

Presentation Form
Trauma and Resilience in LGBTQ+ Communities
June 26, 2020
MS Live Teams Event

Presenter Bio

Morgan Faeder, MD, PhD

Director, UPMC Consult Liaison Psychiatry Fellowship
Medical Director, Neuropsychiatry
Assistant Professor of Psychiatry
UPMC Western Psychiatric Hospital
University of Pittsburgh School of Medicine
Pittsburgh, PA

Dr. Faeder is an Assistant Professor in the Department of Psychiatry at the University of Pittsburgh School of Medicine and an attending on the UPMC Psychiatric Consultation-Liaison Service. He is also the Medical Director of Neuropsychiatry the Director of the UPMC Consultation Liaison Psychiatry Fellowship. His academic interests include collaborative care, neuropsychiatry, LGBTQ+ healthcare, and fellow, resident, and medical student education.

January Furer

Member at Large
Parents, Families and Friends of Lesbians and Gays
(PFLAG)
Pittsburgh, PA

January is a parent of a 10-year-old daughter who is transgender. She also sits on the Community Advisory Board of the Center for Adolescent and Young Adult Health (**CAYAH**) at UPMC Children's Hospital of Pittsburgh.

Dana Rofey, PhD

Associate Professor of Psychiatry, Pediatrics, Psychology, CTSI, and Rehabilitative Science
University of Pittsburgh School of Medicine
Pittsburgh, PA

Dana L. Rofey, PhD, is an Associate Professor in the Department of Psychiatry, Pediatrics, Psychology, Clinical and Translational Science Institute, and Rehabilitative Science and Technology. She brings a strong background in clinical care and research focused on the relationships among weight and eating, psychological well-being and health, especially in minority adolescents and young adults.

Dr. Rofey earned a bachelor's degree in psychology at Bucknell University and her clinical psychology degree at the University of Cincinnati. She completed her pre-doctoral internship at the VA Pittsburgh Healthcare System and UPMC Children's Hospital of Pittsburgh and her postdoctoral training at Children's Hospital and UPMC Western Psychiatric Hospital.

Dr. Rofey has conducted studies that focus on psychosocial aspects of adolescent and young adult health, with an emphasis on regulatory processes in diverse populations. Recently, she has spent her time working on federally- and foundation-funded grants focusing on: Developing group-based care models for transgender youth; devising more user-friendly actigraphy for adolescents with obesity, substance use, and partner violence; community-partnered, stakeholder-engaged obesity work within primary care; developing an evidence-based transition program for adolescents moving from pediatric to adult care; ameliorating obesity and depression in adolescents with PCOS and diabetes; increasing health promotion in high-risk adolescents; and investigating the effect that pediatric weight management can have on cognitive, functional, and structural brain-based changes in adolescents with and without diabetes. Most recently, she has received foundation support to develop support groups for transgender adolescents, as well as groups for parents and children who are gender fluid and gender

expansive with a focus on optimizing mental and physical health. She is the author and co-author of numerous articles that have been published in peer-reviewed scientific journals. She is a reviewer for several journals and serves on boards for the Academy for Eating Disorders, the Association for Behavioral and Cognitive Therapies, and The Obesity Society.

Name and Narrative Description of your Presentation

Trauma and Resilience in LGBTQ+ Communities

Members of LGBTQ+ communities often experience individual and community trauma that increases the likelihood of poor mental and physical health outcomes. We will discuss the Minority Stress Model and its application to cisgender and transgender populations within LGBTQ+ communities. We will highlight factors associated with resilience and illustrate how community members have created their own sources of resilience. We will describe the role of families in the development of resilience in LGBTQ+ young people and share a personal story highlighting family resilience. Lastly, we will present strategies for providers to apply principles of trauma-informed care to avoid healthcare-associated contributions to trauma and promote optimal outcomes.

- Describe risk and resilience in LGBTQ+ community using a Minority Stress Model
- Identify factors associated with community resilience
- Share a personal story highlighting family resilience
- Highlight the protective factors in community and family support
- Define the components of trauma informed care.
- Begin to develop strategies for applying trauma informed care for transgender patients in healthcare settings.

Three (3) learning objectives

By the completion of this session, participants should be able to:

- **Recognize how the LGBTQ+ community and family can serve as protective factors.**
- **Utilize the Minority Stress Model in clinical settings to better understand trauma for our LGBTQ+ patients.**
- **Identify key component of trauma experience by the LGBTQ+ community and subsequent trauma-informed targets.**

Three (3) current (within the past 10 years) peer-reviewed publications that support the evidence base for the content of your presentation

1. Psychotherapy for the Spectrum of Sexual **Minority Stress**: Application and Technique of the ESTEEM Treatment **Model**. Burton CL, Wang K, Pachankis JE. Cogn Behav Pract. 2019 May;26(2):285-299. doi: 10.1016/j.cbpra.2017.05.001. Epub 2017 Jun 1. PMID: 31592215
2. **Transgender community** belongingness as a mediator between strength of **transgender** identity and well-being. Barr SM, Budge SL, Adelson JL. J Couns Psychol. 2016 Jan;63(1):87-97. doi: 10.1037/cou0000127. PMID: 26751157
3. Mental Health of **Transgender** Children Who Are Supported in Their Identities. Olson KR, Durwood L, DeMeules M, McLaughlin KA. Pediatrics. 2016 Mar;137(3):e20153223. doi: 10.1542/peds.2015-3223. Epub 2016 Feb 26. PMID: 26921285 Free PMC article.