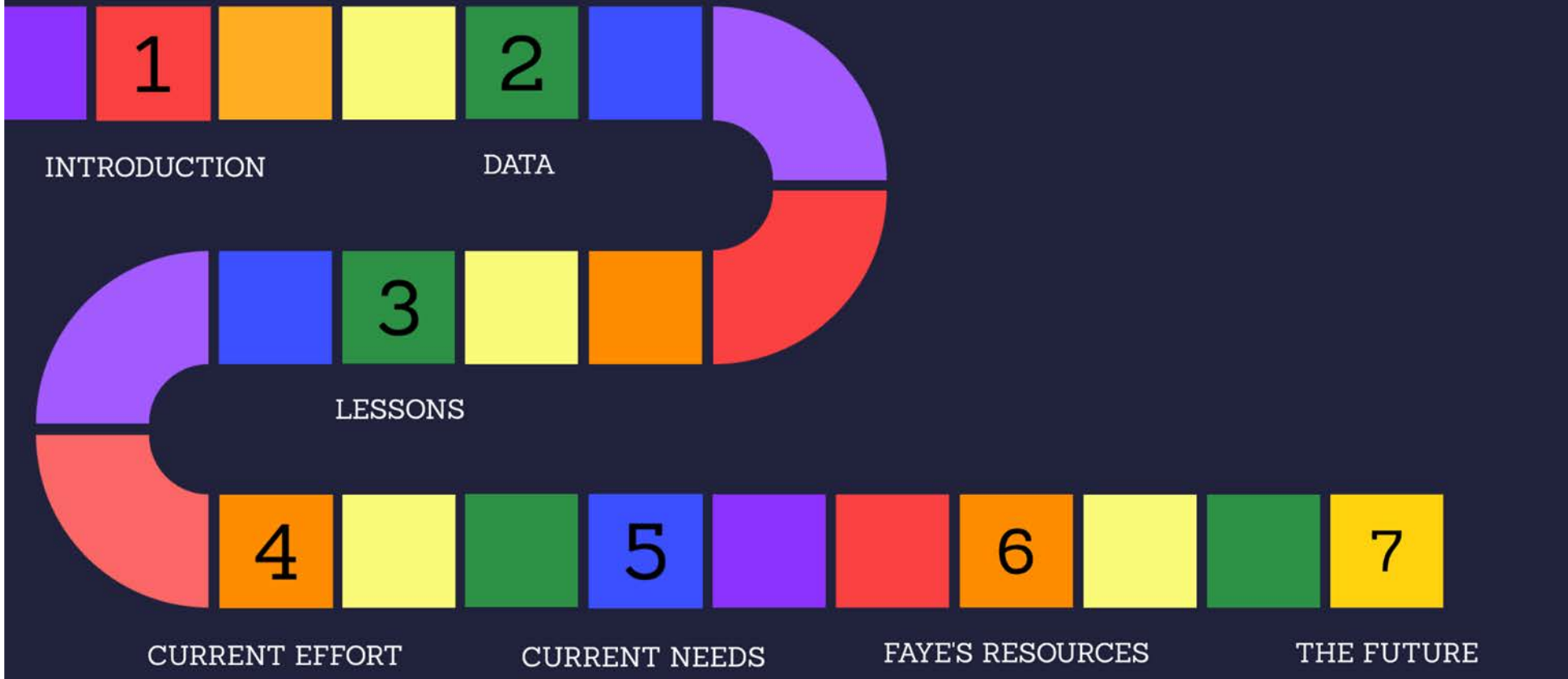


LGBTQ+ Health in North Dakota

and How to Get Involved



A Little About Faye Seidler



Her Connection to This Topic

- Life Long North Dakotan*
- Part of the LGBTQ+ Community
- Survivor of Suicide

Her Contributions to This Topic

- Improved BRFSS and YRBSS Data
- Researched School Outcomes
- CDC Grant Contributor
- Healthcare Coordinator
- Speaker/Writer/Trainer

Question 1

Question 2

Question 3



Press Esc to exit full screen

Ever Considered

LGBTQ+ 65% -  

Straight 22.1% -  

Made a Plan

LGBTQ+ 50.7% -  

Straight 16.8% -  

Attempted

LGBTQ+ 29.3% -  

Straight 7.5% -  



How Long Have We Had Access to This Data in North Dakota?

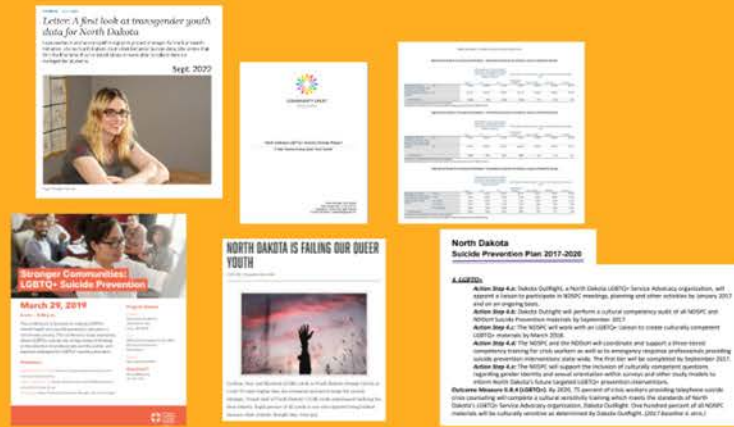
A: Just this Year

B: 2020-2023

C: 2017-2020

D: 2014-2017

E: 2011-2014



OPINION LETTERS

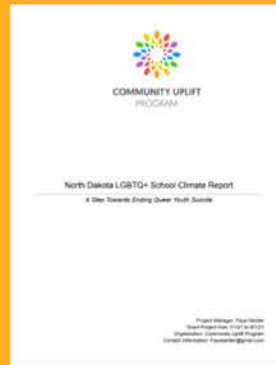
Letter: A first look at transgender youth data for North Dakota

Faye Seidler, Community Uplift Program's project manager for Harbor Health Initiative, shares North Dakota Youth Risk Behavior Survey data. She writes that this the first time they've asked about or were able to collect data on transgender students.

Sept. 2022



Faye Seidler



2019-2020 Report | ND Community Health Improvement Plan (CHIP) | 2019-2020

High School Grade 9-12 by Sexual Orientation - Unintentional Injuries and Violence: Injury to Drown & Suicide

Behavioral Risk Factor	Total	Gay, Bisexual, and Transgender	Percentage of Total	Percentage of Gay, Bisexual, and Transgender
Unintentional Injury to Drown	1,000	100	10%	10%
Suicide	2,000	200	10%	10%
Total	3,000	300	10%	10%

High School Grade 9-12 by Sexual Orientation - Unintentional Injuries and Violence: Injury to Drown & Suicide

Behavioral Risk Factor	Total	Gay, Bisexual, and Transgender	Percentage of Total	Percentage of Gay, Bisexual, and Transgender
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Stronger Communities: LGBTQ+ Suicide Prevention

March 29, 2019
8 a.m. – 4:30 p.m.

This conference is focused on making LGBTQ+ mental health and suicide prevention education a community priority. This conference raises awareness about LGBTQ+ suicide risk, brings research findings to the attention of professionals and the public, and explores strategies for LGBTQ+ suicide prevention.

Presenters

- Leslie Ayres, M.D., M.P.H., Director, Family Resilience Project at San Francisco State University
- Dr. J. Holleran, M.D., Scholar of Public Policy at the Williams Institute at the UCLA School of Law
- Chris English, Senior Training and Education Manager, The Trevor Project

Program Details

Location: Dorn, Healy & Mackay
1400 Grand St. SW
Fargo ND 58102

Cost: \$30 for 3rd Program Fee, 2019; \$40 General Admission; \$20 Students

Register: fargo.org/Program/DRFG

Questions? drdorn@fargo.org 701.271.1166

NORTH DAKOTA IS FAILING OUR QUEER YOUTH

CLUTSNE December 16th, 2018



Lesbian, Gay, and Bisexual (LGB) youth in North Dakota attempt suicide at a rate 58 times higher than the estimated national average for suicide attempts. Nearly half of North Dakota's LGB youth experienced bullying for their identity. Eight percent of all youth in our state reported being bullied because other students thought they were gay.

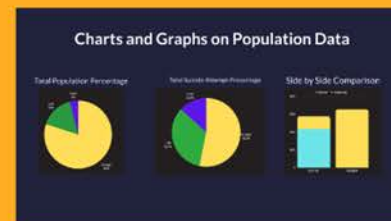
North Dakota Suicide Prevention Plan 2017-2020

4. LGBTQ+

- Action Step 4.a:** Dakota OutRight, a North Dakota LGBTQ+ Service Advocacy organization, will appoint a liaison to participate in NDSPC meetings, planning and other activities by January 2017 and on an ongoing basis.
 - Action Step 4.b:** Dakota OutRight will perform a cultural competency audit of all NDSPC and NDDoH Suicide Prevention materials by September 2017.
 - Action Step 4.c:** The NDSPC will work with an LGBTQ+ Liaison to create culturally competent LGBTQ+ materials by March 2018.
 - Action Step 4.d:** The NDSPC and the NDDoH will coordinate and support a three-tiered competency training for crisis workers as well as to emergency response professionals providing suicide prevention interventions state-wide. The first tier will be completed by September 2017.
 - Action Step 4.e:** The NDSPC will support the inclusion of culturally competent questions regarding gender identity and sexual orientation within surveys and other study models to inform North Dakota's future targeted LGBTQ+ prevention interventions.
- Outcome Measure II.B.4 (LGBTQ+).** By 2020, 75 percent of crisis workers providing telephone suicide crisis counseling will complete a cultural sensitivity training which meets the standards of North Dakota's LGBTQ+ Service Advocacy organization, Dakota OutRight. One hundred percent of all NDSPC materials will be culturally sensitive as determined by Dakota OutRight. (2017 baseline is zero.)

True or False: Regardless of High Suicidality in speciality populations efforts are better spent on general approaches?

Answer: It's entirely the wrong question, but so often folks will make determinations excluding minority populations



Those Lost in General Approaches

Ever Considered



Made a Plan

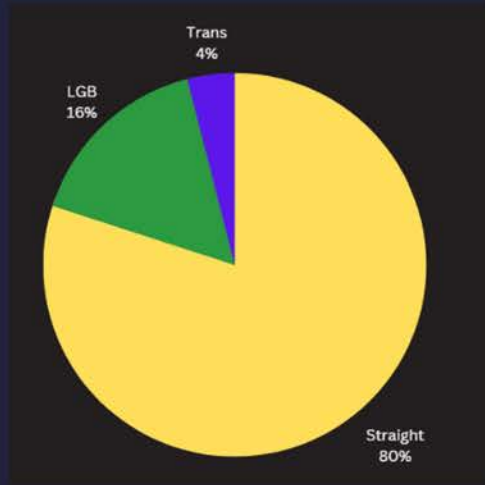


Attempted

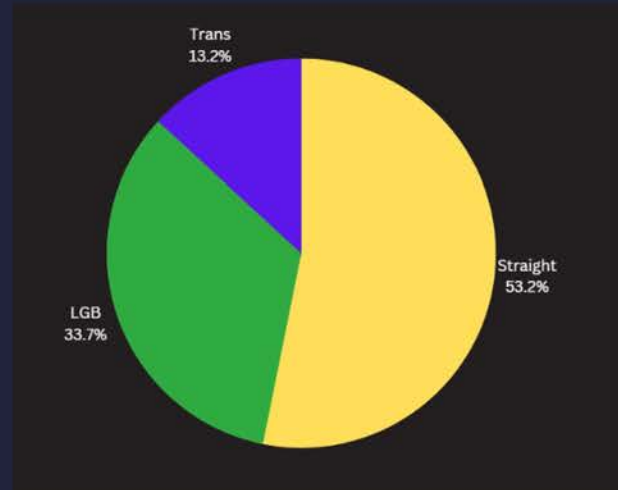


Charts and Graphs on Population Data

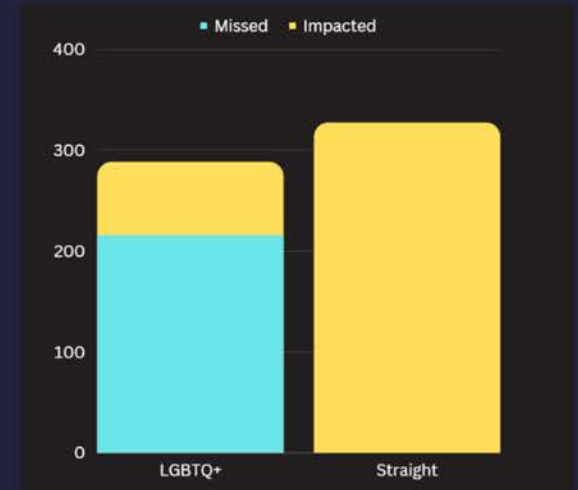
Total Population Percentage



Total Suicide Attempt Percentage



Side by Side Comparison



STATE DATA

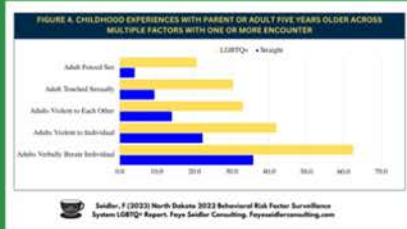
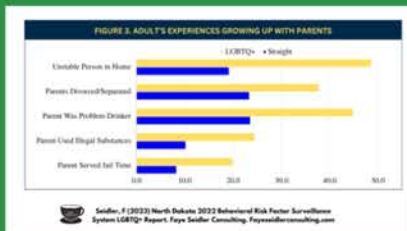
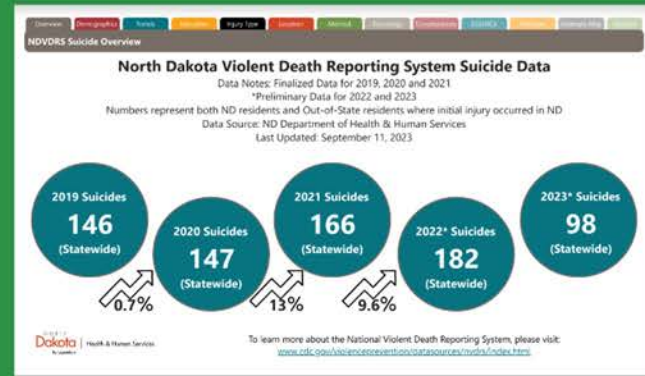
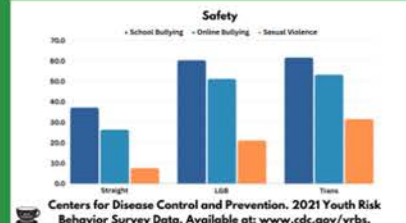
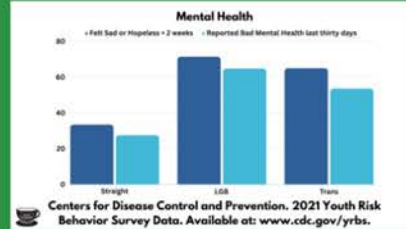
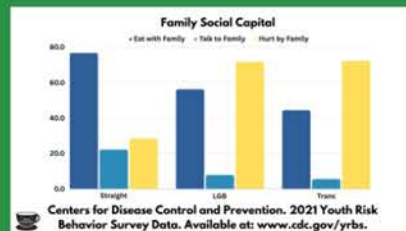


Table 5. Mental Health Outcomes

Questions	LGBTQ+	Straight
Field Has Depressive Disorder	53.2%	19.6%
Has Difficulty Concentrating	30.9%	9.6%
Bad Mental Health - More Than 1 Day in Month	72.6%	37.3%
Unable to Enjoy Activities - More Than 1 Day in Month	70.6%	39.8%
Intentionally Harmed by Another	9.0%	1.9%
Been to Dentist Within 12 Months	96.8%	98.0%
Sleep More Than 7+ Hours	31.0%	68.6%

Saifon, F. (2022) North Dakota 2022 Behavioral Risk Factor Surveillance System LGBTQ+ Report. Page Saifon Consulting. Report@saifonconsulting.com



CHILDREN & ADOLESCENTS (AGED 0-18)

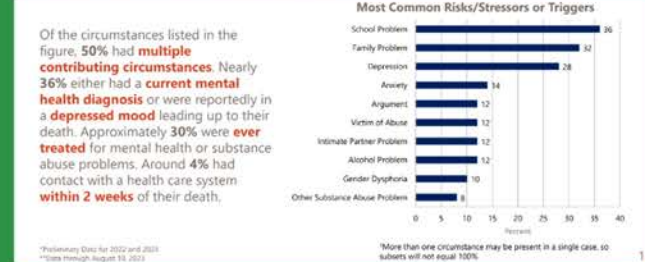
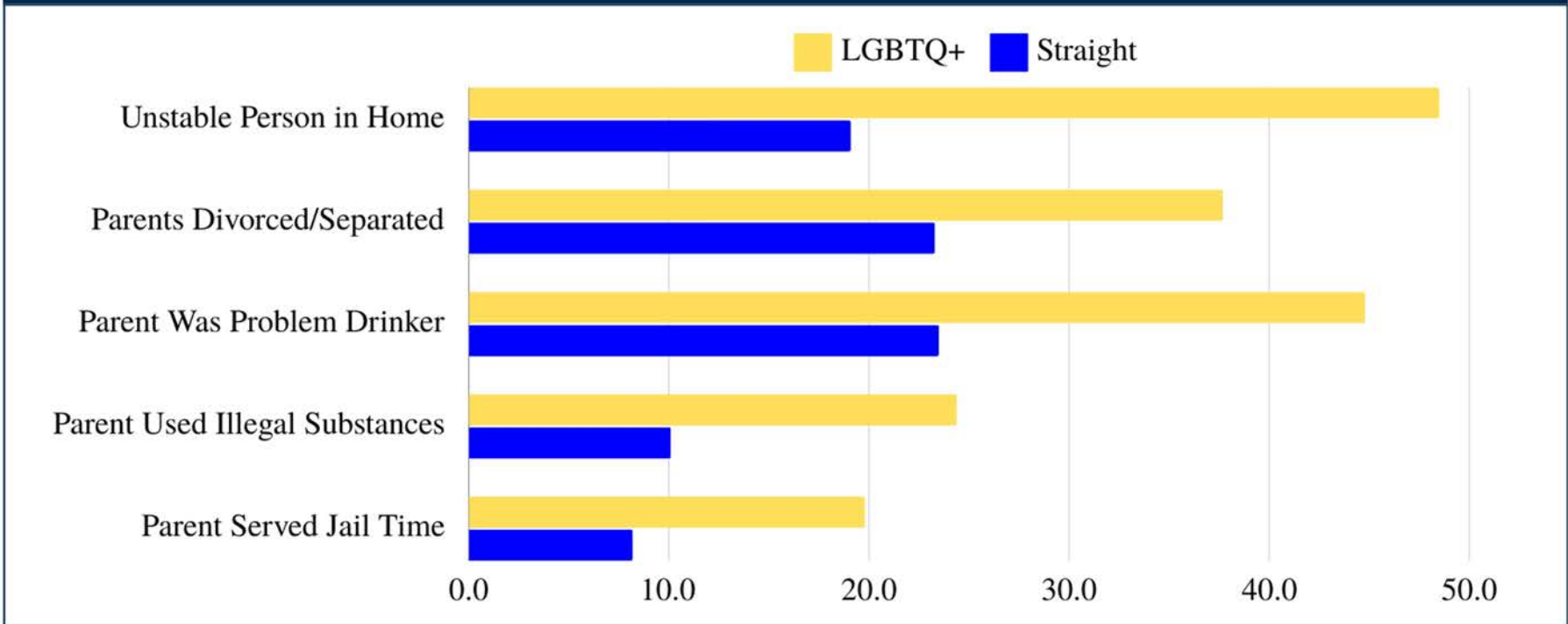
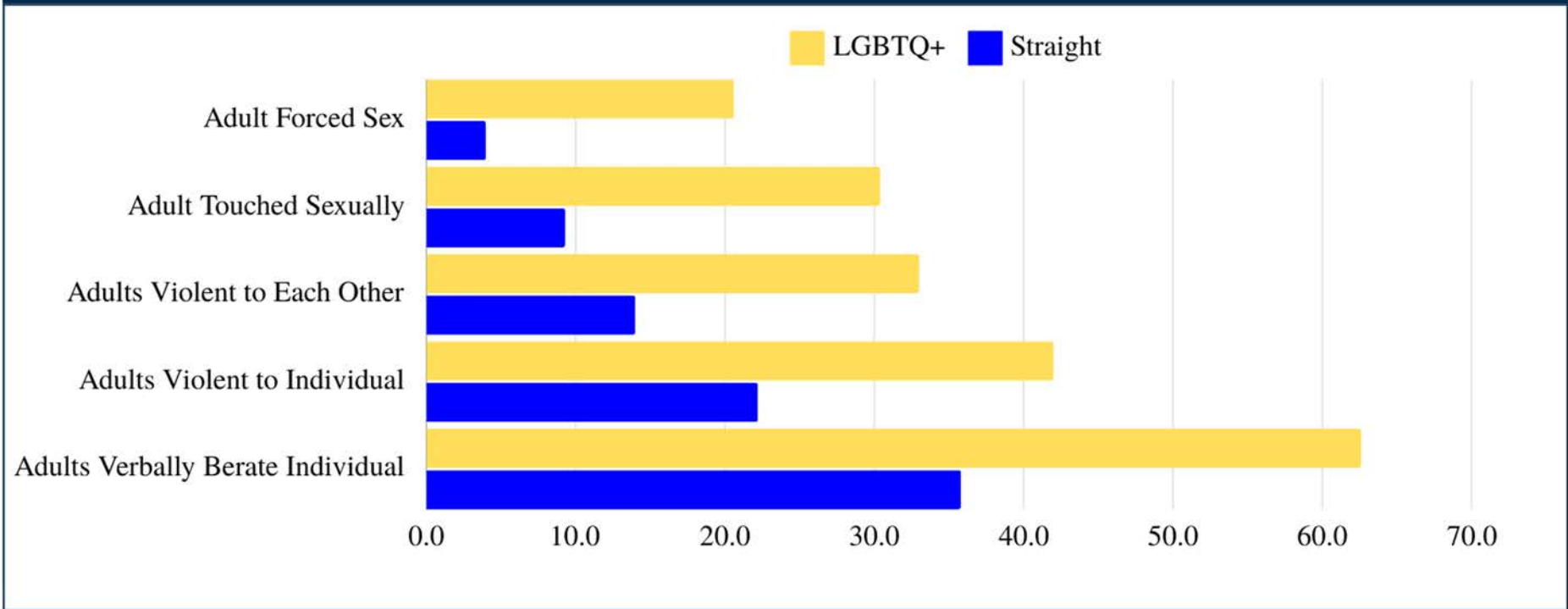


FIGURE 3. ADULT'S EXPERIENCES GROWING UP WITH PARENTS



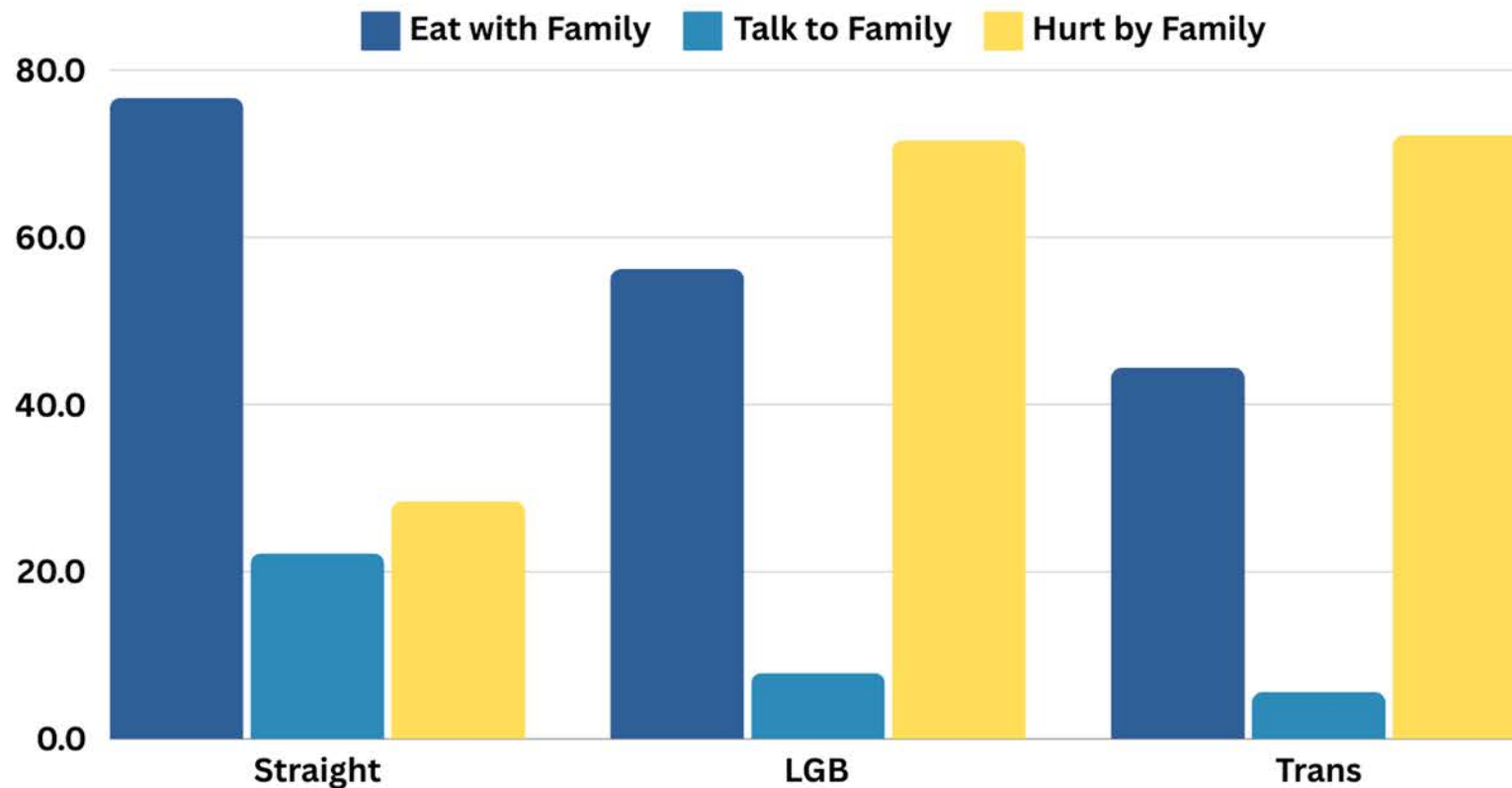
Seidler, F (2023) North Dakota 2022 Behavioral Risk Factor Surveillance System LGBTQ+ Report. Faye Seidler Consulting. Fayeseidlerconsulting.com

FIGURE 4. CHILDHOOD EXPERIENCES WITH PARENT OR ADULT FIVE YEARS OLDER ACROSS MULTIPLE FACTORS WITH ONE OR MORE ENCOUNTER



Seidler, F (2023) North Dakota 2022 Behavioral Risk Factor Surveillance System LGBTQ+ Report. Faye Seidler Consulting. Fayeseidlerconsulting.com

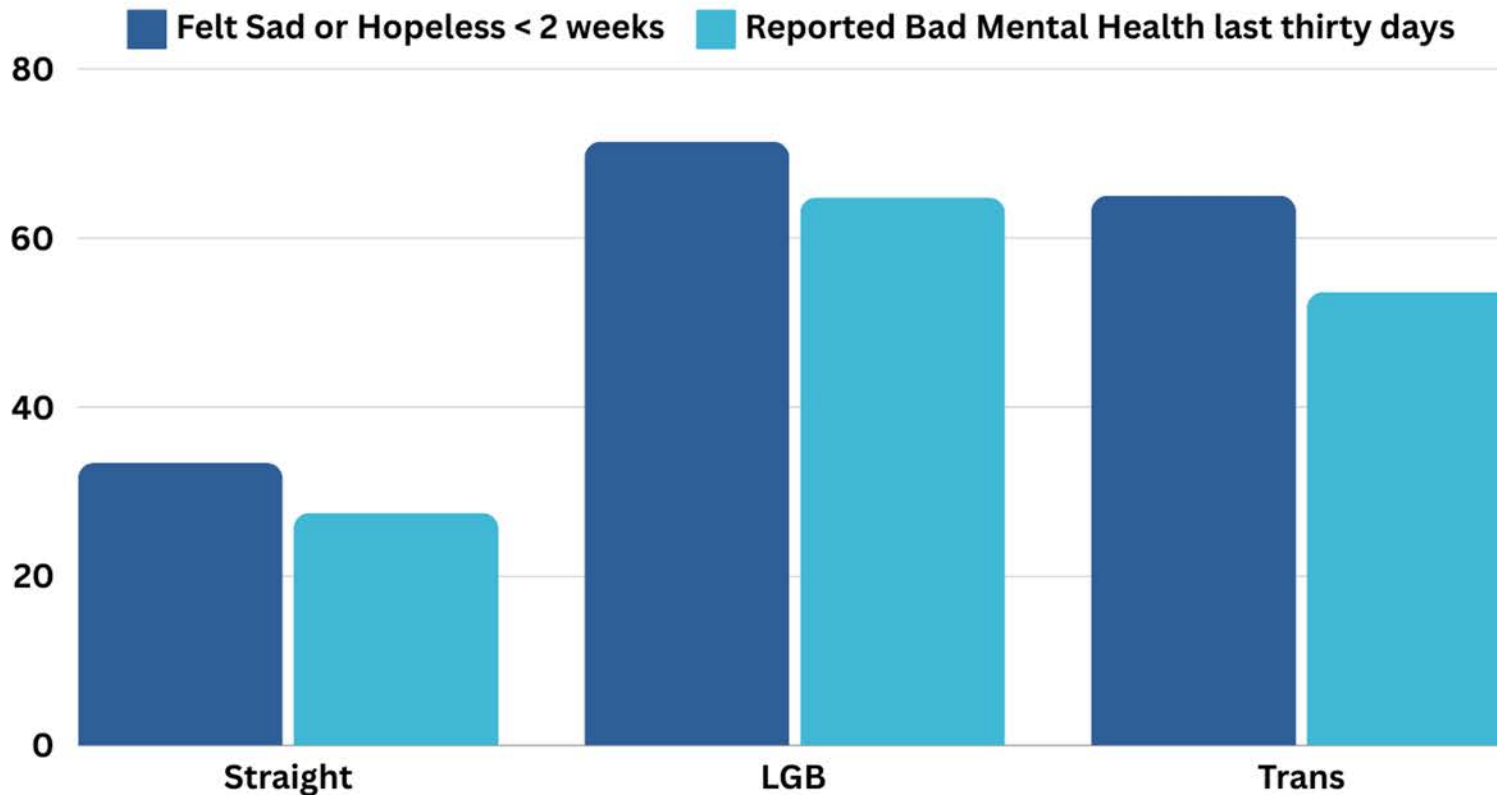
Family Social Capital



Centers for Disease Control and Prevention. 2021 Youth Risk Behavior Survey Data. Available at: www.cdc.gov/yrbs.



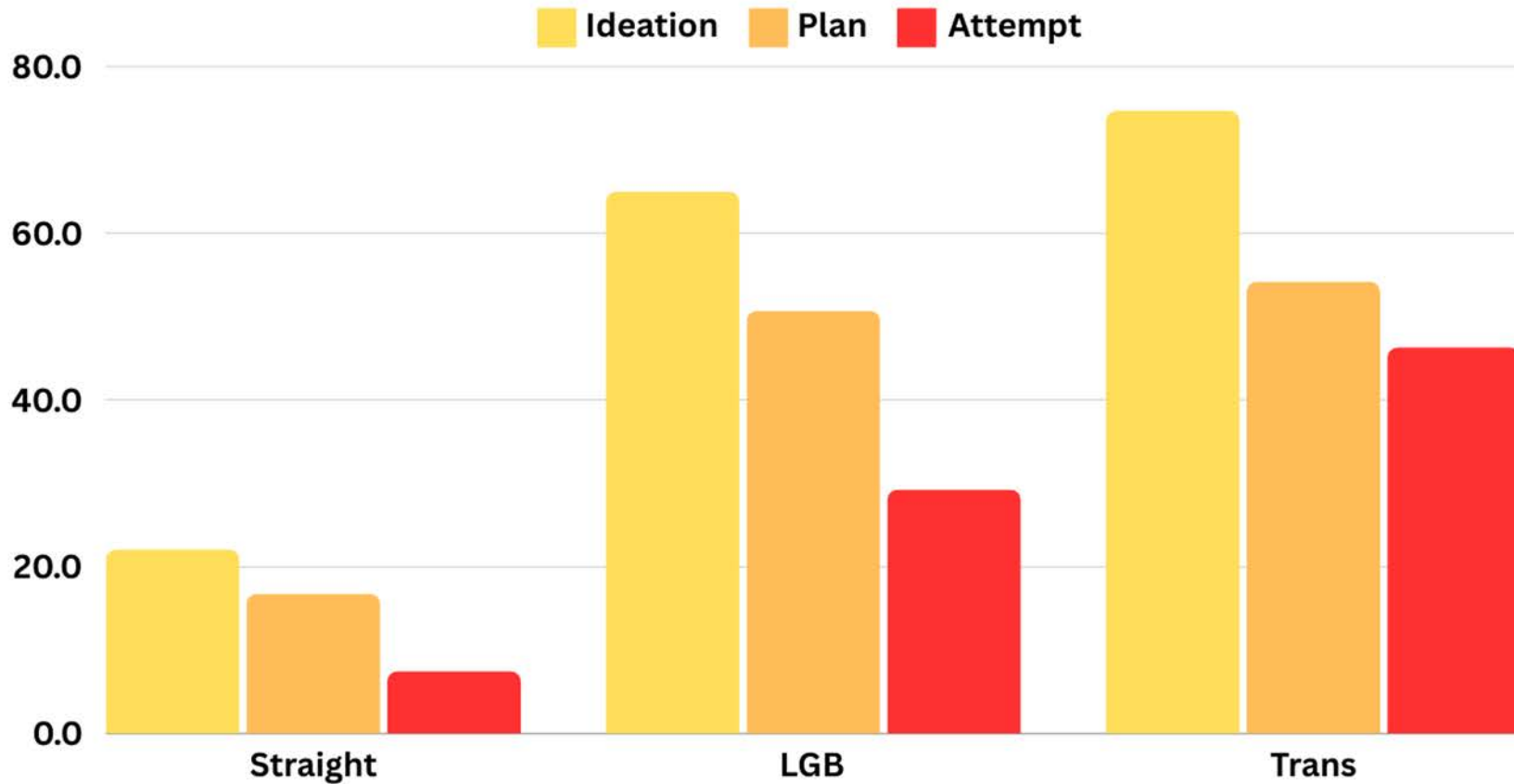
Mental Health



Centers for Disease Control and Prevention. 2021 Youth Risk Behavior Survey Data. Available at: www.cdc.gov/yrbs.



Suicidality



Centers for Disease Control and Prevention. 2021 Youth Risk Behavior Survey Data. Available at: www.cdc.gov/yrbs.



NDVDRS Suicide Overview

North Dakota Violent Death Reporting System Suicide Data

Data Notes: Finalized Data for 2019, 2020 and 2021

*Preliminary Data for 2022 and 2023

Numbers represent both ND residents and Out-of-State residents where initial injury occurred in ND

Data Source: ND Department of Health & Human Services

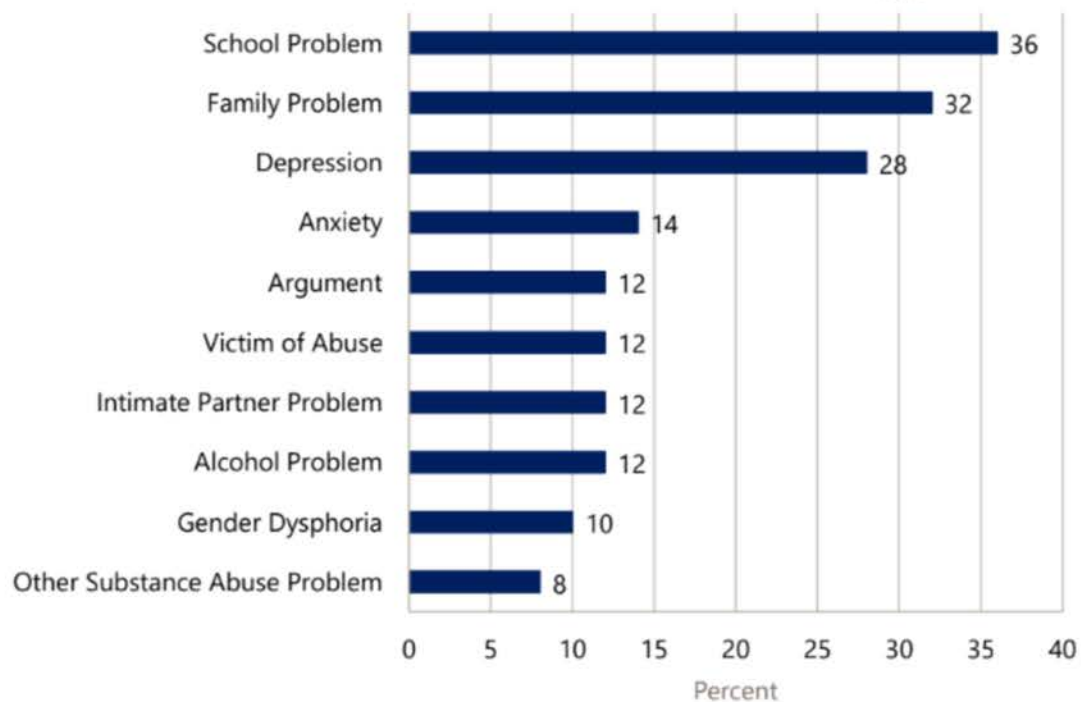
Last Updated: September 11, 2023



CHILDREN & ADOLESCENTS (AGED 0-18)

Of the circumstances listed in the figure, **50%** had **multiple contributing circumstances**. Nearly **36%** either had a **current mental health diagnosis** or were reportedly in a **depressed mood** leading up to their death. Approximately **30%** were **ever treated** for mental health or substance abuse problems. Around **4%** had contact with a health care system **within 2 weeks** of their death.

Most Common Risks/Stressors or Triggers



*Preliminary Data for 2022 and 2023

**Data through August 10, 2023

¹More than one circumstance may be present in a single case, so subsets will not equal 100%

LESSONS



The Family Dinner



How Safe is Home?

1. Parents Assume Kids Aren't LGBTQ+
2. Communicate with highly biased and prejudiced language about LGBTQ+ individuals
3. Child internalizes negative messages and feels unsafe with parent

Parents of Home | Parents of Home

Parents of Home | Parents of Home

The School Life



How Safe is School?

1. Youth are likely to experience bullying
2. Become afraid of school leading to truancy, may not be able to tell people
3. May be outed by school regardless
4. May use substances to cope, may be kicked out of school or arrested

Parents of Home | Parents of Home

Parents of Home | Parents of Home

The Interventions



How Safe is Our State?

1. Most states have passed LGBTQ+ equality laws and are the leading states in the country
2. Every state has passed laws that protect the rights of LGBTQ+ individuals
3. Most states have passed laws that protect the rights of LGBTQ+ individuals
4. A few states have passed laws that protect the rights of LGBTQ+ individuals

Parents of Home | Parents of Home

Parents of Home | Parents of Home

The End of the Line



When Kids Check Out Microdosing Suicide

The Importance of the Single Warm Memory

Parents of Home | Parents of Home

Parents of Home | Parents of Home

Hope

PROTECTIVE FACTORS



RISK FACTORS



NAVIGATING LIFE



The Family Dinner



How Safe is Home?

1. Parents Assume Kids Aren't LGBTQ+
2. Communicate with highly biased and prejudiced language about LGBTQ+ individuals
3. Child internalizes negative messages and loses trust/safety with parent.

#Depression

#Homelessness

#RiskofAbuse

#Suicide



The School Life



How Safe is School?

1. Youth are likely to experience bullying
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3. May be outed by school regardless
4. May use substances to cope, may be kicked out of school or arrested

#SubstanceAbuse

#Suicide

#SchoolDropOut

#Depression



The Interventions



How Safe is Our State?

1. Many caseworkers don't believe LGBTQ+ Identity matters and very few systems account for it
2. Three larger School Districts refused to take the YRBS because it included LGBTQ+ questions
3. Almost no suicide prevention efforts target the discrepancies that exists for LGBTQ+ youth.
4. Even youth in identifiably unsafe homes, aren't necessarily served by the foster system. High risk of running away and trafficking.

#SystemicIssues

#Prejudice

#Invisible

#Suicide



The End of the Line

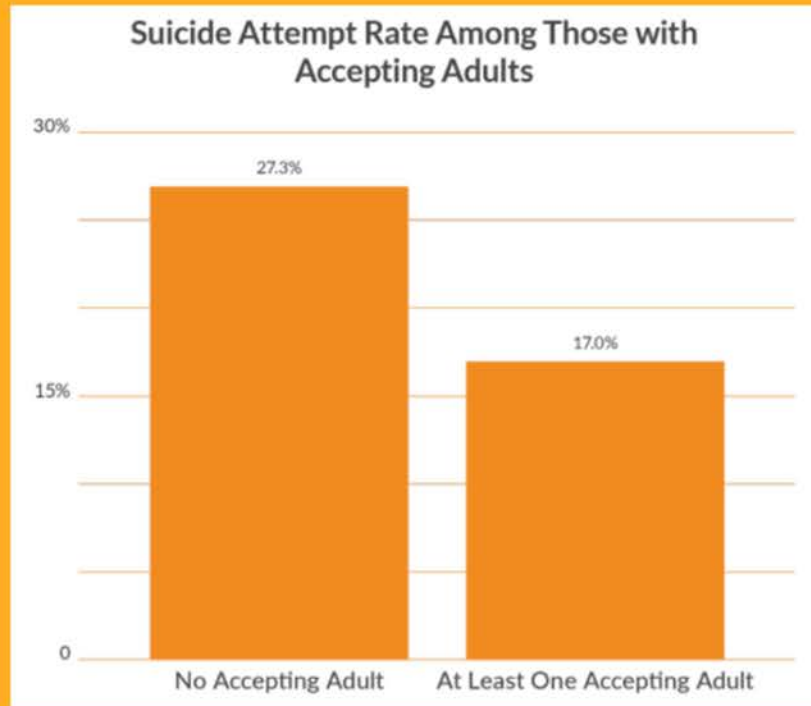


When Kids Check Out *Microdosing Suicide*

The Importance of the
Single Warm Memory

#HOPE

#FrameThePositive



Myeshia N. Price and Amy E. Green.
Association of Gender Identity Acceptance with Fewer Suicide Attempts Among Transgender and Nonbinary Youth. *Transgender Health*. Feb 2023.56-63.<http://doi.org/10.1089/trgh.2021.0079>



CURRENT EFFORT

- Every major medical association supports gender affirming care, with APA releasing a new, very strong public statement in favor.(1)
- ND as a state has never addressed LGBTQ+ suicidality, but has taken efforts to increase risk factors
- Old and New organizations are starting to recognize the serious problems impacting our LGBTQ+ Youth, with major grants being awarded to address outcomes

1) <https://www.apa.org/about/policy/transgender-nonbinary-inclusive-care.pdf>

NDHOPES

FirstLink



American
Foundation
for Suicide
Prevention


**School
HEALTH HUB**
EMPOWER • ENGAGE • BELONG

 **HARBOR**
HEALTH INITIATIVE



ND HOPES

- ND HOPES is a suicide prevention project spanning a 21-county jurisdiction in western North Dakota.
- Funded by the Centers for Disease Control and Prevention (CDC), ND HOPES takes a comprehensive approach to suicide prevention among rural populations, veterans and LGBTQIA+ youth.
- Currently utilizing upstream prevention through Sources of Strength among other avenues

ND HOPES Catchment/Service Area



Counties Included:

Divide, McKenzie, Williams, Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, Stark, Burleigh, Emmons, Grant, Kidder, Mclean, Mercer, Morton, Oliver, Sheridan, Sioux

FirstLink

- Call Center for 988 Suicide Crisis Line and the 211 help line for North Dakota
- Recieved nearly 2 million dollars in funding from 2023 session to expand
- 988 now specializes with options for LGBTQ+ Youth by dialing 988 and pressing 3 on menu
- 95% of calls end without first responders called



Raven's Mom

- The first and only suicide bereavement group for survivors of LGBTQ+ Suicides
- Offers support groups for both parents and youth, serving the state through virtual services and local community of Minot



North Dakota Chapter of the American Foundation for Suicide Prevention

- The AFSP has stood firm in preventing LGBTQ+ related suicides, sponsoring the only ever conference in our state with that focus in 2019
- The Out of the Darkness Walk Fundraising event raised hundreds of thousands of dollars and included rainbow beads to acknowledge and honor LGBTQ+ individuals lost to suicide



School Health HUB

An interdisciplinary partnership between College of Education and Human Development, Counseling Psychology and Community Service Program Area, Public Health, Early Childhood Education, and Fargo Public Schools to provide accessible school-based behavioral health, public health, and additional early childhood education programs.

- Invest in Training Counselors
- Develop programing
- Partner Across State



Harbor Health Initiative

LGBTQ+ Directory

All of the LGBTQ+ affirming mental health, primary health, and specialists across North Dakota. Updated once a year.

Safe Harbors

A connection of all the safe and affirming K12 staff, to share resources, connect youth, and support each other



Utilize Current Tools

We can all be interventionalist and a little training can go a long way. Many organizations provided the trainings below like AFSP and Firstlink

1. Mental Health First Aider training
2. SafeTalk Training
3. QPR Training
4. Applied Suicide Intervention Skills Training (Asist)

CURRENT NEEDS

- Each organization to make their own internal assessments and intentionally address LGBTQ+ outcomes
- Standardized professional development training for LGBTQ+ populations as part of college education
- Safeguards to protect against abuse, abandonment, and negative outcomes due to anti-trans bias in institutions and laws

CURRENT SECONDARY NEEDS

- Secondary Trauma Resources for First Responders
- Addressing the whole systems, not just clients:
- Reimagining our siloed problems of homelessness, food insecurity, mental health, suicidality, inequity - as a single root problem



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Medical News in Brief

FREE

November 8, 2023

CDC Report: Health Worker Mental Health Crisis Continued in 2022

Emily Harris

Article Information

JAMA. 2023;330(20):1945. doi:10.1001/jama.2023.21869

Half the Picture
Those We Serve

Half the Picture
Those Who Serve

Conceptualizing Social Determinants of Mental Health
The Path of ACEs

Adverse Childhood Experiences

- Maternal Depression
- Physical & Emotional Neglect
- Emotional & Sexual Abuse
- Discipline
- Substance Abuse
- Domestic Violence
- Homelessness
- Parental Divorce
- Parental Mental Illness
- Parental Substance Use
- Parental Incarceration

Adverse Community Environments

- Discrimination
- Lack of Opportunities, Economic Mobility & Social Capital
- Poor Housing Quality & Affordability
- Food Insecurity
- Unstable

Secondary Trauma

- Loss of workers to suicide

Income Inequity

- Childcare worker shortage

Compassion Fatigue

- Worsen Services < - > abuse

Organizational Unstability

- LLS closing

Organizational Siloing

- Reinventing wheels, cost ineffective

"Conceptualizing Social Determinants of Mental Health" Character Foundation, Providence, RI, 2023



Half the Picture

Those We Serve

Conceptualizing Social Determinants of Mental Health



"Conceptualizing Social Determinants of Mental Health", Chandler Essenger, Essentia Health, 2021

Half the Picture

Those Who Serve

Secondary Trauma

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Income Inequity

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Compassion Fatigue

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Organizational Unstability

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Organizational Siloing

- Reinventing wheels, cost ineffective



FAYE'S RESOURCES

Resource Guide

Secondary Trauma Support and Help

24/7 CRISIS NUMBERS - NORTH DAKOTA

HEALTH | **SECURE** | **SHIELDING AND COUNSELING SERVICES/COMMUNITY CARE**

PLEASE! Do you have a relationship or work environment where you feel unsafe or stressed? Please call or text 988 for immediate support or contact the 988 Crisis Center at 1-800-988-9888.

24/7 CRISIS NUMBERS - NATIONAL & FIRST RESPONDER

988 | **988** | **988**

RESILIENCY - YOUR MENTAL HEALTH MATTERS

Build Resiliency by reaching out for help before you're in a crisis.

- Youth Justice Resiliency Support Teams
- Criminal Justice Support (CJS) Program Assistance Program
- Utilize public safety agencies that offer peer support programming

NATIONAL RESOURCES

- International Association of Chiefs of Police
- National Association for Suicide Prevention
- National Association of State Police Chiefs of Police
- National Suicide Prevention Lifeline
- National Suicide Prevention Helpline

MISC RESOURCES

- Substance Use Services, Crisis, Support, and Referrals
- Substance Use Services, Crisis, Support, and Referrals

IMPROVE THIS RESOURCE

Website: [Fayeseidler.com](#)
Email: Fayeseidler@gmail.com

NORTH DAKOTA LGBTQ+ RESOURCE LIST

Faye Seidler - Suicide Prevention Advocate
Phone: 701-751-0529
Email: Fayeseidler@gmail.com
Website: Fayeseidler.com

STATE ORGANIZER

EMERGENCY SUPPORT

You Matter - You Deserve Help!

- 24/7 or text 988 for Mental Crisis or 988 for Crisis
- 24/7 or text 988 for Mental Crisis or 988 for Crisis
- 24/7 or text 988 for Mental Crisis or 988 for Crisis

AFFIRMING HEALTHCARE

LGBTQ+ Health and Community Directory

- All LGBTQ+ Health and Community Directory
- All LGBTQ+ Health and Community Directory
- All LGBTQ+ Health and Community Directory

STAY SAFE, FED, AND SHELTERED

- Services for 22 or Under, Single, or Arrested
- Food, Shelter, Transition Housing
- Safe to Stay Trafficking and Immigrants

HUMAN RIGHTS

Discrimination is Illegal, Your Rights Matter

- Know Your Rights Podcasts
- Referrals to Human Rights Experts
- Human Rights Training

ADVOCACY

Be the Change You Want in the World

- Weekly Local, State, or Federal News
- Statewide Advocacy, Organizing, Data Experts
- Contact This Resource List

EVERYTHING ELSE

General Help Services for All Populations

- All the Food Banks and Community Shelters
- Access to Legal Aid or Bar Help
- Job and Transportation Access

JOURNALISM AND MEDIA SUICIDE PREVENTION PRINT OUT

REPORTING ON A SUICIDE IN NORTH DAKOTA?

INCLUDE:

- Editor's Note: If you or someone you know is struggling in crisis, help is available. The 988 Suicide and Crisis Lifeline. Call or text 988 or chat 988lifeline.org
- Peer Review, Research, and Stigmatization: www.988lifeline.org
- National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org
- National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org
- National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org

SAFE REPORTING TRAINING IN NORTH DAKOTA

The First Step Foundation for Suicide Prevention North Dakota Chapter offers a safe reporting training course for journalists and media. www.firststepfoundation.org

ADDITIONAL RESOURCES FOR JOURNALISTS AND MEDIA

Organization	Website	Contact
FirstStep	www.firststepfoundation.org	701-751-0529
988	www.988lifeline.org	988
988	www.988lifeline.org	988
988	www.988lifeline.org	988
988	www.988lifeline.org	988
988	www.988lifeline.org	988
988	www.988lifeline.org	988
988	www.988lifeline.org	988
988	www.988lifeline.org	988
988	www.988lifeline.org	988

SUNDAY NIGHTS WITH FAYE SEIDLER

THE WEEKLY REPORT

THE COFFEE BREAK

THE MONTHLY NEWSLETTER

ND 2022 Behavioral Risk Factor Surveillance System LGBTQ+ Report

Address Unmet Need	Percent	LGBTQ+ Weight
Have you ever felt so sad or hopeless that you thought about hurting yourself or someone else?	11.2%	10.8%
How often do you feel so sad or hopeless that you thought about hurting yourself or someone else?	14.7%	13.5%
Did you ever feel so sad or hopeless that you thought about hurting yourself or someone else?	48.5%	51.5%
How many people do you know who are sad or hopeless?	37.7%	33.8%
Did you ever feel so sad or hopeless that you thought about hurting yourself or someone else?	44.8%	43.5%
Did you ever feel so sad or hopeless that you thought about hurting yourself or someone else?	18.4%	18.1%
Did you ever feel so sad or hopeless that you thought about hurting yourself or someone else?	10.4%	10.2%

Please just email me, if you're looking for anything I want to help you - fayeseidler@gmail.com

THE FUTURE

1. Everything you do matters
2. You can connect with me if you want to be involved
3. Things will get better
4. We can't save everyone, but our job is to make sure as many kids have as much hope as possible.

Fayeseidler@gmail.com

Fayeseidlerconsulting.com

