The Impact of Social Climate on Self-Identity, Substance Use, and Mental Health among LGBTQ+ College Students

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Community
- LGBT college students form their own social community to combat hostile campus climates
- GSM students cope by utilizing alcohol and other drugs at ‘gay parties’

Risk Factors
- Suicide- LGBT+ youth are 2-3 times more likely to commit suicide (ODPHP, 2018)
- Substance Abuse- utilize alcohol and other drugs at a higher rate than their heterosexual counterparts (Kroshus, Davoren, 2016)
- Depression & Anxiety- experience more anxiety and mood related disorders (Kroshus, Davoren, 2016)

Minority Stress Model for LGBT youth

Witnessing or experiencing interpersonal mistreatment on campus

Alcohol and other drugs

Expertise in sexually related drug use
- Cultural and sexual literacy to mitigate stigma
- Employs more than HIV prevention

Stress Reduction
- Affirmative based practice
- Behavioral interventions administered at three levels — individual, group, and community

What is campus climate?
- The cumulative attitudes and behaviors of employees and students concerning the inclusion of a group and respect for its needs

How to change campus climate for LGBT students
- Inclusive policies
- Preferred pronoun use
- Student Organizations (GSA)
- Resource Centers/ LGBT support services
- Targeting maladaptive coping mechanisms in all students

References