

Bright Spots and Progress

Most adults report **high levels of hope (84.8%)** and **flourishing (79%)**, indicating that they have set positive goals for their lives, identified pathways to achieve those goals, and have high levels of agency.

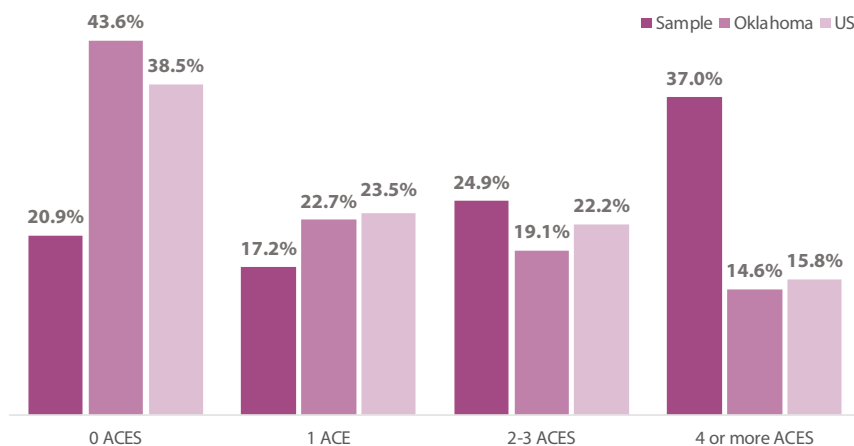


Challenges

Participants reported **significantly high exposure to childhood trauma.**

- **Nearly two-thirds** reported 2 or more Adverse Childhood Experiences (ACEs)—much higher than the national rate of **38%**.
- **37%** reported 4 or more ACEs, compared to **15.8%** nationally.

In comparison with the overall populations of both Oklahoma and the U.S., the study's sample reports **higher ACE scores**, reflecting greater exposure to childhood trauma in the home.



Rates of intimate partner violence (IPV) and unwanted sexual contact are **high**, especially among SGM individuals assigned female at birth.

- **61.5%** of respondents reported experiencing at least one instance of IPV, **nearly twice** the rate among the general population nationally. **24%** of respondents reported exposure to 4 or more items. **42.1%** of individual assigned female at birth reported at least one instance of IPV before their 18th birthday, compared with **25.8%** of females in national estimates.
- **Half** of SGM respondents reported ever experiencing unwanted sexual contact. **Nearly two-thirds** of SGM individuals assigned female at birth experienced unwanted sexual contact, **18% higher** than the general female population.

The Prism Project - to better inform the community of issues involving Tulsa's LGBTQ+ members.

In 2019, Tulsa Reaches Out (TRO) partnered with several Tulsa-area organizations to conduct a needs assessment survey to provide outreach, create advocacy groups and guide policymakers about the needs of Tulsa's sexual and gender minorities, commonly referred to as the LGBTQ+ community.

TRO commissioned The Hope Research Center at the University of Oklahoma-Tulsa to conduct the survey within Tulsa's LGBTQ+ community. More than 800 anonymous surveys were completed and analyzed. From this effort, a 73-page report was released in November 2019.

From the findings and the report, TRO established three goals:

1. **Provide outreach** to community partners to inform practices and ensure responsive services to the needs of sexual and gender minorities (SGM);
2. **Inform advocacy groups** working to increase public awareness and support goals to improve the well-being of the SGM community, and
3. **Guide policymakers** with data and analysis about the SGM community to inform future policy recommendations and actions.

The Prism Project tracks changes in the LGBTQ+ community since TRO first conducted a LGBTQ+ Needs Assessment in 2004-2005.

This brief is one in a series of five which summarize key findings in the report:

- Family & Community Experiences
- Health & Healthcare Access
- Mental Health
- Workplace Experiences
- Youth Experiences

The complete report, the briefs, a PowerPoint and other supportive materials can be found at link.ou.edu/tulsa-lgbtq

About Tulsa Reaches Out (TRO)

Tulsa Reaches Out is an advisory council within the Tulsa Community Foundation whose goal is to raise awareness and address changes needed for sexual and gender minorities.

Mental health diagnoses and serious psychological distress are **prevalent** among SGM respondents, especially among youth and gender minority individuals.

- **Two-thirds** reported diagnoses related to anxiety or depression. In the present study, youth reported experiencing anxiety and depression **11% higher** than adults.
- **1 in 4** SGM participants reported serious psychological distress—**much higher** than national estimates of the general population ranging from 2.9-5.2%. **Nearly two-thirds** of youth and **nearly 40%** of gender minorities reported such distress.
- Despite such **high rates** of mental health diagnoses and psychological distress, **just over 1 in 4** adult participants report currently seeing a mental health professional. Of those who have ever discussed their SGM identity with a professional, **nearly 20%** reported that the professional attempted to change their sexual orientation or gender identity.

Suicidality is **strikingly higher** among the study's sample, especially among youth.

- **21.6%** of adults (**5x** the national average) and **59.1%** of youth (**3x** the national average) reported suicidal ideation.
- **3.8%** of adults (**6x** the national average) and **21.5%** of youth (**3x** the national average) reported having attempted suicide.

The survey indicates important priorities moving forward:

Regarding the most important services needed for SGM individuals:

Adults indicated preferences for:

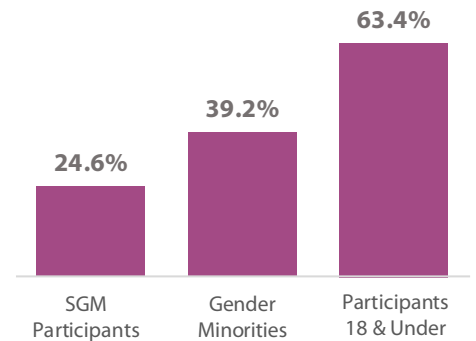
- mental health and counseling services
- advocacy at the state legislature
- physical and medical health services
- public awareness about LGBTQ+ issues

Youth indicated preferences for:

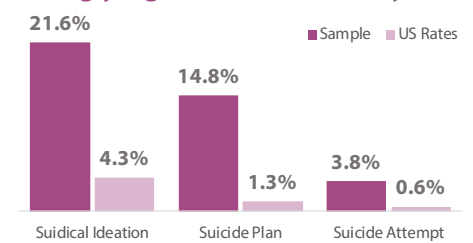
- mental health and counseling services
- public awareness about LGBTQ+ issues
- programs for LGBTQ+ youth
- sexual health education

We hope readers will consider **committing** their resources, influence, and networks to come up with **creative solutions** to the persistent challenges faced by sexual and gender minorities so that we can continue making progress together as **one community**.

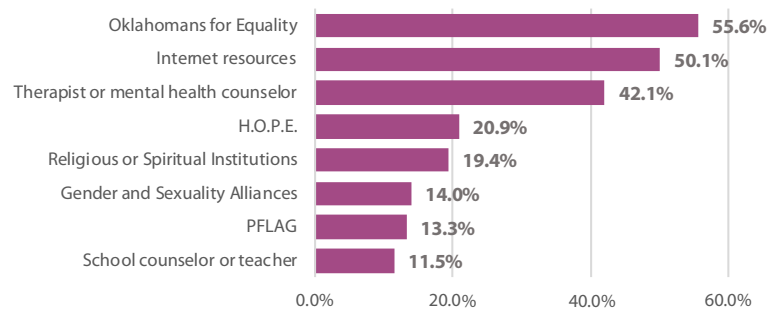
The rates of serious psychological distress in the study were **alarmingly high**



Compared to national estimates, participants age 18 and older report **strikingly higher** rates of suicidality



The **top 8** agencies, programs, and services accessed by **adults**



The **top 8** agencies, programs, and services accessed by **youth**

