

# Child & Adolescent Psychiatry Grand Rounds

WCM Department of Psychiatry  
Psychology CE Announcement

## Combining Science and Human Rights to Amend Youth Mental Health Disparities

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Wednesday, April 19<sup>th</sup> 2023

11:00am – 12:30pm

<https://weillcornell.zoom.us/j/92812036154>

Meeting ID: 928 1203 6154

Password: 12345

\*1.5 CE credit available to full time and voluntary faculty psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture.

#### SPEAKER DISCLOSURE:

Dr. Adelson has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

**Stewart Adelson, M.D.** is an adult, child, and adolescent psychiatrist. He is a Clinical Associate Professor Cornell and Adjunct [Associate/Assistant] Clinical Professor at Columbia medical schools. He has expertise in general psychiatry, psychotherapy, sexuality and gender, public psychiatry, and clinical research. He has taught patient evaluation and treatment to residents and fellows at Columbia and Cornell since 1995. He is lead author of peer-reviewed papers, chapters, and volumes on a variety of topics including evidence-based practice guidelines, psychodynamic theory and treatment, and sexual and gender development, including the American Academy of Child & Adolescent Psychiatry (AACAP)'s Practice Parameter for LGBT youth. He has provided care to a wide variety of adults and youth, both as Medical Director in New York Presbyterian Hospital and community-based mental health programs for children and adolescents experiencing homelessness, abuse, neglect, foster care, adoption, and HIV/AIDS as well as private practice in Manhattan.

**Abstract:** "As a socially marginalized group, LGBT youths experience elevated rates of physical and mental health problems that are leading causes of mortality due to a variety of factors. Minority stress theory links exposure to stigma with health outcome disparities. Structural stigma including biased laws, policies, and societal norms predicts approximately 20% of elevated suicidality among LGBT youths. Comprehensive public health efforts to reduce mental health disparities among LGBT youths need to address structural stigma. An interdisciplinary Health Justice approach is described, in which public health evidence is integrated with human rights principles in keeping with the bioethical Justice Imperative. In this approach, epidemiological research is used to inform public health efforts to address health disparities in LGBT youths due to structural stigma in a way that is (1) empirical; (2) aimed at basic goals of reducing morbidity and mortality; (3) applicable to diverse cultural contexts; (4) capable of amending stigma-related power and associated health inequities; and (5) guided by human rights principles. By applying human rights principles to public health needs, this approach will help to achieve health equity for LGBT youths." (Adelson SL, Reid G, Miller AM, Sandfort TGM. Health Justice for LGBT Youths: Combining Public Health and Human Rights. *J Am Acad Child Adolesc Psychiatry.* 2021 Jul;60(7):804-807)

#### Learning Objectives:

- 1.) Describe mental health disparities leading to increased mortality among LGBT youth
- 2.) Describe the Minority Stress Theory linking exposure to stigma to health disparities
- 3.) Describe interdisciplinary approaches to amending stigma at the level of law and policy

#### References:

1. o Adelson SL, Reid G, Miller AM, Sandfort TGM. Health Justice for LGBT Youths: Combining Public Health and Human Rights. *J Am Acad Child Adolesc Psychiatry.* 2021 Jul;60(7):804-807
2. o Centers for Disease Control and Prevention. 10 Leading causes of death by age group, United States 2018. Accessed November 6, 2020; [https://www.cdc.gov/injury/images/lccharts/leading\\_causes\\_of\\_death\\_by\\_age\\_group\\_2018\\_1100w850h.jpg](https://www.cdc.gov/injury/images/lccharts/leading_causes_of_death_by_age_group_2018_1100w850h.jpg).
3. o Hatzenbuehler ML, Pachankis JE. Stigma and minority stress as social determinants of health among lesbian, gay, bisexual, and transgender youth: research evidence and clinical implications. *Pediatr Clin North Am.* 2016;63:985-997.
4. o Meyer IH, Frost DM. Minority stress and the health of sexual minorities. In: Patterson CJ, D'Augelli AR, eds. *Handbook of Psychology and Sexual Orientation.* New York: Oxford University Press; 2013:252-266.
5. o Raifman J, Moscoe E, Austin SB, McConnell M. Difference-in-differences analysis of the association between state same-sex marriage policies and adolescent suicide attempts. *JAMA Pediatr.* 2017;171:350-356.