

LGBTQIA+/Sexual and Gender Minorities Community Resources from AOTA's Mental Health Special Interest Section Resource Library June 2026

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June is Pride Month, a time to recognize the contributions, resilience, and diverse experiences of lesbian, gay, bisexual, transgender, queer/questioning, intersex, asexual, and other sexual and gender minority (LGBTQIA+) individuals and communities.

Research consistently demonstrates that supportive environments, affirming relationships, meaningful participation, and access to inclusive services contribute to improved mental health and well-being.

This resource guide highlights selected materials available through the Mental Health Special Interest Section (MHSIS) Resource Library to support occupational therapy practitioners seeking to expand their knowledge and enhance inclusive, occupation-centered practice.

Why This Matters

Sexual and gender minority individuals may experience unique barriers to occupational participation, including:

- Stigma and discrimination
- Social isolation
- Housing insecurity and homelessness
- Healthcare access barriers
- Family rejection or disruption
- Minority stress and trauma exposure
- Increased risk for anxiety, depression, and suicidality

Occupational therapy practitioners can support participation, belonging, identity development, self-advocacy, community engagement, and recovery across the lifespan.

Evidence-Based Practice:

Becerra-Culqui, T., Swiatek, D., Dizon, B., Getahun, D., Silverberg, M., Zhang, Q., Im, T., & Goodman, M. (2024). **Challenging norms: The impact of transgender and gender-diverse realities on work and school participation.** *American Journal of Occupational Therapy*, 78,(3). <https://doi.org/10.5014/ajot.2024.050485>

Coleman, E., Radix, A. E., Bouman, W. P., Brown, G. R., de Vries, A. L. C., Deutsch, M. B., Ettner, R., Fraser, L., Goodman, M., Green, J., Hancock, A. B., Johnson, T. W., Karasic, D. H., Knudson, G. A., Leibowitz, S. F., Meyer-Bahlburg, H. F. L., Monstrey, S. J., Motmans, J., Nahata, L., ... Arcelus, J. (2022). **Standards of care for the health of transgender and gender diverse people, version 8**. *International Journal of Transgender Health*, 23(Suppl. 1), S1–S259. <https://doi.org/10.1080/26895269.2022.2100644>

Hughto, J. M. W., Quinn, E. K., Dunbar, M. S., Rose, A. J., Shireman, T. I., & Jasuja, G. K. (2021). **Prevalence and co-occurrence of alcohol, nicotine, and other substance use disorder diagnoses among U.S. transgender and cisgender adults**. *JAMA Network Open*, 4(2), e2036512. <https://doi.org/10.1001/jamanetworkopen.2020.36512>

Scheer, J. R., Epshteyn, G., Girard, R., Stage, M. A., Chadbourne, E. M., Caceres, B. A., Wall, M. M., & Hughes, T. L. (2025). **Mental and behavioral health care access and satisfaction among older sexual minority women**. *Academia Mental Health and Well-Being*, 2(3) <https://doi.org/10.20935/mhealthwellb7867>

Substance Abuse and Mental Health Services Administration: **Behavioral health care access among lesbian, gay, and bisexual (LGB) populations**. Publication No. PEP24-07-026, Substance Abuse and Mental Health Services Administration, 2024. <https://nalgap.org/wp-content/uploads/2025/03/Behavioral-Health-Care-Access-LGB-Populations-SAMHSA.pdf>

Substance Abuse and Mental Health Services Administration. (2024). **Behavioral health of adolescents across sexual identities: Results from the 2023 National Survey on Drug Use and Health** (SAMHSA Publication No. PEP24-07-028). Center for Behavioral Health Statistics and Quality. <https://www.samhsa.gov/data/report/lgb-adolescent-behavioral-health-2023>

The Trevor Project (2025). **The Role of Parent and Caregiver Support on Perceived Life Expectancy and Life Purpose for Black Transgender and Nonbinary Young People**. <https://doi.org/10.70226/PDHW8773>

Occupational Therapy-Specific Scholarship:

Beagan, B. L., Chiasson, A., Fiske, C. A., Forseth, S. D., Hosein, A. C., Myers, M. R., & Stang, J. E. (2013). **Working with transgender clients: Learning from physicians and nurses to improve occupational therapy practice**. *Canadian Journal of Occupational Therapy*, 80(2), 82–91. <https://doi.org/10.1177/0008417413484450>

Bolding, D. J., Acosta, A., Butler, B., Chau, A., Craig, B., & Dunbar, F. (2022). **Working with lesbian, gay, bisexual, and transgender clients: Occupational therapy practitioners' knowledge, skills, and attitudes**. *American Journal of Occupational Therapy*, 76(3), 7603205130. <https://doi.org/10.5014/AJOT.2022.049065>

Kimelstein, J. (2019). **Gender as an occupation: The role of OT in the transgender community** (Thesis No. 424) [Master's thesis, Ithaca College]. *Ithaca College Digital Commons*. <https://www.semanticscholar.org/paper/Gender-as-an-Occupation%3A-The-Role-of-OT-in-the-Kimelstein/719464625aad3d176350b8c5ac7fda60601cf291>.

Tintinger, S., Ncwane, T., & Ebrahim, N. (2024). **The role of occupational therapy serving LGBTQIA+ people: Retrospective perceptions of an occupational therapist.** *South African Journal of Occupational Therapy*, 54(1). <https://doi.org/10.17159/2310-3883/2024/vol54no1a11>

Trentham, B. (2022). **Occupational (therapy's) possibilities: A queer reflection on the tangled threads of oppression and our collective liberation.** *Canadian Journal of Occupational Therapy*, 89(4), 346–363. <https://doi.org/10.1177/00084174221129700>

Assessment-related resources:

Campbell, S., Zhai, J., Tan, J.-Y., Azami, M., Cunningham, K., & Kruske, S. (2021). **Assessment tools measuring health-related empowerment in psychosocially vulnerable populations: A systematic review.** *International Journal for Equity in Health*, 20, 246. <https://doi.org/10.1186/s12939-021-01585-1>

Hunter, M. S. (2003). **The Women's Health Questionnaire (WHQ): Frequently asked questions (FAQ).** *Health and Quality of Life Outcomes*, 1(41). <https://doi.org/10.1186/1477-7525-1-41>

Testa, R. J., Habarth, J., Peta, J., Balsam, K., & Bockting, W. (2015). Development of the Gender Minority Stress and Resilience Measure. *Psychology of Sexual Orientation and Gender Diversity*, 2(1), 65–77. <https://doi.org/10.1037/sgd0000081>

Intervention-related resources:

Craig, S. L. (2017). **Affirmative cognitive behavior therapy with transgender and gender nonconforming adults.** *Psychiatric Clinics of North America*, 40(1), 79–92. <https://doi.org/10.1016/j.psc.2016.10.003>

Johns Hopkins Medicine. (n.d.). Clinician resources. Johns Hopkins Center for Transgender and Gender Expansive Health. <https://www.hopkinsmedicine.org/center-transgender-health/clinician-resources>

National Queer and Trans Therapists of Color Network. (2019). **Radical syllabus.** <https://www.ngttcn.com>

Simpson, E. K., & Robinson, M. I. (2025). **An occupational therapy work-self-efficacy intervention for LGBTQ+ young people in transitional housing.** *The Open Journal of Occupational Therapy*, 13 (1), 1-16. <https://doi.org/10.15453/2168-6408.2268>

Substance Abuse and Mental Health Services Administration. (2024). **Supporting recovery within the LGBTQI+ community: Findings from technical experts panel.** Office of Recovery. <https://www.samhsa.gov/find-help/recovery>

 [Related Podcast & YouTube Resources](#)

In Session 28 (July 2024) of ***AJOT Authors & Issues***, Dr. Tracy Becerra-Culqui and Dr. Daniel Swiatek discuss their recent publication entitled: **Challenging Norms: The Impact of Transgender and Gender Diverse Realities on Work and School Participation**. <https://youtu.be/fznaGAwgvuc?si=rizHtmMGNgTrx0b>

This article appears in AJOT Volume 78, Issue 3.

Link to Open Access article: <https://research.aota.org/ajot/article/78/3/7803205150/25166/Challenging-Norms-The-Impact-of-Transgender-and>

Here are the links mentioned during the discussion.

Human Rights Campaign: <https://www.hrc.org/>

AOTA Resources: <https://www.aota.org/practice/practice-essentials/dei/transgender-and-gender-diverse-resources>

Transgender Toolkit: <https://www.thehrcfoundation.org/professional-resources/trans-toolkit-for-employers>