

My name is Michealle Gregory and the title of my abstract is: A Quality Improvement Project: Supporting Transgender Youth's Mental Health. I am in the last semester of my doctoral of nursing program for psychiatric mental health nurse practitioners at Washington State University. Thank you for your time in reading my submission.

A Quality Improvement Project: Supporting Transgender Youth's Mental Health

Background: This quality improvement project addresses transgender youth mental health.

There are risks that transgender youth experience. 82% of trans youth have thought about killing themselves and 40% will attempt suicide (Austin et al., 2020). A 2019 survey found that 59% of LGBTQ youth in Washington state experienced verbal harassment due to their gender expression, 25% experienced physical harassment, and 10% experienced physical assault (Glsen, 2019). Almost half of these students did not report these events to school staff (Glsen, 2019). Findings have shown that one of the factors that improves LGBTQ's youth experience in schools, reduces victimization, reduces absenteeism, and improves academic performance is having supportive school staff and supportive caregivers (waOSPI, 2022). This quality improvement project is focused on providing psychoeducation to school staff and primary caregivers on how to best support transgender youth age 13-18 years old.

Objectives: The specific aim of this project is for staff and caregivers of trans youth to report increased confidence in providing support to transgender youth using evidenced-based interventions to provide support after watching a short psychoeducational video.

Methods: A mixed method approach is being utilized for this project. Each video has a pre and post questionnaire designed to assess current confidence levels supporting transgender youth's mental health and confidence levels after watching videos.

Results: There were 64 caregivers who loaded the video for transgender youth and 69 staff who loaded the video. No questionnaires have been received as of yet. The website is set to collect and analyze data every week for the next six months.