Adolescent Treatment and Recovery, Part 5: The Healing Power of Belonging

Healing Power of Belonging
More Than Inclusion for Trans and Nonbinary Clients in Treatment

Presented By:
Beck Gee-Cohen MA CADC-II
Jordan Held LCSW
Visions Teen
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Introductions

VISIONS ADOLESCENT TREATMENT CENTERS
Comprehensive clinically-based treatment option for teens and families.
- Primary Residential Mental Health
- Primary Residential Dual Diagnosis
- Intensive Care Housing
- PHP & IOP
- Visions Day School
- LGBT+ ED, Trauma Specific Programming
- Specialty Clinics (All Ages)

Belonging

- What does belonging mean?
- Where have you not belonged? Feeling?
- Where have you belonged? Feeling?
- How do you foster belonging in others?
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More on Privilege

Do you ever fear that you will receive verbal abuse, physical intimidation, or be arrested when you use a public restroom?

Has any medical provider asked about your genitals when you came in for a cold?

Have you ever had to disclose your gender identity and/or sexual orientation when you did not want to?

How else could cisgender/heterosexual privilege show up in your work?

Confidentiality

- Confidentiality is crucial for many LGBTQ+ people
- Framing confidentiality as SAFETY

- Disclosing confidential information could expose them to:
  - Abuse, rejection, increased negative mental health outcomes, homelessness
  - Always get written and/or verbal consent from youth before disclosing identity to teachers, family, etc.
Importance of Asking and Listening

LGBTQ folks all have different ways of identifying

What is our job?
To Affirm

Terms are changing and that is a good thing

We do not need to be keepers of language and identity

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Pronouns

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<th>Objective</th>
<th>Pronoun Reference</th>
<th>Pronoun Reference</th>
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Why pronouns matter

How to introduce yourself

How to correct yourself

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SINGULAR THEY

- They has been in consistent use as a singular pronoun since the late 1300s.
- People have used singular ‘they’ to describe someone whose gender is unknown for a long time.
  Example: “The student left their umbrella in the office”
- The nonbinary use of ‘they’ is relatively new.
  Example: “This is my friend, Chris. I met them at work.”
WHY LANGUAGE MATTERS

DEATH BY A THOUSAND PAPERCUTS

Gender & Sexuality 101

Sex Designated at Birth

The physical structure of one's reproductive organs that is used to assign sex at birth. Natal sex is determined by chromosomes, hormones and internal and external genitalia. Given the potential variation in all of these, biological sex must be seen as a spectrum or range of possibilities rather than a binary set of two options.
Gender Identity

An individual’s internal sense of being male, female, both, neither, or something else. Since gender identity is internal, one’s gender identity is not necessarily visible to others.

- Cisgender
- Transgender
- Agender
- NonBinary

THIRD GENDER & NON BINARY ACROSS THE WORLD

This is not a new concept.

HISTORY OF TRANS PEOPLE

Importance of a past.
TRANS PEOPLE IN SPORT

Health for Everyone

TRANSGENDER REPRESENTATION IN MEDIA

Possibility Models

Gender Presentation

The way in which someone outwardly expresses themselves to the world

Binary Drag Androgynous

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**Gender Identity vs Gender Expression**

How does gender look?

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**Sexual Orientation & Sexual Identity**

Orientation describes a person's emotional and/or physical attraction to people of the same gender and/or a different gender and/or both.

Sexual Identity describes the label that people adopt to signify to others who they are as a sexual being, particularly regarding sexual orientation.

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**Queer**

- Attracted to People of Many Genders
  - Although dominant culture tends to dictate that there are only two genders, gender is actually far more complex. Queer can be a label claimed by a person who feels that they personally don’t fit into dominant norms, due to their own gender identity/expression, their sexual practices, their relationship style, etc.

- Not Fitting Cultural Norms Around Sexuality or Gender
  - Queer can be a label claimed by a person who feels that they personally don’t fit into dominant norms, due to their own gender identity/expression, their sexual practices, their relationship style, etc.

- Non-Heterosexual
  - Queer is sometimes used as an umbrella term to refer to all people with nonheterosexual sexual orientations or all people who are marginalized on the basis of sexual orientation.

- Transgressive, Revolutionary, Anti-Assimilation
  - Challenging the status quo. Many people claim the label queer as a badge of honor that has a radical, political edge.
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Elements of Disclosure

- Code Switching
- Repetition of Coming Out
- Issues of safety and security
- Fear of rejection or experience of rejection
- Sense of responsibility about having to educate others about trans identity
- Fear of or reality of abandonment

Coming Out

- What some people think my transition is like:
- What I ACTUALLY was:

So What is Gender?

BIO
- Physical Changes
- Hormones
- Surgery

SOCIAL
- Relationships
- Institutions
- Connections

PSYCH
- Mental Health
- Internal
- Emotional

SPIRITUAL
- Bigger Picture
- Connection
- Whole Being
GENDER DYSPHORIA

DSM- 5

- Change from Gender Identity Disorder (DSM-4) to Gender Dysphoria
- Historically a barrier to care (still can be)
- Used for accessing care & services through insurance
- Receiving “diagnosis” may be pathologizing and stigmatizing

Gender Dysphoria Diagnosis

Persistent
Does the young person have hx of identifying as their stated gender for greater than 6 months

Consistent
Does the young person identify as their stated gender across situations and time

Insistent
Does young person emphatically assert their identified gender

Transition Experiences
There is no correct pathway to transition

Reversible
Puberty Blockers

Partially Reversible
Phenotypic transition using hormones (feminization or masculinization)
Gender affirming surgeries (GAS)
**Affirming Faculty & Clinicians:**

- Cultivate self-acceptance
- Support Authenticity
- Recognize all gender identities and expressions as valid and normal
- Understand that gender is not a deviation from "normal"
- Knows that gender is not something to be "changed"

**What's in Your Space?**

- LGBTQ+ books
- Art by LGBTQ+ artists
- Visual representation
- Dismantling the gender binary
- Teachable moments
- Pockets of Safety

**Belonging**

- Increased confidence and awareness that social supports exist
- Increased self-esteem
- Embracing intersectionality
- Improved psychological functioning due to increased empathy
- Empowerment and resilience due to increased resources
- Foster a sense of community

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Adolescent Treatment and Recovery Specialty Online Training Series

Upon completion of the six-part training series, individuals may apply for the Adolescent Treatment and Recovery Certificate. The certificate is free for NAADAC members.

Part 1: Framing the Conversation: Preventing Youth Substance Use in the Wake of COVID-19
Part 2: Your Choice Professional Development: Identifying Concealed Vaping, Marijuana, and Other Substances in Youth
Part 3: Working with LGBTQ Youth: Suicide and Substance Use Disorder
Part 4: Navigating Self and Other Regulation in Adolescent Co-Occurring Treatment
Part 5: The Healing Power of Belonging
Part 6: Pitfalls on the Road to Excellence in Counseling Adolescents

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Part Four: Substance Use Disorders (SUD) and Mood Disorders in Postpartum Women - Earn 1.5 CEs for $25
Part Five: The Lost Wisdom of Women: Reclaiming Our Recovery - Earn 1.5 CEs for $25
Part Six: Come On Get Happy: Women, Recovery, and Happiness - Earn 1.5 CEs for $25

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AN EXHIBIT HALL, SPECIAL EVENTS, NETWORKING OPPORTUNITIES,
AND SO MUCH MORE!

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