

# Supporting LGBTQAI+ Youth and Their Families

Panel Discussion

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# Our Time Today

1. Quick Introductions
2. Medical Care for Transgender & Gender Diverse Youth
3. Legislative Policy Effecting the LGBTQ+ Population
4. Strategies for a More Inclusive Environment for LGBTQ+ Folx
5. Q&A

# Learning Outcomes for Today

- Recognize the complexity of joint decision making in gender affirming health care for youth/adolescents
- Understand organizational shifts toward a more inclusive environment for LGBTQIA+ individuals
- Identify the impact of prospective legislative policy on LGBTQIA+ individuals



# Ryan McDonough

DO, FAAP

He/Him/His

Pediatric Endocrinologist

Associate Director, Health Informatics

# Medical Care for Transgender & Gender Diverse Youth

# Guiding Principles

- Gender-affirming model of care
  - Not searching for "what made them trans"
  - Not seeking out reasons to withhold treatment
- Care is outlined by guidelines published by WPATH & Endo Society



# Path to Care

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## Psychological Diagnosis

- Independent Licensed Mental Health Practitioner
- Assessment of "readiness"

## Referral to Gender Affirming Care

- Multidisciplinary vs Endo-only

## First consultation

- Initial laboratory evaluation
- Counselling on the permanent, reversible, irreversible effects of care

# Parental Support

- Required to initiate treatment for those < 18 years
  - Split households?
  - Different perspectives?
- Parental Fears/Worries
  - Making the final decision on yes/no for tx
  - Tears are not uncommon
  - Struggling with names/pronouns is commonplace
- What about those kids that come without parental support?



# Types of Medical/Surgical Tx

- **Stop unwanted hormones**
  - GnRH agonists ("blockers")
  - Spironolactone
  - Menstrual Suppression
- **Start gender-affirming hormones**
  - Estradiol (estrogen)
  - Testosterone
- **Surgical Interventions**
  - Feminization: Vaginoplasty, Breast Augmentation, FFS
  - Masculinization: Mastectomy ("top surgery"), Metoidioplasty

# Timing of Treatments

- **Psychological Interventions**
  - **Always!!!**
- **Reversible Therapies**
  - Puberty Blocking Medications ("Blockers")
    - Never started before first signs of puberty
- **Irreversible Therapies**
  - Gender-affirming hormones
    - Not before 16 years old
  - Surgical Interventions
    - Not before 18 years old

# Mental Health

- **Moderate to Severe Depression**
  - 56.7%
- **Moderate to Severe Anxiety**
  - 50%
- **Self-Harm/Suicidal Ideations**
  - 43.3%
- **After 12 month of PB or GAH Intervention**
  - 60% lower odds of depression (OR 0.4)
  - 73% lower odd of suicidality (OR 0.27)



# Stephanie Seger

MA, MSW

She/Her/Hers

Director, Government Relations

# Legislative Policy Effecting the LGBTQ+ Population

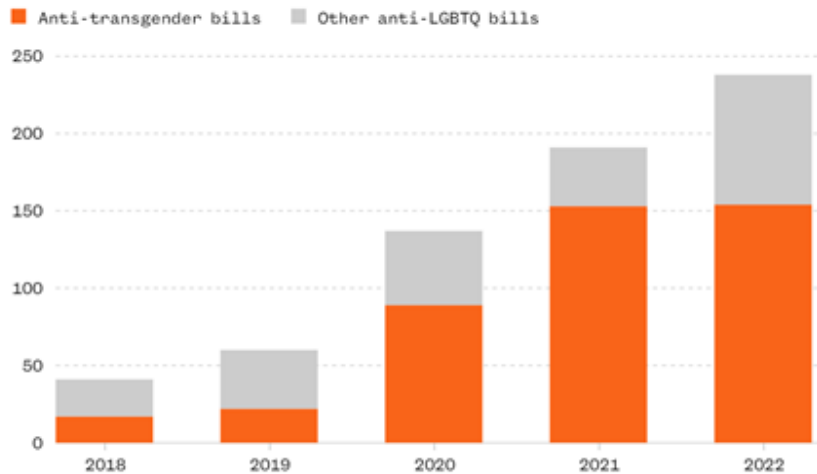
# Federal

- As of May 2021, Health and Human Services' (HHS) Office for Civil Rights (OCR) would include gender identity and sexual orientation in its interpretation and enforcement of Section 1557's prohibition against sex discrimination
- H.R. 5 prevents discrimination and expands protections

# State

## Anti-LGBTQ state bills on the rise

Bills specifically targeting transgender Americans have skyrocketed since 2018, with all but three states weighing at least one since 2020.



### Notes

2022 totals are as of March 15

Sources: American Civil Liberties Union, Freedom for All Americans

# Prospective legislation would

- Restrict LGBTQ issues in school curriculums
- Limit trans people's ability to play sports, use bathrooms that correspond with their gender identity and receive gender-affirming health care
- Permit religious exemptions to discriminate against the LGBTQ population



# Gender Affirming Care & "Don't Say Gay" Legislation

- Alabama, Arkansas, Texas, and Arizona recently passed or enacted legislation restricting youth access to gender affirming care and, in some cases, imposing penalties on adults facilitating access. Alabama, Arkansas, and Texas have been temporarily blocked from enforcing these laws and policies by court order
- "Parental Rights in Education"/"Don't Say Gay" legislation passed in Florida

# KS Legislation

Bill	Bill Sponsor	Information	Status
HB 2210	Fairchild	Making it a crime for a doctor to perform gender reassignment surgery or hormone replacement therapy on minors.	02/03/2021 - Introduced in House
HB 2439	Committee on Federal and State Affairs	Creating the crime of unauthorized disclosure of a child's sexual orientation or gender identity.	03/18/2021 - Introduced in House
HB 2665	Woodward	Amending the Kansas act against discrimination to include sexual orientation and gender identity or expression.	02/09/2022 - Introduced in House
HB 2666	Beyers	Allowing an individual to have a gender designation of "X" on driver's licenses and allowing an individual to change the gender designation on a driver's license, instruction permit or nondriver's identification card.	02/09/2022 - Introduced in House
SB 160	Committee on Agriculture and Natural Resources	Enacting the fairness in women's sports act to require that student athletic teams only include members who are of the same biological sex unless designated as coed.	4/28/2022 - Motion To Override Veto Failed; Veto Sustained; Yea: 81 Nay: 41
SB 214	Thompson	Making it a crime for a physician to perform gender reassignment surgery or hormone replacement therapy on certain children.	02/10/2021 - Introduced in Senate
SB 231	Committee on Judiciary	Increasing criminal penalties for hate crimes.	02/11/2021 - Introduced in Senate

# MO Legislation

Bill	Bill Sponsor	Information	Status
HB 1869	Weber	Prohibits employers from engaging in certain forms of discrimination based on gender	5/13/2022 - Referred: General Laws
HB 1973	Kurtis	Modifies provisions relating to school activities	05/10/2022 - Second read and referred: Education(S)
HB 2042	Gunby	Prohibits employers from discriminating in providing compensation based on gender for the same work	5/13/2022 - Referred: Workforce Development
HB 2140	McGaugh	Modifies provisions relating to elections	5/10/2022 - Second read and referred: Local Government and Elections (S)
HB 2396	Gunby	Limits defenses and use of force justifications based on the discovery, knowledge, or potential disclosure of the victim's gender, gender identity, gender expression, or sexual orientation.	5/13/2022 - Referred: Judiciary
HB 2399	Pollock	Modifies provisions relating to gender dysphoria and gender incongruence	3/10/2022 - Referred: Emerging Issues
HB 2649	Pollock	Creates provisions relating to gender transition procedures	4/27/2022 - Referred: Rules - Legislative Oversight
SB 711	Razer	Modifies provisions relating to discrimination based on sexual orientation or gender identity	1/10/2022 - Second Read and Referred S Small Business and Industry Committee
SB 781	Moon	Establishes the "Save Women's Sports Act" relating to female-only athletics in middle school, high schools, and colleges	5/11/2022 - Informal Calendar S Bills for Perfection
SB 843	Moon	Modifies provisions relating to gender reassignment treatment for children	5/11/2022 - Formal Calendar S Bills for Perfection



# Zach Rose-Heim

MEd, BA

He/Him/His

Director, Office of Equity and Diversity

# Strategies for a More Inclusive Environment for LGBTQ+ Folx

# Key Ideas

- Engage those most impacted
- Assess the physical and cultural environment
  - Evaluate assumptions
- Test, evaluate, evolve
- Sustainability requires data

# Engaging Those Most Impacted

- Surveys/big data
- Focus groups
- Key organizations representing the LGBTQ+ voice
  - [GLSEN](#)
  - [PFLAG](#)
  - [HRC-Welcoming Schools](#)

# Assessing the Physical & Cultural Environment













- Restrooms
- Preferred name and pronoun usage
- References to “parents/family”
- Proactive training





Get to know  
the person  
you are  
checking in...

- **Always** look at labels
  - Sex- MTF- Male to Female
  - Sex- FTM- Female to Male
  - **ALWAYS** use the name in the parenthesis
  - Preferred names and pronouns can change, always ask
- If during check in or the visit you learn the preferred name, or pronouns change, or that a patient identifies as anything other than their birth name or gender, communicate with all staff involved in the patient's care. **DO NOT** simply put it in your note, add it to the patient's chart.
- Everyone shares the responsibility

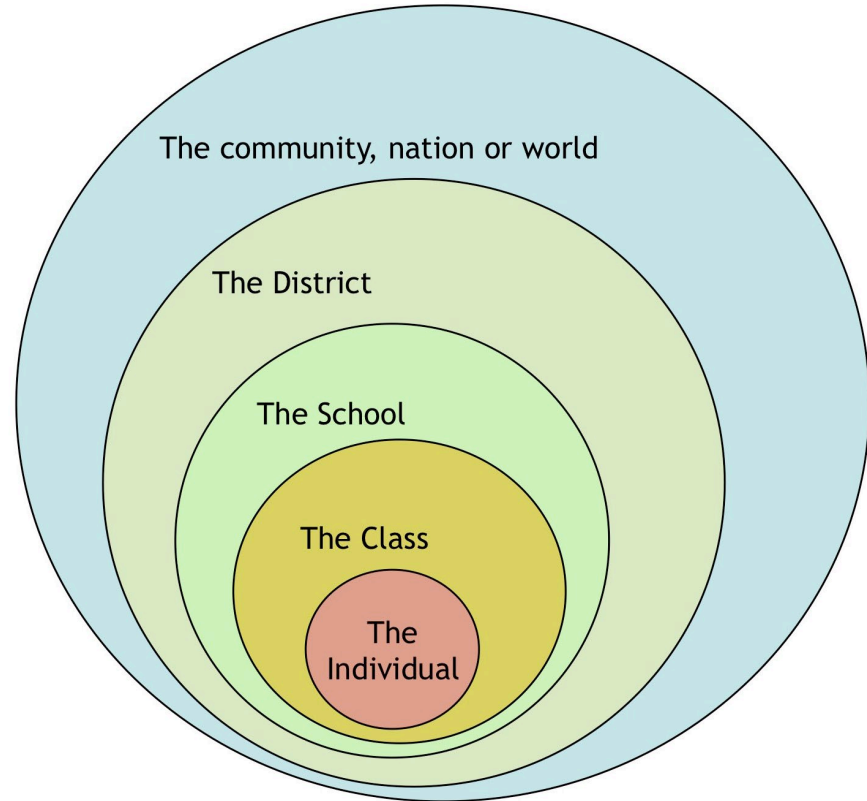
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# Sustainable Systems

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“No matter how complex global problems may seem, it is we ourselves who have given rise to them. They cannot be beyond our power to resolve”

-Daisaku Ikeda



# Links to Legislation Referenced

- <https://www.azleg.gov/legtext/55leg/2R/laws/0104.pdf>
- <http://alisondb.legislature.state.al.us/ALISON/SearchableInstruments/2022RS/PrintFiles/SB184-int.pdf>
- <https://www.arkleg.state.ar.us/Bills/FTPDocumentpath=%2FBills%2F2021R%2FPublic%2FHB1570.pdf>
- <https://gov.texas.gov/uploads/files/press/O-MastersJaime202202221358.pdf>
- [BILLS-117hr5pcs.pdf \(congress.gov\)](#)
- <https://www.flsenate.gov/Session/Bill/2022/1557/BillText/er/PDF>





Office of Equity and Diversity