



## Supporting our BIPOC Queer youth during COVID-19

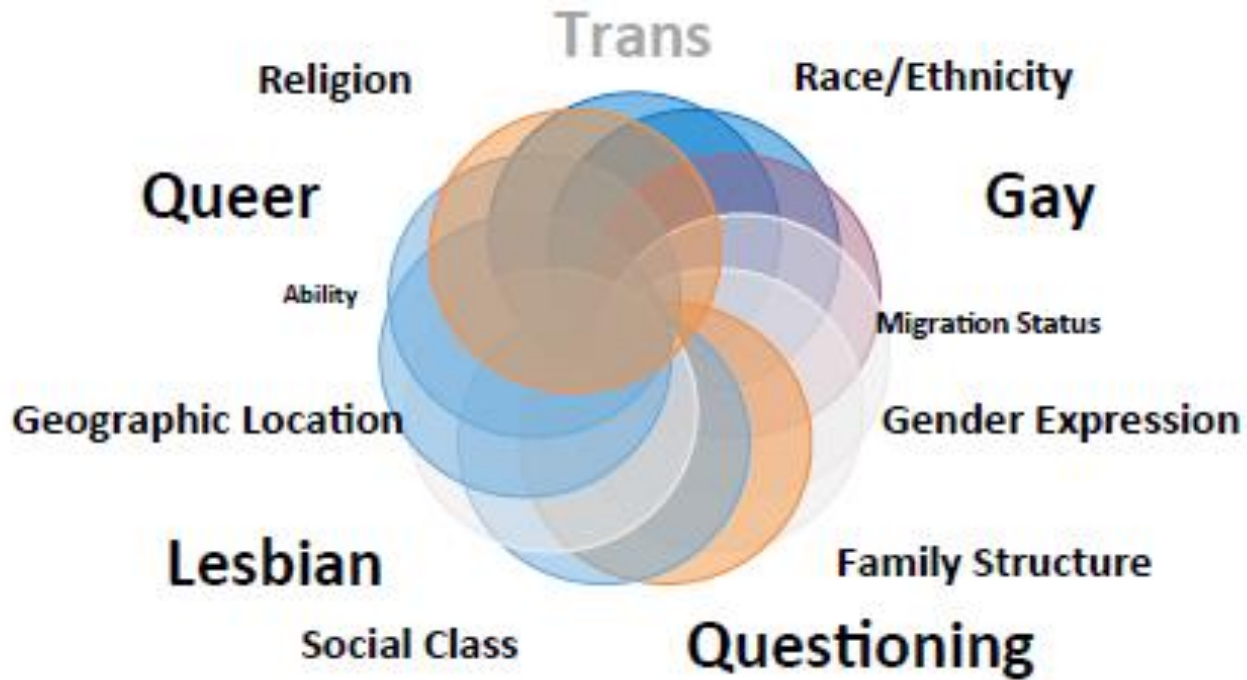
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# Disclosure



**I HAVE NO RELEVANT FINANCIAL  
RELATIONSHIPSTO DISCLOSE.**

# Intersectionality



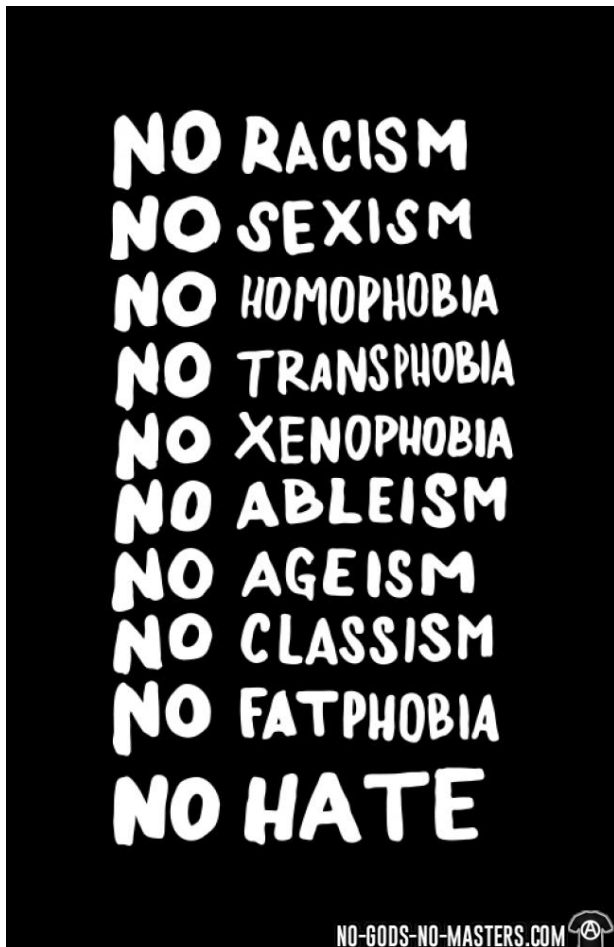
# BIPOC Queer Youth



- BIPOC youth who ALSO identify as queer experience unique struggles due to the intersection of homo/transphobia + racism
- “Double whammy” of shame
- Strength and resiliency- *“I am proud of who I am. It’s hard b/c I have to fight on so many levels but it makes me stronger. Bruised up, but tough”*



# Xenophobia & homo/trans phobia during COVID-19



“I am afraid to go outside. Both with a mask and without a mask.”

# COVID-19 Impact on BIPOC queer youth



- Lack of peer support d/t social distancing
- Access to gender related services
- Postponement of medical procedures
- Safety issues in home with non-affirming/non-supportive caregivers
- Impact of pronouns/names
- Impact of food and body related concerns
- Increase in anxiety, depression and other stressors

# Social Justice/ #BLM



- Developmentally- questioning “Who am I?” “Do I want to believe what my parents believe?”
- “I want to do more” but I can’t b/c of social distancing
- Crisis Text Line- anxiety, depression, relationships

My city is going crazy with protests and rioting right now and my anxiety is so bad my chest hurts

# Two frameworks



- Minority Stress Model

- (Hendricks & Testa, 2012; Meyer, 2003)
- Prejudice, discrimination, rejection
- Requires adaptation but also causes increased stress
- Stressors are unique, chronic, and socially based

- Strengths-Based Model

- (Lytle, Vaughan, Rodriguez, & Shmerler, 2014; Seligman & Csikszentmihalyi, 2000)
- Positive subjective experiences
- Character strengths
- Positive social institutions



# Minority Stress Theory



- Understanding the whole person, multiple facets of identity that intersect and can conflict
- BIPOC queer youth are a minority within a minority
- The unique external and internal stressors that members of minority groups experience build up over time and lead to adverse health outcomes.

**“Every breath a trans person of color takes is an act of revolution.”**

# “Silver Linings”



- Decreased face-to-face bullying
- Transition at home, “try on” clothes/makeup
- No bathroom anxiety
- “Cocooning” time for HRT to “take effect”
- Home is a safe and nurturing place
- Introverts loving quiet time
- Some don’t want social distancing to end!

## Case #3



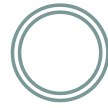
- 16 y/o Chinese-American transmale
- Hx of MDD, GAD, gender dysphoria
- Currently on Prozac (10mg), Lamictal, (37.5mg) and Testosterone (.25mg)
- Online schooling
- Unable to work
- Lack of friends/social relationships
- Parents have different political beliefs

# Increased Concerns



- **Emotional Eating**
  - Hx of restricted eating and binge eating
  - Weight Gain => feminization of hips=>Body Dysmorphia => Gender Dysphoria => Suicidality
- **Safety Concerns**
  - Depression, hopelessness, demoralization
  - Increased verbal arguments w/father
  - Increased porn viewing
- **Gender Dysphoria**
  - Mis-gendered while wearing masks/longer hair
  - Anxiety for safety concerns

# Various Interventions



- Some increase in video MH sessions
  - Collateral session with parents
  - Safety Checks
- Re-evaluation of medications
- Evaluation for top surgery
- Online support groups
- Social Distanced Socialization
  - Exposure therapy to talking to groups

# Case #2 Take Home Points



- **Intersectionality**

- Recognizing the multiple layers that may be impacting BIPOC queer youth

- ⑩ **Developmental Aspect of Middle Adolescence**

- ✦ Find ways to help youth separate from family, how to accept opposing views within family and friends, debunking photo-shopped pictures and body positivity, sexuality via the internet, and questioning of morals & values

- ⑩ **Allyship/Support**

- ✦ Asking re: names and pronouns
- ✦ Safety, validation and “being seen”
- ✦ Gender affirming medical and MH support/interventions

# Strengths & Resiliency Based Approach for BIPOC queer communities



- Sending a united front message to extended family
- Elevate narratives of queer BIPOC folks
- Specific BIPOC resources that are strengths based
- Creating more inclusive educational spaces
- Educating other family members and community
- Increased peer socialization
- Understand impact of current climate on youth

How can you be an ally?





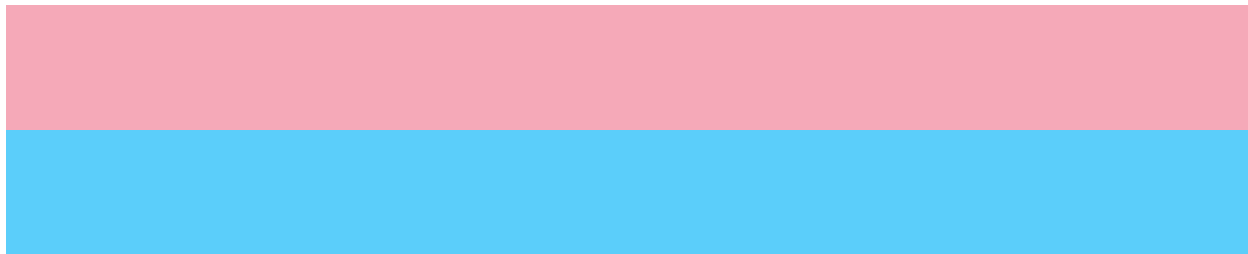
# Questions? Comments?



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# BIPOC Queer Resources



- Trans Lifeline: All hotline operators are transgender. (Note that this is not a 24-hour hotline. Shifts are listed here [hotline.translifeline.org](https://hotline.translifeline.org)): [1-877-565-8860](tel:1-877-565-8860)
- Trevor Lifeline (24/7): Provides crisis intervention and suicide prevention services for LGBTQ young people ages 13-24: [1-866-488-7386](tel:1-866-488-7386) (TrevorChat is also available 7 days a week from 12-6 p.m. at [trvr.org](https://trvr.org).)
- National Suicide Prevention Hotline: [1-800-273-8255](tel:1-800-273-8255) (TALK). They offer services in more than 150 languages.
- The Asian LifeNet Hotline, [1-877-990-8585](tel:1-877-990-8585), works in Cantonese, Mandarin, Japanese, Korean and Fujianese.
- Desi Rainbow Parents and Allies- Facebook/Non Profit Organization, Monthly parent calls.
- Desi LGBTQ Helpline For South Asians, online support and (somewhat limited) helpline hours listed here: [deqh.org](https://deqh.org)

# References



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