

## Transgender Issues in College Health

New York State  
College Health Association  
Syracuse, NY  
Oct. 22, 2008

*Presented by Samuel Lurie, M.Ed.  
Transgender Training and Advocacy  
www.tgtrain.org*

## Goals

- To provide an overview of terms and concepts related to the transgender experience.
- Identify barriers and challenges for transgender students seeking services.
- Discuss protocols and best practices for overcoming barriers and providing care.

## Why are we talking about this?

- Health care providers are seeing increasing numbers of transgender patients.
- There is a lack of information regarding care and competency.
- Training providers increases provider comfort and patient outcomes.

## Trainer's Background

- Have trained over 20,000 providers in 28 states
- 10 years focus on transgender issues and access to care.
- Social Service/Medical Providers/Advocates
- College Health, College Counseling and Student Affairs
- Commitment to Adult Learning Theory
  - Honor your expertise.
- Trans community member and activist

## Cultural and College Trend

- Growing population and increased visibility
- Trans movement—impacting academia, student life, social consciousness and non-discrimination laws



## Trend in anti-discrimination policy

13 states Colorado (2007), California, Illinois, Iowa, Maine, Minnesota, New Mexico, Oregon, Rhode Island, Hawai'i, Washington, New Jersey, Vermont and Washington, DC.

Over 80 municipalities including Dallas, TX; Covington, KY; Peoria, IL; Milwaukee, WI; San Diego, CA; Atlanta, GA; Salem, OR.

Employers: American Medical Association, AFL-CIO, Borders, CIGNA, Coca-Cola, Dell, DuPoint, Ford Motor Co., IBM, Merck, Unisys, Walgreens, and more.

Source: Transgender Law and Policy Institute

## American Medical Association Resolution 122 "Removing Financial Barriers to Care for Transgender Patients"

- Passed on **June 17, 2008** at national meeting  
--Historical moment!
- Affirms effectiveness of medical treatments.
- Promotes health insurance coverage of psychotherapy, hormonal and surgical treatments.

## American Psychological Association Transgender, Gender Identity and Gender Expression Non-Discrimination

Passed in August, 2008

- Acknowledges complex social and institutional discrimination and resulting psychological damage.
- Affirms APA commitment to policy change and full access to treatment and care.
- Encourages APA members to take leadership role in securing policy and practice around services, treatment and care.

## Some Colleges and Universities University of Iowa the first, 1996

- |                                       |   |
|---------------------------------------|---|
| ■ Arizona State University            | ■ Rutgers, State U of NJ                          |
| ■ Brown University                    | ■ Swarthmore College                              |
| ■ Carnegie Mellon                     | ■ University of California system                 |
| ■ Columbia University                 | ■ University of New Hampshire                     |
| ■ Case Western Reserve                | ■ University of Oregon                            |
| ■ City University of New York         | ■ University of Pennsylvania                      |
| ■ DePauw University                   | ■ University of Vermont                           |
| ■ Duke University                     | ■ University of Washington                        |
| ■ University of New Hampshire         | ■ Wesleyan University                             |
| ■ Harvard University (8 year process) | ■ MIT   |
| ■ Kalamazoo College                   | ■ Yale University (2006) (Last Ivy League school) |
| ■ Middlebury College                  |   |
| ■ Ohio State                          |   |

For complete list, see [www.transgenderlaw.org/](http://www.transgenderlaw.org/)

## Institutional Issues

- Practical Issues:
  - Students:
    - ID, Name change, forms, registrar
    - Dorms, bathrooms, locker rooms
    - Classrooms, course content
    - **Health Center and Health Care/Mental Health Access**
  - Staff and Faculty
    - Employment, IDs, forms, insurance
    - Transition on-the-job

## Protocols for Care

- WPATH, Standards of Care (formerly HBGDA)
  - [www.wpath.org](http://www.wpath.org) (6th Version, 2001)
  - Psychotherapy focus; gatekeeper history; currently flexible guidelines
- Tom Waddell Clinic, SF
  - [www.dph.sf.ca.us/chn/HLthCtrs/transgender.htm](http://www.dph.sf.ca.us/chn/HLthCtrs/transgender.htm)
  - Harm-reduction model; focuses on support and informed consent
  - Has blood tests, protocols, follow-up and maintenance guidelines
- Trans Health Project, Vancouver, Canada, Guidelines for Transgender Care  
[www.vch.ca/transhealth/](http://www.vch.ca/transhealth/)

## Guidelines for Transgender Care [www.vch.ca/transhealth/](http://www.vch.ca/transhealth/)

"Clinical management of gender dysphoria in adolescents"  
Annelou L.C. de Vries, Peggy T. Cohen-Kettenis, & Henriette Delemarre-Van de Waal

"Ethical, legal, and psychosocial issues in care of transgender adolescents"  
Catherine White Holman & Joshua Goldberg

"Counseling and Mental Health Care for Transgender Adults and Loved Ones"  
- Walter Bockting, Gail Knudson, & Joshua Goldberg

## Transgender

- Umbrella term for wide range of people who challenge or don't fit social norms of gender expression.
  - Includes a wide range of people, some of whom may not use the term "transgender" to identify themselves.

## Transexual

Specifically desires to live full-time in the chosen gender that matches their internal gender identity. Often requires medical interventions and social/legal changes.

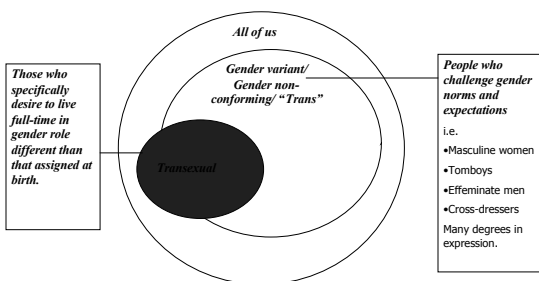
*Transgender, or "Trans" is better as a broad, umbrella term.*

## Language and concepts

### Terms:

- *Transgender vs. Transsexual*
- *Gender variant and gender non-conforming*

## Range of expressions



Thanks to Willy Wilkinson at the Transgender Law Center for the three circles concept

## Language and concepts

### Terms:

- *FTM, Transman*
- *MTF, Transwoman*

*Both considered a spectrum*



## Transition

- Process of moving to living in as many places as possible in gender that matches identity.
- Visible and dangerous period
- Takes time
  - Physical, legal, medical and social adjustments
- Terms: Read, Clock, Pass, Stealth

## Transition, continued

- Transition impacts the people around the transgender person.
- SOFFA:
  - Significant Other,
  - Friends,
  - Family and
  - Allies

## Cross Gender Hormones

- Effects: change in body shape, facial and body hair, sex drive, emotions.
- Very powerful drive and motivation.
- Difficult to access safely.
- Emerging trend: primary care providers offering hormone therapy as part of primary care
  - Not a specialty area
  - Becoming more visible and necessary
  - Assures overall access to health care and monitoring

## Gender Confirmation Surgery

- Watch these terms: “Pre-op, Post-op, Non-op”:
  - Many kinds of surgery, many paths regarding surgery desires.
  - Difficult to impossible to access.
    - “Surgery” does not equal “realness.”
  - “The surgery” defines people by their genitals. Not appropriate.

## Not everyone transitions



Now,  
which gender am  
I again?

Many gender non-conforming people are challenging gender norms and moving back and forth along different continuums.

*Fluidity.*

## Bathrooms and IDs



Image from  
[www.tgstation.com](http://www.tgstation.com)

### Training Video:

**“Toilet Training: Law and Order in the Bathroom”**

**Order from:**

**Sylvia Rivera  
Law Project**

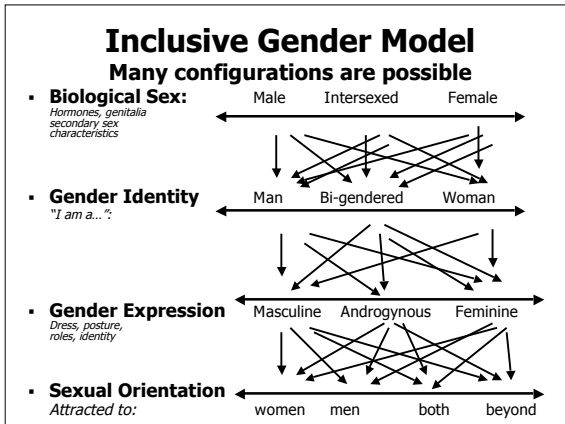
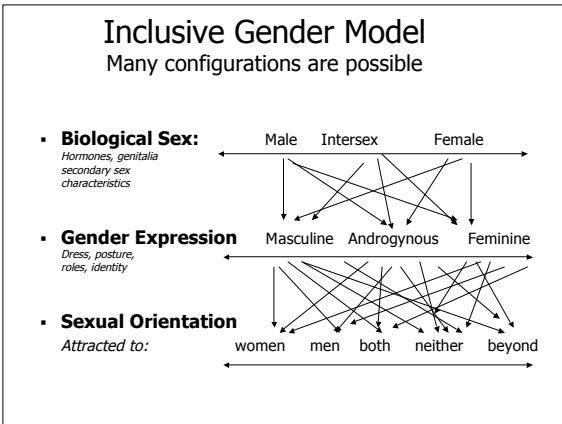
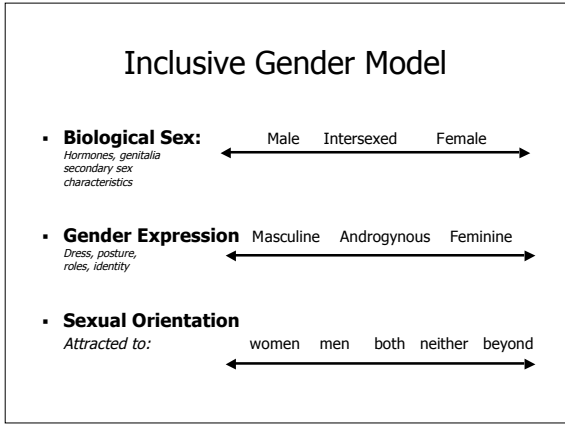
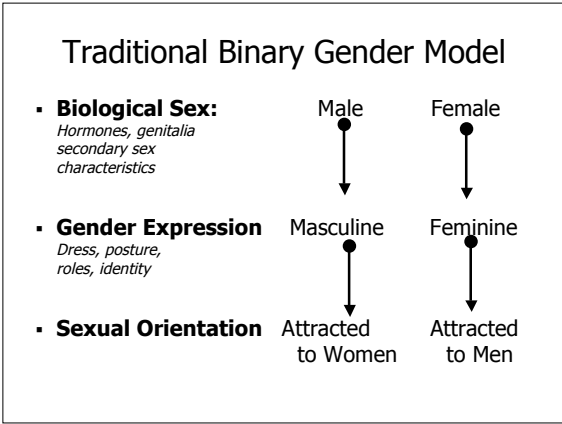
**[www.srlp.org](http://www.srlp.org)**

## Gender Identity vs. Sexual Orientation

- Being transgendered does not mean you’re gay and being gay does not mean you’re transgendered.
  - There is overlap, in part because gender variance is often seen in gay context.
  - Masculine females and feminine males are assumed to be gay;
  - “anti-gay” discrimination and violence often targets gender expression, not sexuality

## Gender identity and sexual orientation are different things

- Every individual has a biological sex, a gender identity and a sexual orientation.
  - They are distinct things.
  - All can be considered fluid.



### Reminders

- Homophobia is different than Transphobia
- Trans people are often outcast in G/L context.
- Pfc. Barry Winchell

### Trans Losses

**Tyra Hunter**

**Angie Zapata**

**Robert Eads**

**Alexander John Goodrum**

Photo by Mariette Pathy Allen

Photos from Remembering Our Dead, [www.gender.org/remember](http://www.gender.org/remember)  
 And Transsexual, Transgender and Intersexed History, [www.transhistory.org](http://www.transhistory.org)



### Exercise: Telling Secrets



Billy Tipton

## Barriers to Care and Treatment

- Fear of disclosure/exposure
- Social and geographic isolation
- Extensive negative experiences with providers
- Lack of open or trained providers
- In-take forms, office environment, alienating process
- Lack of insurance coverage


## Protocols for Care

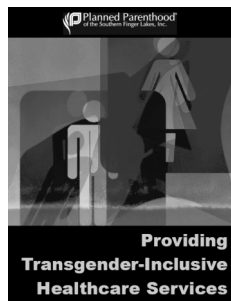
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## Goal of Treatment

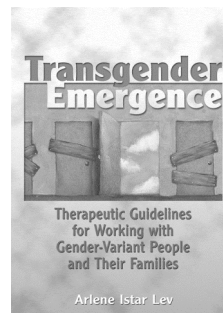
- The goal of treatment for transgender people is to improve their **quality of life** by facilitating their transition to a physical state that more closely represents their sense of themselves.
  - *HBIGDA Standards and others*
- Does not need to be done by endocrinologist, but provider must become well-versed in relevant issues.

## Trans inclusion resources

- Planned Parenthood,  32 page Document: PP Finger Lakes Sexuality Education and Training Ctr. 607-216-0021 x134 [www.ppsfl.org](http://www.ppsfl.org)
- Lyon-Martin, Nick Gordon, MD "Medical Therapy and Health Maintenance for Transgender Men: A Guide for Health Care Providers" [www.nickgorton.org](http://www.nickgorton.org)



## Excellent Provider reference:



Contact info:

Arlene Istar Lev  
Choices Counseling  
and Consulting

[www.choicesconsulting.com](http://www.choicesconsulting.com)

518-463-9152  
Albany, NY

Also available through  
[amazon.com](http://amazon.com)

## Suggestions for Making Your Office Trans-Friendly

- Don't just add "T" without taking it seriously.
- Train all staff--front office, security guards, director
- Make in-take forms trans friendly,
  - include "chosen name" not just legal name;
  - include more than M/F as gender choices, have range
- Become familiar with medical and mental health literature.
- Provide trans-specific services, not just refer.
- Challenge transphobia—in staff and community
- Have Unisex bathrooms!

## Professional Development

- Ah Ha moments from the workshop.
- Questions.
- Specific things you want to do to increase skills/comfort/competency.

## Joy

*"Working with someone going through a gender transition is a joyous part of medicine. It's very similar to feelings obstetricians have about facilitating birth."*

*-Edward Cheslow, MD*

## Thank you!



And Huge Thank You  
to Linda Dudman  
And Kathy MacLachlan!

**Samuel Lurie, MEd**  
Transgender Training  
and Advocacy  
[www.tgtrain.org](http://www.tgtrain.org)

## Resources

- Bazluke, F and Nolan, J (2006) "Because of Sex": The Evolving Legal Riddle of Sexual vs. Gender Identity, *Journal of College and University Law*, Vol. 32, No. 2
- Feldman, J and Bocking, W (2003) **Transgender Health**, *Minnesota Medicine*, Volume 86, July 2003.  
<http://www.mnmed.org/publications/MNMed2003/July/Feldman.html>
- Goodrum, Alexander John, "**Gender Identity 101: A Transgender Primer**" a publication of TGNet Arizona, [www.tgnetarizona.org](http://www.tgnetarizona.org)
- Lurie, Samuel (2006). **Transgender Issues in College Health**, *Action Newsletter*, American College Health Association, p. 1.
- National Center on Lesbian Rights, [www.nclrights.org](http://www.nclrights.org), excellent web resources for schools.
- Post, P, (2002), **Crossing to Safety: Transgender Health and Homelessness**, *Healing Hands: A publication of the Health Care for the Homeless Clinician's Network*, 6 (4), June 2002.  
<http://www.nhchc.org/Network/HealingHands/2002/June2002HealingHands.pdf>

## Resources continued

- Smith, D and Walter, J, (2005), **Improving Services to Transgender Students, Improving Services to All Students**, *Student Health Spectrum*, Special issue on Cultural Competency: A Publication of the Chickering Group, January 2005.  
[www.chickering.com](http://www.chickering.com), see Spectrum Archives for full text.
- **Protocols for Hormonal Reassignment of Gender** from the Tom Waddell Health Center, 2001,  
<http://hivinsite.ucsf.edu/InSite.jsp?doc=2098.3d5a>
- Intersexed Society of North America; [www.isna.org](http://www.isna.org), Advocacy and educational organization founded and led by intersexed people.
- Transgender Law and Policy Institute, [www.transgenderlaw.org](http://www.transgenderlaw.org), for information on school and student issues.