SOUTHWEST ALABAMA

SOUTHWEST ALABAMA LGBTQIA+ COMMUNITY NEEDS ASSESSMENT REPORT

COORDINATED BY THE SOUTHWEST ALABAMA INCLUSION PROJECT

This comprehensive needs assessment explores the lived experiences and challenges faced by LGBTQIA+ individuals in southwest Alabama. It identifies key areas for improvement in mental health, programming, services, and safety to support this diverse community.

TABLE OF CONTENTS

NU UN (UN UN



11 01 11

COMMUNITY PARTNERS









Ambitiously Him and Her King Foundation B-Bob's **Balanced Life Counseling** The Bevy Black Belt Community Foundation **Black Empowerment Team** Center for Fair Housing **Citrus and Cane** Door to Serenity FemmSouth Flip Side Flourish Psychotherapy Services Gabriel's Herz Independent Living Center of Mobile Krewe of Phoenix LGBTQIA+ Liaisons, City of Mobile Lifelines Counseling MedPride and Allies Mobile County Health Department Order of Pan Prime Timers Mobile **Prism United** Rainbow Pride of Mobile Southern Transgender Alliance Trans Pride of Mobile **USA** Spectrum

We The Change Mobile

ACADEMIC TEAM

Mary B. Smith, MSW, LICSW-PIP

Community Research Lead, Southwest Alabama Inclusion Project Candidate, Doctorate in Clinical Social Work School of Social Policy & Practice, University of Pennsylvania Clinician & Owner, Flourish Psychotherapy Services

Tiffany Trotter

Project Manager, Southwest Alabama Inclusion Project

Darius E. Bennett, Esq.

Community Advisory Volunteer, Southwest Alabama Inclusion Project

Taran S. Carrasco, MD

USA, Frederick P. Whiddon College of Medicine '24 SUNY Upstate Medical University, Ob/Gyn Residency Program

Alana B. Andrew Fortune, MD

USA, Frederick P. Whiddon College of Medicine '24 Tulane University School of Medicine, Psychiatry Residency Program

Sarah MacCarthy, ScD

Magic City LGBTQ Health Studies Endowed Chair University of Alabama – Birmingham School of Public Health

Jenna Pfleeger, MD

Assistant Professor, Frederick P Whiddon College of Medicine, University of South Alabama

Rebecca Sollie, MD

Assistant Professor, Dept of Family Medicine, University of South Alabama

Shey Thorn, DrPH, MPH

Chief Operating Officer, Five Horizons Health Services

Franklin Trimm, MD

Associate Dean, Assistant Vice President of Medical Affairs, Frederick P. Whiddon College of Medicine, University of South Alabama

Amy W. Upton, PhD, NCC, NCSC

Assistant Professor of Instruction, School Counseling Coordinator College of Education and Professional Studies; Counseling and Instructional Sciences

With special thanks to:

Michelle Evans-Chase, PhD Statistical and Research Consultant University of Pennsylvania

Stephanie Jacobs Graphic Designer, Bantam Graphics

Carol Dearing

I-Heng (Ray) Wu, PhD

Assistant Professor Mitchell College of Business University of South Alabama

Jessica Madema

RedCAP Project Designer/Data Manager University of South Alabama

Natalie Fox, D.N.P., PNP-BC

Chief Physician Enterprise Officer USA Health

INTRODUCTION

We're thrilled to share with you this groundbreaking report from the Southwest Alabama Inclusion Project (SAIP)! This comprehensive study, crafted by and for our local LGBTQIA+ community, is more than just a project – it's a commitment to understanding and addressing the unique needs and challenges our community faces daily.

This initiative was sparked by a critical lack of local data concerning the lives of LGBTQIA+ individuals in southwest Alabama – Mobile, Baldwin, Choctaw, Clarke, Conecuh, Escambia, Monroe, and Washington Counties. Aware of the significant impact of minority stress on our community, we realized the pressing need for data to inform community support services and access grant funding. To tackle this, we embarked on a journey in spring of 2022 beginning with community engagement, progressing through insightful focus groups, and culminating in a comprehensive survey that included youth and adults from the LGBTQIA+ community.

We are excited to present the outcomes of this survey in two detailed reports. This first report offers a broad overview of the participants' demographic characteristics and wide-ranging experiences. The second report, Appendix Q: LGBTQIA+ Community Health Needs Assessment in Southwest Alabama, is specially designed for healthcare providers, educators, and administrators. Both reports highlight critical areas where targeted efforts can significantly reduce health disparities linked to minority stress and social exclusion.

The engagement from the community was overwhelming, with 488 participants sharing their experiences openly and honestly. We are deeply grateful to every participant and all our community partners whose contributions have been vital. Your involvement is not just appreciated, it's crucial in our continued efforts to foster a more inclusive and supportive environment across southwest Alabama.

Thank you for taking the time to engage with this important work. Together, we're making strides toward a healthier and more inclusive community!

METHODS

The Southwest Alabama Inclusion Project (SAIP) is a community-based participatory needs assessment of LGBTQIA+ youth and adults in our region, which consisted of three phases: (1) Community Engagement, (2) Exploratory Focus Groups, and (3) Large-Scale Community Surveys directed at Queer Youth and Adults in southwest Alabama. Participants provided information about their demographics and their experiences in the community, in their families of origin, in schools, and in health and seeking health care. Two reports were developed based on these results. The first is the current report, the Southwest Alabama LGBTQIA+ Community Needs Assessment, is directed at the general public. The second report, Appendix Q: LGBTQIA+ Community Health Needs in southwest Alabama, is directed at healthcare providers, administrators, academic faculty, and learners.

Acknowledging the lack of data on the LGBTQIA+ population in southwest Alabama, the primary aim of this research is to evaluate the needs and identity-based experiences of this community. To address this objective, members of the community established SAIP, which embarked on a cross-sectional study engaging a convenience sample of LGBTQIA+ individuals who are currently residing or have recently lived within the bounds of the southwest Alabama region, as demarcated by the Alabama Coordinated Health Network. The region includes Mobile, Baldwin, Choctaw, Clarke, Conecuh, Escambia, Monroe, and Washington Counties.

Initially, stakeholders within the community pinpointed mental health, community, family, and school inclusion as concepts of significance to providing services for the LGBTQIA+ population. Subsequently, an academic committee devised a set of questions to probe the aforementioned concepts, as identified by these stakeholders. Following this, the academic team developed a survey instrument, employing measures sourced from the existing literature and, when necessary, devising new measures to fill any gaps. To support comparability to national samples of LGBTQIA+, questions on experiencing symptoms of anxiety, depression, suicidality, and perceived health were taken from the Centers for Disease Control and Prevention's Behavioral Risk Factor Surveillance Survey. The current project's design and survey instrument were then reviewed and refined based on feedback garnered from focus groups comprising local LGBTQIA+ individuals and their allies. Modifications were made to the survey to incorporate the community's insights where feasible. One such modification was the inclusion of intermittent informed consent content warnings at the beginning of each thematic section. Participants were informed of the thematic content of the forthcoming section. They were given the option to consent to answer the questions, skip the questions because they "might be stressful," or skip the questions for "another (unspecified) reason." The final version of the survey was constructed utilizing the REDCap platform. The University of South Alabama Institutional Review Board approved the study.

The survey was distributed via various channels, including social media posts, email newsletters, medical clinics, and direct engagement at community resource events, thus ensuring extensive participation from the target demographic. It was open for participation March 5, 2023 - June 30, 2023. Respondents were qualified to participate in the survey if they identified as LGBTQIA+, currently or previously lived in southwest Alabama, and were at least 13 years old. Respondents were defined as being LGBTQIA+ if they identified with a sexual orientation other than straight/ heterosexual, a gender identity other than cisgender, or both. A total of 488 respondents met the criteria for inclusion and completed a secure online questionnaire that included a maximum of 120 questions. The Youth Report includes 226 responses from participants aged 13-24. The Adult Report includes 384 responses from participants aged 18+. Responses from 117 participants aged 18-24 were included in both the Youth and Adult Reports as they share characteristics with both groups. Researchers chose to report the results in this way to provide a full picture of youth and adult experiences without truncating either age group. Therefore, direct comparisons between the youth and adult results in these reports should not be made. To support autonomy throughout the survey experience, participants could progress through the survey without answering every question except for demographic questions. Therefore, the number of participants answering each question varied. The total number of responses for each question is included throughout the reports. Participants who were eligible to complete the survey were offered a \$10 gift card. Analyses were conducted using Statistical Package for Social Sciences (SPSS) software.



SOUTHWEST ALABAMA INCLUSION PROJECT DATA ETHICS TENETS

Data collected by the Southwest Alabama Inclusion Project (SAIP) is the result of the labor of survey participants, who are members of the LGBTQIA+ community in southwest Alabama. These data are numerical representations of Queer lived experiences that have been shared with us for the purpose of bettering our community and the quality of life for Queer people living in our region. These Data Ethics Tenets were developed as guidelines to ensure that these data are used to support ethics-driven programming, grant procurement, and advocacy. We understand that doing so honors the humanity and contributions of survey participants, who have made these actions possible.

Southwest Alabama Inclusion Project Community Partners will agree to use SAIP data according to the tenets outlined below.

The Data Ethics Tenets are:

- 1. Uphold applicable statutes, regulations, professional practices, and ethical standards. Organizational leaders are encouraged to maintain up-to-date, comprehensive ethical standards regarding data use and staff are responsible for learning and applying agency guidance appropriately. SAIP data should only be used to support professional activities that are delivered according to the professional ethics and the standard guidelines that govern each field of practice. For example, medical and mental health professionals working in SAIP-supported programs should be fully licensed and appropriately trained to deliver the services that their agency promotes. Nonprofessional agency employees should be trained to deliver services with culturally competent, trauma-informed practices.
- 2. Respect the public, individuals, and communities. Data activities have the overarching goal of benefiting the public good. Responsible use of data begins with careful consideration of its potential impacts. Data initiatives should include considerations for unique community and local contexts and have an identified and clear benefit to the LGBTQIA+ community.
- 3. Respect privacy, confidentiality, and emotional labor. Privacy and confidentiality should always be protected in a manner that respects the dignity, rights, and freedom of data subjects. In this context, privacy is the state of being free from unwarranted intrusion into the private life of individuals, and confidentiality is the state of one's information being free from inappropriate access and misuse. Respect for the emotional labor of participants means using the data for its intended purpose of advancing quality of life for LGBTQIA+ individuals.
- 4. Act with honesty, integrity, and humility. All SAIP Community Partners and data users are expected to exhibit honesty and integrity in their work with data and in positions supported by SAIP data, regardless of job title, role, or data responsibilities. SAIP Community Partners and data users should not perform or condone unethical professional behaviors. When using data and findings, Community Partners and data users should report information accurately and present any data limitations,

known biases, and methods of analysis that apply. It should also be recognized that no dataset can fully represent all facets of a person, community, or issue. SAIP Community Partners and data users are expected to have humility when presenting data, be open to feedback, and when possible invite discussion with the public. In addition, SAIP data users should accurately represent their abilities when working with data.

- 5. Hold oneself and others accountable. Accountability requires that anyone acquiring, managing, or using data be aware of stakeholders and be responsible to them, as appropriate. Remaining accountable includes the upholding data use agreements made with data providers. Participants in the Southwest Alabama Inclusion Project Community Needs Assessment consented for their data to be used to inform programming and program development, procure funding to support local LGBTQIA+ programming, and in support of advocacy efforts on behalf of the LGBTQIA+ community. SAIP Community Partners and data users should abstain from using SAIP data for purposes other than those to which survey participants consented. As such, SAIP Community Partners and data users will report data use plans and outcomes to SAIP before and after data use activities are implemented.
- 6. Promote transparency so that individuals, organizations, and communities benefit from the ethical decision-making process. Transparency depends on clear communication of all aspects of data activities and appropriate engagement with data stakeholders. Promoting transparency requires engaging stakeholders through easily accessible feedback channels and providing timely updates on the progress and outcomes of data use.
- 7. Stay informed of developments in the contexts in which services are provided. Advanced interventions provide great benefit to the LGBTQIA+ community, but should be deployed with a commitment to accountability and risk mitigation.

It is well-known that LGBTQIA+ people experience diminished access to appropriate and adequate community, mental health, and medical services. Lack of access occurs along two axes: 1) Broad lack of consideration and representation in services in a particular area at large and 2) Services that are presented to the LGBTQIA+ community as LGBTQIA+ affirming but lack the associated training and background to deliver services as advertised. Both contribute to health disparities among LGBTQIA+ people. SAIP Community Partners and data users will conscientiously endeavor to avoid enacting or reinforcing either condition, especially advertising LGBTQIA+ affirming services without the requisite training and competence to deliver those services ethically and appropriately. Any use of this data is an explicit agreement to uphold the tenets of the SAIP's Data Ethics Tenets.

LGBTQIA+ YOUTH

A. Youth Key Findings

The following survey results are derived from responses obtained from a group of 238 LGBTQIA+ youth within the age range of 13 -24¹ years old. This diverse group of participants contributed their experiences through the survey, forming a needs assessment of this specific demographic in southwest Alabama. The findings encapsulate the unique voices and concerns of young adults navigating the intersection of their identity and age, providing valuable insights into the lives of LGBTQIA+ individuals in this pivotal stage of adulthood.

- A. Youth Key Findings
- **B.** Youth Participant Demographics
- C. Youth Economic Access
- D. Youth Mental Health and Suicide Risk
- E. Youth Mental Health Care
- F. Being LGBTQIA+ Youth in Southwest Alabama
- G. Youth Experiences in Families
- H. Youth Experiences in Schools
- I. Youth Experiences within the LGBTQIA+ Community

¹ In the pages of this report, you will find sections dedicated to experiences shared by 488 youth (ages 13-24) and adults (age 18+). Age of majority in Alabama is 19 years old. Because the experiences of 18-24-year-olds are important to agencies serving youth and adults, this age group appears in both sets of results. Therefore, readers should not directly compare youth and adult data from this report.

59.6% of respondents reported having seriously considered attempting suicide during the previous 12 months

59.6%

26.5%, or more than 1 in 4 respondents, reported attempting suicide during the previous 12 months

26.5%

66% reported at least one episode of depression during the previous 12 months

66%

61.7% reported experiencing stress, anxiety, or depression ALWAYS or MOST OF THE TIME during the previous 30 days

61.7%

27.8%, or more than 1 in 4, responded that they believe they are currently at risk, would be at risk if they lived openly, or did not know if they were at risk of losing their housing



58.7% of respondents reported feeling as if they get enough food during any given week

58.7%

70.7% report having had to buy lowerquality food in order to have enough

Just 17.9% agree that their school is LGBTQIA+ affirming

17.9%

More than 2 out of 3 youths say that they have experienced stress related to their LGBTQIA+ identity at school Youths were more likely to consider suicide, report depression, or report poor mental health when...

...their families rejected or distanced themselves from them due to their LGBTQIA+ identities

...their families did not affirm their LGBTQIA+ identities

...they were unsure or did not believe they could live openly as LGBTQIA+ and continue to live at home

...they felt compelled to participate in religious activities (e.g. prayer, laying on of hands, etc) for the purpose of changing their LGBTQIA+ identities

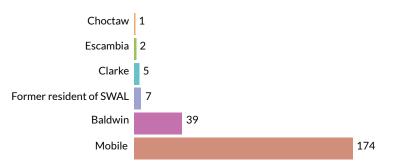
...their families used slur words to refer to LGBTQIA+ people (other than the youth)

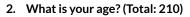
78% of Youth of Color agree that the mainstream LGBTQIA+ community does not reflect the needs of people of color

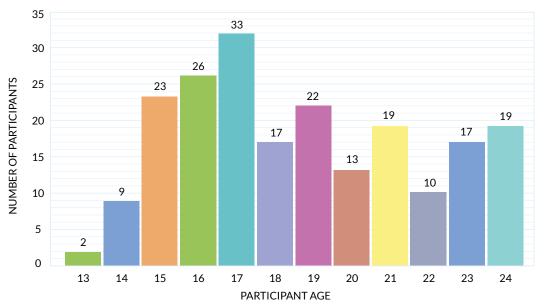
78%

B. Youth Participant Demographics

1. In which of the following counties in southwest Alabama (SWAL) do you currently live? (Total: 228)

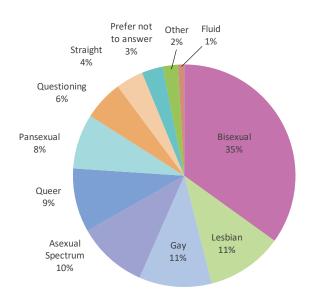




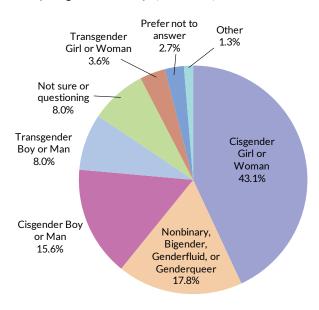




Alabama Inclusion Project represented at Color Fairhope With Pride in 2023

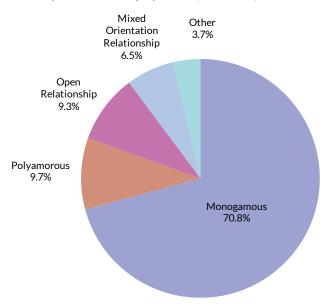


3. Which of the following best describes your current sexual orientation? (Total: 226)

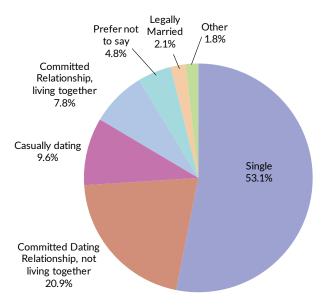


4. Which of the following best describes your gender identity? (Total: 225)

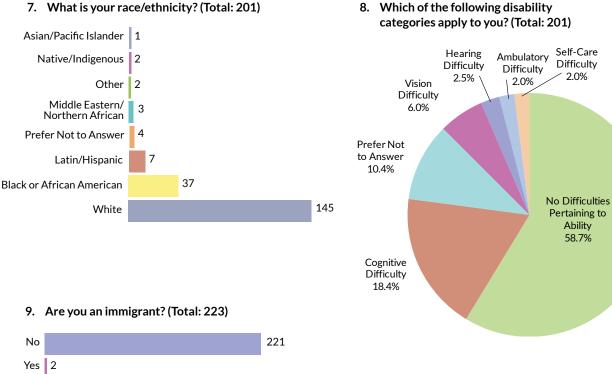
5. Which of the following best describes your relationship dynamic? (Total: 216)



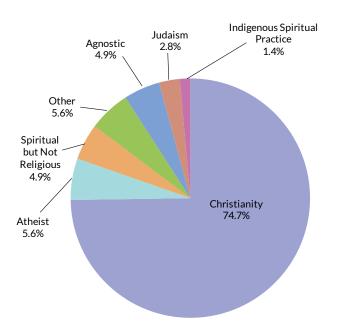
6. Which of the following best describes your relationship status? (Total: 224)



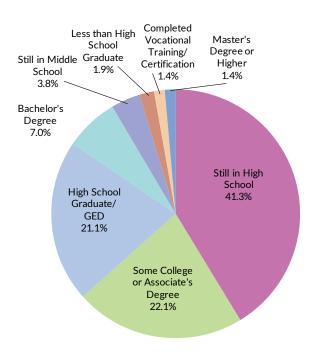
LGBTQIA+



10. Which of the following best describes the spiritual or religious beliefs in the home where you grew up? (Total: 196)



11. What is the highest level of education you have completed? (Total: 213)

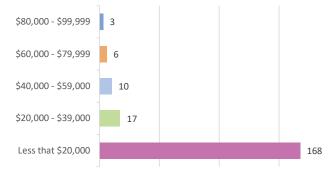


8. Which of the following disability categories apply to you? (Total: 201)

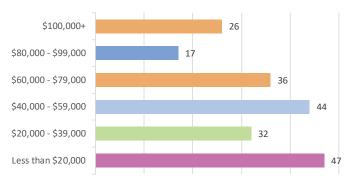
C. Youth Economic Access

1. Income

What is your individual annual income? (If you are not sure, it's okay to estimate) (Total: 204)

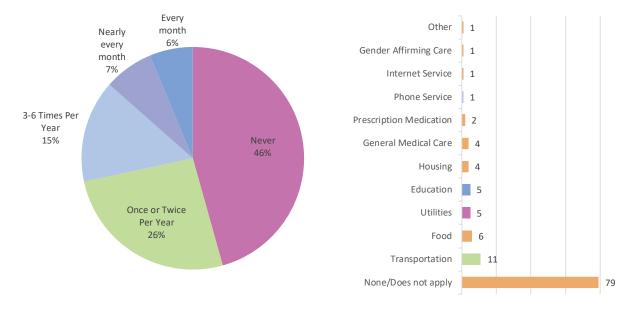


What is the total annual income for your household? (If you are not sure, it's okay to estimate) (Total: 202)



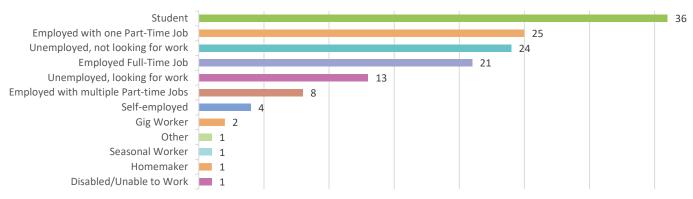
How often do you (or your family) have difficulty making ends meet at the end of the month? (Total: 208)

Which of the following have you had trouble affording in the last year? (Select all that apply) (Total: 120)

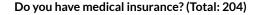


2. Employment Status

What is your employment status? (Total: 137)

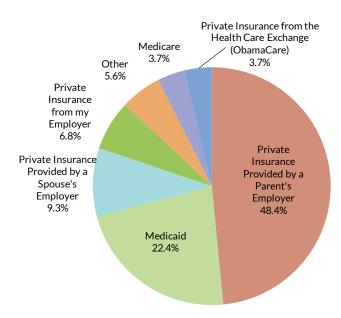


3. Insurance Access



No

17.2%



What kind of insurance do you have? (Total: 161)



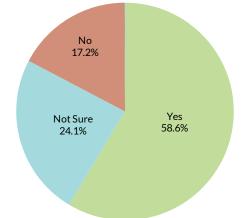
Yes 82.8%

"Pride is about how we fell in love with our lives."

Corey Harvard, Prism United Executive Director

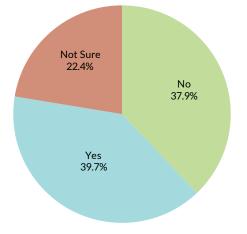


4. Food Security

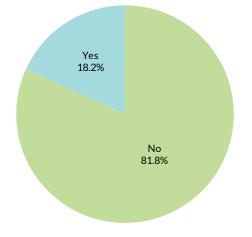


Do you feel that you get enough food during any given week? (Total: 58)

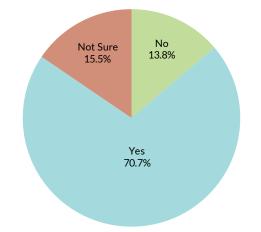
Have you or your household felt like you must skip meals in order to pay for other household expenses such as water, electricity, or rent? (Total: 58)



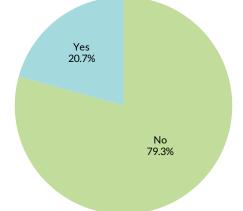
Did you experience any discrimination or microaggressions (indirect, subtle, or unintentional discrimination) during this experience? (Total: 11)



Did you or your family have to buy lower quality food in order to have enough food? (Total: 58)



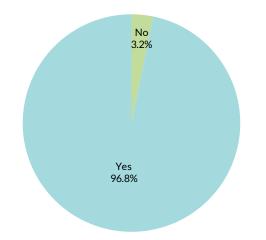
In the past 12 months, have you visited a charitable food site such as a food pantry, food distribution, etc.? (Total: 58)



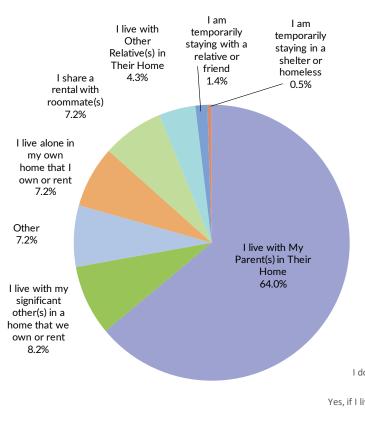


5. Housing Security

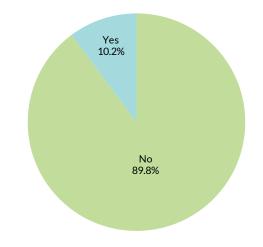
Do you currently live with an adult who is your legal guardian? (Total: 95)



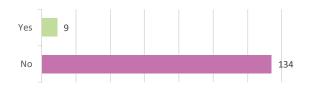
Which of the following best describes your CURRENT living situation? (Total: 208)



Have you ever been homeless (even for a short amount of time)? (Total: 205)



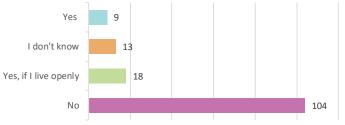
Have you ever been homeless or kicked out of your parents' home because of your LGBTQIA+ identity (even for a short amount of time)? (Total:143)



Have you ever been evicted from your home because of your LGBTQIA+ identity? (Total:146)



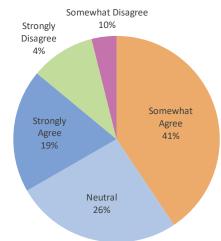
Do you believe you are at risk of homelessness or having to move from your current housing due to your sexual orientation or gender identity? (Total:144)





7. Perceived Economic Output

In the future, there will be opportunities for me to achieve economic stability/improve my economic outlook in the county where I currently reside. (Total: 207)



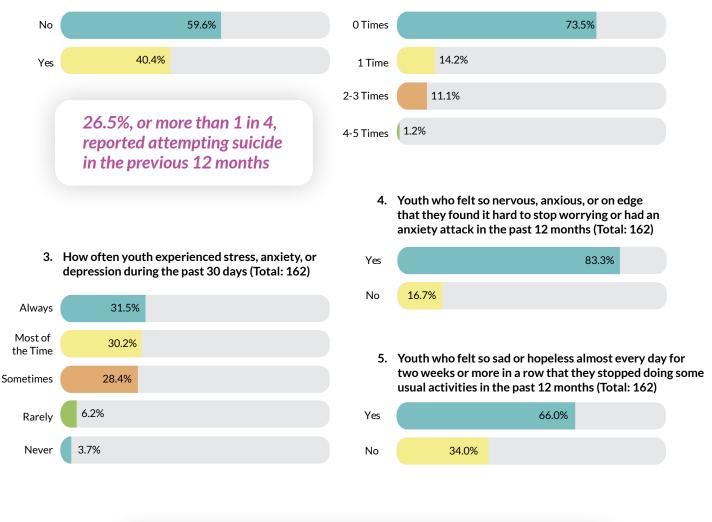


Pridefest 2023 in Mardi Gras Park



D. Youth Mental Health and Suicide Risk

- 1. Youth who seriously considered attempting suicide during the past 12 months (Total: 161)
- 2. How many times youth attempted suicide during the past 12 months (Total: 162)

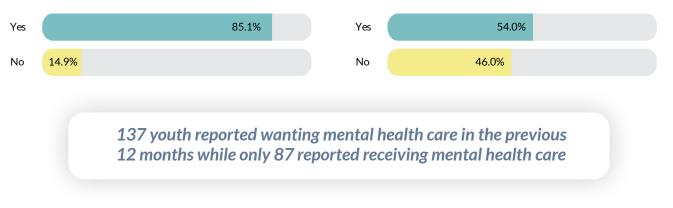


LGBTQIA+ youth in SW AL were more than 2x as likely to report poor mental health MOST or ALL of the time when compared to Alabama's general youth population²

² According to the 2021 CDC Behavioral Risk Factor Survey, 27.5% of youth in Alabama reported that their mental health was most of the time or always not good as compared to 61.7% of LGBTQIA+ youth in southwest Alabama. In both studies, cis-women and people assigned female at birth were significantly more likely to report poor mental health than cis-men and people assigned male at birth. https://nccd.cdc.gov/youthonline/app/Results.aspx?LID=AL

E. Youth Mental Health Care

- 1. Youth who wanted to seek mental health care in the past 12 months (Total: 161)
- 2. Youth who received mental healthcare in the past 12 months (Total: 161)

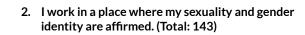


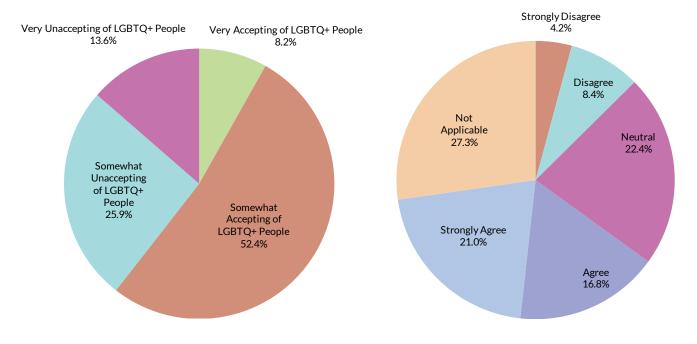
F. Being LGBTQIA+ Youth in Southwest Alabama

Have you ever been terminated from a job because of your LGBTQIA+ identity? (Total: 147)

Yes	10)			
No					137

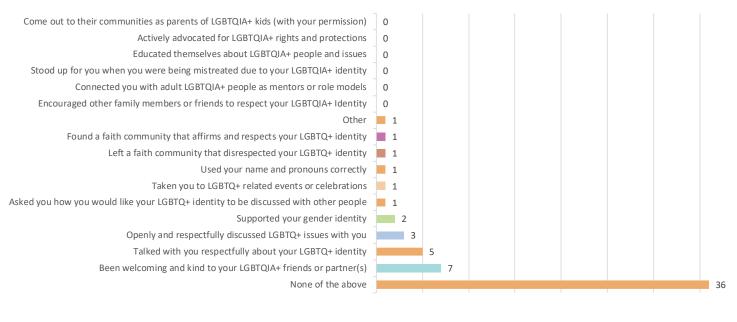
1. In general, the community where I live is: (Total: 147)



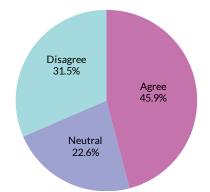


G. Youth Experiences in Families

1. Has a parent or guardian ever taken any of the following actions to support your LGBTQIA+ identity? (Total: 59)



2. I live in a home where my sexual orientation is affirmed. (Total: 146)

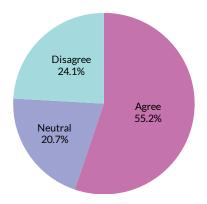


4. LGBTQIA+ Relatives

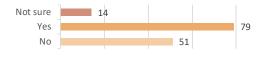
Do you have at least one parent who identifies as LGBTQIA+? (Total: 144)



3. I live in a home where my gender identity is affirmed. (Total: 145)



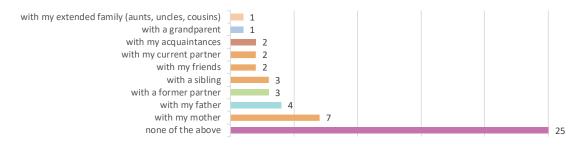
Do you have other people in your family such as siblings, aunts, uncles, cousins, grandparents, or your own kids who identify as LGBTQIA+? (Total: 144)



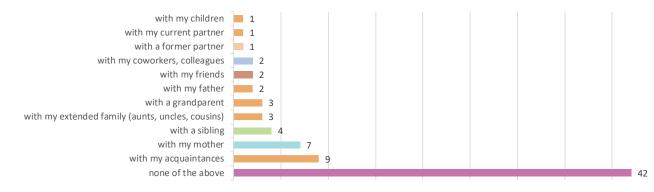
Are you a parent or step-parent? (Total: 143)



5. In which of the following relationships has a response or reaction to your LGBTQIA+ identity EVER been stressful for you? (Total: 50)



6. In the PAST 12 MONTHS, in which of the following relationships has a response or reaction to your LGBTQIA+ identity been stressful for you. (Total: 77)





Trans-Lucent 2022 in Bienville Square

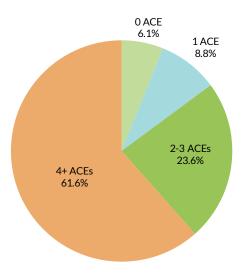
Adverse Childhood Events (ACEs)

Adverse childhood experiences (ACEs) refer to stressful or traumatic events that occur during childhood, before the age of 18. These experiences can vary widely and may include physical, emotional, or sexual abuse, neglect, household dysfunction such as substance abuse or mental illness among caregivers, or exposure to violence. ACEs can profoundly impact a child's physical, emotional, and cognitive development and overall wellbeing. For individuals who have experienced multiple adverse childhood experiences, the cumulative effects can be particularly severe. The greater the number of ACEs in one's background, the higher the risk of negative outcomes later in life. Research has shown that individuals with a high ACE score are more likely to suffer from chronic health conditions such as heart disease, obesity, and mental health disorders like depression and anxiety. Nationally, LGBTQIA+ people report higher numbers of ACEs than their heterosexual, cisgender counterparts. Survey participants in southwest Alabama report similarly high numbers of Adverse Childhood Experiences.

Over 60% of youth in southwest Alabama reported more than 4 Adverse Childhood Experiences, significantly higher than the number reported by the general population in the United States. This may at least partially account for the high rates of depression, anxiety, and suicidality reported by LGBTQIA+ Youth in our region.

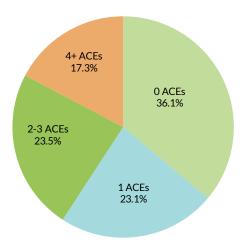
Local Prevalence

ACE score prevalence among LGBTQIA+ Youth in southwest Alabama (Total: 114)



National Prevalence

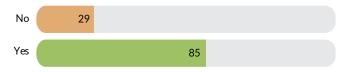
ACE Score Prevalence among U.S. Adults, 2001-2020 BRFSS ACEs Module³



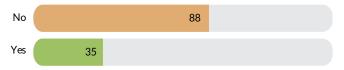
³ Source: Swedo EA, Aslam MV, Dahlberg LL, et al. Prevalence of Adverse Childhood Experiences Among U.S. Adults – Behavioral Risk Factor Surveillance System, 2011–2020. MMWR Morb Mortal Wkly Rep 2023;72:707–715. DOI: <u>http://dx.doi.org/10.15585/mmwr.mm7226a2</u>

7. Adverse Childhood Events (ACEs)

Did you live with anyone who was depressed, mentally ill, or suicidal? (Total: 114)



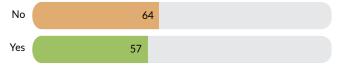
Did you live with anyone who used illegal street drugs or who abused prescription medications? (Total: 123)



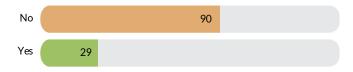
Were your parents separated or divorced? (Total: 119)

No		70	
Yes	49		

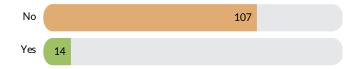
Not including spanking (before age 18), did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way? (Total: 121)



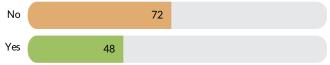
Did anyone at least 5 years older than you, or an adult, ever touch you sexually? (Total: 119)



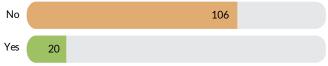
Did anyone at least 5 years older than you, or an adult, force you to have sex? (Total: 121)



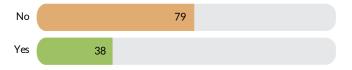
Did you live with anyone who was a problem drinker or alcoholic? (Total: 120)



Did you live with anyone who served time or was sentenced to serve time in a prison, jail, or other correctional facility? (Total: 126)



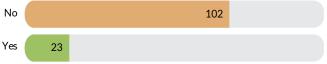
Did your parents or adults in your home ever slap, hit, kick, punch, or beat each other up? (Total: 117)



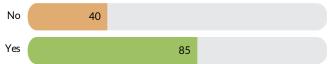
Did a parent or adult in your home ever swear at you, insult you, or put you down? (Total: 124)



Did anyone at least 5 years older than you, or an adult, try to make you touch them sexually? (Total: 125)



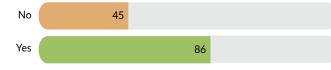
During your childhood, was there an adult in your household who made you feel safe and protected most or all of the time? (Total: 125)



During your childhood, was there an adult in your household who tried hard to make sure your basic needs were met most or all of the time? (Total: 129)

No 77 Yes 52

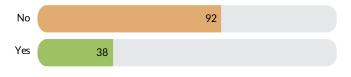
Have you experienced discrimination? (For example, being hassled or made to feel inferior or excluded because of your race, ethnicity, gender identity, sexual orientation, religion, learning differences, or disabilities) (Total: 131)



Have you ever had to sleep away from your parent(s) or caregiver(s) because you were kicked out or abandoned? (Total: 130)



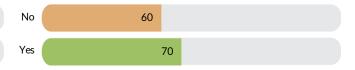
Have you ever experienced verbal or physical abuse or threats from a romantic partner? (For example, a partner, boyfriend or girlfriend) (Total: 130)



Have you ever been in foster care, even for a short period of time? (Total: 130)



Have you ever seen, heard, or been a victim of violence in your neighborhood, community, or school? (For example, targeted bullying, assault or other violent actions, war or terrorism) (Total: 130)

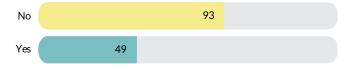




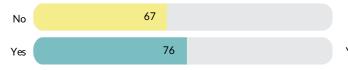
Color Fairhope With Pride 2023

8. Identity-based Adversity in Families

Have you ever been rejected by or distanced from family members because of your sexual orientation? (Total: 142)



Did a parent or guardian ever openly speak negatively of or use slur words to refer the LGBTQIA+ community? (Total: 143)



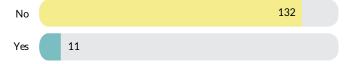
Did you ever believe that your parent or guardian would likely withhold resources from you due to your LGBTQIA+ identity? (Total: 120)

No		67	
Yes	53		

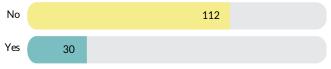
Do you believe you are at risk of homelessness or having to move from your current housing due to your sexual orientation or gender identity? (Total: 144)



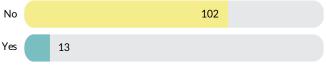
Were you encouraged, compelled, or forced to participate in "conversion" therapy with a mental health professional for the purpose of changing your sexual orientation or gender identity? (Total: 143)



Have you ever been rejected by or distanced from family members because of your gender identity? (Total: 142)



Has your parent or guardian ever threatened to withhold resources due to your LGBTQIA+ identity? (Total: 115)



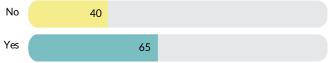
Have you ever been homeless or kicked out of your parents' home because of your LGBTQIA+ identity (even for a short amount of time)? (Total: 143)



Were you ever encouraged, compelled, or forced to participate in religious activities (e.g. prayer, laying on of hands, etc.) for the purpose of changing your sexual orientation or gender identity? (Total: 142)



With regard to your LGBTQIA+ identities and related experiences, did you often feel misunderstood, dismissed, stigmatized, or blamed by a parent or other important adults in your life? (Total: 105)

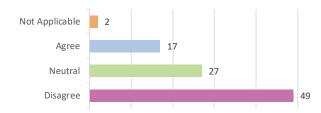


H. Youth Experiences in Schools

1. Participating Youth attend the following High Schools in southwest Alabama

- Alabama Connections Academy Alabama School of Math and Science Alma Bryant High School Baker High School Bayshore Christian School Bayside Academy B.C. Rain High School Daphne High School Fairhope High School Faith Academy Flomaton High School Foley High School
- Mary G. Montgomery High School McGill-Toolen Catholic High School Murphy High School Saraland High School Spanish Fort High School St. Paul's Episcopal School Theodore High School UMS Wright Preparatory School Vigor High School Washington County High School W.P. Davidson High School

My high school is/was LGBTQIA+ affirming/supporting. (Total: 95)



Just 17.9% of youth agreed that their school is affirming



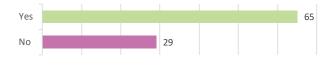
Chance and Alysandria of Rainbow Pride of Mobile



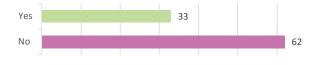
Youth posing with Prism facilitator Ariel Flowers in 2024

More than 2 out of 3 youths say that they have experienced stress related to their LGBTQIA+ identity at school

Have you ever experienced stress related to your LGBTQIA+ identity at school? (Total: 94)



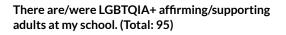
Does/did your high school have a Gay-Straight Alliance or other LGBTQIA+ inclusion club or organization? (Total: 95)

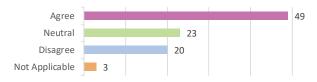


Only 1 in 3 local students have access to a Gay-Straight Alliance or other LGBTQIA+ affirming club at their school. Attending schools where these clubs are available have been shown to have a positive impact on LGBTQIA+ youth mental health.

Does/did your high school have a specific policy in place that prohibits LGBTQIA+ related bullying? (Total: 94)





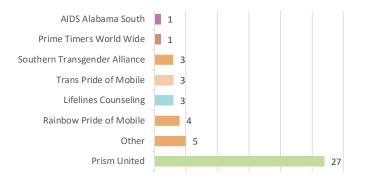


I. Youth Experiences within the LGBTQIA+ Community

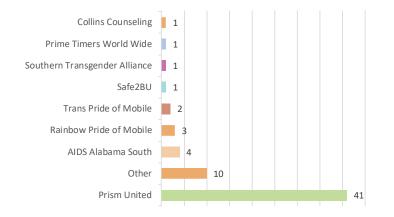
1. If I want to socialize with other LGBTQIA+ people in person, I am generally able to do so. (Total: 146)



2. Of which of the following LGBTQIA+ led/allied organizations are you aware? (Total: 47)



3. Which of the following LGBTQIA+ led/allied organizations have you interacted with in the past? (Total: 65)

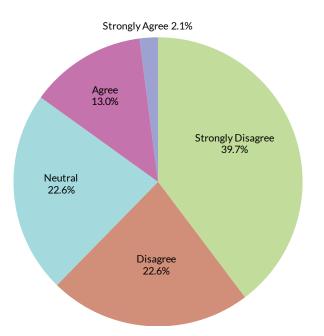




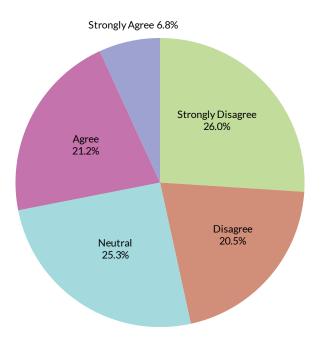
"I am thankful my kid could dress the way that made them feel comfortable and I am thankful for the acceptance they felt. They haven't stopped smiling and talking about it."

4. Affirmation within the LGBTQIA+ Community

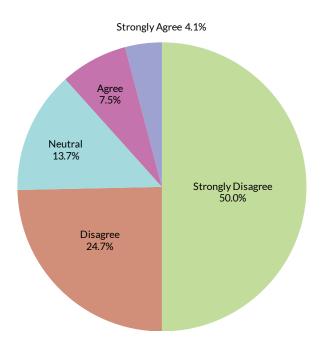
At times I have felt rejected by the LGBTQIA+ community because of my cultural identity (e.g. race, ethnicity, nationality, religion, etc.). (Total: 146)



At times I have felt rejected by the LGBTQIA+ community because of my sexuality or gender identity. (Total: 146)



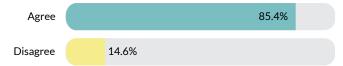
At times I have felt rejected by the LGBTQIA+ community because of my health or disability status. (Total: 146)





5. LGBTQIA+ People of Color

It is hard for people of color (POC) to come out because being LGBTQIA+ is less accepted in POC communities. (Total: 41)



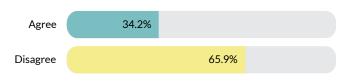
The mainstream LGBTQIA+ community does not reflect the needs of people of color. (Total: 41)



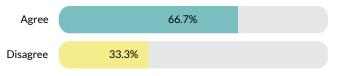
It is more comfortable for me to hang out with other LGBTQIA+ people of color than with white LGBTQIA+ people. (Total: 42)

Agree		57.1%	
Disagree	42.9%		

My LGBTQIA+ identity is more important to who I am than my identity as a person of color. (Total: 41)



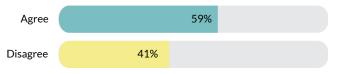
It is hard to find examples of LGBTQIA+ people of color whom I respect or see as a role model. (Total: 42)



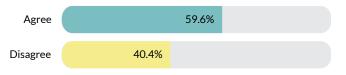
There are already so many things to deal with when you are a person of color, that being LGBTQIA+ just makes things harder. (Total: 40)



I am often asked to represent my entire race in mostly white LGBTQIA+ settings. (Total: 39)



My identity as a person of color is more important to who I am than my LGBTQIA+ identity. (Total: 42)





Lifelines Counseling at the 2023 Pride Art Walk in Cathedral Square



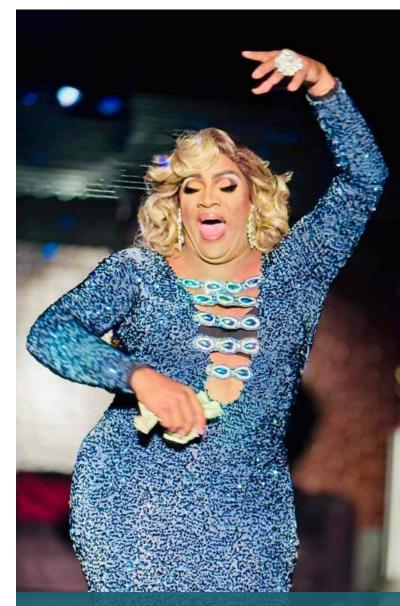
LGBTQIA+ ADULTS

A. Adult Key Findings

The following survey outcomes stem from feedback provided by a group of 377 LGBTQIA+ Adults, aged 18 and above⁴. These individuals generously shared their perspectives, thereby shaping a comprehensive needs assessment for this particular demographic within southwest Alabama. Through these findings, we gain invaluable insights into the challenges and experiences of LGBTQIA+ individuals.

- A. Adult Key Findings
- B. Adult Participant Demographics
- C. Adult Economic Access
- D. Adult Mental Health and Suicide Risk
- E. Adult Mental Health Care
- F. Being LGBTQIA+ Adults in Southwest Alabama
- G. Adult Experiences in Families
- H. Adult Experiences within the LGBTQIA+ Community

⁴ In the pages of this report, you will find sections dedicated to experiences shared by 488 youth (ages 13-24) and adults (age 18+). Because the experiences of 18-24-year-olds are important to agencies serving youth and adults, this age group appears in both sets of results. Therefore, readers should not directly compare youth and adult data from this report.



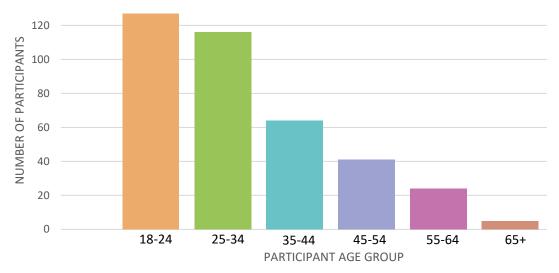
Pharrah Kayla Dynamics performs at a Drag event in Mobile, AL

83% of adult respondents had to buy More than half respondents felt so lower quality food in order to have sad or hopeless almost every day for enough food two weeks or more in a row that they stopped doing some usual activities 83% 55.6% Nearly 1 in 4 adults have been homeless at some point in their lives Less than half of adults reported working in a place where their sexuality and gender identity is affirmed 23.2% 45.2% 12.7% or about 1 in 8 respondents reported attempting suicide in the past year 84.7% of respondents of color agree that the mainstream LGBTQIA+ community does not reflect the needs of 12.7% communities of color 84.7% 47.5% report experiencing poor mental health most of the time or always 47.5% 3 out of 4 people felt so nervous, anxious, or on edge in the past 12 months that they found it hard to stop worrying or had an anxiety attack 75.9% DAY AIDS Alabama South tabling at a

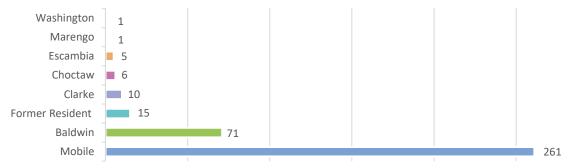
community resource event

B. Adult Participant Demographics

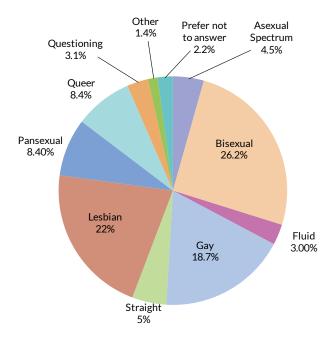
1. What is your age? (Total: 377)



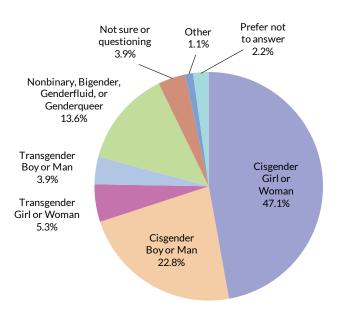
2. In which of the following counties in southwest Alabama (SWAL) do you currently live? (Total: 377)

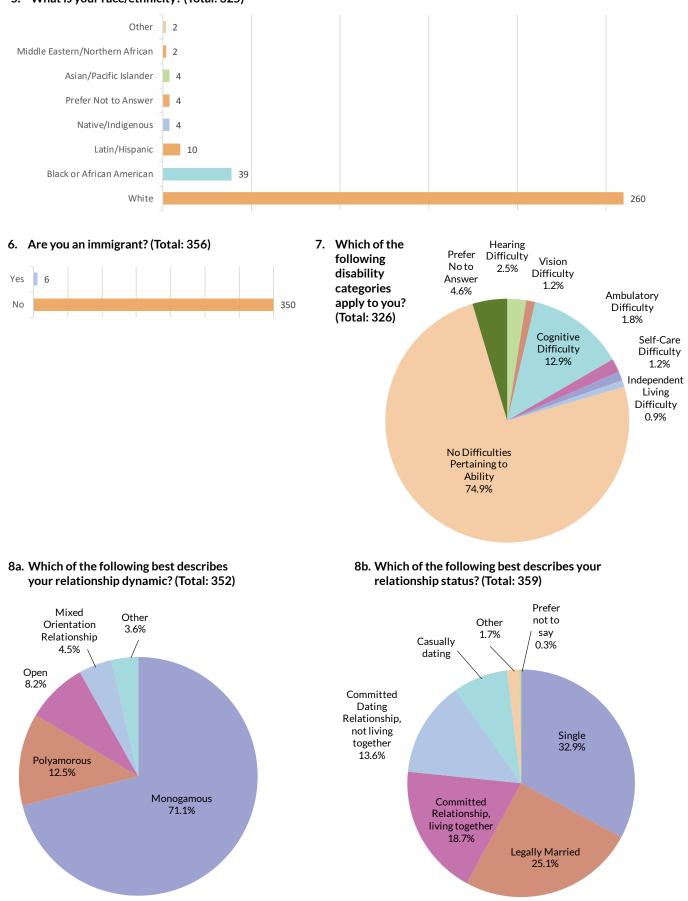


3. Which of the following best describes your current sexual orientation? (Total: 359)

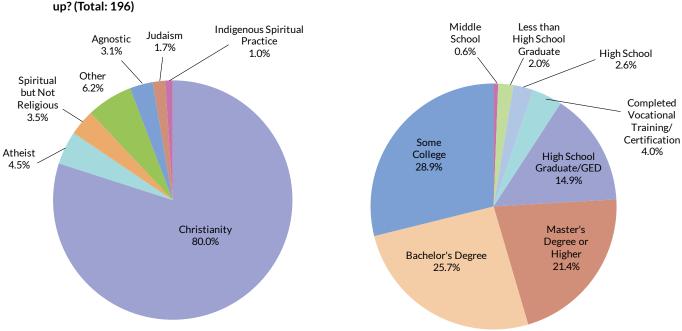


4. Which of the following best describes your gender identity? (Total: 359)



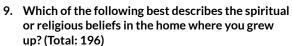


5. What is your race/ethnicity? (Total: 325)



10. What is the highest level of education you

have completed? (Total: 213)



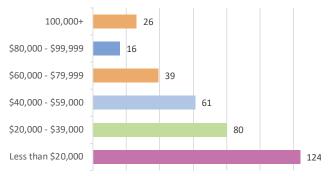


Open Table United Church of Christ at 2022 PrideFest

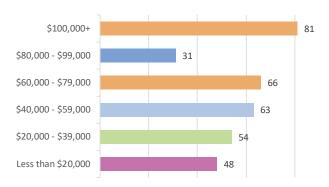
C. Adult Economic Access

1. Income

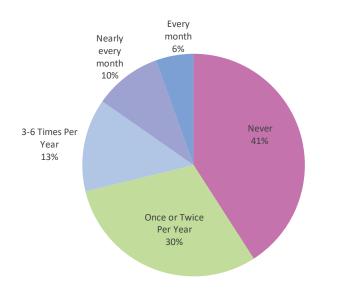
What is your individual annual income? (If you are not sure, it's okay to estimate) (Total: 204)



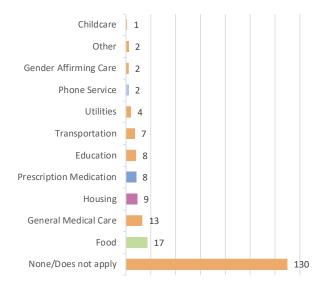
What is the total annual income for your household? (If you are not sure, it's okay to estimate) (Total: 202)



How often do you (or your family) have difficulty making ends meet at the end of the month? (Total: 347)

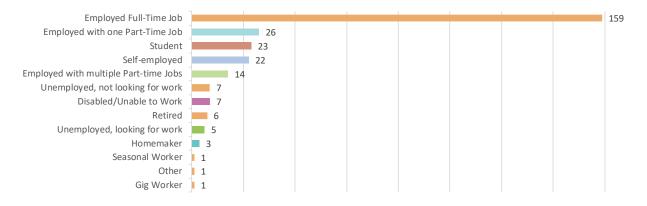


Which of the following have you had trouble affording in the last year? (Select all that apply) (Total: 203)



2. Employment Status

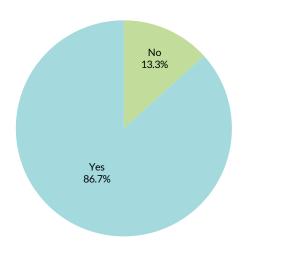
What is your employment status? (Total: 275)



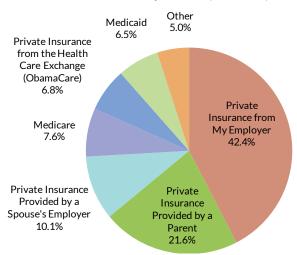


3. Insurance Access

Do you have medical insurance? (Total: 377)

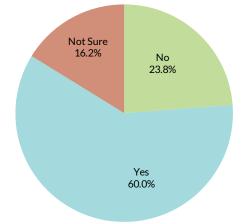


What kind of insurance do you have? (Total: 278)



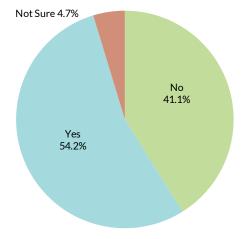


4. Food Security

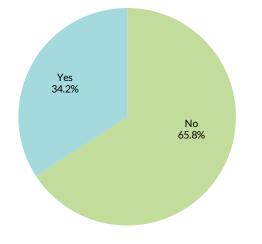


Do you feel that you get enough food during any given week? (Total: 105)

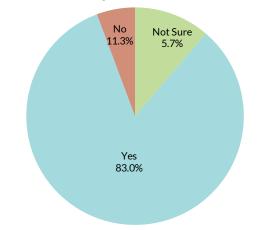
Have you or your household felt like you must skip meals in order to pay for other household expenses such as water, electricity, or rent? (Total: 107)



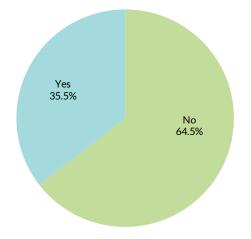
Did you experience any discrimination or microaggressions (indirect, subtle, or unintentional discrimination) during this experience? (Total: 38)



Did you or your family have to buy lower quality food in order to have enough food? (Total: 106)



In the past 12 months, have you visited a charitable food site such as a food pantry, food distribution, etc.? (Total: 107)



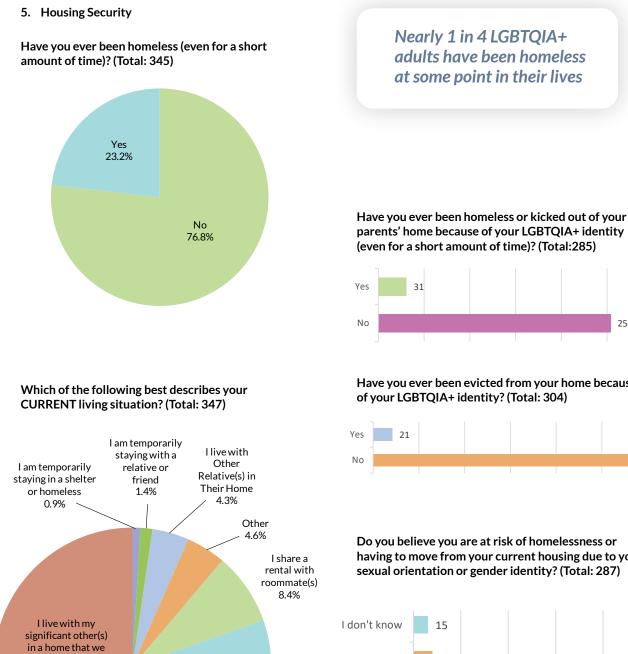


A night out at B-Bob's in Mobile

own or rent

40.6%

I live alone in my own home that I own or rent 20.5%



I live with My Parent(s) in

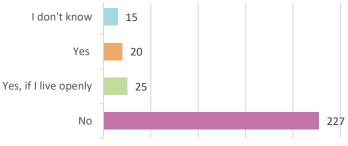
Their Home 19.3%

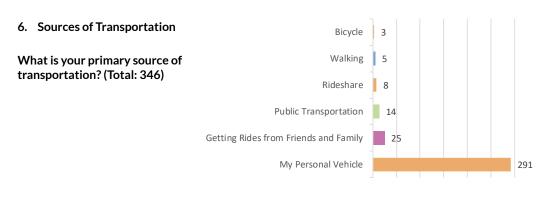
254

Have you ever been evicted from your home because of your LGBTQIA+ identity? (Total: 304)



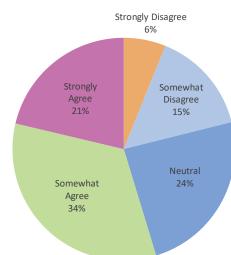
Do you believe you are at risk of homelessness or having to move from your current housing due to your sexual orientation or gender identity? (Total: 287)





7. Perceived Economic Output

In the future, there will be opportunities for me to achieve economic stability/improve my economic outlook in the county where I currently reside. (Total: 347)







No

Yes

D. Adult Mental Health and Suicide Risk

- 1. During the past 12 months, did you ever seriously consider attempting suicide? (Total: 321)
- 2. How many times adults actually attempted suicide during the past 12 months (Total: 162)

74.8%	0 Times	87.3%
25.2%	1 Time 5.9%	
	2-3 Times 5.3%	
12.7% or about 1 in 8 respondents reported attempting suicide in the past year	4-5 Times 1.6%	

3. During the past 30 days, how often did you experience stress, anxiety, or depression? (Total: 322)

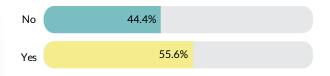
Always	15.2%
Most of the Time	32.3%
Sometimes	39.8%
Rarely	9.0%
Never	3.7%

47.5 % reported experiencing poor mental health Most of the **Time or Always**

4. In the past 12 months, did you ever feel so nervous, anxious, or on edge that you found it hard to stop worrying or had an anxiety attack? (Total: 320)

No	24.1%		
Yes		75.9%	

5. In the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? (Total: 322)

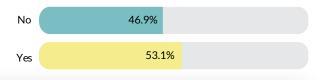


E. Adult Mental Health Care

1. In the past 12 months, have you wanted to seek mental health care? (Total: 320)

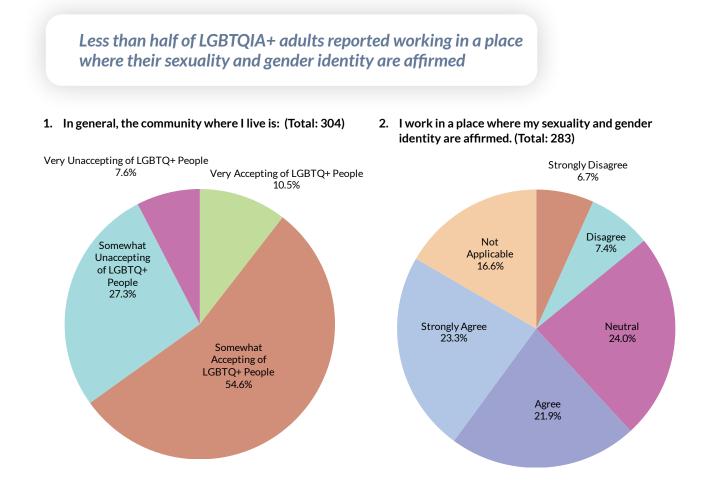
No	22.2%		
Yes		77.8%	

2. Adults who received mental healthcare in the past 12 months (Total: 161)



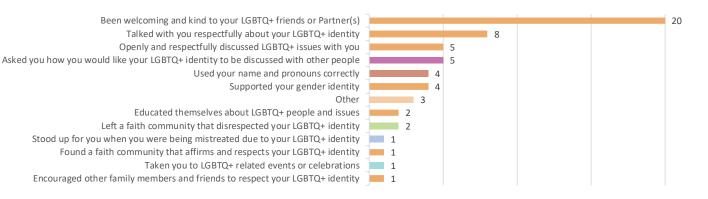
249 respondents reported wanting mental health care in the past year while only 170 reported having received mental health care in the past year

F. Being LGBTQIA+ Adults in Southwest Alabama

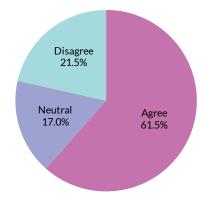


G. Experiences in Childhood Families - Adults

1. Has a parent or guardian ever taken any of the following actions to support your LGBTQIA+ identity? (Total: 377)



2. I live in a home where my sexual orientation is affirmed. (Total: 289)

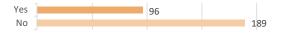


4. LGBTQIA+ Relatives

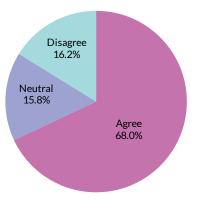
Do you have at least one parent who identifies as LGBTQIA+? (Total: 287)

Not sure	11			
Yes	17			
No				259

Are you a parent or step-parent? (Total: 285)



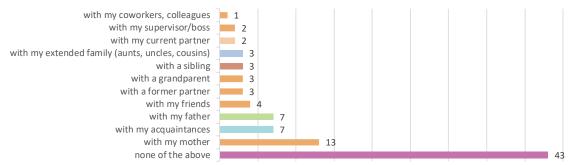
3. I live in a home where my gender identity is affirmed. (Total: 284)



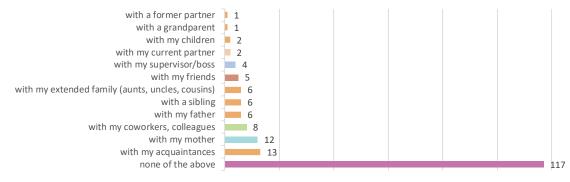
Do you have other people in your family such as siblings, aunts, uncles, cousins, grandparents, or your own kids who identify as LGBTQIA+? (Total: 287)



5. In which of the following relationships has a response or reaction to your LGBTQIA+ identity EVER been stressful for you? (Total: 91)



6. In the PAST 12 MONTHS, in which of the following relationships has a response or reaction to your LGBTQIA+ identity been stressful for you. (Total: 183)

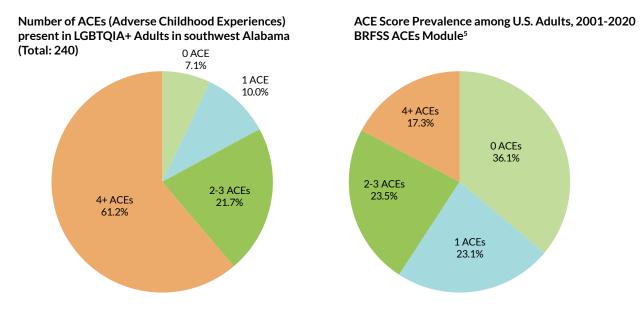


Participants at Love Wins Fairhope in 2023



Adverse Childhood Events (ACEs)

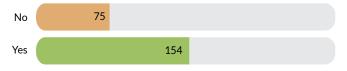
Adverse childhood experiences (ACEs) refer to stressful or traumatic events that occur during childhood, typically before the age of 18. These experiences can vary widely and may include physical, emotional, or sexual abuse, neglect, household dysfunction such as substance abuse or mental illness among caregivers, or exposure to violence. ACEs can profoundly impact a child's physical, emotional, and cognitive development, as well as their overall well-being. For individuals who have experienced multiple adverse childhood experiences, the cumulative effects can be particularly severe. The greater the number of ACEs in one's background, the higher the risk of negative outcomes later in life. Research has shown that individuals with a high ACE score are more likely to suffer from chronic health conditions such as heart disease, obesity, and mental health disorders like depression and anxiety. Additionally, they may have difficulties forming and maintaining healthy relationships, struggle with substance abuse or addiction, and face challenges in academic or professional settings.



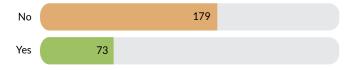
⁵ Source: Swedo EA, Aslam MV, Dahlberg LL, et al. Prevalence of Adverse Childhood Experiences Among U.S. Adults – Behavioral Risk Factor Surveillance System, 2011–2020. MMWR Morb Mortal Wkly Rep 2023;72:707–715. DOI: <u>http://dx.doi.org/10.15585/mmwr.mm7226a2</u>

7. Adverse Childhood Events (ACEs)

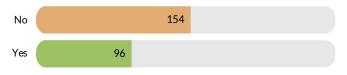
Did you live with anyone who was depressed, mentally ill, or suicidal? (Total: 229)



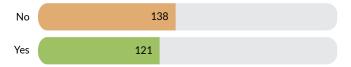
Did you live with anyone who used illegal street drugs or who abused prescription medications? (Total: 252)



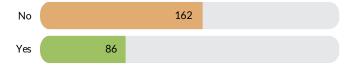
Were your parents separated or divorced? (Total: 250)



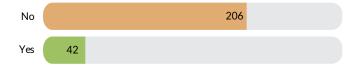
Not including spanking (before age 18), did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way? (Total: 259)



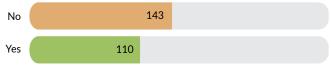
Did anyone at least 5 years older than you or an adult ever touch you sexually? (Total: 248)



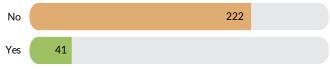
Did anyone at least 5 years older than you or an adult force you to have sex? (Total: 248)



Did you live with anyone who was a problem drinker or alcoholic? (Total: 253)



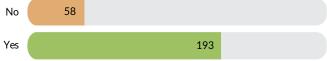
Did you live with anyone who served time or was sentenced to serve time in a prison, jail, or other correctional facility? (Total: 263)



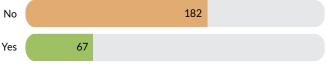
Did your parents or adults in your home ever slap, hit, kick, punch, or beat each other up? (Total: 245)

No		166	
Yes	79		

Did a parent or adult in your home ever swear at you, insult you, or put you down? (Total: 251)



Did anyone at least 5 years older than you or an adult try to make you touch them sexually? (Total: 249)



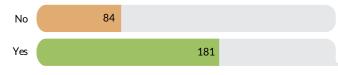
During your childhood was there an adult in your household who made you feel safe and protected most or all of the time? (Total: 259)



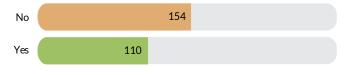
During your childhood was there an adult in your household who tried hard to make sure your basic needs were met most or all of the time? (Total: 262)

No		170	
Yes	92		

Have you experienced discrimination? (For example, being hassled or made to feel inferior or excluded because of your race, ethnicity, gender identity, sexual orientation, religion, learning differences, or disabilities) (Total: 265)



Have you ever experienced verbal or physical abuse or threats from a romantic partner? (For example, a partner, boyfriend or girlfriend) (Total: 264)



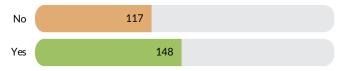
Have you ever had to sleep away from your parent(s) or caregiver(s) because you were kicked out or abandoned? (Total: 264)

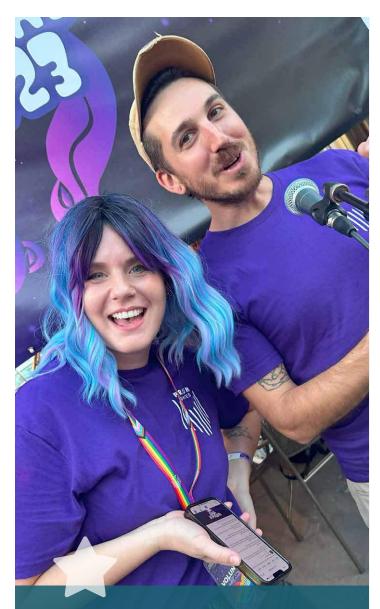


Have you ever been in foster care, even for a short period of time? (Total: 264)



Have you ever seen, heard, or been a victim of violence in your neighborhood, community or school? (For example, targeted bullying, assault or other violent actions, war or terrorism) (Total: 265)

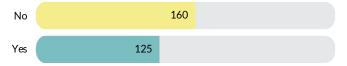




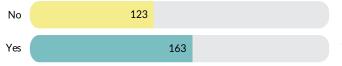
Rachel and Tom announcing the 2023 WigWalk costume winners at Oyster City Brewing Company

8. Identity-based Adversity in Families

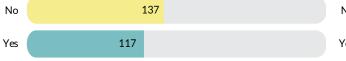
Have you ever been rejected by or distanced from family members because of your sexual orientation? (Total: 285)



Did a parent or guardian ever openly speak negatively of or use slur words to refer the LGBTQIA+ Community? (Total: 286)



Did you ever believe that your parent or guardian would likely withhold resources from you due to your LGBTQIA+ identity? (Total: 254)



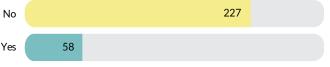
Do you believe you are at risk of homelessness or having to move from your current housing due to your sexual orientation or gender identity? (Total: 287)



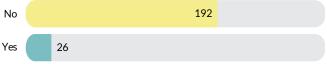
Were you encouraged, compelled, or forced to participate in "conversion" therapy with a mental health professional for the purpose of changing your sexual orientation or gender identity? (Total: 286)



Have you ever been rejected by or distanced from family members because of your gender identity? (Total: 285)



Has your parent or guardian ever threatened to withhold any resources due to your LGBTQIA+ identity? (Total: 218)



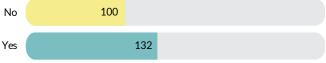
Have you ever been homeless or kicked out of your parents' home because of your LGBTQIA+ identity (even for a short amount of time)? (Total: 285)

No		254	
Yes	31		

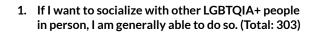
Were you ever encouraged, compelled, or forced to participate in religious activities (e.g. prayer, laying on of hands, etc.) for the purpose of changing your sexual orientation or gender identity? (Total: 284)



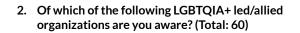
With regard to your LGBTQIA+ identities and related experiences, did you often feel misunderstood, dismissed, stigmatized, or blamed by a parent or other important adults in your life? (Total: 232)

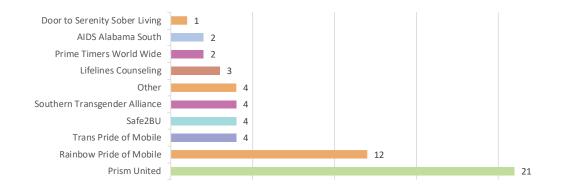


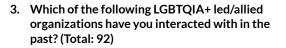
H. Adult Experiences within the LGBTQIA+ Community

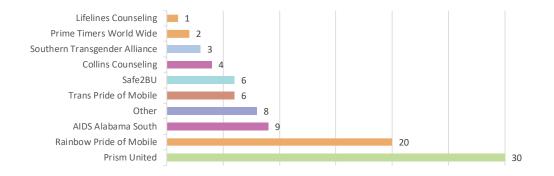






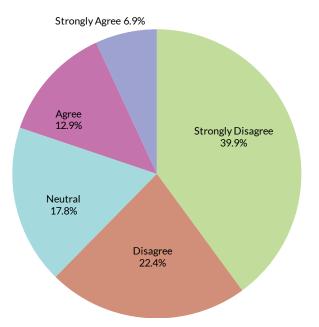




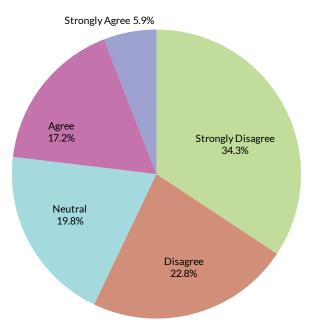


4. Affirmation within the LGBTQIA+ Community

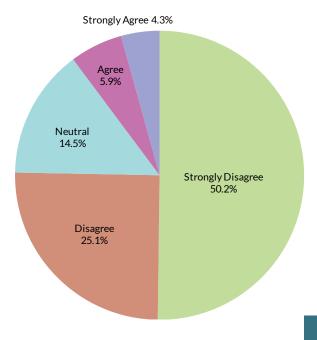
At times I have felt rejected by the LGBTQIA+ community because of my cultural identity (e.g. race, ethnicity, nationality, religion, etc.). (Total: 303)



At times I have felt rejected by the LGBTQIA+ community because of my sexuality or gender identity. (Total: 303)



At times I have felt rejected by the LGBTQIA+ community because of my health or disability status. (Total: 303)





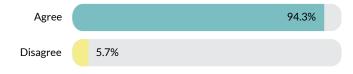
Audience participation at a drag show at Club Elevate in Mobile

5. LGBTQIA+ People of Color

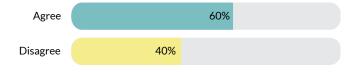
It is hard for people of color (POC) to come out because being LGBTQIA+ is less accepted in POC communities. (Total: 73)

Agree			8	6.3%	
Disagree	13.6%				

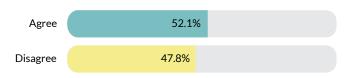
There are already so many things to deal with when you are a person of color, that being LGBTQIA+ just makes things harder. (Total: 70)



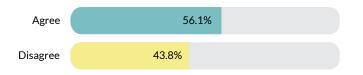
I am often asked to represent my entire race in mostly white LGBTQIA+ settings. (Total: 70)



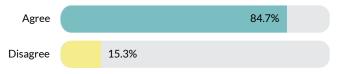
My identity as a person of color is more important to who I am than my LGBTQIA+ identity. (Total: 69)



It is hard to find examples of LGBTQIA+ people of color whom I respect or see as a role model. (Total: 73)



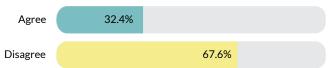
The mainstream LGBTQIA+ community does not reflect the needs of people of color. (Total: 72)



It is more comfortable for me to hang out with other LGBTQIA+ people of color than with white LGBTQIA+ people. (Total: 71)

Agree	53.6%	
Disagree	46.5%	

My LGBTQIA+ identity is more important to who I am than my identity as a person of color. (Total: 68)





COMMUNITY NEEDS

Survey participants were asked to rank a list of community needs that were previously identified through discussions with local focus groups and individuals. Participants used a ranked voting system, selecting their top 5 priority needs as their first choices and their next 5 priority needs as their second choices. Each first-choice need was given double the weight of a second-choice need in the final tally, reflecting its higher priority. Second-choice needs were included without additional weight. The combined needs scores were calculated to quantitatively represent the community's priorities.

The survey results, presented in two sets of ranked Community Needs lists for each participant age group, provide a crucial basis for decision-making. The first set includes all participants in an age group, and the second set includes only participants who identified themselves as people of color. The significant differences in the needs rankings further emphasize the importance of diversifying leadership and involving communities of color in decision-making processes for local agencies and organizations.





Services for Families who want to learn to be affirming



Access to Gender-Affirming Identification

16

08

10

12

13

14

15

16

LGBTQIA+ Affirming **Magnet School**



Health Care

Education

People

Agencies

School

Identification

Affordable Food

and

More Accessibility to LGBTQIA+ Events/Spaces for Disabled People

Accessible LGBTQIA+ Affirming

Affirming LGBTQIA+ Sex

Anti-Discrimination City

Ordinance for LGBTQIA+

to learn to be affirming

Living and Nursing Home

Services for Families who want

LGBTQIA+ Affirming Assisted

LGBTQIA+ Affirming Magnet

Access to Gender-Affirming

More Cohesion in the

More Accessibility to

Disabled People

LGBTQIA+ Events/Spaces for

LGBTQIA+ Community

Community Needs – Youth of Color

01	Access to safe spaces in schools
02	Affordable Housing
03	Safety from Violence and Victimization in the Community <i>and</i> More Organizing to Address Anti- LGBTQIA+ Laws and Government
04	Shelter for LGBTQIA+ Youth Experiencing Homelessness
05	LGBTQIA+ Community Center for Adults and More People of Color in Leadership in LGBTQIA+ Organizations
06	LGBTQIA+ Community Center for Youth and More LGBTQIA+ Community Spaces (Other than the bar scene) and More Advocacy and Support in Public School System
07	Accessible LGBTQIA+ Affirming Mental Health Care

and **Expanding Medicare/Access to** Affordable Health Insurance



Community Needs – All Adults

Below, you'll find the results of the Adult LGBTQIA+ community needs assessment, reflecting the diverse perspectives and priorities of LGBTQIA+ adults. This invaluable input serves as a compass for understanding the challenges faced by our community and guiding efforts to address them effectively.





Community Needs – Adults of Color

Access to safe spaces in schools and Safety from Violence and Victimization in the Community Shelter for LGBTQIA+ Youth 02 **Experiencing Homelessness** LGBTQIA+ Community Center for 03 Youth and **Affordable Housing** More LGBTQIA+ Community **N4** Spaces (Other than the bar scene) More Organizing to Address Anti-LGBTQIA+ Laws and Government LGBTQIA+ Community Center for 06 **Adults** and Accessible LGBTQIA+ Affirming **Mental Health Care Expanding Medicare/Access to** 07 **Affordable Health Insurance** and Affirming LGBTQIA+ Sex Education More People of Color in Leadership 08 in LGBTQIA+ Organizations

09	More Advocacy and Support in Public School System
10	Anti-Discrimination City Ordinance for LGBTQIA+ People
11	Affordable Food
12	Accessible LGBTQIA+ Affirming Health Care
13	LGBTQIA+ Affirming Magnet School and Access to Gender-Affirming Identification
14	Services for Families who want to learn to be affirming. and LGBTQIA+ Affirming Assisted Living and Nursing Home Agencies
15	More Cohesion in the LGBTQIA+ Community
16	More Accessibility to LGBTQIA+ Events/Spaces for Disabled People



alabamainclusionproject.org f @AlabamaInclusionProject info@alabamainclusionproject.org