

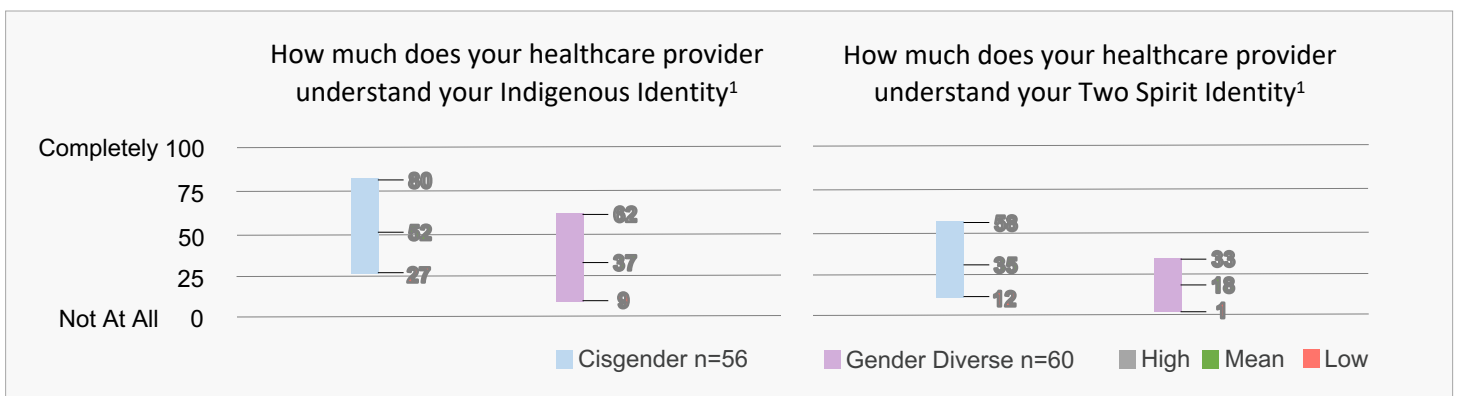
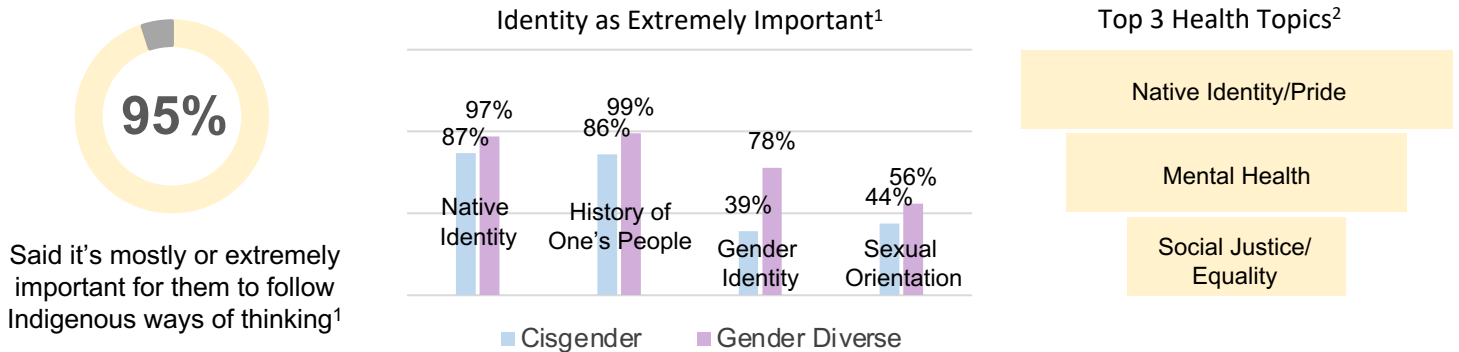
See Us. Stand With Us.

Results of the 2020 2SLGBTQ+ Pride and Connectedness Survey and Youth Tech Health Survey

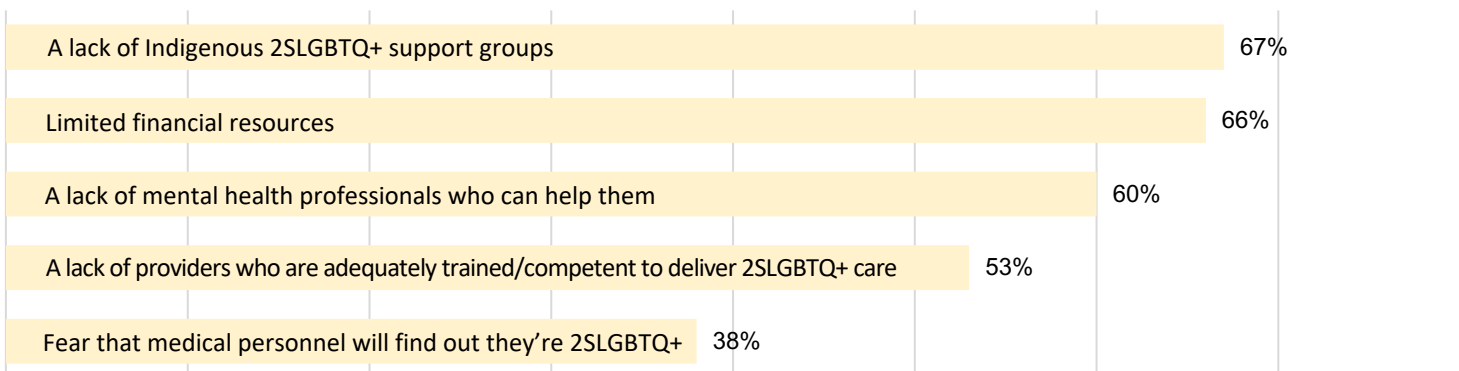
[Paths \(Re\)Membered](#) and [WeRNative](#) surveyed Indigenous Two Spirit (2S) and LGBTQ+ individuals about their overall health and wellbeing. The data revealed some actionable insights for healthcare providers.

Insights: Native identity is extremely important. Clinical encounters with Indigenous 2SLGBTQ+ patients require a different approach – one that values Indigeneity, respects culture, and seeks to integrate traditional Indigenous medicine and lifeways.

Actions: Learn about Indigenous and 2SLGBTQ+ identities. Familiarize yourself with support resources. Ask patients what role ceremonies and other traditional cultural activities play in their health and wellbeing. Ask about traditional Indigenous medicine and ways of thinking that may contribute to their health.



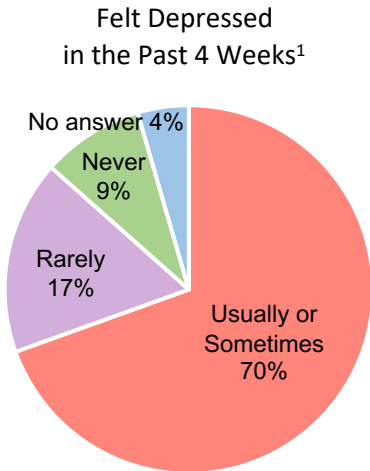
Barriers to Accessing Healthcare Due to Significant or Extreme Problems With..¹



1. 2SLGBTQ+ Pride & Connectedness Survey, 2020, Paths (Re)Membered/Northwest Portland Area Indian Health Board: n=223 American Indian and Alaska Native individuals who self-identify as 2SLGBTQ+ (ages 15-55) from across the U.S.
 2. Youth Health Tech Survey, 2020, WeRNative/Northwest Portland Area Indian Health Board: n=349 American Indian and Alaska Native teens and young adults (ages 15-24) from across the U.S.

Insights: Indigenous 2SLGBTQ+ individuals may have a history of depressive symptoms, suicidal ideation, and/or trauma due to intimate partner violence or abuse. They may also have mental health concerns associated with rejection and stigmatization of their gender diversity or sexual orientation.

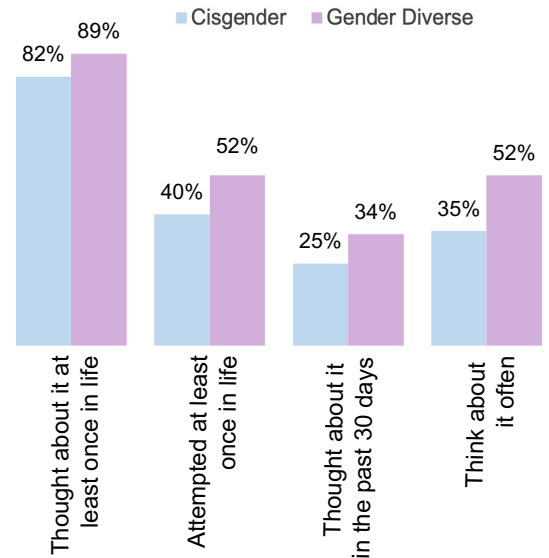
Actions: Affirm patients' gender diversity and sexual orientation. Ask what makes them feel healthy and strong, particularly within the context of their Indigenous identity. Discuss what builds their personal resilience. If clinically indicated, assess mental health and work with patients to develop a treatment plan appropriate to them. Refer to an affirming mental health professional or other resources, if indicated.



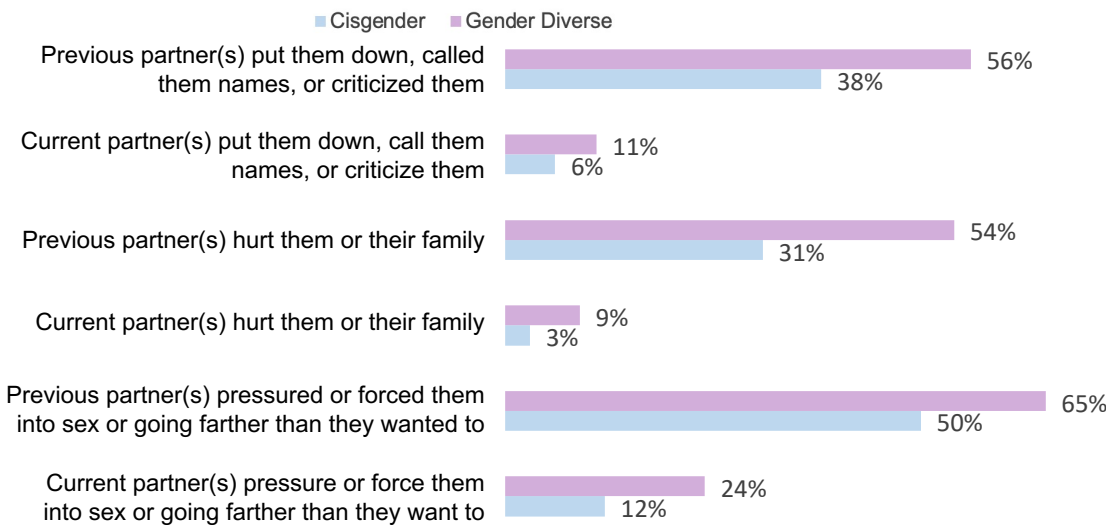
Suicidal Ideation/Attempts¹

123 / 223
Said they thought about suicide or wished they were dead in the past year

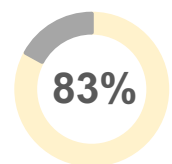
16 / 223
Said they attempted suicide in the past year



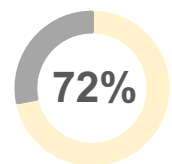
Intimate Partner Violence¹



Resilience¹



Said they sometimes or usually felt happy in the past month



Said they sometimes or usually felt hopeful in the past month

Gender Diverse LGBTQ+

- 63% 47% Most or all their family members don't know they're gender diverse or LGBTQ+
- 49% 40% Sometimes or usually have to stop associating with family because of their gender identity or sexual orientation
- 78% 67% Sometimes or usually pretend to be gender normative or "straight" to be accepted
- 51% 28% Usually hear that being transgender, gender diverse, or LGBTQ+ is not normal
- 33% 12% Sometimes or usually are denied access to traditional cultural activities because of their gender identity or sexual orientation



For you

Committed to providing better care for Indigenous 2SLGBTQ+ patients? Scan for more info & resources!



For patients