PROMOTING RESISTANCE AND RESILIENCE FOR HOLISTIC HEALTH: THE POWER OF LGBTQIA+ YOUTH

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RESILIENCE + RESISTANCE COLLECTIVE
What are you grateful for?
MY INTERSECTIONAL IDENTITIES

Gary

Activist - Academic
First Gen Low Income
Artist
Educator/Mentor
White Cis Gay Man
Husband/Son/Uncle
WHICH YELLOW DOT IS BIGGER?
GOOD NEWS OR BAD NEWS?
Adolescents – defined by the United Nations as those between the ages of 10 and 19 – number 1.2 billion in the world today, making up 16 per cent of the world’s population.

0.14% of adolescents globally are living with HIV

99.86% of adolescents globally are NOT living with HIV
HIV Diagnoses Among Youth in the US and Dependent Areas, 2014-2018

Trends by Sex *
- Young Men: 15% decrease from 2014 to 2018
- Young Women: 18% decrease from 2014 to 2018

Trends for Young Gay and Bisexual Men by Race/Ethnicity †
- Asian: 8% decrease from 2014 to 2018
- Hispanic/Latino: 8% decrease from 2014 to 2018
- Black/African American: 17% decrease from 2014 to 2018
- White: 10% decrease from 2014 to 2018
- American Indian/Alaska Native: Stable
- Native Hawaiian and Other Pacific Islander: 117% increase from 2014 to 2018
- Multiple Races: 52% increase from 2014 to 2018

* Based on sex assigned at birth and includes transgender people.
Although LGBTQ youth described a number of challenges in their lives, they also listed hundreds of ways they find joy and strength, including:

<table>
<thead>
<tr>
<th>Affirming parents</th>
<th>Anime</th>
<th>Art &amp; creative expression</th>
<th>Celebrities coming out with pride</th>
<th>Chosen family</th>
<th>Connection to others who are LGBTQ</th>
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</thead>
<tbody>
<tr>
<td>Educational opportunities</td>
<td>Escaping through reading &amp; writing</td>
<td>Faith &amp; spirituality</td>
<td>Feeling seen</td>
<td>Finding community online</td>
<td>Having a pet</td>
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<tr>
<td>Having a supportive partner</td>
<td>Having supportive &amp; accepting friends</td>
<td>LGBTQ support in school</td>
<td>Learning more about LGBTQ history</td>
<td>Moving away from unsupportive conditions</td>
<td>Music</td>
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<td>Online LGBTQ chat groups</td>
<td>Representation in media</td>
<td>Seeing rainbow flags &amp; stickers in public</td>
<td>Self-identity &amp; finding others who identify in similar ways</td>
<td>Unapologetic embracing of full self</td>
<td>Video games</td>
</tr>
<tr>
<td>Watching LGBTQ people on TikTok &amp; YouTube</td>
<td>Therapy</td>
<td>Working out</td>
<td>Theatre</td>
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CURRENT APPROACH TO HIV PREVENTION AND TREATMENT…
RESILIENCE AND RESISTANCE
RESILIENCE AS A PROCESS (FERGUS & ZIMMERMAN, 2005)

**Assets:** positive factors that are internal to the individual
- (e.g., self-efficacy, high self-esteem, competency, and coping skills)

**Resources:** socio-ecological factors that are external to the individual
- (e.g., social support, mentors, CBOs, social welfare programs)

**Context, Population, Risk/Threat, Promotive Factors, Outcome**

Positive Mental and Physical Health
RESILIENCE PROCESSES AMONG LGBTQIA+ YOUTH

“Stay strong! keep ya head up! move on! it gets better!!!!!” resilience processes in the healthMpowerment online intervention of young black gay, bisexual and other men who have sex with men

Megan C. Barry, Megan Threats, Natalie A. Blackburn, Sara LeGrand, Willa Dong, Deren V. Pulley, Greg Salabanik, Gary W. Harper, Lisa B. Hightow-Weidman, Jose A. Bauermeister and Kathryn E. Muessg

Resilience Processes Demonstrated by Young Gay and Bisexual Men Living with HIV: Implications for Intervention

Gary W. Harper, PhD, MPH; Douglas Bruce, PhD, MB, BS; Sibyl G. Hous, PhD, MD; M. Isabel Fernandez, PhD; Brian A. Chotel, MA, MPH; and the Adolescent Medicine Trials Network for HIV-Related Interventions

Resilience among gay/bisexual young men in Western Kenya: psychosocial and sexual health outcomes

Gary W. Harper, Ryan M. Wade, Daniel Peter Omango, Pauline A. Ahaor, Jose A. Bauermeister, Wilson W. Odero and Robert C. Bailey

Examining natural mentoring relationships (NMRs) among self-identified gay, bisexual, and questioning (GBQ) male youth


Psychological resilience among transmenince adolescents and emerging adults living with HIV

Gary W. Harper, Riley L. Wagner, Elliot Poppoii, Sari L. Reiner and Laura Jadwin-Calma
Transport Phenomena (science & engineering)

\[ R = \rho \left( \frac{L}{A} \right) \]

- \( R \) is the resistance in ohms (\( \Omega \))
- \( L \) is the length in meters (m)
- \( A \) is the area in square meters (m\(^2\))
- \( \rho \) is the proportional constant **Resistivity**

**Resistivity**: the resisting power of a material

Resistivity is influenced by the environment (\( \uparrow \) temp = \( \uparrow \) resistance) and the composition/mixture of the material (\( \uparrow \) resistive materials = \( \uparrow \) resistance)
RESISTANCE TO OPPRESSION

\[ R = \rho \left( \frac{L}{A} \right) \quad R = \rho \left( \frac{S}{D} \right) \]

- \( R \) is the resistance
- \([L \text{ is the length}]\) \( S \) is social connectivity: Increase social capital (bonding, bridging, & linking)
- \([A \text{ is the area}]\) \( D \) is distraction: Increase critical consciousness & focused awareness
- \( \rho \) is the proportional constant Resistivity
- Resistivity: resistive processes (e.g., resilience) [Zimmerman] which are impacted by inter-related contexts/cultures/histories (environment) and the person (composition) [Bronfennbrenner]
Resilient ecosystems show little impact due to repeated disturbances over time.

- If disturbances become too intense, structure and function may be severely impacted.
- At this point a resistant ecosystem does not easily recover.

Resilient ecosystems are often immediately impacted by even low intensity disturbances.

- It has the capacity to quickly recover structurally and functionally to levels approaching the pre-disturbance condition.
PUTTING IT ALL TOGETHER…

…With a little help from Meyer’s Minority Stress Framework, Critical Consciousness, Intersectionality
Model of SGM Adolescent Resistance & Resilience

(Gary W. Harper, PhD, MPH)

Self-Love & Mattering

Resistance Processes
- Social Connectivity/Social Capital
- Critical Consciousness
- Focused Awareness
- Resistivity/Resistive Processes

Assets
- positive factors that are internal to the individual

Resources
- socio-ecological factors that are external to the individual

Context, Population, Risk/Threat, Promotive Factors, Outcomes

Resilience Processes

Proximal
Distal

SGM Stress Processes

SGM Stress Processes

Self-Love & Mattering

Positive Physical and Mental Health
Model of SGM Adolescent Resistance & Resilience: Areas for Intervention

(Gary W. Harper, PhD, MPH)
LAYING THE GROUNDWORK FOR FUTURE INTERVENTION DEVELOPMENT
Socio-Ecological Approach to Adolescent HIV Prevention
Socio-Ecological Approach to Adolescent HIV Prevention

- Needs Assessment/Ecological Assessment
  - Resilience, Resistance & Mental Health
  - Accurate Theory
  - Safe Spaces & Capacity Building
  - Appropriate Measures
  - Funding & Capacity Building

- Intervention Development / Pilot Testing
  - Proximal Factors:
    - Power, Agency, & Control
    - Trust, Love, & Respect
    - Adol Development
    - Intersectional Identities

- Intervention Implementation

- Intervention Evaluation / Modification

- Scale Up / Sustainability or Termination
Socio-Ecological Approach to Adolescent HIV Prevention

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- Intervention Implementation
  - Safe Spaces & Capacity Building
  - Distal Factors:
    - Multiple Cultures: e.g. LGBT Race/Eth Geography Faith
    - Structural Barriers / Resilience: e.g., Jobs Housing Sex Work
    - Policies: e.g., Education Housing Medication

- Intervention Evaluation / Modification
  - Appropriate Measures

- Scale Up / Sustainability or Termination
  - Funding & Capacity Building
Socio-Ecological Approach to Adolescent HIV Prevention

- **Needs Assessment/ Ecological Assessment**
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**Proximal Factors:**
- Power, Agency, & Control
- Trust, Love, & Respect
- Adol. Development
- Inter-Sectional Identities

**Distal Factors:**
- Multiple Cultures: e.g. LGBT, Race/Eth, Geography, Faith
- Structural Barriers/ Resilience: e.g., Jobs, Housing, Sex Work
- Policies: e.g., Education, Housing, Medication

**Youth Voice & Choice**
- Providers, Parents, Partners, & Peers

**Safe Spaces & Capacity Building**

**Accurate Theory**

**Appropriate Measures**

**Funding & Capacity Building**

**Youth, Voice & Choice**

**Socio-Ecological Approach to Adolescent HIV Prevention**
Interactive and Dynamic Model of the Youth Engagement Process for Research

Continuous Quality Improvement of Youth Engagement Process
Surveys, interviews, observations, group discussions

Researcher's Decision Regarding Level of Youth Engagement

Selection of Youth Collaborators

Collaborative Development of Expectations for Youth Collaborators and Researchers

Engagement of Youth in the Research Process:
- Problem Definition/Study Design
- Measures Development/Data Collection
- Data Analysis and Interpretation
- Dissemination/Community Change

Succession Planning and Onboarding for New Members

Planning for Research Project Termination and Youth Transition

Ongoing Youth and Researcher Development and Capacity Sharing
Retreats, trainings, presentations, youth individual development plans

Gary W. Harper, Angulique Outlaw, Manny Ocasio, Juan Jauregui, Bevin Gwiazdowski
YEAH members: Sandra Agola, David Michael Collins, Alexander Fernandez, Kendrick Forte, J.J. Jackson, Omar Nieto, Michael Perez-Auguste, Taylor Sherlock, Ari Varona, Maurice Williams, Meghan Williams
QUESTIONS?
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