Disclaimer

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Engaging and Linking Young MSM (Men Who Have Sex with Men) into Health Care

Dwayne Steward
October 8, 2015
Continuing Medical Education Disclosure

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- **Current Position:** Community Engagement Coordinator | The Fenway Institute
- **Disclosure:** No relevant financial relationships. Presentation does not include discussion of off-label products.

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Learning Objectives

1. Summarize the state of health care among young MSM in the United States.
2. Describe the intersections of race, stigma, and health equity and its importance as it relates to community engagement and LTC.
3. Discuss importance of cultural competency and identify best practices for linking, engaging, and retaining young MSM in health care.
4. Describe evidence-based examples of successful community engagement and LTC within young MSM populations.
What’s in a word?
Terms Overview

- Lesbian
- Gay
- Bisexual
- Transgender
- Queer
- Questioning
- Intersex
- Asexual
- Ally

- MSM
- Bisexual
- Gay
- Heterosexual MSM
- Transgender MTF – not MSM!
Sexual Orientation

▪ Sexual orientation: how a person identifies their physical and emotional attraction to others

▪ Desire

▪ Behavior:
  ▪ Men who have sex with men- MSM (MSMW)
  ▪ Women who have sex with women- WSW (WSWM)

▪ Identity:
  ▪ Straight, gay, lesbian, bisexual, queer--other
Health Disparities Among MSM

“LGBTQ YOUTH WHO EXPERIENCE FAMILY AND CAREGIVER REJECTION ARE MOST AT RISK FOR SERIOUS HEALTH PROBLEMS IN ADULTHOOD.”
Question: Which of the following health disparities have not been found among young MSM?

- HIV
- Substance use
- Respiratory illness
- Homelessness
- Suicide risk
Health Disparities: HIV

Estimated New HIV Infections among MSM

2009-2013

CDC, 2013
Health Disparities: HIV

- African Americans make up more than half of PLWHIV
- MSM of color are still the population with the highest infection rates in the US
- “By the time a Black gay man reaches age 20, he stands a roughly one-in-eight chance of being infected with HIV. By age 40, the odds reach an astonishing 60%”
Youth Continuum of HIV Care

Of all with HIV infection, 74,500 individuals do not have suppressed HIV RNA (94%)

More new HIV infections (4,800) occurred among young African American gay and bisexual men (aged 13-24) than any other subgroup of gay and bisexual men

- Infected: 78,949 (100%)
- Diagnosed: 31,979 (60%)
- Linked: 19,824 (40%)
- Retained: 8,723 (25%)
- Suppressed: 4,449 (11%)

AIDS PATIENT CARE and STD's Volume 29, Number 3, 2014
Health Disparities: Suicide

Suicide is the 2nd leading cause of death among young people ages 10 to 24.

- LGB youth are 4 times more likely, and questioning youth are 3 times more likely, to attempt suicide as their straight peers.
- Nearly half of young transgender people have seriously thought about taking their lives, and one quarter report having made a suicide attempt.
- LGB youth who come from highly rejecting families are 8.4 times as likely to have attempted suicide as LGB peers who reported no or low levels of family rejection.
- Suicide attempts are nearly two times higher among Black and Hispanic youth than White youth.
Health Disparities: Homelessness

- 40% of the homeless youth served by agencies identify as LGBT
- 43% of clients served by drop-in centers identified as LGBT
- 30% of street outreach clients identified as LGBT
- 30% of clients utilizing housing programs identified as LGBT
- In some major cities 60% of the homeless youth population identifies as LGBT
Health Disparities: Homelessness

Top five reasons why LGBT youth are homeless or at-risk of becoming homeless (n=381)

- Ran away because of family rejection of sexual orientation or gender identity: 46%
- Forced out by parents because of sexual orientation or gender identity: 43%
- Physical, emotional, or sexual abuse at home: 32%
- Aged out of the foster care system: 17%
- Financial or emotional neglect from family: 14%
Health Disparities: Alcohol/Drug Abuse

- 25 percent of gay and transgender people abuse alcohol, compared to 5 to 10 percent of the general population, according to SAMHSA (Substance Abuse Mental Health Services Administration)
- MSM are 3.5 times more likely to use marijuana than men who do not have sex with men
- MSM are also 12.2 times more likely to use amphetamines than men who do not have sex with men
- MSM are also 9.5 times more likely to use heroin than men who do not have sex with men
- These statistics are much higher among LGBT youth
Health Disparities: Access to Care

- Table 2: Health care professionals refused to touch me or used excessive precautions
- Table 4: Health care professionals blamed me for my health status
- Table 3: Health care professionals used harsh or abusive language
- Table 5: Health care professionals were physically rough or abusive
Health Disparities: Access to Care

Center For American Progress
“How to Close the LGBT Health Disparities Gap”

% of adults delaying or not seeking health care

- African-American heterosexual: 21%
- Asian or Pacific Islander heterosexual: 12%
- Latino heterosexual: 13%
- White heterosexual: 28%
- African-American LGB: 31%
- Asian or Pacific Islander LGB: 29%
- Latino LGB: 22%
- White LGB: 21%

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Question: How would you rate your organization’s current linkage to care (LTC) and community engagement efforts for young MSM?

- A: Poor
- B: Fair
- C: Good
- D: Excellent
- E: Not applicable
Principles of Community Engagement

- Set Clear Goals
- Learn About Community
- Develop Cultural Competency
- Foster Transparency
- Build Partnerships and Trust
- Provide and Promote Capacity Building
- Maintain a Long-Term Commitment
Community Involvement

- The community must inform your strategic plan
- Schedule regular community conversations
  - Art of Hosting: [www.artofhosting.org](http://www.artofhosting.org)
- Community Advisory Boards
- Stakeholder relationship building
Consequences of Poor Community Engagement

- Mistrust
- Tokenism
- Duplication of efforts
- “Echo Chamber”
- Poor recruitment/retention
Clinicians love data and evidence, but communities love stories.

Community engagement requires telling a compelling story.
Health Equity & Cultural Humility

“POVERTY IS NOT AN ACCIDENT. LIKE SLAVERY AND APARTHEID, IT IS MAN-MADE AND CAN BE REMOVED BY THE ACTIONS OF HUMAN BEINGS.” -Nelson Mandela
Cultural Competency Defined

Culture is often described as the combination of a body of knowledge, a body of belief and a body of behavior. It involves a number of elements, including personal identification, language, thoughts, communications, actions, customs, beliefs, values, and institutions that are often specific to ethnic, racial, religious, geographic, or social groups. For the provider of health information or health care, these elements influence beliefs and belief systems surrounding health, healing, wellness, illness, disease, and delivery of health services. The concept of cultural competency has a positive effect on patient care delivery by enabling providers to deliver services that are respectful of and responsive to the health beliefs, practices and cultural and linguistic needs of diverse patients.
Health Equity Should Be The Goal

- Racial Justice ≠ Diversity
  - (Diversity = Variety)

- Racial Justice ≠ Equality
  - (Equality = Sameness)

- Racial Justice = Equity
  - (Equity = Fairness, Justice)
Equality vs. Equity
Causes of Health Disparity

- Health services
- Employment/working conditions
- Education and literacy
- Physical environments
- Social support networks
- Personal health practices and coping skills
- Social environments
- Healthy child development
- Biology and genetic endowment
- Culture
- Financial and social status
- Gender
Linkage to Care

No. 1 Rule of Successful LTC

“You treat a disease, you win, you lose.
You treat a person, I guarantee you, you’ll win, no matter what the outcome.”

- Patch Adams
Meet Their Needs & They’ll Meet Yours!

**Maslow’s Hierarchy of Needs**

- **Physiological Needs**
  - Breathing, food, water, sex, sleep, homeostasis, excretion

- **Safety Needs**
  - Physical security, interpersonal security
  - Security of: body, employment, resources, morality, family, health, property

- **Love and Belonging**
  - Friendship, family
  - Sexual intimacy

- **Esteem**
  - Self-esteem, social-esteem
  - Recognition, respect, achievement

- **Self-actualization**
  - Realize potential, activate capacities

**Frustration-Regression Principle**

If a higher level need remains unfulfilled, the person might regress to lower level needs that appear easier to satisfy.
Holistic Health

Your individual wellness

Spiritual
- Spiritual wellness is a process of understanding beliefs, values, and ethics that help guide your life. Whatever your preferred approach, spending time asking and exploring your spiritual life can be an important part of your overall wellbeing.

Emotional
- Maintaining a healthy emotional life is important to overall health. Some ways to stay emotionally healthy are to manage your stress level, stay on top of school work, get eight hours of sleep, ask for help, or see a therapist at the Counseling Center.

Financial
- Financial wellness means taking steps to live within your financial means and living in, and planning for, future financial health. You can do this by planning financially, creating a budget, and learning to be a good consumer.

Intellectual
- Intellectual wellness means staying curious and engaged in learning new things. Engage in creative activities. Read for pleasure, be aware of social and political issues, or join a club that focuses on enhancing intellectual interests.

Environmental
- Environmental wellness means taking care of your global environment and your personal surroundings. De-cluttering your room, recycling your trash or volunteering to clean up your environment can improve health for all.

Social
- Social wellness involves having a strong social network can give you support and guidance when you are stressed or need stress relief. Additionally these relationships can aid in the development of healthy relationships.

Physical
- Physical wellness involves moving your bodies (exercise), eating well balanced meals (nutrition), sleeping, managing stress, receiving preventative medical and dental care, and getting sexual health screenings when you become sexually active.
Holistic Engagement

- Treating the “whole” person is crucial
- Sometimes family engagement is necessary
  - Many MSM don’t feel safe at home
  - Family rejection increases risk
- Housing is Healthcare
Intersectionality

- The interconnected nature of social categorizations such as race, class, and gender as they apply to a given individual or group, regarded as creating overlapping and interdependent systems of discrimination or disadvantage
  - Oxford English Dictionary
Strategic Preparation is Key

- Staff training
  - From the front desk to the CEO
- Find out where they are. (Then go there!)
- Youth/MSM friendly spaces
- Community inclusion from planning to implementation
Questions that youth may instantly ask themselves

- OMG is everyone here positive.
- I THINK that’s my cousin’s baby father’s little sister at the front desk.
- GOSH why is it taking so long?
- Will everyone know?
- What will they think of me?
- This is WAAAAY too much!
- They are going to judge me.
- I need to get out of here

"In Multicultural society like ours, the issue of belonging is especially important. One of the first issues for an adolescent walking through the door or even thinking about trying a community program is whether he or she can belong to this group of people."

-Eccles & Gootman
Unprecedented Partnerships

- LGBTQ Youth Groups
- Organizations serving homeless youth
- Sex workers/human trafficking advocacy groups
- LGBT fraternities
- Open and affirming churches
- Ballroom Community
Community Tailored Marketing Strategies

- **testing makes us STRONGER**
- **EVERYBODY HAS AN HIV STATUS. WE ARE ALL HIV EQUAL.**
- **COME VISIT US!**

Greater Columbus Mpowerment Center
social events + testing + counseling
1780 E. Broad St. Columbus, Ohio 43203 + 614.926.4132
WWW.ARCOHIO.ORG/GCMC
What Success Looks Like

IMPROVING LGBTQ HEALTHCARE
A COMMUNITY CONVERSATION

Participate in a community conversation around the healthcare of lesbian, gay, bisexual, transgender, queer, and questioning communities, and provide input that will shape Columbus Public Health’s new LGBTQ Health initiative.

KEYNOTE SPEAKER:
Dr. Beth T. Tranen, DO
Briggs Road Medical Center

WHEN:
Wednesday, March 26, 2014
6:30 - 8:30 p.m.

WHERE:
Columbus Public Health
Auditorium
240 Parsons Ave
Columbus, Ohio 43215

REFRESHMENTS PROVIDED

QUESTIONS? Contact LGBTQ Health Advocate
Dwayne Steward at 614-645-1483 or
dwayne.steward@columbus.gov for more information

Photo credit: CC BY 2.0/Mark from Noro, Flickr

COLUMBUS PUBLIC HEALTH
240 Parsons Ave, Columbus, OH 43215
www.publichealth.columbus.gov

NATIONAL LGBT HEALTH
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What Success Looks Like
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Dr. Beth T. Tranen, DO
Briggs Road Medical Center

WHEN:
Wednesday, March 26, 2024
6:30 - 8:30 p.m.

WHERE:
Columbus Public Health Auditorium
240 Parsons Ave
Columbus, Ohio 43215

REFRESHMENTS PROVIDED

QUESTIONS? Contact LGBTQ Health and Outreach at 614-645-1463 or contacts@healthcolumbus.org for more information.

COMING OUT & KEEPING THE FAITH
AN EVENT FOR YOUTH & FAITH LEADERS

HEALTH INSURANCE ASSISTANCE FOR LGBT YOUTH
Getting insurance through the marketplace can help protect you from unexpected healthcare costs.

THURSDAY, JANUARY 19
5:30 - 8:00 p.m.

COLUMBUS PUBLIC HEALTH
Auditorium
240 Parsons Ave
Columbus, Ohio 43215


TUESDAY, OCTOBER 14TH 5:30-8PM. AT THE GREAT HALL
6 NORFOLK STREET CODMAN SQUARE HEALTH CENTER DORCHESTER

For more info contact: youthlab@fenwayhealth.org. Public transit: Buses 22, 23, 26, 43 or Red Line to Shawmut

NATIONAL LGBT HEALTH EDUCATION CENTER
A PROGRAM OF THE FENWAY INSTITUTE
What Success Looks Like

IMPROVING LGBTQ HEALTH
A COMMUNITY CONVERSATION

Participate in a community conversation about the healthcare of lesbian, gay, bisexual, transgender, queer and questioning communities and help shape Columbus Public Health’s queer LGBTQ Health initiative.

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Photo credit: Courtesy of Nievre. Biko.com

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COMING & KEEPING COMING
AN EVENT FOR YOUTH & FAITH

HEALTH INSURANCE Assistance for Those in a Non-Registered Partnership

Getting insurance through workplace can help protect you from preventative care. Be sure to file early when they may be beneficial.

THURSDAY, JANUARY 30
5:30 - 8:00 p.m.

COLUMBUS PUBLIC HEALTH Auditorium
240 Parsons Ave
Columbus, Ohio 43215

RSVP:
Pre-register with an enrollment card at

COLUMBUS PUBLIC HEALTH
240 Parsons Ave, Columbus, OH 43215
www.columbuspublichealth.org

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"Blackbird" Boston Film Screening

Thursday, July 30 • 6–9 P.M.
Hibernian Hall, 184 Dudley St., Boston

EVENT PROGRAM:
Reception: 6 p.m.
Screenings: 6:30–8 p.m.
Discussion: 8–9 p.m.

Attend the Boston film screening of "Blackbird," a drama starring Academy Award winner McVicar and directed by Patrik Ian Polk. Witness the coming-of-age story of Randy, a devout high school choirboy, as he struggles with his sexuality and family ties while living in his conservative Mississippi town.

This event will also feature a lively discussion on issues affecting LGBTQ communities of color, including HIV prevention.

Light refreshments will be served.

FREE & OPEN TO THE PUBLIC
RSVP REQUIRED: fenwayhealth.org/blackbird-screening

Sponsored by the Multicultural AIDS Coalition

Questions? Contact Dwayne Steward at 857.315.6630 or dsteward@fenwayhealth.org.
PrEP & Community Engagement

WHAT IS PrEP? AND IS IT FOR ME?

A RECEPTION & COMMUNITY FORUM

Join us for a community forum about PrEP - a daily HIV prevention medication.

Fenway’s Dr. Ken Mayer will provide a “PrEP 101” overview and then we’ll hear from a panel of community members about their experiences with PrEP.

Food, fun and a special appearance by the Boston Sisters of Perpetual Indulgence!

PrEP Education Event Series

Let’s Talk About PrEP (Baby!)
September 25 • 5:30–8 p.m.
Harriet Tubman House
United South End Settlements
566 Columbus Ave., Boston

A New Day. A New Fight. Preventing HIV in LGBTQ Communities of Color
October 15 • 5:30–8 p.m.
Whittier Street Health Center
Room 202, 1290 Tremont St., Boston

What’s the latest news about PrEP, a daily HIV prevention medication?

Join us for a community forum about the newly discovered benefits of PrEP, ways to get involved in the Fenway Institute’s research efforts, and insight on how we can better engage LGBTQ communities of color in HIV prevention and research.

Questions?
Contact Dwayne Steward at 857.313.6630 or dsteward@fenwayhealth.org.

FREE & OPEN TO THE PUBLIC

RSVP PREFERRED: fenwayhealth.org/prep-ed
What You Can Do Today!

- Send staff to conferences
  - Creating Change, Philadelphia Transgender Health Conference, GLMA Annual Conference
- Culturally competent magazines/posters in waiting room
  - The Advocate, OUT Magazine, Swerv Magazine
- Sponsor local LGBT events
- Health care navigators
  - Cut the red tape!
Conclusion

“Start where you are. Use what you have. Do what you can.”
— Arthur Ashe
National LGBT Health Education Center: Youth Resources

- Waiting room posters and brochures for young patients
  - [www.lgbthealtheducation.org/publications](http://www.lgbthealtheducation.org/publications)
- Webinars on LGBTQ youth
  - [www.lgbthealtheducation.org/training/on-demand-webinars](http://www.lgbthealtheducation.org/training/on-demand-webinars)
- Learning Module on LGBTQ youth
  - [www.lgbthealtheducation.org/training/learningmodules](http://www.lgbthealtheducation.org/training/learningmodules)
Resources for Youth

- Peer Listening Line: 617-267-2535 (toll free 800-399-PEER)
- GLBT National Help Center’s Youth Talkline: 800-246-PRIDE (7743)
- Safe Homes Project: 800-621-HOPE (4673)
- Llámanos Sexual Assault Hotline: 800-223-5001
- National Runaway Safeline: 800-786-2929, [www.1800runaway.org](http://www.1800runaway.org)
- Trevor Project’s Lifeline: 866-488-7386, [www.thetrevorproject.org](http://www.thetrevorproject.org)
- Gay-Straight Alliance: [www.gsanetwork.org](http://www.gsanetwork.org)
Resources for Families

- TransYouth Family Allies: [www.imatyfa.org](http://www.imatyfa.org)
- Parents and Friends of Lesbians and Gays (PFLAG): [www.pflag.org](http://www.pflag.org)
- Family Acceptance Project: [familyproject.sfsu.edu](http://familyproject.sfsu.edu)
Resources on Community Engagement

- NIAID (2009): Recommendations for Community Involvement in NIAID HIV/AIDS Clinical Trials Recruitment
- AVAC: www.avac.org
Resources on Disparities

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