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### Providers' Perspectives on Treating Patients for Substance Use Disorder in Northeast Tennessee

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## BACKGROUND

- People who identify as lesbian, gay, bisexual, transgender, and/or queer/questioning (LGTBQ+) have higher rates of substance use disorder (SUD) compared to the general population.<sup>1,2</sup>
- Gender and sexual minorities have shown less treatment-seeking intentions than their heterosexual cis-gender counterparts.<sup>3</sup>

## OBJECTIVES

1. Identify general resources and barriers to care for SUD treatment
2. Identify SUD treatment options that make special accommodations for LGBTQ patients
3. Create a resource guide of LGBTQ friendly treatment options

## METHODS

- Action research
- Purposive sampling
- One-on-one anonymous audio-recorded semi-structured interviews (n=9)
  - Three physicians, three certified peer support specialists, a licensed counselor, and two facility directors
- Open coding to identify themes

## RESULTS

- Themes identified include: barriers to care, general resources, LGBTQ, and stigma.
- LGBTQ friendly resource guide\*

## DISCUSSION

- Participants identified financial, structural, and stigmatizing barriers.
- Many providers treat LGBTQ patients for SUD but do not make special accommodations for this population and have not had formal LGBTQ cultural competency training.
- This research is limited to the perspectives of the 9 providers interviewed.
- Next steps include: 1) interviewing people who identify as LGBTQ with SUD treatment experience 2) developing, implementing, and evaluating training modules on LGBTQ cultural competency for SUD providers informed by these data.

# Providers' Perspectives on Treating Patients for Substance Use Disorder in Northeast Tennessee

1. We identified resources and barriers to care for people seeking substance use disorder treatment in Northeast Tennessee.

2. We created a resource guide\* for LGBTQ identifying people who are seeking substance use disorder treatment in Northeast Tennessee.



\* point your phone's camera at the QR code for more info



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Theme	Sub-theme	*
Barriers to Care	Lack of transportation	
	Lack of financial resources	
	Stigma	
	Lack of effective social support	
	Policies regulating providers	
	Incarceration	
General Resources	Providers themselves	
	Providers with personal SUD experience	
	Financial assistance	
	Spirituality	
	NA/AA meetings	
LGBTQ	Very few accommodations	
	Lack of targeted services	
	Denial that people who identify as LGBTQ need considerations	
	Lack of cultural competency training	
	Provider desire for cultural competency training	
Stigma	MAT distrust	
	Public prejudice	
	Pity and condescension	
	Provider Language	
	Pharmacist interactions	

## References

1. Medley, Grace, et al. "Sexual Orientation and Estimates of Adult Substance Use and Mental Health: Results from the 2015 National Survey on Drug Use and Health." Substance Abuse and Mental Health Services Administration, Oct. 2016, [www.samhsa.gov/data/sites/default/files/NSDUH-SexualOrientation-2015/NSDUH-SexualOrientation-2015/NSDUH-SexualOrientation-2015/NSDUH-SexualOrientation-2015.htm](http://www.samhsa.gov/data/sites/default/files/NSDUH-SexualOrientation-2015/NSDUH-SexualOrientation-2015/NSDUH-SexualOrientation-2015/NSDUH-SexualOrientation-2015.htm).
2. Mereish, Ethan H, and Bradford, Judith B. "Intersecting Identities and Substance Use Problems: Sexual Orientation, Gender, Race, and Lifetime Substance Use Problems." *Journal of Studies on Alcohol and Drugs*, Rutgers University, Jan. 2014, [www.ncbi.nlm.nih.gov/pubmed/24411810](http://www.ncbi.nlm.nih.gov/pubmed/24411810).
3. Benz, Madeline. "Stigma and Help-Seeking: The Interplay of Substance Use and Gender and Sexual Minority Identity." *Addictive Behaviors*, Pergamon, 23 May 2019, <https://www.sciencedirect.com/science/article/abs/pii/S0306460318311316>.