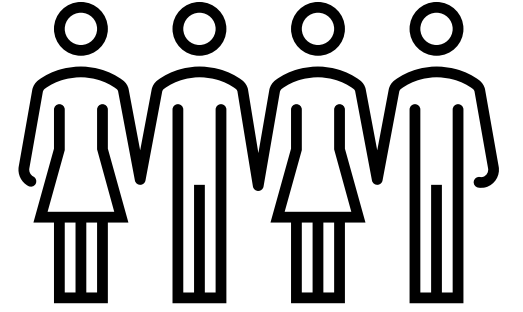
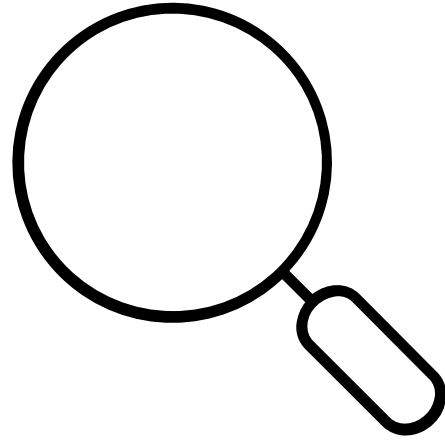
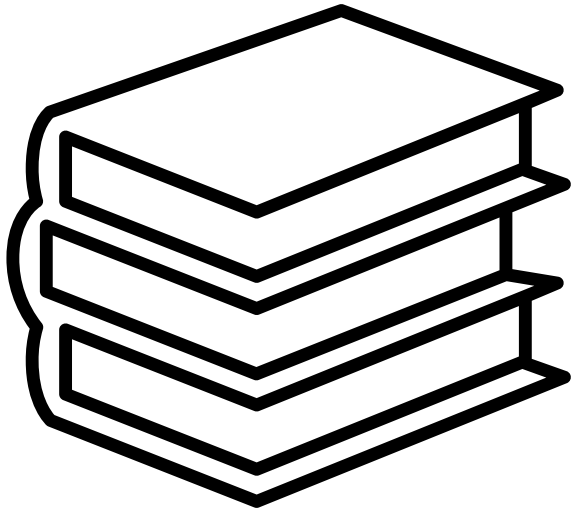


Demographics: Age, gender, current sexual orientation, education level, income

Mental health: Perceived level of health, suicidal ideation, diagnosed mental illness (overall, anorexia/bulimia, depression, anxiety, ADD, ADHD, dysthymia, OCD, panic disorder, PTSD, & other mental disorders)

Substance-related: Frequency of smoking, vaping, and alcohol use, use of illicit substances (overall, benzodiazepine/tranquilizer use, fentanyl use, psychedelic use)



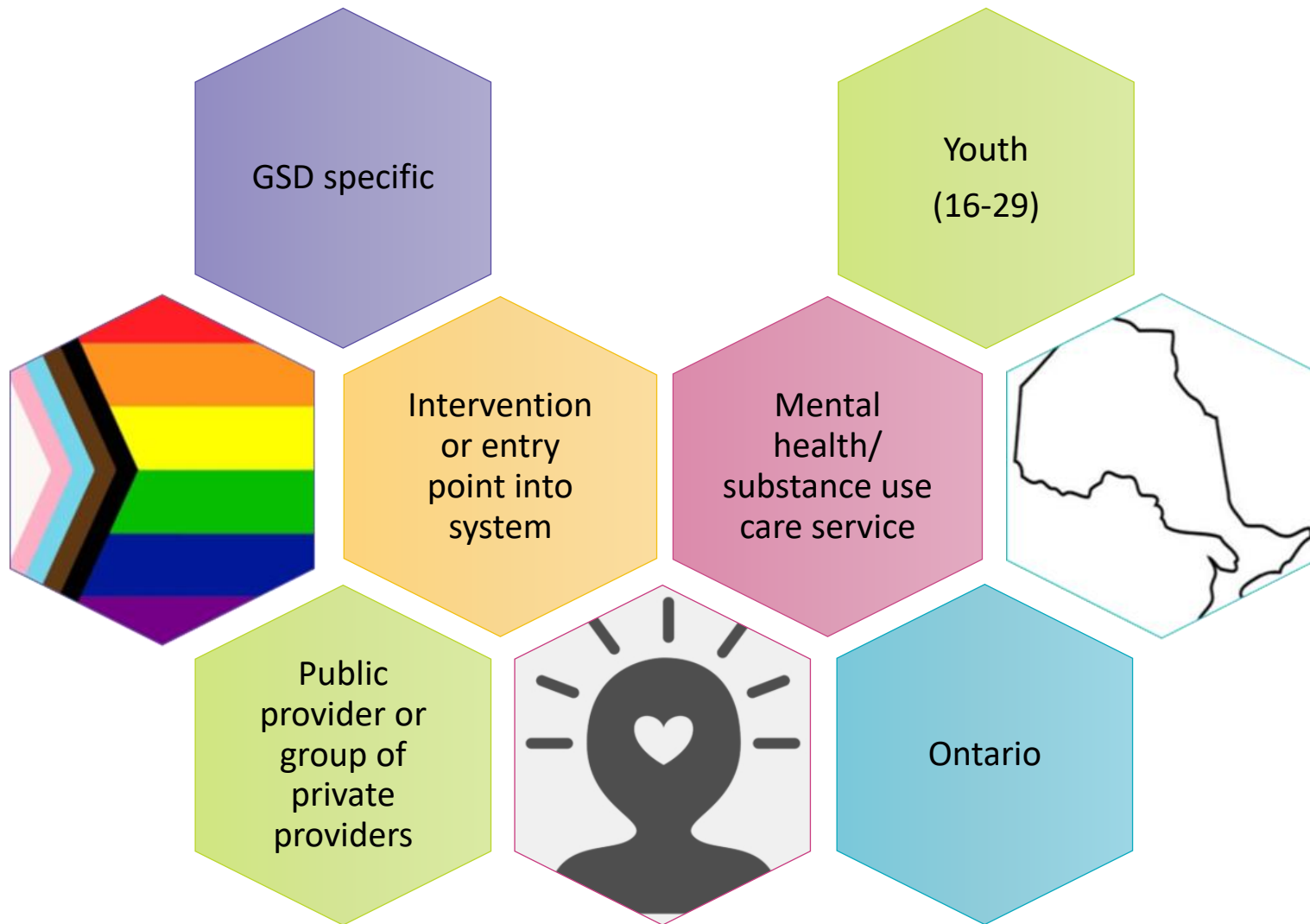


Next Steps



Environmental scan of current services





Inclusion Criteria

Sources

TEENHEALTHSOURCE

LGBT youthline

211

Resource Databases


rainbow health ontario
santé arc-en-ciel ontario
SHERBOURNE HEALTH

Champlain Region
Gender Diverse
Health Resource Guide

Serving clients who
use substances
A guide for community workers
METAPHI

Private Group

facebook

Resource Guides

LGBTQ2S+
Services in
Hamilton

COMMUNITY MENTAL HEALTH RESOURCES
QUEER AND QUEER-POSITIVE
Affective
consulting | psychotherapy | training

Scan Themes



Distribution
of Services

Types of
Services

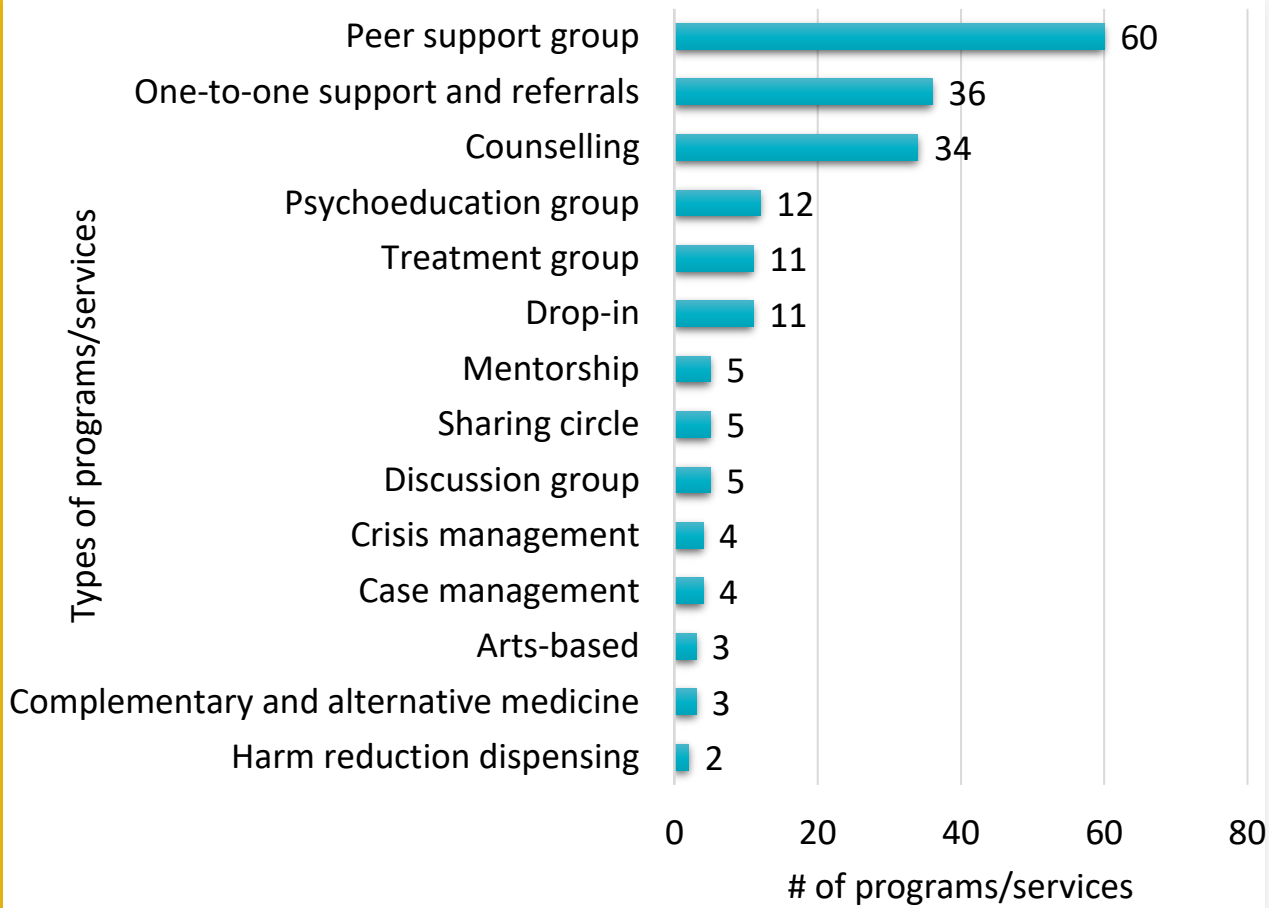
Methods of
Service
Delivery

Program
Criteria

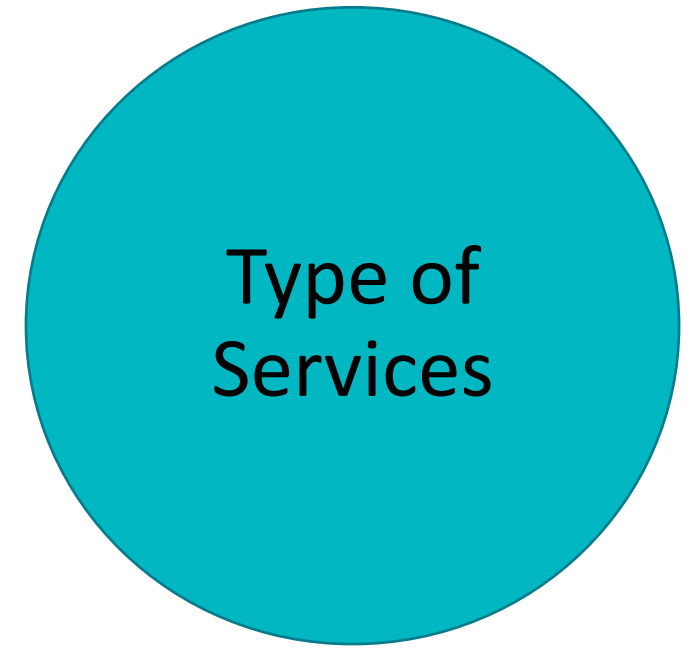
Distribution of Services

LHIN Region	Programs/services per 100,000 people*	Programs/services per 100 square KM*
Toronto Central	3.7	23.4
Hamilton Niagara Haldimand Brant	1.9	0.4
Champlain	1.9	0.1
Central East	1.2	0.1
Mississauga Halton	1.5	1.7
Central	0.9	0.6
Central West	1.8	0.6
South West	1.7	0.08
Waterloo Wellington	2.0	0.3
Erie St. Clair	1.9	0.2
North West	5.3	0.003
North Simcoe Muskoka	2.4	0.1
North East	2.0	0.003
South East	2.1	0.05

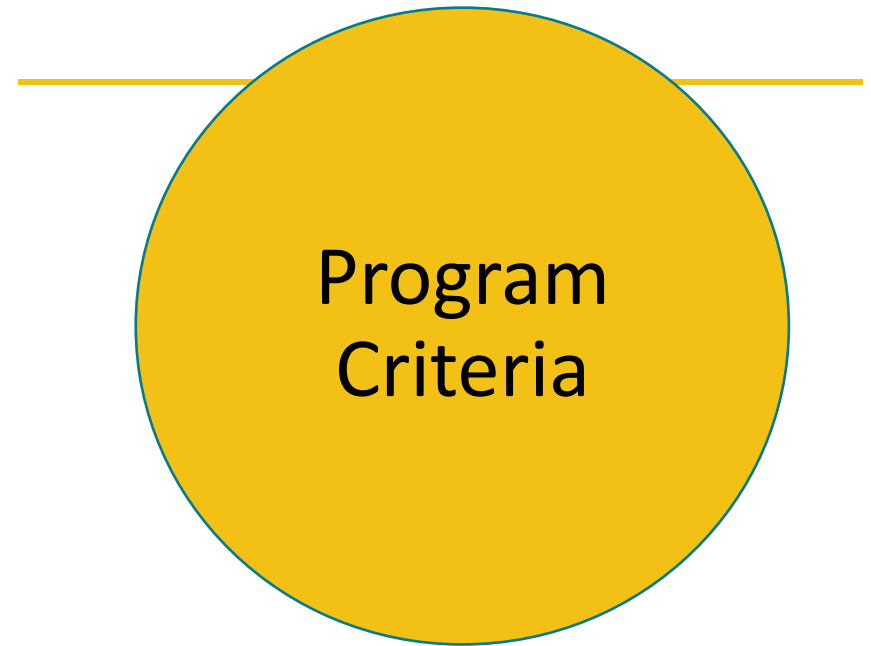
*Statistics Canada, 2016 Census of Population



Focus of services	Number of organizations
Mental Health	89
Addiction & Mental Health	23
Addiction	1



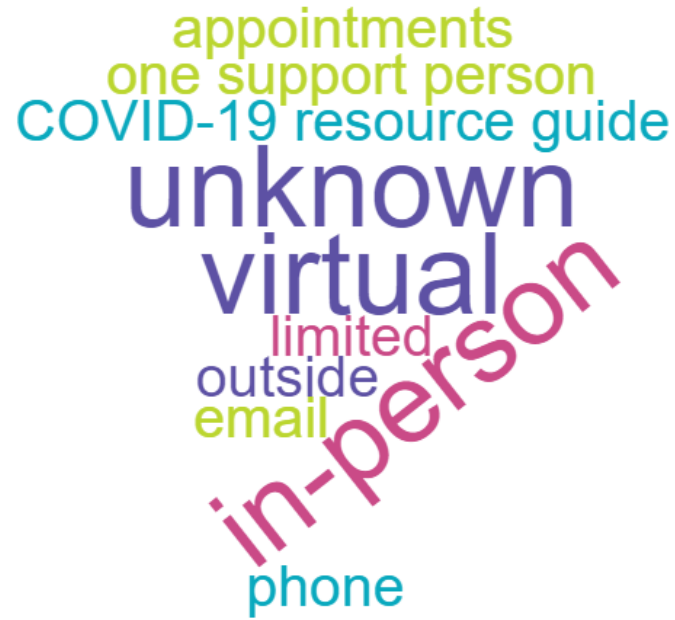
Program/service inclusion criteria	Number of programs/services
All gender and sexually diverse individuals	63
Gender-related criteria	57
<ul style="list-style-type: none">• Transgender, gender diverse, or questioning• Men• Women	39 16 6
Cultural, religious, or ethnicity-related criteria	31
Post-secondary enrollment	23
Sexuality-related criteria	21
Physical, cognitive, developmental, and mental health-related abilities	5
Criminal justice involvement	1





- Ontario
- Alberta
- Quebec
- British Columbia
- Nova Scotia
- Manitoba

Methods of Service Delivery



Program/service inclusion criteria	Number of programs/services
Gender-related criteria	9
• Transgender, gender diverse, or questioning	8
• Men	1
All gender and sexually diverse individuals	4
Physical health-related ability	1

Canada-Wide Tertiary Care

Location of Programs



Community Consults




Funding



Safety



Accessibility



Expansion



Isolation

Integrating research & community

Design charrette introduction

S.M.A.S.H COVID aims to...

- **Address barriers that exist for GSD+ young adults seeking affirming MHSU services**
- Recognize current and ongoing service gaps
- Take a proactive approach to care; pivoting away from a largely reactive system structure
- Be entirely informed by community

Community Engagement in S.M.A.S.H COVID



Youth involvement in:

- Project steering team
- Design team
- Social media and promotion strategy
- Facilitation

Inception to dissemination

Closing the loop

- **How does this ideal become a reality?**
- Multiple prototyping sessions with community members (Design Charrettes)
- Supportive relationships with service providers and agencies
- Development of knowledge dissemination materials
- Continuous youth and community engagement

In summary, the approach needs to be...

Accessible

Relevant

Engaging

Supportive

Affirming



Questions & Discussion



Thank you!



@smash.covid



GSD Youth Access to
Mental Health Services
Research

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