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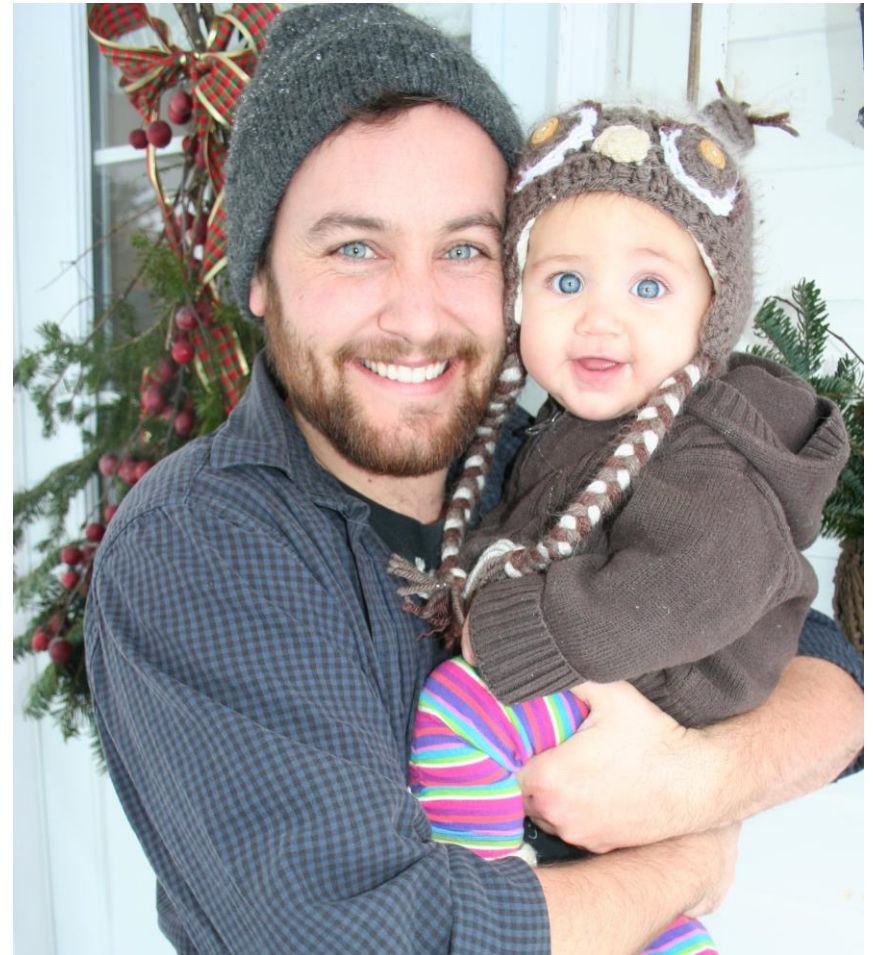
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And also trans and a parent!



STUDY SHOWS TRANSGENDER YOUTH HAVE HIGH PARENTAL SUPPORT, BUT LACK ACCESS TO CARE | CBC NEWS

[HTTPS://WWW.CBC.CA/NEWS/CANADA/OTTAWA/TRANS-YOUTH-STUDY-CANADA-1.6211454](https://www.cbc.ca/news/canada/ottawa/trans-youth-study-canada-1.6211454)

- “The study found even though 62 per cent of youth reported strong parental support, many still experienced high rates of anxiety or depression.”
- Almost 35 per cent had suicidal thoughts at least once in their lives, while nearly 17 per cent had tried to take their own lives the year before, the study showed.
- Despite nearly two-thirds of the youth in the study being gender-aware before their 12th birthday, Lawson said they often waited an average of almost four years — with some seeing up to eight physicians — before being seen in one of the 10 clinics.
- That, she said, highlights the need for faster access to gender-affirming care.
- “While they're waiting, these youth are developing more and more distress and if they had been seen sooner, would there be less distress, and mental health issues [less] significant? I would certainly hope so,” she said.
- **Transgender Youth Referred to Clinics for Gender-Affirming Medical Care in Canada** Greta R. Bauer, Danièle Pacaud, Robert Couch, Daniel L. Metzger, Lorraine Gale, Sandra Gotovac, Arati Mokashi, Stephen Feder, Joe Raiche, Kathy Nixon Speechley, Julia Temple Newhook, Shuvo Ghosh, Annie Pullen Sansfaçon, Françoise Susset and Margaret L. Lawson; for the Trans Youth CAN! Research Team Pediatrics October 2021, e2020047266; DOI: <https://doi.org/10.1542/peds.2020-047266>

(BRIEF) HISTORY OF TRANS HEALTH CARE

3 MODELS OF INTERVENTION AND BEST PRACTICE

- “Live in your own skin”

- “Watchful waiting”

- Both no longer considered ethical

- **Ensuring Comprehensive Care and Support for Transgender and Gender-Diverse Children and Adolescents** Jason Rafferty, COMMITTEE ON PSYCHOSOCIAL ASPECTS OF CHILD AND FAMILY HEALTH, COMMITTEE ON ADOLESCENCE and SECTION ON LESBIAN, GAY, BISEXUAL, AND TRANSGENDER HEALTH AND WELLNESS Pediatrics October 2018, 142 (4) e20182162; DOI: <https://doi.org/10.1542/peds.2018-2162>

- ***** Gender Affirmative Care *****

- (American Association of Pediatricians)



DIAGNOSIS OF GENDER DYSPHORIA

- Gender Dysphoria in DSM-V
 - Versus previous version -> diagnosis of Gender Identity Disorder (GID)
 - * While it is a diagnosis, being trans is not a problem: diverse gender expressions and identities are not pathological or psychological problems (WPATH and Canadian Pediatric Association and others)
- Social Dysphoria & Minority Stress
 - Not in DSM-V
 - Relates to experience of gender identity not being recognized by others (not necessarily transphobia) and chronic stress related to being misread, mispronounced/misnamed, or gender not seen by others

WHAT DOES GENDER AFFIRMING CARE MEAN?

“First and foremost, trans-affirming counseling interventions are client centered. This means that self-determination and autonomy are seen as key in providing care. In simple terms, this means that clients have the right to say who they are.”

Chang, S. C., Singh, A. A., & dickey, lore m. (2019). *A clinician's guide to gender-affirming care: Working with transgender and gender-nonconforming clients*. New Harbinger Publications.

A COMPREHENSIVE RESOURCE FOR MENTAL HEALTH PROFESSIONALS, EDUCATORS & STUDENTS



A CLINICIAN'S GUIDE *to* GENDER-AFFIRMING CARE

NS GENDER AFFIRMING CARE TRAINING

- NS Health: Mental Health and Addictions Program Provincial Centre for Training, Education, and Learning (PCTEL):
 - Gender Affirming Care 101: What Every MHAP Staff and Manager Need to Know (also provided to all new staff at orientation)
 - Gender Affirming Care for Clerical Staff
 - Gender Affirming Care: Adapting Therapies for Transgender and Non-binary Youth and their Families
- IWK: Trans Health Symposium





WORLD PROFESSIONAL ASSOCIATION FOR TRANSGENDER HEALTH STANDARDS OF CARE 8 (WPATH SOC 8)

- WPATH is an international, multidisciplinary, professional association whose mission is to promote evidence-based care, education, research, public policy, and respect in transgender health
- One of the main functions of WPATH is to promote the highest standards of health care for individuals through the Standards of Care (SOC) for the health of TGD people
- The SOC-8 is based on the best available science and expert professional consensus. The SOC was initially developed in 1979, and the last version (SoC 7) was published in 2012
- <https://www.wpath.org/>

WORLD PROFESSIONAL ASSOCIATION FOR TRANSGENDER HEALTH GLOBAL EDUCATION INSTITUTE



In-person and virtual conference and training options:

<https://www.wpath.org/gei>

NS MHA INTAKE AND FEEDBACK INFO

- IWK Trans Health Team
 - Intake: 1-855-922-1122
 - <https://www.iwk.nshealth.ca/feedback>
- NS Health Mental Health and Addictions Services – Child and Adolescent Program
 - Intake: 1-855-922-1122
 - <https://www.nshealth.ca/contact-us/patientfamily-feedback-commentaires-des-patients-et-des-familles>



* Private options are available for Gender
Affirming care also available in some areas



PRIMARY CARE POSSIBILITIES

- Possibilities and options for Gender Affirming Care may include:
 - Primary care providers (GPs, Nurse Practitioners, Collaborative Care Clinics)
 - Pediatricians
 - IWK Trans Health (Pediatric Endocrinology)
 - Local Sexual Health Centres
 - Virtual care options?



PRIMARY CARE INFO



<https://www.rainbowhealthontario.ca/TransHealthGuide/index.html>

GENDER INCLUSIVE LANGUAGE IN PRIMARY CARE

Gender Inclusive Language

Clinical settings with new clients



Below are terms you can use when providing care for gender diverse people. Once you know the words a person uses to describe their body, use their words in a respectful & professional manner.

Anatomy

Try	Instead of
Upper body	Breast / Chest
Erogenous or erectile tissue / External genitals / Genitals	Penis
Erogenous or erectile tissue	Clitoris
External genital area	Vulva
Opening of the genitals	Introitus / Opening of the Vagina
Internal genitals / Genitals	Vagina
External gonads	Testes / Testicles
Internal gonads	Ovaries
Internal reproductive organs	Female reproductive organs

Focussing on anatomy, conditions & symptoms

(Instead of gender)

Try	Example	Instead of
Person with _____ People with _____ Anyone with _____	If a person with a prostate has urinary symptoms, they should speak with their doctor.	man with... males with... male-bodied people...

http://www.phsa.ca/transcarebc/Documents/HealthProf/Gender_Inclusive_Language_Clinical.pdf

TRANS CARE BC ORGANIZATIONAL AND SERVICE PROVIDER REFLECTION TOOL

- http://www.phsa.ca/transcarebc/Documents/HealthProf/Service_Provider_Reflection_Tool.pdf
- http://www.phsa.ca/transcarebc/Documents/HealthProf/Organizational_Assessment_Tool.pdf

Client Engagement						
#	Statement (select the relevant statements)	Relevant? Y N	None / Poor Some / Fair Half / Good Most / Great All / Excellent 0 1 2 3 4	WHAT (action items)	WHO (supports)	WHEN (target dates)
1	I make my willingness to work with gender diverse people visible to clients and staff	Y N	L E V E L 0 1 2 3 4			
2	I am conscious of the gendered language I use, and try to use gender-neutral alternatives whenever relevant	Y N	0 1 2 3 4			
3	I feel comfortable using they/them/their(s) as a singular pronoun to refer to a known individual, especially when it is their self-identified pronoun.	Y N	0 1 2 3 4			
4	I have a practice of offering my own pronouns, even if people rarely misgender me	Y N	0 1 2 3 4			
5	I engage my client in identifying the approaches they feel would fit best in our work together	Y N	0 1 2 3 4			
6	I acknowledge my limitations and the limitations of the system I work within	Y N	0 1 2 3 4			



ADVOCACY SUPPORTS AND RESOURCES FOR FAMILIES

- Know the resources, how to best support your child during this time and the current standards of care
- Connect with and learn from others (in-person/online)
 - PFLAG: <https://pflagcanada.ca/nova-scotia/>
 - The Youth Project: <https://youthproject.ns.ca/>
 - Facebook: Trans Family Nova Scotia:
[facebook.com/groups/transfamilynovascotia](https://www.facebook.com/groups/transfamilynovascotia)
 - Trans Care BC: <http://www.phsa.ca/transcarebc/child-youth>
- Advocate for your community of support, services and celebration of your child and family

RESOURCES FOR FAMILIES TO HELP GUIDE ADVOCACY

GENDER AFFIRMING PARENTING GUIDE

GENDER-AFFIRMING_PARENTING_GUIDE.PDF (PHSA.CA)



Create space

Create an affirming space at home to explore gender through conversation, books, and play.

Support your child's exploration of gender identities and expression.

Allow conversations to unfold over time, as your child is ready.

Talk & teach

Teach children the language they need to talk about gender.

Talk about the many ways people identify and express their gender.

Show your child that gender diverse communities exist all around the world.

Advocate & find support

Advocate for affirming environments, safety, and supports for your child at school and in your community.

Ensure you and your child have access to accurate information.

Find the peer and professional supports you and your child need.

www.transcarebc.ca

RESOURCES FOR FAMILIES TO HELP GUIDE ADVOCACY

Families in Transition resource:

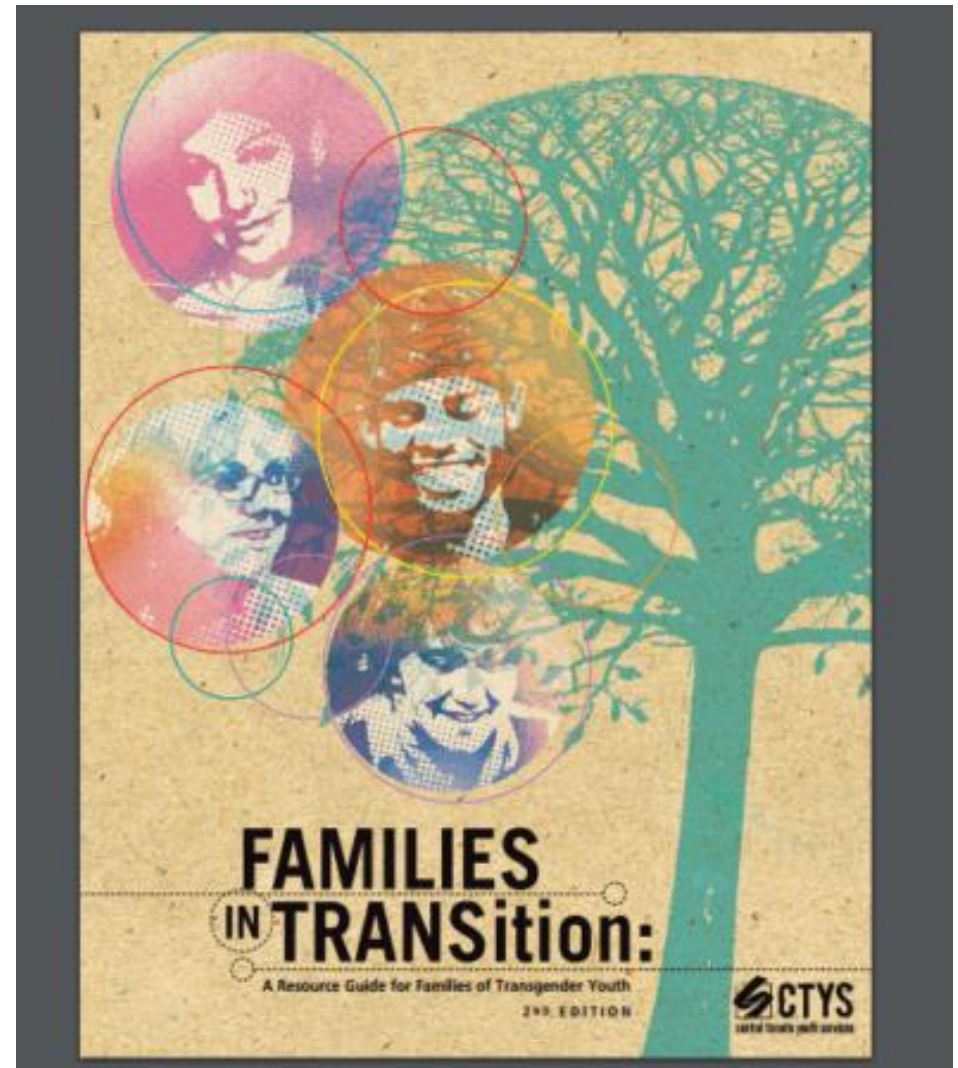
<https://www.rainbowhealthontario.ca/resource-library/families-in-transition-a-resource-guide-for-parents-of-trans-youth/>

Canadian Paediatric Society:

<https://www.caringforkids.cps.ca/handouts/gender-identity>

Gender Creative Kids:

<https://gendercreativekids.ca/>



GENDER AFFIRMING SURGERY

[HTTPS://NOVASCOTIA.CA/DHW/GENDER-AFFIRMING-SURGERY/](https://novascotia.ca/dhw/gender-affirming-surgery/)



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DHW > Gender Affirming Surgery

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Gender Affirming Surgery

Gender affirming surgery (sometimes called sex reassignment or gender confirming surgery) is surgery to affirm a person's gender identity. Gender affirming surgery is an insured, publicly funded service in Nova Scotia.

Eligibility for gender affirming surgery is based on the World Professional Association for Transgender Health's [Standards of Care guidelines \(version 7\) \(PDF\)](#).

Counselling, psychotherapy and hormone therapy are also funded when provided in public institutions in Nova Scotia.

Gender affirming surgeries include removal, construction or procedures to enhance the appearance of, and more closely match the desired internal, external primary or secondary sex characteristics.

Insured procedures

The following gender affirming procedures are publicly funded/insured when a completed

Application

[Download Gender Affirming Surgery Application in PDF format](#)

TRANS ADVOCACY RESOURCE

- Trans Care BC Self-Advocacy Guide
- <http://www.phsa.ca/transcarebc/care-support/resources/advocacy>



REFLECTIONS OF OURSELVES AND HEALTHCARE PROVIDERS AS GENDER AFFIRMING SUPPORTS AND ADVOCATES



“I Am Skylar” Film:
<https://www.nfb.ca/film/i-am-skylar/>

**The Indigenous Doctor Helping
Trans Youth:**
<https://www.youtube.com/watch?v=4Hj-a5AE-VM>

**Parents of Transgender Youth Have
Important Advice for New Parents
Starting Their Journey**
https://www.youtube.com/watch?time_continue=3&v=ihkEf1Tk1e4&feature=emb_logo



GENDER AFFIRMING CARE ADVOCACY AND ACTIVISM IN NS

- **Gender Affirming Care NS:**
- <https://sites.google.com/view/gacinnovascotia/home>
- **Standing Committee on Health proceedings on Gender Affirming Care:**
- https://www.youtube.com/watch?v=AxfywmT7FSU&feature=emb_imp_woyt





- Thank you all so much!
- For being here and for all you do in supporting, protecting, advocating for and loving your trans and non-binary kids!

