

TRANS HEALTH

Population: In Ontario, 1 in 200 people identify as Transgender¹.

Many Trans people will seek medical assistance in order bring their physical appearance in line with their gender identity. This could include hormone therapy and/or surgery. Researchers have identified that completing a medical transition for those who need it could substantially increase a person's wellbeing. Most at risk for considering/attempting suicide were people who were planning but had not begun a medical transition.² Additionally, Transgender patients often avoid going to the emergency room when care is needed (21%) and are not able to talk to their primary care provider about their health care needs (50%).³ Seeking medical advice and support for this process is challenging for many Trans people. It is vital that doctors are able to provide health care services to the Transgender community.

In March 2016, OHIP changed their process and funding criteria for Transgender health to align with their World Professional Association for Transgender internationally accepted standards of care for Gender Dysphoria.

OHIP Qualified Health Care Providers:

- Physicians
- Nurse Practitioners
- Registered Nurses
- Psychologists
- Registered social workers with a Masters Degree

Qualification by a self-assessment of competence and training is strongly encouraged; the Ministry may request documentation of qualification.

Qualifications can be received through:

- Rainbow Health Ontario
- WPATH (World Professional Association for Transgender Health)
- CPATH (Canadian Professional Association for Transgender Health)
- Working at a health care facility that practices Trans primary health care in accordance with current WPATH Standards of Care
- The Center of Excellence for Transgender Health
- TransEd

Resources for Transgender Health Care

World Professional Association for Transgender Health (2011). Standards of Care for the Health of Transsexual, Transgender, and Gender Nonconforming People. Available from: https://www.wpath.org/media/cms/Documents/SOC%20v7/SOC%20V7_English.pdf

American Psychological Association. (2015). Guidelines for Psychological Practice with Transgender and Gender Nonconforming People. American Psychologist, 70 (9), 832-864. doi: 10.1037/a0039906 <https://www.apa.org/practice/guidelines/transgender.pdf>

<https://www.rainbowhealthontario.ca/TransHealthGuide/intro-needforcare.html>

<http://www.transhealth.ucsf.edu/>

TransEd - an online learning platform targeted at providing post-secondary health care students with tools to improve comfort and competence in Transgender care. <http://www.transeducation.ca/>

OHIP-funded Sex Reassignment Surgery

Request for Prior Approval for Funding of Sex Reassignment Surgery <http://www.health.gov.on.ca/en/pro/programs/srs/>

Transition-related Surgery Frequently Asked Questions

https://www.rainbowhealthontario.ca/wp-content/uploads/woocommerce_uploads/2017/06/TransRelatedSurgery-FAQ-2017-final.pdf

Hormone Replacement Therapy

<https://www.rainbowhealthontario.ca/TransHealthGuide/intro-needforcare.html>

Includes:

Quick Reference Guide for Primary Care Providers

Hormone Monitoring Summaries

Effects and Expected Time Course of Hormone Therapy Regimens

Consent Forms

Mentorship and Ongoing Support for Professionals

Rainbow Health Ontario Mentorship Call. This is an opportunity for professional qualified health care providers and other professionals across the province to call in and connect experienced mentors working with gender-diverse clients. Calls are Wednesday weekly at noon: **1-866-261-6767**.

Participant Code: 1570576

Local Supports and Programs

OK2BME Program at KW Counselling Services – Provides free counselling for youth and families ages 5-29, including an option for e-counselling. Able to provide letters of support for accessing HRT and secondary assessor for OHIP prior approval form for sex reassignment surgery. www.ok2bme.ca

SPECTRUM is Waterloo Region's first ever LGBTQ / Rainbow community space! This includes Transgender Peer Support Groups. <http://ourspectrum.com/about-us/>. Including a rainbow Directory, <http://ourspectrum.com/resources/rainbow-directory/>

Plan B Co-op KW – A queer community peer support space that hosts events and has a binders/ clothing exchange program. <https://planbcoopkw.com/>

LGBT Youthline – Youth 29 and under peer support call/text/chat support: **1-800-268-6988 (call); 647-694-4275 (text)** and comprehensive online resource database across Ontario. <https://resources.youthline.ca/>

Trans Life Line - <https://www.translifeline.org/> - A peer support crisis hotline. Canada: **877-330-6366**

Supports for Families

PFLAG Waterloo Wellington Perth Regionwaterloo@pflagcanada.ca

Trans Fam – Youth ages 5-12 and parent peer support - hbmathers@gmail.com

The Rainbow Kids – Wellington Parent Facebook Group

LGBTQ2+ Parenting Network <http://lgbtqpn.ca/>

Gender Creative Kids Canada <http://gendercreativekids.ca/>

KW Counselling Services - OK2BME - <https://ok2bme.ca/>



¹ Baurer G, et al, "Who are the Trans people in Ontario?"

² <https://www.rainbowhealthontario.ca/TransHealthGuide/intro-needforcare.html>

³ <http://transpulseproject.ca/tag/health-care-access/>

Developed in partnership with OK2BME—KW Counselling Services