MENTAL HEALTH AND TRANS YOUTH

Why is this important?

MENTAL HEALTH BINARIES

- Sick / Well
- Mental / Physical
- Individual / Community
- Us / Them

Images:
- Physical, Mental Emotional Well-Being, Retrieved from Dreamsteam.com, 1/22/27
- The Us vs. Them Mentality, Retrieved from The Emotion Machine, 12/22/2017
- Man Woman Clipart, Retrieved from Cliker.com, 12/22/2017
- Black/White, Retrieved from Pinterest, 12/22/2017
MOVING BEYOND THE BINARY

“The resolution of each competing binary is invariably about holding the truths of each end of the binary together.”


PUBLIC HEALTH APPROACH TO CHILDREN’S MENTAL HEALTH

My Assumptions:
- Everyone has a state of mental health
- Our mental health changes over time
- Prevention can happen any time
- We all have a role to play
View Video
“Mental Health: Yours, Mine and Ours”
http://z.umn.edu/cmhpbh

REFLECTION

- Before watching this video how did you define mental health? Mental illness?
- Have these definitions changed from watching this video? If so, how?
- How might our definitions inform our work with trans youth?
PUBLIC HEALTH...

- Focuses on whole populations
- Creates healthy environments
- Encourages health promotion
HEALTH PROMOTION

The process of enabling people to increase control over, and to improve, their health.


ECOLOGICAL MODEL

Child

Family, Friends, Neighbors
(parents, caring adults, siblings, extended family, peers, neighborhood)

Community
(schools, faith communities, community groups & agencies, business)

Policy
(local, state, national, international)

Society
TRANS YOUTH – WHAT DO WE KNOW?

- Child
- Family, Friends, Neighbors
- Community
- Policy
- Society

Anxiety
Depression
Substance Use
Suicidality
TRANS YOUTH – WHAT DO WE KNOW?

Child

Family, Friends, Neighbors
- eviction
- family violence
- parental rejection and abuse

Community
- teasing
- bullying
- Gender-based victimization at school
- harassment
TRANS YOUTH – WHAT DO WE KNOW?

Child

Policy

Discriminatory Practices

bathrooms

homelessness

healthcare

employment

TRANS YOUTH – WHAT DO WE KNOW?

Child

Society

media

stigma

community norms
MEDIATORS

Something is considered a mediator to the extent that it accounts for the relationship between a predictor (being trans) and an outcome (anxiety, depression, etc.)
MEDIATOR - POLICIES

- Safety
- Child
- Academics
- Self esteem
- Depression
- Harassment
- Assault
- Inclusive School Policies
- Social Transition
- Bathrooms
- Homeless Shelters

Figure 1 The mental health/illness continuum

REFLECTION

- What might optimal mental health look like for trans youth?
- How does your organization or community make promoting mental health for trans youth difficult or possible?
- What would you like to see as next steps?
WHERE ARE YOU?

Child

Family, Friends, Neighbors

Community

Policy

Society

Learn More at the Transgender Toolkit
z.umn.edu/transresources

Annotated Bibliographies

eReview