

50 Trauma, Gender, and Substance Use Cards

These cut-out cards contain key points from the academic research literature on the intersections of trauma, gender, and sex and its role in substance use services and policies. They were developed for a workshop called “Becoming Trauma- and Gender-Informed” held at the Issues of Substance conference hosted by the Canadian Centre on Substance Use and Addiction in November 2017.

These cards can be printed and cut out and used in training and learning events, in staff meetings, or posted on bulletin boards as a fun way to initiate discussion on integrating trauma, gender, and sex informed approaches into substance use services and policy.

Boys with substance use disorders (SUD) are more likely than girls to also have conduct, behavioural, and learning problems.

NIDA., *Principles of adolescent substance use disorder treatment: A research-based guide*. 2014, NIDA: Washington, DC.

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Men are more likely to use illegal sources of opioids, and die from an illicit or prescription opioid overdose.

Gladstone, E.J., K. Smolina, and S.G. Morgan, *Trends and sex differences in prescription opioid deaths in British Columbia, Canada*. *Injury Prevention*, 2015: p. injuryprev-2015-041604.

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Lesbian and bisexual girls are more likely to report: illicit substance use and misuse of prescription drugs, binge drinking, tobacco and alcohol use and poorer mental health, compared to heterosexual girls.

Smith, A., et al., *From Hastings Street to Haida Gwaii: Provincial results of the 2013 BC Adolescent Health Survey*. 2014, McCreary Centre Society: Vancouver, BC.

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Men who use cannabis are more likely to report dependence or severe dependence on cannabis than women.

National Academies of Sciences, Engineering and Medicine, *The health effects of cannabis and cannabinoids: The current state of evidence and recommendations for research*. 2017, The National Academies Press: Washington, DC.

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Women are more likely than men to have first obtained opioids by a legitimate prescription and to administer using the intended method.

Hachey, L.M., et al., *Health implications and management of women with opioid use disorder*. *Journal of Nursing Education and Practice*, 2017. 7(8): p. 57-62.

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Indigenous boys are more likely to have initiated nicotine, cannabis and alcohol use before age 8, compared to Indigenous girls.

Whitbeck, L.B. and B.E. Armenta, *Patterns of substance use initiation among Indigenous adolescents*. *Addictive Behaviors*, 2015. 45: p. 172-179.

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Having a father or a sibling who smokes predicted smoking initiation in girls, but not boys.

Sylvestre, M.P., et al., *Gender differences in risk factors for cigarette smoking initiation in childhood*. *Addictive Behaviors*, 2017. 72: p. 144-150.

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Involving transgender peers in treatment and promoting a positive identification with the transgender community has been demonstrated to improve retention.

Glynn, T.R. and J.J. van den Berg, *A Systematic Review of Interventions to Reduce Problematic Substance Use Among Transgender Individuals: A Call to Action*. *Transgender Health*, 2017. 2(1): p. 45-59.

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Alcohol use and cocaine use are associated with increased risk of intimate partner violence among women.

Devries, K.M., et al., *Intimate partner violence victimization and alcohol consumption in women: A systematic review and meta-analysis*. *Addiction*, 2014. 109(3): p. 379-391.

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While overall rates of alcohol use are decreasing among men, these rates are not decreasing as quickly for women.

Grant, B.F., et al., *Prevalence of 12-month alcohol use, high-risk drinking, and DSM-IV alcohol use disorder in the United States, 2001-2002 to 2012-2013: Results from the National Epidemiologic Survey on Alcohol and Related Conditions*. *JAMA Psychiatry*, 2017. 74(9): p. 911-923.

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Men are more likely than women to use synthetic cannabinoids, which are associated with more adverse health effects.

Fattore, L., *Reward processing and drug addiction: Does sex matter?* *Frontiers in Neuroscience*, 2015. 9: p.1-6.

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Problem solving skills, refusal skills, coping skills, and positive self-esteem and body image are protective against substance use among girls.

Schwinn, T.M., et al., *Risk and protective factors associated with adolescent girls' substance use: Data from a nationwide Facebook sample*. *Substance Abuse*, 2016. 37(4): p. 564-570.

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Problem drinking is more common among boys from lower socioeconomic status groups.

Balázs, M., B.F. Piko, and K.M. Fitzpatrick, *Youth problem drinking: The role of parental and familial relationships*. *Substance Use & Misuse*, 2017. 52(12): p. 1538-1545.

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Family rejection was associated with increased odds of using drugs or alcohol to cope with transgender-related discrimination.

Klein, A. and S.A. Golub, *Family rejection as a predictor of suicide attempts and substance misuse among transgender and gender nonconforming adults*. *LGBT Health*, 2016. 3(3): p. 193-199.

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Using inclusive language (including a range of gender identities on intake forms), having gender neutral washrooms and displaying transgender positive resources in waiting areas demonstrates respect and can increase feelings of trust.

American Psychological Association, *Guidelines for psychological practice with transgender and gender nonconforming people*. The American Psychologist, 2015. 70(9): p. 832-864.

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Trans people reporting experiences of gender-related discrimination have increased odds of drug use. Gender minority stressors have been associated with excessive alcohol use among trans men and cannabis use among trans women.

Gonzalez, C.A., J.D. Gallego, and W.O. Bockting, *Demographic Characteristics, Components of Sexuality and Gender, and Minority Stress and Their Associations to Excessive Alcohol, Cannabis, and Illicit (Non cannabis) Drug Use Among a Large Sample of Transgender People in the United States*. The Journal of Primary Prevention, 2017. 38(4): p. 419-445.

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Intoxication can make young women and girls more vulnerable to date rape, sexual assault, and unprotected sex and increase their vulnerability to HIV and sexually transmitted infections.

Poole, N., C. Urquhart, and G. Gonneau, *Girl-centred approaches to prevention, harm reduction and treatment. Gendering the National Framework Series (2)*. 2010, British Columbia Centre of Excellence for Women's Health: Vancouver, BC.

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Positive coping skills, self-regulation skills, partner support, and financial independence are associated with a lower likelihood of substance use among women.

Gilbert, L., et al., *Risk and protective factors for drug use and partner violence among women in emergency care*. Journal of Community Psychology, 2013. 41(5): p. 565-581.

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Women may be less likely to receive a referral for residential treatment, and more likely to seek help for substance use issues through general health care or a mental health service.

Bazargan-Hejazi, S., et al., *Gender Comparison in Referrals and Treatment Completion to Residential and Outpatient Alcohol Treatment*. Substance Abuse, 2016. 10: p. 109-116.

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Rates of cannabis use are higher among boys than girls; dependence on cannabis is also greater among boys compared to girls.

Kuhn, C., *Emergence of sex differences in the development of substance use and abuse during adolescence*. Pharmacology & Therapeutics, 2015. 153: p. p.55-78.

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Girls with low self-esteem are more likely to initiate smoking than girls with higher self-esteem.

Sylvestre, M.P., et al., *Gender differences in risk factors for cigarette smoking initiation in childhood*. Addictive Behaviors, 2017. 72: p. 144-150.

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Men have better outcomes in response to nicotine replacement therapy (NRT) than women who smoke. Men require fewer attempts at cessation compared to women, and fewer forms of support to achieve cessation.

Smith, P.H., et al., *Gender differences in medication use and cigarette smoking cessation: Results from the International Tobacco Control Four Country Survey*. Nicotine & Tobacco Research, 2015. 17(4): p. 463-472.

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High religiosity has been found to be protective against substance use and hazardous alcohol use among both heterosexual and sexual minority women.

Drabble, L., K.F. Trocki, and J.L. Klinger, *Religiosity as a protective factor for hazardous drinking and drug use among sexual minority and heterosexual women: Findings from the National Alcohol Survey*. *Drug & Alcohol Dependence*, 2016. 161: p. 127-34.

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Girls entering substance use treatment report more psychosocial problems than boys, including more mental health issues, homelessness, self-injury and suicide attempts.

Mitchell, P.F., et al., *Gender differences in psychosocial complexity for a cohort of adolescents attending youth-specific substance abuse services*. *Children and Youth Services Review*, 2016. 68(Supplement C): p. 34-43.

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Masculine norms (measured as: a desire for multiple sexual partners, emotional control, a drive to win at all costs, concern with appearing heterosexual, and engaging in risky behaviour) are associated with alcohol use among boys.

Iwamoto, D.K. and A.P. Smiler, *Alcohol Makes You Macho and Helps You Make Friends: The Role of Masculine Norms and Peer Pressure in Adolescent Boys' and Girls' Alcohol Use*. *Substance Use & Misuse*, 2013. 48(5): p. 371-378.

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Women report lower quit rates with nicotine replacement therapy, and mixed effectiveness with pharmacological supports, yet the use of any medication increases women's likelihood of cessation.

Smith, P.H., et al., *Gender differences in medication use and cigarette smoking cessation: results from the International Tobacco Control Four Country Survey*. *Nicotine & Tobacco Research*, 2015. 17(4): p. 463-472.

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Socioeconomic status, trauma, violence and abuse are consistently associated with substance use among Aboriginal women.

Shahram, S., *The social determinants of substance use for aboriginal women: A systematic review*. *Women & Health*, 2016. 56(2): p. 157-176.

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Women are more likely than men to report stress as a reason for substance use relapse.

Mitchell, M.R. and M.N. Potenza, *Importance of sex differences in impulse control and addictions*. *Frontiers in Psychiatry*, 2015. 6(24): p.1-6.

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In general, transgender men report higher levels of substance use than transgender women.

Gonzalez, C.A., J.D. Gallego, and W.O. Bockting, *Demographic Characteristics, Components of Sexuality and Gender, and Minority Stress and Their Associations to Excessive Alcohol, Cannabis, and Illicit (Noncannabis) Drug Use Among a Large Sample of Transgender People in the United States*. *The Journal of Primary Prevention*, 2017. 38(4): p. 419-445.

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Boys that experience early puberty are more likely to have more severe substance use experiences than on-time or late maturing adolescents. Boys who mature early report a higher frequency of substance use (specifically cigarettes and alcohol) and are more likely to be polysubstance users.

Hedges, K. and J.D. Korchmaros, *Pubertal Timing and Substance Abuse Treatment Outcomes: An Analysis of Early Menarche on Substance Use Patterns*. *Journal of Child & Adolescent Substance Abuse*, 2016. 25(6): p. 598-605.

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Girls and young women are biologically more vulnerable to smoking related health risks including breast cancer and lung diseases.

Schwartz, J., et al., *Effect of Web-Based Messages on Girls' Knowledge and Risk Perceptions Related to Cigarette Smoke and Breast Cancer: 6-Month Follow-Up of a Randomized Controlled Trial*. JMIR Research Protocols, 2014. 3(3):e53.

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High rates of binge drinking have been reported among boys and young men who play multiple team sports.

Veliz, P., S.E. McCabe, and C.J. Boyd, *Extreme binge drinking among adolescent athletes: A cause for concern?* The American Journal on Addictions, 2016. 25(1): p. 37-40.

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Transgender identity pride and acceptance and social support may increase wellbeing and act as a buffer to the negative effects of minority stress.

Mizock, L., *Transgender and gender diverse clients with mental disorders*. Psychiatric Clinics of North America, 2017. 40(1): p. 29-39.

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Although women with substance use disorders are less likely to enter treatment, once in treatment, gender is not associated with retention or completion of treatment.

Levine, A.R., et al., *Gender-specific predictors of retention and opioid abstinence during methadone maintenance treatment*. Journal of Substance Abuse Treatment, 2015. 54: p. 37-43.

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Depressive symptoms have been related to cannabis use among boys, but not girls.

Crane, N.A., S.A. Langenecker, and R.J. Mermelstein, *Gender differences in the associations among marijuana use, cigarette use, and symptoms of depression during adolescence and young adulthood*. Addictive Behaviors, 2015. 49: p. 33-39.

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Women receiving outpatient treatment for substance use have higher rates of trauma than men.

Keyser-Marcus, L., et al., *Trauma, gender, and mental health symptoms in individuals with substance use disorders*. Journal of Interpersonal Violence, 2015. 30(1): p. 3-24.

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Women who smoke cigarettes are more vulnerable to COPD with lower levels of cigarette exposure; this is due in part to smaller lungs, airways, and the influence of sex hormones.

Aryal, S., E. Diaz-Guzman, and D.M. Mannino, *Influence of sex on chronic obstructive pulmonary disease risk and treatment outcomes*. International Journal of Chronic Obstructive Pulmonary Disease, 2014. 9(1): p. 1145-1154.

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Tobacco use during pregnancy is much higher among young women and adolescent girls than among older women.

Health Canada, *Canadian Tobacco Use Monitoring Survey, Household component, February - December 2012*. 2013, Health Canada: Ottawa, ON.

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Having a romantic partner who uses substances increases the risk of substance use more for adolescent girls than boys.

Kuhn, C., *Emergence of sex differences in the development of substance use and abuse during adolescence*. Pharmacology & Therapeutics, 2015. 153: p.55-78.

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Boys are less affected by the same amount of alcohol compared to most girls. Boys tend to have more water in their bodies to dilute the alcohol, and have more of the enzyme alcohol dehydrogenase, which breaks down alcohol in the stomach.

Centre of Excellence for Women's Health (CEWH) and Girls Action Foundation (GAF), *Girls, alcohol and depression: A background for facilitators of girls' empowerment groups*. 2014, CEWH: Vancouver, BC.

Centre of Excellence for Women's Health

Girls with attention-deficit/hyperactivity disorder (ADHD) are at greater risk of substance use compared to boys with ADHD.

Dalsgaard, S., et al., *ADHD, stimulant treatment in childhood and subsequent substance abuse in adulthood — A naturalistic long-term follow-up study*. Addictive Behaviors, 2014. 39(1): p. 325-328.

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Access to non-drinking spaces (e.g. trans-friendly spaces that are not bars) was identified as an important factor among trans youth who abstain from alcohol use.

Ward, L., D.W. Riggs, and L.J. Breen, *Accounts of gender diverse university students who abstain from alcohol use*. Psychology of Sexualities Review, 2016. 7(2): p. 39-47.

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Among a cohort of young Indigenous people who use illicit drugs in British Columbia, young women had the highest mortality rate.

Jongbloed, K., et al., *The Cedar Project: Mortality among young Indigenous people who use drugs in British Columbia*. Canadian Medical Association Journal, 2017. 189(44): p. E1352-E1359.

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Women who smoke during pregnancy experience stigma and shaming, which may impact access to treatment.

Hemsing, N., et al., *Reshuffling and relocating: The gendered and income-related differential effects of restricting smoking locations*. Journal of Environmental and Public Health, 2012. vol. 2012, Article ID 907832, 12 pages.

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A peer network counselling and motivational interviewing intervention reported a significant impact on improving the capacity of boys to refuse offers to use alcohol from friends. This effect was not observed for girls.

Mason, M., et al., *Peer network counseling with urban adolescents: A randomized controlled trial with moderate substance users*. Journal of Substance Abuse Treatment, 2015. 58: p. 16-24.

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Despite higher prevalence rates of substance use among transgender populations, research has shown that there are clear disparities in their access to treatment.

Kattari, S.K., N.E. Walls, and S.R. Speer, *Differences in experiences of discrimination in accessing social services among transgender/gender nonconforming individuals by (dis)ability*. Journal of Social Work in Disability & Rehabilitation, 2017. 16(2): p. 116-140.

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Girls age 10-19 in Canada have higher rates for hospitalizations caused by alcohol than boys.

Canadian Institute for Health Information, *Alcohol Harm in Canada: Examining Hospitalizations Entirely Caused by Alcohol and Strategies to Reduce Alcohol Harm*. 2017, CIHI: Ottawa, ON.

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Trans individuals may avoid healthcare and/or not disclose their gender to providers out of fear of discrimination, victimization from service providers or other clients, institutional biases and stigmatized beliefs among service providers.

Bauer, G.R. and A.I. Scheim, *Transgender People in Ontario, Canada: Statistics to Inform Human Rights Policy*. 2015, Trans PULSE Project: London, ON.

Centre of Excellence for Women's Health

Male adolescents report a poor understanding of how substance use negatively impacts fertility.

Heywood, W., et al., *Fertility knowledge and intentions to have children in a national study of Australian secondary school students*. Australian and New Zealand Journal of Public Health, 2016. 40(5): p. 462-467.

Centre of Excellence for Women's Health

Trans people who hold multiple marginalized identities experience increased levels of discrimination. Trans people of color reported higher rates of discrimination within a drug treatment program than white transgender people.

Kattari, S.K., et al., *Racial and ethnic differences in experiences of discrimination in accessing social services among transgender/gender-nonconforming people*. Journal of Ethnic & Cultural Diversity in Social Work, 2017. 26(3): p. 217-19.

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