



NATIONAL LGBTQIA+ HEALTH
EDUCATION CENTER

A PROGRAM OF THE FENWAY INSTITUTE

NATIONAL
HEALTH CARE
for the
HOMELESS
COUNCIL

Engaging Families of Transgender and Gender Diverse Youth

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Seattle Children's[®]
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Children's | of
Hospital of Pittsburgh | UPMC

About the National Health Care for the Homeless Council (NHCHC)

NHCHC is the premier national organization grounded in human rights and social justice. NHCHC's mission is to build an equitable, high-quality health care system through training, research, and advocacy in the movement to end homelessness. NHCHC provides personalized training and technical assistance to address the nexus of homelessness and health care.

Key Topic Areas:



Patient Engagement



Medical Respite Care



Trauma Informed Care/Organizations



Health Equity



Substance Use Disorders/Harm Reduction



COVID-19 Pandemic

www.nhchc.org

About the National LGBTQIA+ Health Education Center

We offer educational programs, resources, and consultation to health care organizations to facilitate affirmative, high quality, cost-effective health care for lesbian, gay, bisexual, transgender, queer and intersex (LGBTQIA+) people.

- Training and Technical Assistance
- Grand Rounds
- Online Learning
 - Webinars, Learning Modules
 - CE, and HEI Credit
- ECHO Programs
- Resources and Publications



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When the webinar concludes:

- Close the browser, and an evaluation will automatically open for you to complete.
- We very much appreciate receiving feedback from all participants.
- Completing the evaluation is required to obtain a CME/CEU certificates.

CME/CEU Information

This activity has been reviewed and is acceptable for up to 1.0 Prescribed credits by the American Academy of Family Physicians. Participants should claim only the credit commensurate with the extent of their participation in this activity.

<p>Physicians</p>	<p>AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 Credit™ toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.</p>
<p>Nurse Practitioners, Physician Assistants, Nurses, Medical Assistants</p>	<p>AAFP Prescribed credit is accepted by the following organizations. Please contact them directly about how participants should report the credit they earned.</p> <ul style="list-style-type: none"> •American Academy of Physician Assistants (AAPA) •National Commission on Certification of Physician Assistants (NCCPA) •American Nurses Credentialing Center (ANCC) •American Association of Nurse Practitioners (AANP) •American Academy of Nurse Practitioners Certification Program (AANPCP) •American Association of Medical Assistants (AAMA)
<p>Other Health Professionals</p>	<p>Confirm equivalency of credits with relevant licensing body.</p>

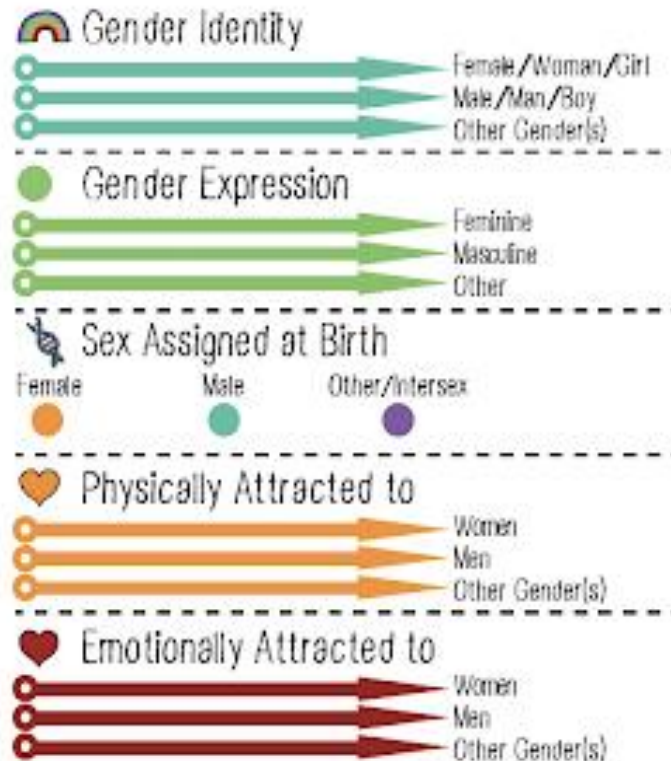
Learning objectives

- Discuss why it is important for health centers to engage and support families of gender diverse youth
- Understand how family support can serve as a homelessness protective factor
- Explore ways to provide support for families of gender diverse youth in the clinical setting

What is gender identity?

The Gender Unicorn

Graphic by
TSER
Trans Student Educational Resources



To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

Gender identity development and disclosure

Figure 4.3: Age they began to feel gender was different from the one on their original birth certificate

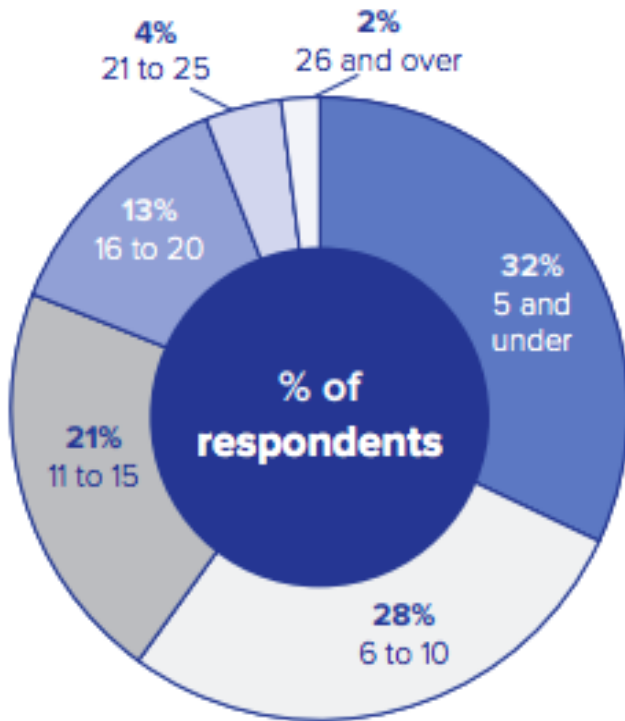
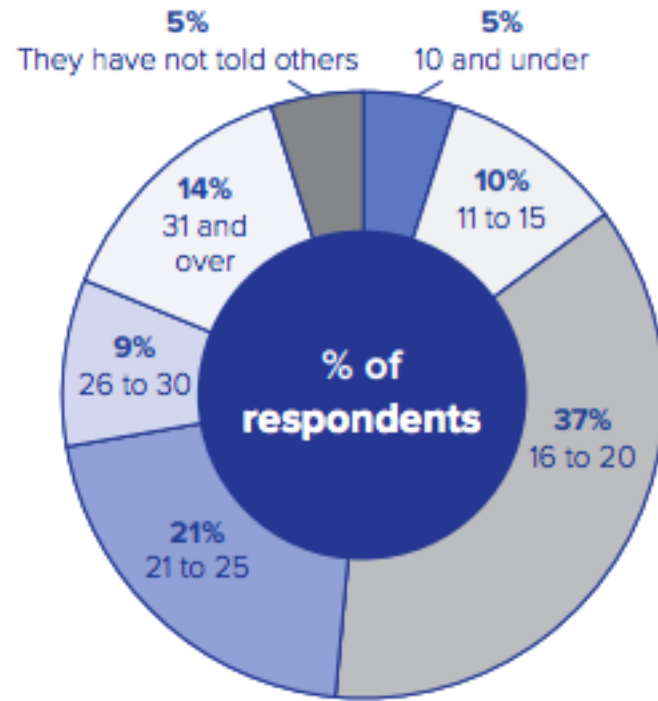


Figure 4.5: Age they started to tell others that they were transgender



2015 US Transgender Survey

How many children identify as gender diverse?

A recent national survey estimated that nearly 2% of US high school students identified as “transgender”*

- This is likely an underestimation because the question was not inclusive of all gender diverse young people
- “Do you identify as transgender?” Yes, No, Not Sure

[*https://www.cdc.gov/mmwr/volumes/68/wr/mm6803a3.htm](https://www.cdc.gov/mmwr/volumes/68/wr/mm6803a3.htm)

LGBTQIA+ youth and homelessness

20%

- One fifth of youth who reported experiencing homelessness in the U.S. in the past year identified as LGBTQIA+

2.2x

- LGBTQIA+ youth are more than twice as likely to report experiencing homelessness in the past year than their non-LGBTQIA+ peers

Morton MH, Dworsky A, Matjasko JL, Curry SR, Schlueter D, Chávez R, Farrell AF. Prevalence and Correlates of Youth Homelessness in the United States. *J Adolesc Health*. 2018 Jan;62(1):14-21. doi: 10.1016/j.jadohealth.2017.10.006. Epub 2017 Nov 15. PMID: 29153445; PMCID: PMC5826721.

LGBTQIA+ youth and homelessness

- Homelessness stems from multiple factors beyond “coming out” among LGBTQ+ youth
- Typically, the young person’s sexual orientation or gender identity is only one factor involved in household tensions
- Families are sources of both hardship and strength

<https://voicesofyouthcount.org/wp-content/uploads/2018/05/VoYC-LGBTQ-Brief-Chapin-Hall-2018.pdf>

The impact of parent & caregiver support

- Play a critical role in creating affirming environments for gender diverse youth
- Often play a role in providing consent to receive gender-affirming medications
 - Puberty blockers
 - Hormones

The impact of parent & caregiver support

- Parental support for socially transitioned youth
 - Rates of depression and self worth similar to peers
- Use of chosen name at home
 - Less depressive symptoms
 - Less suicidal ideation
 - Higher self-esteem

Durwood 2017, Pollitt 2021

The impact of parent & caregiver support

- Higher levels of parental support were associated with
 - Higher life satisfaction
 - Lower perceived burden
 - Fewer depressive symptoms
- Higher levels of parental closeness were associated with
 - Lower odds of psychological distress
 - Lower odds of depression
 - Lower odds of experiencing stress related to suicidal thoughts

Simons 2013, Willson 2016

Supporting parents and caregivers in the healthcare setting

Case

- You are seeing a 14 y/o patient named Morgan who you know well. When you walk into the room the patient briefly acknowledges your presence and then looks back down at the floor. Morgan's mother reports that they are here today because four months ago Morgan came out to her as a transgender guy. Morgan's mom says that this 'transgender stuff' has 'come completely out of nowhere' because 'she used to love wearing dresses when she was little.' Mom is worried that Morgan is 'too young to make decisions like this' and thinks 'its all just a phase.'

Proactive strategies for creating an affirming environment

- Introduce yourself with your name and pronouns
- Ask patients (as well as parents and caregivers) what name and pronouns they would like to use during their visit
- Provide a safe space for youth to talk openly with their parents if/when they are ready
- Connect parents and caregivers with resources and support as soon as they are ready to receive it

Creating a more affirming space

- Discuss gender diversity with families early and often
- Ask patients about affirming names and pronouns
 - And use them consistently
- Waiting rooms, intake forms, and EHRs should be LGBTQIA+ inclusive
- Train office staff in communicating with LGBTQIA+ patients
- All-gender restrooms
- Include questions about gender identity during confidential social history

What are the signs that a family needs more support?

- Conflict around name/pronouns
- Inconsistent name/pronoun use
- Use of incorrectly gendered words like 'son' or 'daughter'
- Referring to gender identity as 'a phase'
- Unaddressed youth mental health concerns



Supporting parents and caregivers

- Listen to concerns
- Validate feelings
- Provide information about gender identity formation
- Discuss manageable and realistic goals
 - Parents and their young person are often on different pages about this
 - Manage expectations on both sides
- Encourage parents to access their own support
 - Support them in connecting with other parents
- Reinforce that parental support is a protective factor for youth mental health

Programs to support parents and caregivers

- PFLAG - a national organization for parents/caregivers of LGBTQIA+ youth
- Family Acceptance Project - is a research, intervention, education and policy initiative for families with LGBTQIA+ youth
- Genderspectrum.org - information and online support groups for parents/caregivers of gender diverse youth
- Clinic specific programming:
 - Parent Outreach Program
 - Parent to Parent Coffee

Resources to support parents and caregivers

- PFLAG- www.pflag.org
- Trans Family Support Services- <https://transfamilysos.org/>
- Gender Spectrum- www.genderspectrum.org
- Family Acceptance Project- www.familyproject.sfsu.edu
- Human Rights Campaign- <https://www.hrc.org/>

Encourage parents and caregivers to:

- Consistently use the correct name, pronouns and language
- Establish relationships with other parents of gender diverse youth
- When their child is ready, affirm their identity to others
- Help their child access affirming items
- Let their child take the lead
- Keep lines of communication open with their child
- Support their child in accessing gender-affirming medical and mental health services

Impact of parent and caregiver support

- When my son first came out as transgender, I did not know how to best take care of him because I did not understand what being transgender meant. My husband and I felt alone and isolated from friends, family, and the community we once knew. My family and I first experienced a sense of comfort, acceptance, and community at a parent run potluck dinner. This potluck has now become a regular event hosted by the Pittsburgh Chapter of PFLAG (Parents, Families, and Friends of Lesbians and Gays), an organization that has played an important role in the development of our parent support programs. This partnership began in April of 2018 when a provider from the gender clinic was invited to attend the potluck. She intended to discuss the details of the clinic but was willing to listen to our perspectives instead. We needed space to talk about our experiences parenting gender-diverse children and how we could better support families in the future.
 - Parent of a transgender adolescent

Impact of parent and caregiver support

- I met B's mom through the parent outreach program. During our first conversation, she shared that she was angry, frustrated, sad, and frightened after their initial visit to the gender clinic. She was so afraid of making the wrong decisions and did not want to rush into a treatment plan. Her child was suicidal and she was terrified. Her child's sibling was using affirming pronouns, and it upset her, because she was not ready to do that. I shared my journey with my own transgender son. I told her about the challenges I faced with my faith, as this was something we shared. Our families met, and her husband told mine that he was so grateful that he no longer felt alone in this journey.
 - Parent of a transgender adolescent

Impact of parent and caregiver support

- I met B during his first visit to our gender clinic and could immediately tell that he was nervous. He explained that his parents were struggling with his gender identity and he wasn't sure they would ever see him for who he truly was. I remember telling him that we had some exceptional programs that may help his parents and provided them with two of them- the parents outreach program (POP) and the other an informal coffee meet-up with other parents. When B returned for follow up a few months later, he was honestly a different person, and so were his parents. They came with tons of questions about medical options and how they could better support their son. B was laughing and joking with them in a way I hadn't seen before. While speaking with him alone, I asked what had changed. He said that his mom met another mom through the POP and "it changed everything." I can't express how grateful I am that patients and families under my care have the opportunity to connect with families like theirs. I fully believe that these programs have done more to support our amazing young people than I ever could as a clinician.
- Dr. K

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