

UC Berkeley

Transgender Care Team

Laura M. Alie, PsyD

Tobirus M. Newby, MSW

Agenda

- Brief Overview of Terms
- Structure of the Transgender Care Team
- Services Provided
- Questions & Collaboration

Disclaimer...

- We are young
- We are evolving
- We are not yet tracking
- Kudos to our predecessors

Introductions

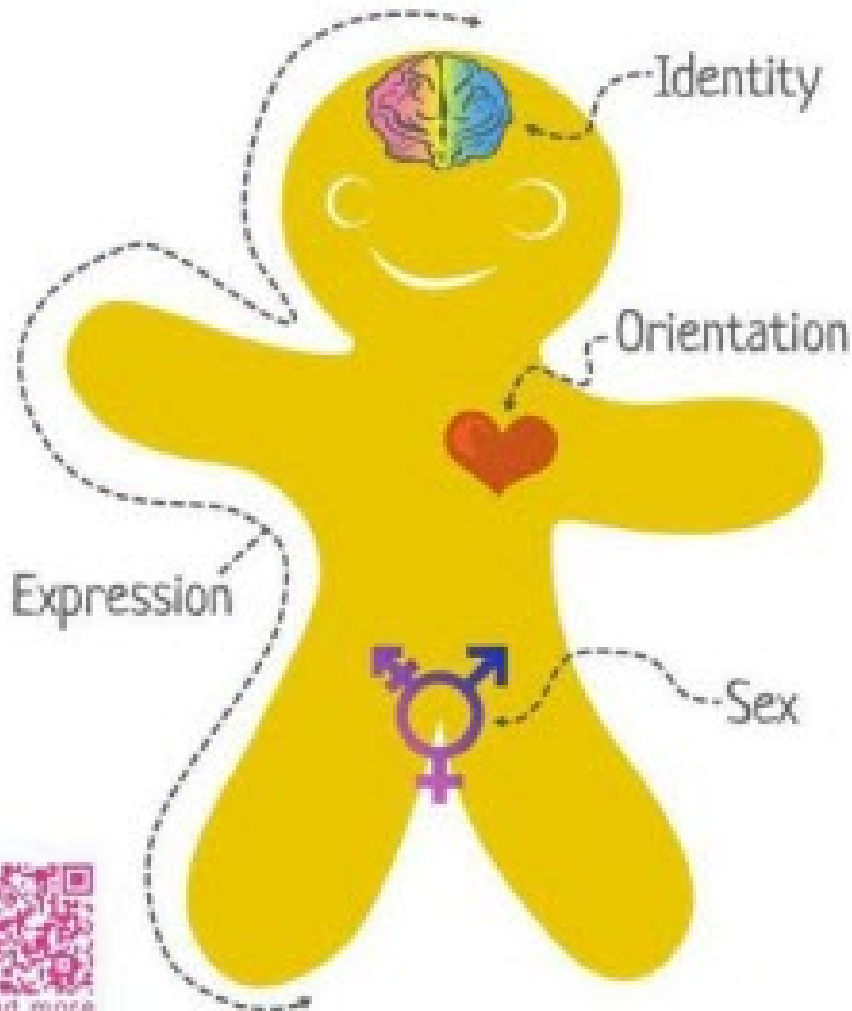
- Who are we?
- Who are you?

“Language is fluid and contested.”

TERMS & CONCEPTS

The Genderbread Person

by www.ItsPronouncedMetrosexual.com



A person's sense of their own gender; how you, in your head, think about yourself.



How you demonstrate your gender through your appearance, behavior, interactions, and the roles you assume in society.



Sex assigned at birth; "objectively" measurable organs, hormones, chromosomes, and secondary sex characteristics that medical providers use to determine the physical sex of an individual.



Who you are physically, spiritually, and emotionally attracted to based on their sex/gender in relation to your own.

Gender Binary: The cultural assumption that there are only two genders (man/woman) and that a person must be strictly gendered as one or the other.

Cisgender: People whose gender identity and gender expression “align” with their assigned sex at birth.

Heterosexual: Women attracted to men; men attracted to women

Queer:

Reclaimed umbrella term that encompasses aspects of sexual identity that are not solely cisgender and heterosexual (LGBTQQIAA)

Questioning

Transgender

Polyamorous

Lesbian

Asexual

Gay

Gender
Non-conforming

Bisexual

Pansexual

Intersex

Cisgender: People whose gender identity and gender expression “align” with their assigned sex at birth.

Trans*/Transgender:

An umbrella term used to describe gender-variant people who have gender identities, expressions or behaviors not traditionally associated with their birth-assigned sex or gender (cisgender)

Transsexual: A person who transitions from one birth-assigned sex or gender to another.

**Gender non-conforming/
Gender variant:** Those who cannot, or choose not to, conform to societal gender norms associated with their birth-assigned gender

MtF
Male to Female;
Trans Woman

FtM
Female to Male;
Trans Man

Two-Spirit: term derived from the traditions of some Native North American cultures in which some people embody both masculine and feminine gender expressions.

Genderqueer: A self-defined term individuals may use to describe their gender without adhering to the gender binary; may view themselves as both/neither gender; may or may not identify as transgender

Transition: The process (behavioral, biological/medical, psychological, etc.) a gender-variant person undergoes when changing their bodily appearance either to be more congruent with the gender/sex with which they identify and/or to be in harmony with their preferred gender expression.

Pronouns



Preferred Name @ UCB

- BearFacts
- Tang's Electronic Medical Records

Pronouns 101

Type	Name	Example
Feminine	She, her, her	She went to the store. I spoke to her. It was her apple.
Masculine	He, him, his	He went to the store. I spoke to him. It was his apple.
Gender Neutral	They, them, their	They went to the store. I spoke to them. It was their apple.
Gender Neutral	Ze, zir/zem, zirs/zes	Ze went to the store. I spoke to zir/zem. It was zirs/zes apple.
Gender Neutral	Ze, hir, hers	Ze went to the store. I spoke to hir. It was hers apple.

Please note that these are not the only pronouns. There are an infinite number of pronouns as new ones emerge in our language.



I'm seeing Jeremy this weekend. They're going to take me skateboarding. Then I'm going to go with them to the movies.

Brittany brought me to this awesome concert! Ze is so fun. I can't wait to hang out with zir again.



For more information, go to www.transstudent.org/graphics ▲

TSER
Trans Student Equality Resources

STRUCTURE OF THE TRANSGENDER CARE TEAM



Transgender Care Team

- Leadership Team
- Clinical Care Team
- Mental Health Team

TCT Leadership Team

□ Purpose

- Address overarching concerns for TGNC students with regard to physical and mental health

□ Members

- 1 representative from each department:
- PC, CPS, SOS, HP, SHIP, Administrative Services, IT (as needed)

□ Tasks

- Ex. Updating PNC, updating website, survey of TGNC students in UHS

□ Frequency of meetings

- Every other month

TCT Clinical Care Team

□ Purpose

- ▣ Multidisciplinary training and case consultation
- ▣ Campus outreach

□ Members

- ▣ MDs, NPs providing hormones
- ▣ Social worker, psychologists providing therapy and letters

□ Tasks

- ▣ Consultation - Emotional changes due to hormones; psychosocial factors impacting medication compliance;
- ▣ Training – Surgical procedures; physical impact of hormones

TCT Mental Health Team

- Purpose – Triage of referrals; Clinical consultation specific to MH issues
- Members – 1 SW, 4 psychologists, 1 psychiatric NP
- Tasks – Created letter policy, Consultation and resources to staff, Referrals, Assessing our assessment
- Frequency – Every 4-6 weeks



SERVICES PROVIDED



Medical Services

- Primary medical care & consultation
- Hormone replacement therapy
- Referral for medical services outside of UHS
- Letters in support of surgical procedures

Counseling Services

- Brief counseling & referrals
- Clinical assessment for letters for surgery (hormone treatment provided in UHS)
- Consultation for each other and for CPS/SOS clinicians working with Trans/Gender Non-Conforming (GNC) students
- Provide Trans-GNC focused resources for CPS/SOS clinicians

Assessments for Letters

- Step 1: Determine the appropriate service provider (not always step 1)

- Step 2: Clinical Assessment (See handout)

- Step 3: Letter Writing (See chart)
 - Consult with MH Team
 - Determine number of letters required
 - See sample letters

Resources for Clinicians

- WPATH SOC 7

- http://admin.associationsonline.com/uploaded_files/140/files/Standards%20of%20Care,%20V7%20Full%20Book.pdf

- Association for LGBT Issues in Counseling

- <http://www.counseling.org/docs/competencies/algbtic/competencies.pdf?sfvrsn=3>

- APA Guidelines for TGNC clients

- In development

Resources for Students

□ Campus Services

- ▣ Gender Equity Resource Center
- ▣ Transgender & Gender non-conforming student groups

□ Community Services

- ▣ LGBTQ organizations with services specifically for trans* individuals
- ▣ Community health services (Lyon-Martin, UCSF, etc.)
- ▣ Fertility preservation services

□ Legal Services

- ▣ Transgender Law Center

Trans* Care Team Webpage

- **Trans* Care Team Providers**
- **Trans* Services offered at Tang**
- **Trans* Benefits covered by SHIP**
- **Resources on and off campus**
- **Information for Parents and Families**

uhs.berkeley.edu/students/medical/transgender.shtml

UNIVERSITY HEALTH SERVICES Tang Center @ Berkeley


Home

Medical

- Advice Nurse
- Allergy Shots
- International Travel Clinic
- LGBTQ Health Services
- Medical Records
- Meet the Staff
- Occupational Health Clinic for Faculty/Staff
- Optometry
- Payment/Fees
- Pharmacy
- Physical Therapy
- Primary and Urgent Care
- Preventive Health
- Social Services
- Specialists at Tang
- Women's Health
- About Us
- Appointments
- Counseling
- Health Promotion
- Insurance
- Faculty/Staff Services

Students

Transgender Health Services: Services for Trans and Gender Non-conforming Students



uhs.berkeley.edu/pride

Welcome to Tang, transgender and gender non-conforming students!

Here are some of our trans-specific services and opportunities, as well as campus and community resources:

- Our Trans Care Team of medical providers
- Our trans-sensitive counseling services
- Trans-specific benefits you can receive under SHIP, including hormone treatment and gender confirmation surgery
- T-Cal, the social group for campus community members who may identify across the transgender spectrum
- A list of single stall restrooms on campus
- Recommended websites with further medical, legal, and social resources for trans and gender non-conforming people.
- Information for parents/family.

And, check out our UHS Pride page for more resources for the LGBTQ community.

Medical Services

The Trans Care Team

- *Primary Care:* Anna Harte MD and Susan Light NP
- *Transgender Health Specialist:* Maddie Deutsch MD
- *Services:* primary and preventive care including appropriate cancer screening (PAPs, prostates, and more), STD screening, hormone therapy, coordination of care, and outside referrals.

UHS Pride page for LGBTQ community at Cal

- Medical Services
- Mental Health Services
- Student Health Insurance
- Campus support
- Recommended resources
- For Parents/Family

QUESTIONS & COLLABORATION



Laura M. Alie, PsyD

lalie@berkeley.edu

Tobirus M. Newby, MSW

tnewby@berkeley.edu

