

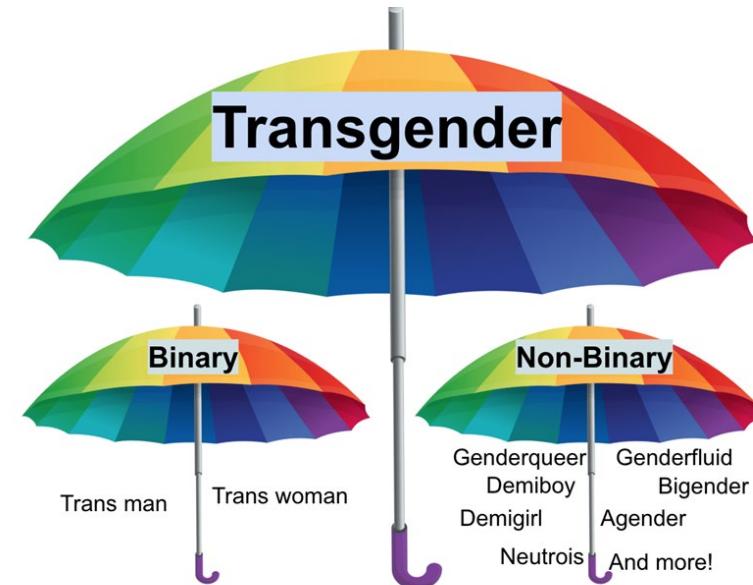


Mental Health and Social Determinants: Baseline Data from the Transgender Youth of Color Study (TRUTH)

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- Transgender
- Cisgender
- Binary Gender
- Non-binary
- Gender Non-Conforming





Background and Objective

- Transgender and gender minority youth (TGMY) experience profound disparities across many social determinants of health
- Community informed research is needed to understand contributing factors to the physical and mental well-being of TGMY



Trans and Gender Non-conforming Youth of Color Study

What?

TRUTH is a year long health research project.

Why?

The focus is to explore what youth of color think about health and their connection to health care.

Who?

TRUTH is for Black, Latinx, Asian-Pacific Islander, indigenous, Native American and mixed-race youth ages 16-24 who live in the greater Los Angeles area.

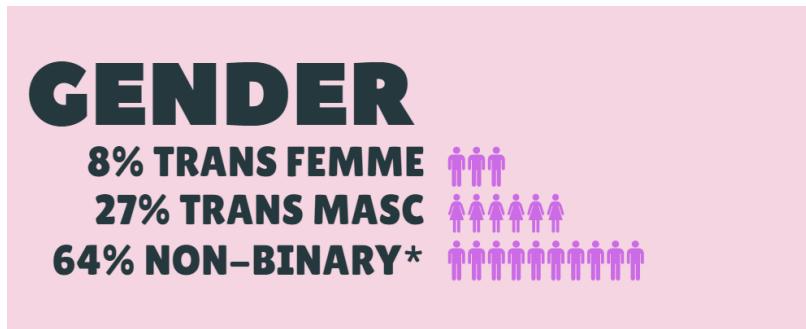
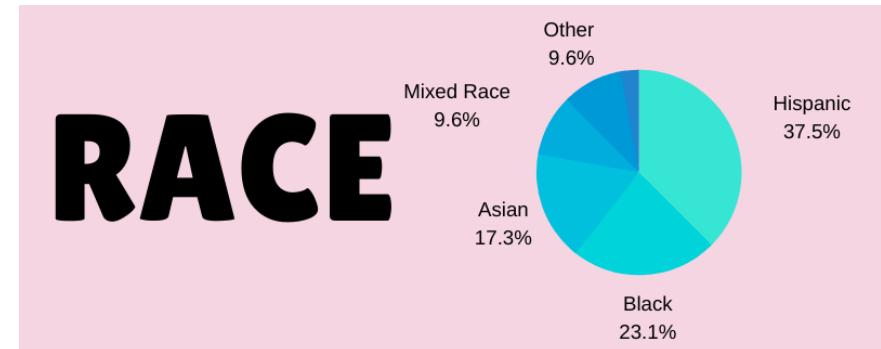
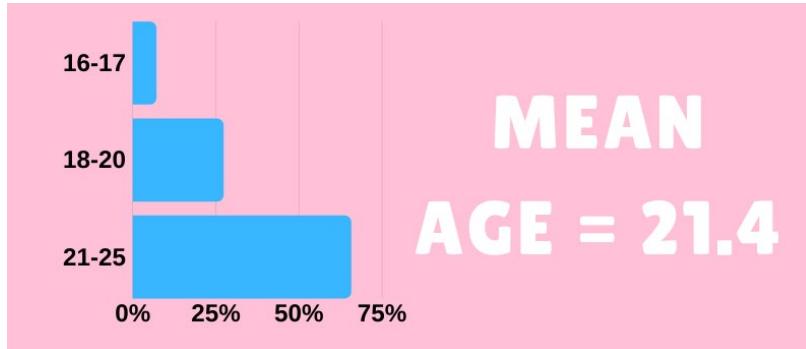
Participants receive \$55-\$100 per study visit.

Participation in research is voluntary.

- N = 108
- Completed quantitative survey and HIV/STI testing
 - with follow up visits
- Recruitment
 - Social media, public events, participant referrals, Craigslist
- Retention
 - 96% retention between 2 waves



Demographics



***NON-BINARY ALSO INCLUDES PTS WHO ARE GENDER QUEER, GENDER FLUID, TWO-SPIRIT, AND WHO HAVE MULTIPLE GENDERS**



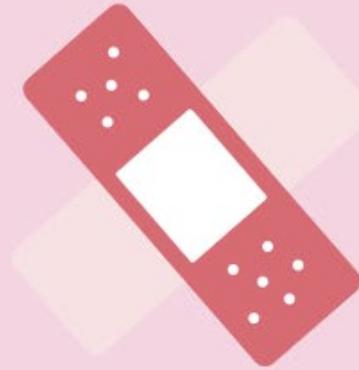
Physical Healthcare



90% insured



**74% have place to go for
healthcare**



**47% self-report health as
poor/fair**



BI-VARIATE ANALYSIS AND CHI-SQUARE TESTS WERE USED TO COMPARE AND DETERMINE SIGNIFICANT ASSOCIATIONS BETWEEN...

SOCIAL DETERMINANTS



housing



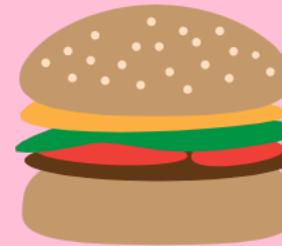
access to food



basic needs

STRESSFUL LIFE EVENTS SCALE

Have you experienced difficulties with people at work in the last 6 months?



50% experienced stress due to
being unemployed/looking for
work 61% food insecure

**UNEMPLOYED/LOOKING FOR WORK, BUT
UNABLE TO FIND IT SIGNIFICANTLY RELATED TO
EXPERIENCES OF FOOD INSECURITY (P<.01)**



68% unmet basic
needs in past 6
months



85% needed or wanted
mental healthcare in
past year

of those...



70% did not receive the
care they needed/wanted

**NOT HAVING ACCESS TO MENTAL HEALTH CARE WAS
SIGNIFICANTLY ASSOCIATED WITH UNMET BASIC NEEDS
(P<.05)**



- Baseline data suggests access to mental healthcare and other social determinants are not being met
- Demonstrates true need for competent mental healthcare
- Accessing physical healthcare is not enough



Limitations



- Recruitment from public venues and social media is not entirely representative of TGMY
- Behaviors are self-reported through CASI software
 - Qualitative vs. quantitative
- Limited understanding of gender fluidity and variance



- Additional follow up visits
- Protective factors
 - Social support, positive identity, community engagement
- Culturally-tailored interventions
- Affirmation

How has the TGMY community empowered you?

“by giving me power in my voice and assurance that my voice is valued and important.”

–Truth Participant



Acknowledgements

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- Youth Community Advisory Board
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Thank You!