



Gender Affirming Care

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Diversity

Is having a seat at the table.

Inclusion

Is having a voice.

Belonging

is having that voice be heard.

- Liz Fosslien

Let's Check In

1. My name is _____
2. My pronouns are _____
3. For me, it's important to understand the needs of Lesbian, Gay, Bisexual, Transgender, and Questioning Participants in Treatment Courts because _____

Learning Objectives

- Overview & Terminology
 - Unique challenges
- Recognize the impact of trauma
- Client-centered treatment in Drug Court
 - Resources

Gender Affirming care encompasses a range of social, psychological, behavioral, and medical interventions “designed to support and affirm an individual’s gender identity” when it conflicts with the gender they were assigned at birth.

Social Transition

Medical Transition

Legal Transition

Gender Affirming Psychotherapy

Gender is a social construct which refers to the norms, behaviors, and roles expected of individuals based primarily on their sex.

Gender identity is a person's internal sense of being male, female, some combination of male and female, or neither male nor female

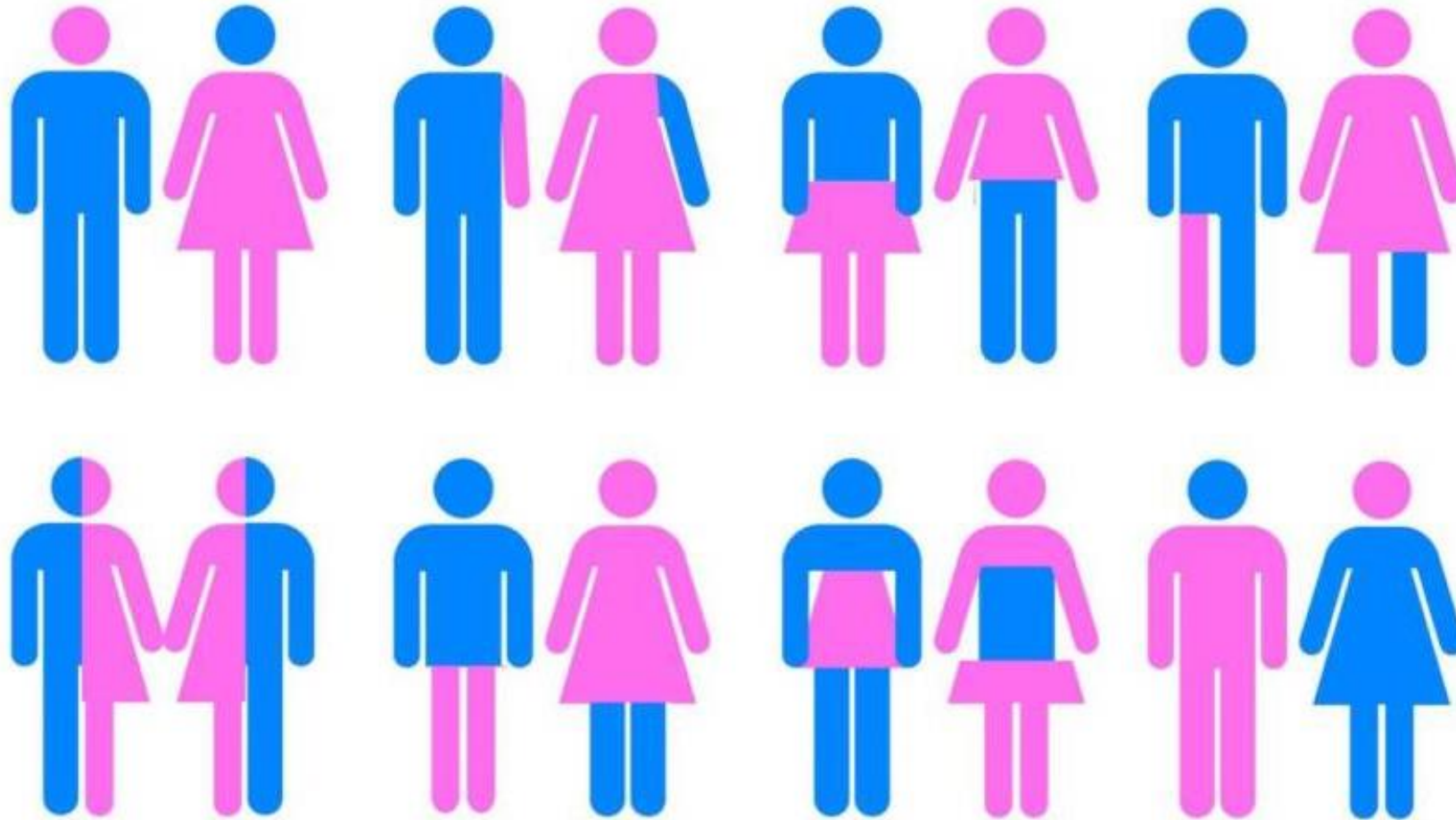
Cisgender refers to a person whose gender identity is aligned with the sex they were assigned at birth.

Transgender refers to a person whose identity does not match their sex assigned at birth.

Gender diverse – beyond the binary

Gender affirmation, gender confirmation, transition, transitioning – the interpersonal and interactive process where a person receives social recognition and support for their gender identity and gender expression.

Which category do you identify/define yourself?



Monica Helms



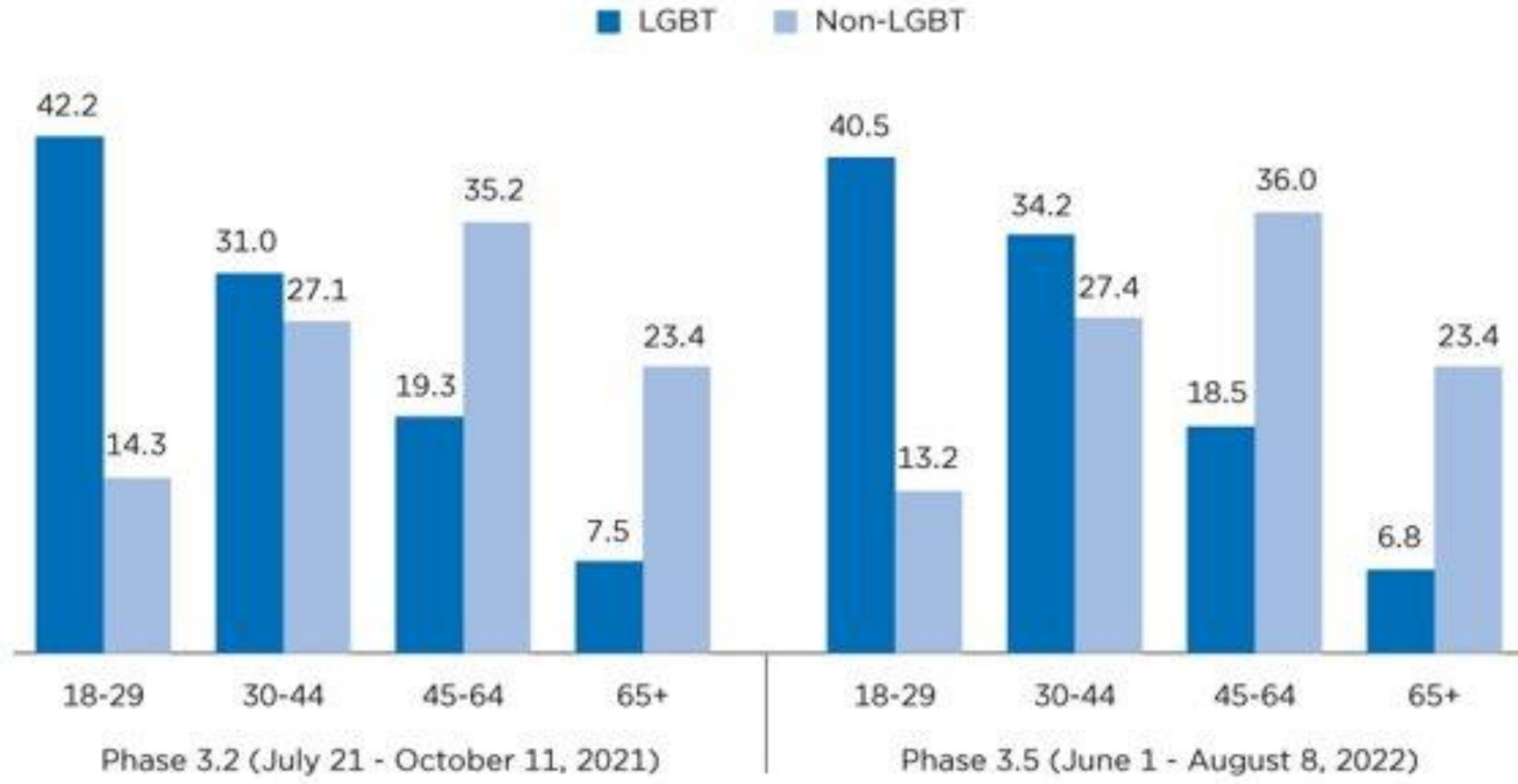
Holly Boswell,
Wendy Parker, and
Nancy Nangeroni

1.4 million adults identify as transgender in
the U.S.

Figure 1.

Percentage of U.S. Adults by Age and LGBT Status

(In percent)



Source: U.S. Census Bureau, Household Pulse Survey public-use files, 2021-2022.

1 in 3 trans youth
attempted suicide in
the past year

40% of transgender
adults have
attempted suicide in
their lifetime,
compared to less than
5% of the general US
population

- Discrimination
 - Stigma
 - Rejection
- Internal Transphobia
 - Abuse

Transgender individuals experience a mental health condition 4x more likely as cisgender individuals.

- Depression
 - Bipolar
 - Anxiety
 - PTSD
- Eating Disorders
- Obsessive Compulsive Disorder
 - Aggressive behaviors
 - Gender Dysphoria
- Self Harming behaviors

Drug use is
3.6 times
more likely

20-30% of
the LGBTQ
Community
abuse
substances
compared to
9% of the
general
population
as a whole

People are
unsure
about their
identity are
5x more
likely to
develop a
SUD
disorder

- Alcohol
- Poppers
- MDMA & Ecstasy
 - Stimulants
 - Cocaine

- Cannabis
- Methamphetamine
 - Sedatives
 - Tranquilizers

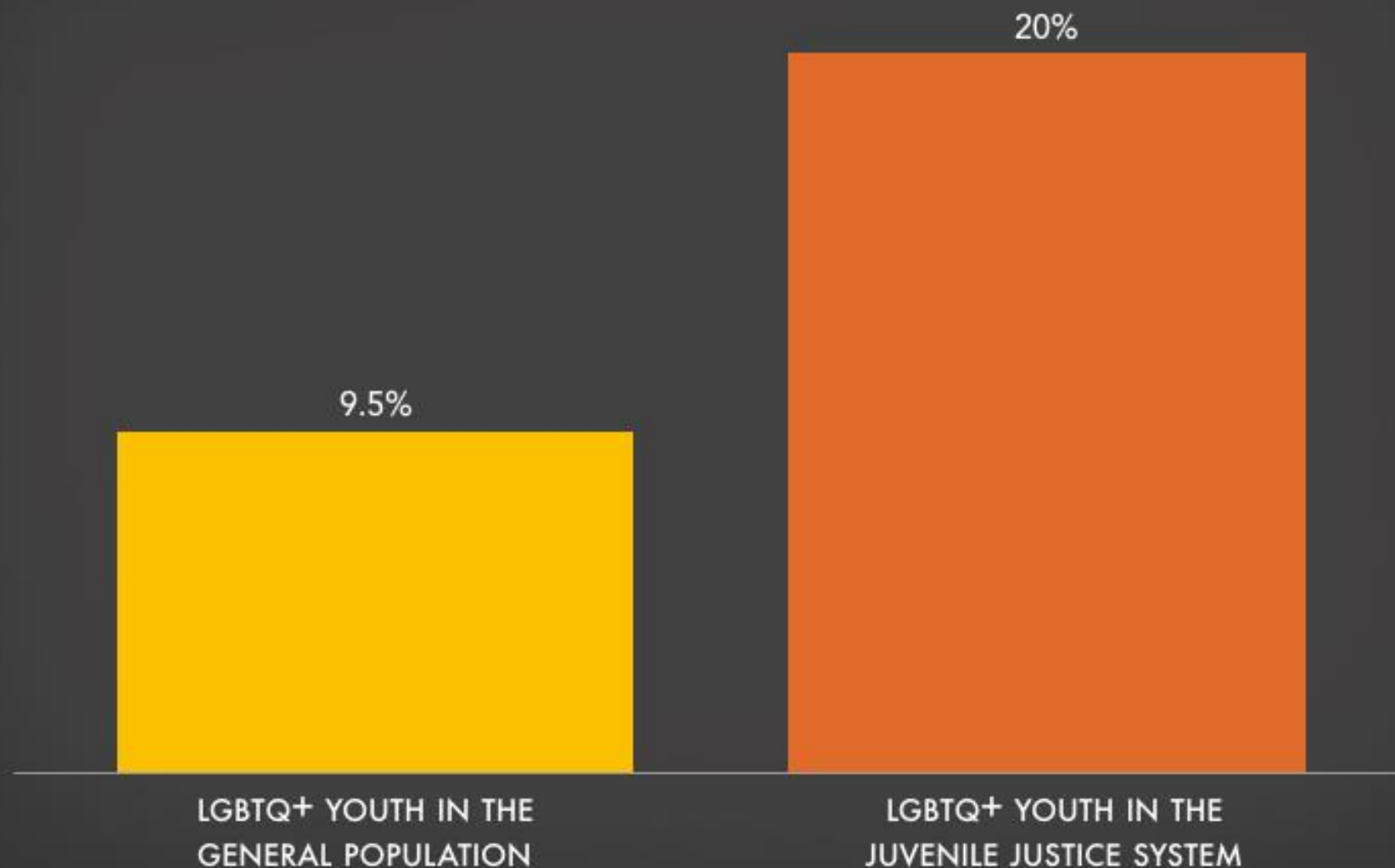
- High rates of childhood trauma
- High Adverse Childhood Experiences scores
 - Violence and Bullying
- Practitioner lack of cultural competency
 - Legal

Minority Stress – the way that individuals from underrepresented or stigmatized groups experience several stressors that directly relate to a minority identity.

“routinely denied”

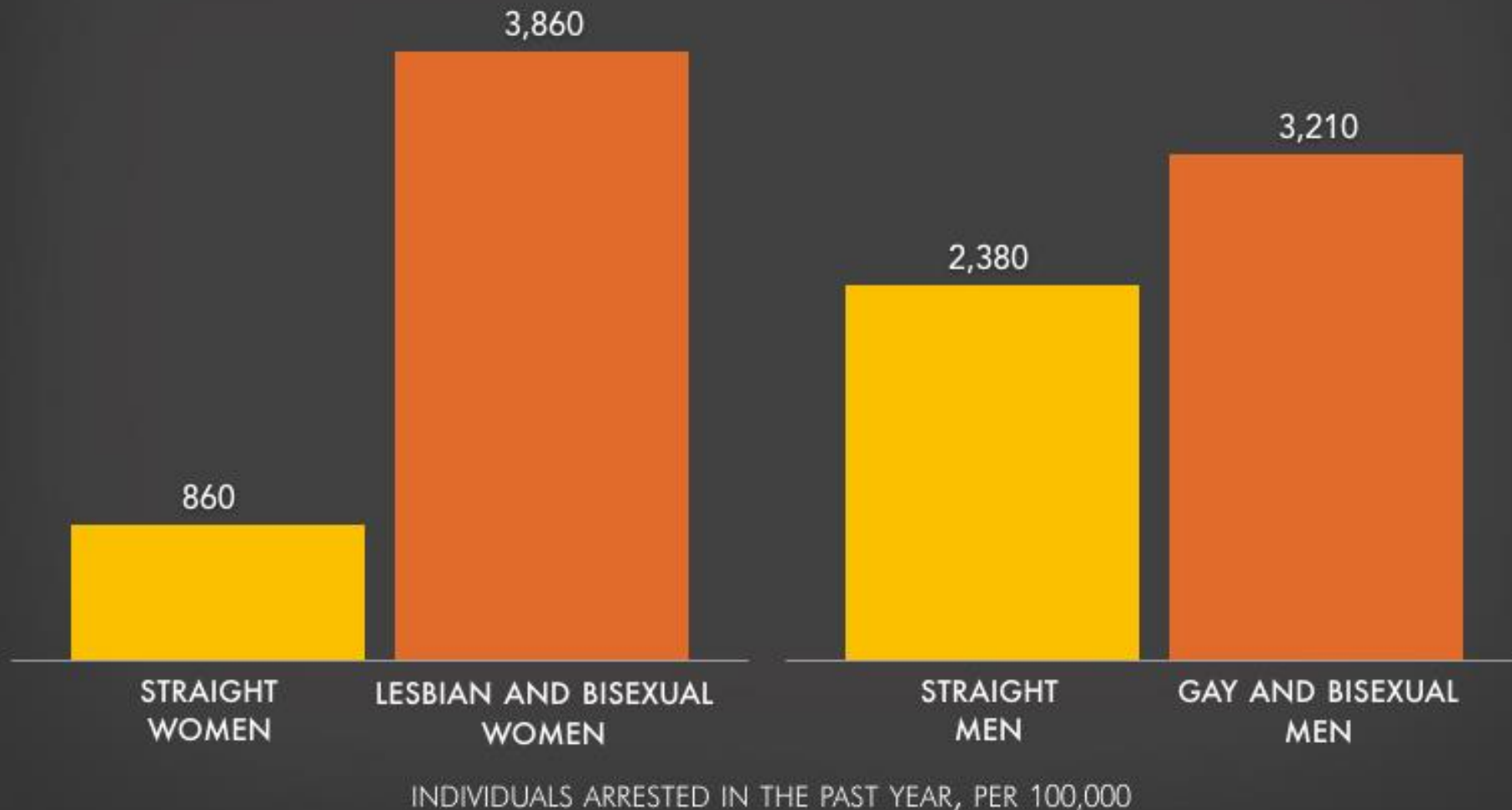
LGBTQ+ youth are overrepresented in the juvenile justice system

Percentage of youth in the juvenile justice system who identify as LGBTQ+ compared to youth in the general population



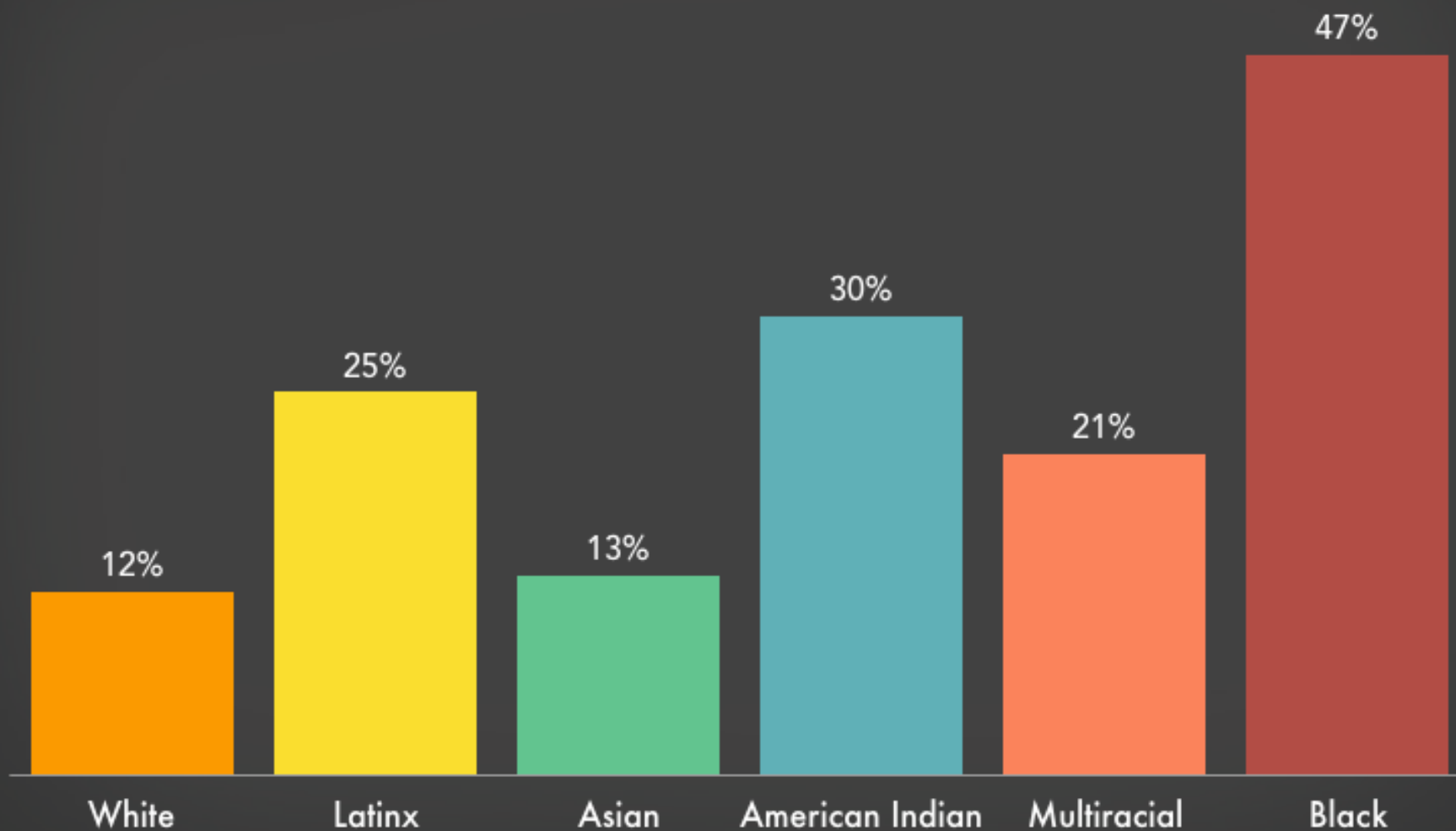
Lesbian, gay, and bisexual people are much more likely to be arrested than straight people

Number of straight versus lesbian or bisexual women, and straight versus gay or bisexual men, who report being arrested in the past year, per 100,000 people in each category



BIPOC transgender people have especially high lifetime rates of incarceration

Percentage of transgender people, by race, who have ever been sent to prison or jail for any reason



Disproportionate contact with the criminal justice system = high levels of incarceration

- More likely to face abuse
- More vulnerable to violence

How does your treatment court show inclusivity?



Only 7.4% of programs offer specialized services.

Language Matters



- Don't Assume

- Avoid comments like -

- “You look just like a real woman.”

- “I would have never known.”

- “You'd pass so much better if you wore less makeup.”

- Challenge anti-transgender remarks or jokes

- Gender responsive treatment
 - Trauma specific groups
- Integrating curriculum that addresses the issues
 - Assessments
 - UA testing

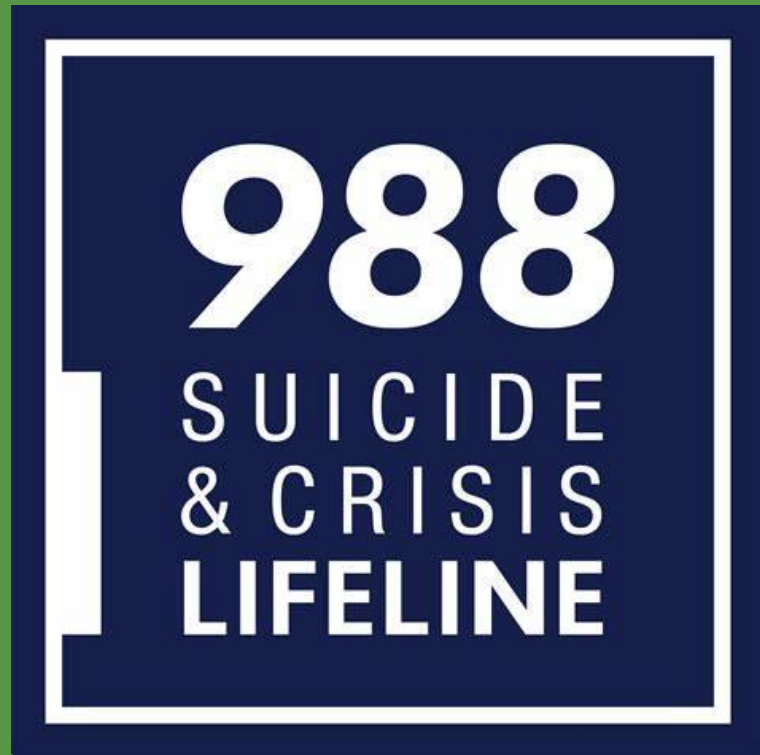
- Refer and connect with the community
 - Family Support
 - Advocacy & Education
- Confidentiality, Disclosure, “outing”
 - Staff meeting & Events
 - Do a program audit

Calling all allies

Passive Allyship is when an individual is in support of a cause and agrees with its sentiments but does not take any action to support it.

Active Allyship is when a person is committed to and takes quantifiable actions to further a cause.

National Resources



- ✓ The Trevor Project's 24/7/365 Lifeline 866-4-U-TREVOR
- ✓ Trans Lifeline 877-565-8860

Do you know what resources are in your community?

- ✓ The American Psychological Association – The Guidelines for Psychological Practice with Transgender and Gender Nonconforming People
- ✓ The Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling (ALGBTIC) - Competencies for Counseling Transgender Clients
- ✓ SAMHSA – LGBT Training Curricula for Behavioral Health and Primary Care Practitioners
 - ✓ National Center for Transgender Equality

“Trans people deserve something vital.
They deserve your respect.
And from that respect comes a more
compassionate community, a more empathetic
society, and a better world for all of us.”
- Caitlyn Jenner