

Trans Youth CAN! & METTA Clinic Online Event

April 22, 2021



Thanks for attending this event!

We're excited you're here!

- With this event we want to:
 - Share information about our project & findings from our *NEW INFOGRAPHIC*
 - Answer your questions about this project, the clinic, and trans youth health
- Our hosts today are:
 - **Danièle Pacaud:** Pediatric Endocrinologist, Medical lead for the Metta clinic
 - **Joe Raiche:** Psychiatrist, Mental Health lead for Metta clinic
 - **Chris MacDonald:** Local research coordinator
 - **Teresa Coker:** Family therapist
 - **Peggy Kalancha:** Endocrine nurse
 - **Sandra Gotovac:** Project Coordinator, Trans Youth CAN!

Who is joining us today?





TRADITIONAL TERRITORIES == ACKNOWLEDGEMENT ==

We would like to acknowledge the traditional territories of the people of the Treaty 7 region in Southern Alberta, which includes the Blackfoot Confederacy (comprising the Siksika, Piikani, and Kainai First Nations), as well as the Tsuut'ina First Nation, and the Stoney Nakoda (including the Chiniki, Bearspaw, and Wesley First Nations). The City of Calgary is also home to Métis Nation of Alberta, Region 3.



Treaty 7



Local resources to learn more about Canadian Indigenous history, culture and the need for reconciliation:

Open (Free) Online Course from U of A Faculty of Native Studies: “Indigenous Canada”

<https://www.ualberta.ca/admissions-programs/online-courses/indigenous-canada/index.html>





METTA Gender Clinic

- **Metta is a sincere wish for the welfare and genuine happiness of all beings, without exception. (Urban Dictionary)**
- **Mandate: To see youth between the ages of 5 and 18 that are questioning their gender**
- **Mental Health services- assessment for gender dysphoria and readiness for medical transition and ongoing support through questioning and transition phases**
- **Endocrine services- provides information and oversees hormonal treatment**

METTA Gender Clinic

- Established in 2014
- Catchment: Southern Alberta
- Team: psychiatrists, adolescent medicine physicians, endocrinologists, a family therapist (full time), a social worker, a clinic booking clerk
- Went from 1-3 request/month to 15-20 request per month
- Now following about 500 youth



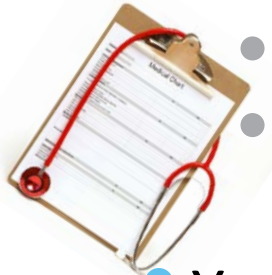
What is the Trans Youth CAN! study?

- Looking at medical, social, and family outcomes of trans and non-binary youth referred for puberty blockers or hormones
- 10 medical clinics that provide gender-affirming medical care for youth across Canada



What is the Trans Youth CAN! study?

- Youth from puberty to age 15 were recruited at their 1st medical appointment for blockers or hormones
- Followed for 2 years through their journey of gender-affirming medical care
- Completed surveys and gave permission to get information on their health and clinical care from clinic medical records
- Youth could invite one parent or caregiver to participate in the study
- Participant recruitment and baseline data were from Sept 2017 to June 2019
- **174 youth** and **160 parents/caregivers** were recruited



Learn all about our study at

www.transyouthcan.ca



Who are the People Served by Canadian Trans Youth Clinics?

Trans And Non-Binary Youth Under Age 16 In Clinical Care

Ethnoracial Background

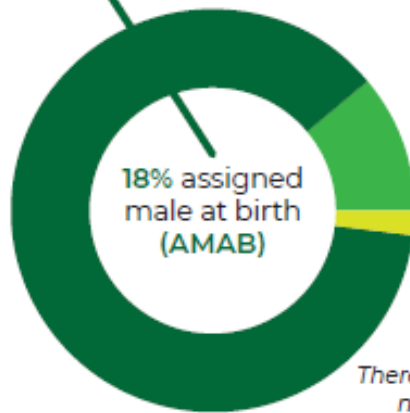
- 7% Non-Indigenous visible minorities
- 19% Indigenous
- 74% Non-Indigenous white

Compared to the Canadian population: 5% Indigenous² and 27% visible minorities³



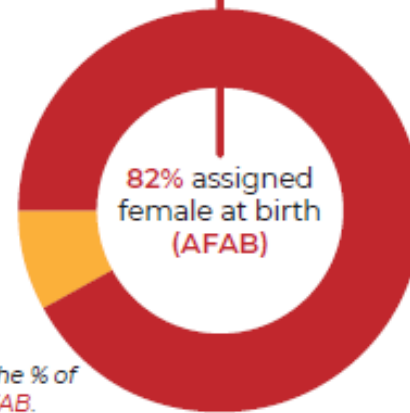
Sex Assigned At Birth:

This is similar to what was found for these ages in a national community survey¹



Their Gender Identity:

- 2% Male/Boy
- 87% Female/Girl
- 11% Non-binary or another gender
- 92%
- 0%
- 8%

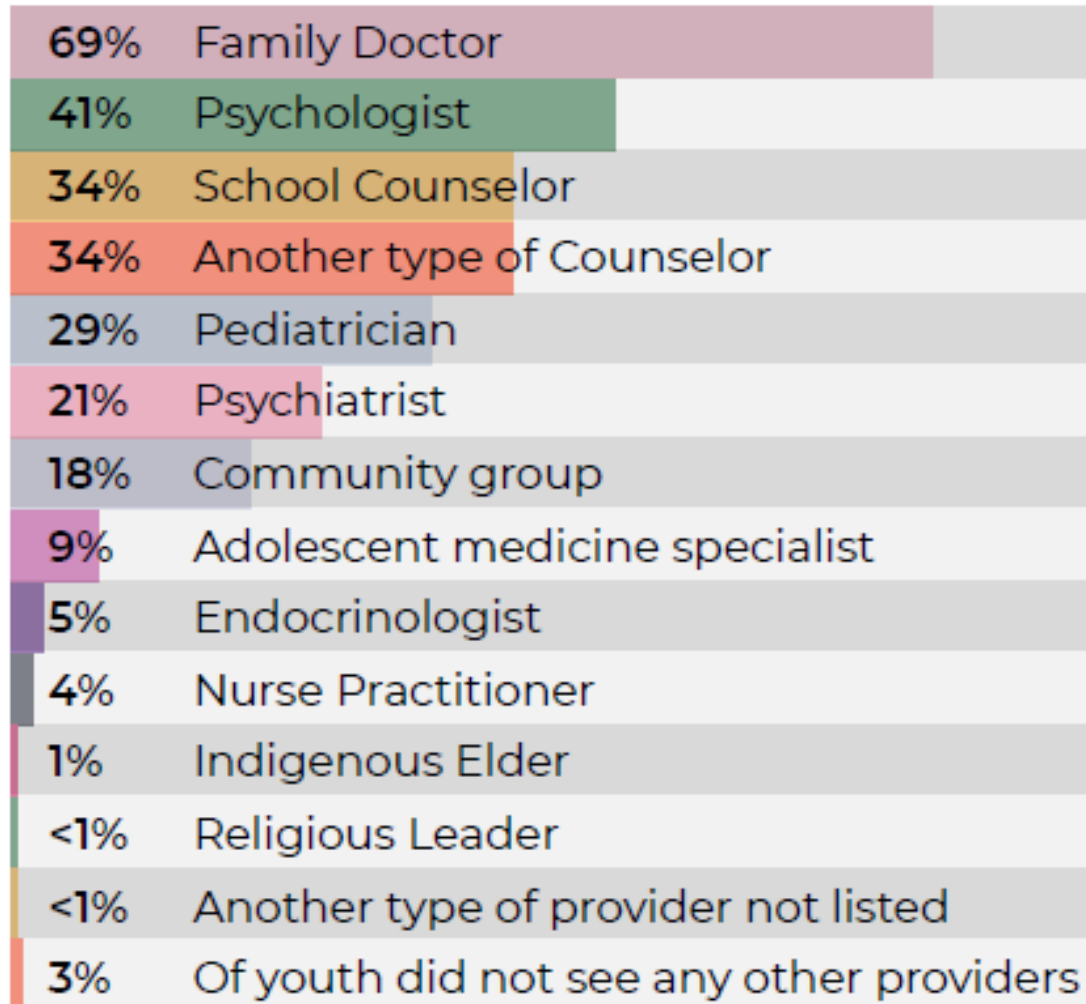


There was no statistically significant difference in the % of non-binary youth between those AMAB and AFAB.

Other words youth use to describe their gender:

- Garçon féminin
- Androgynous
- Non-binary boy
- Demiboy
- Cis but questioning
- Genderfluid
- Flambouyant
- Neither gender
- Genderqueer
- In the middle of male and female

Providers Seen Before Coming to Youth Gender Clinic



On average youth saw 3 different types of providers, and up to 8 types *before clinic*

Youth were referred to the youth gender clinic by:

- 50% Family doctor
- 18% Pediatrician
- 10% Psychiatrist
- 6% Self-referral³
- 5% Social Worker
- 4% Psychologist
- <1% Nurse Practitioner
- <1% School Counsellor
- <1% Adolescent medicine specialist
- 6% Other

13 - 14
Months

On average youth said they spent 13 to 14 months total seeking hormone treatment

269
Days

On average youth waited 269 days from the time of referral to gender clinic to their first medical appointment at the gender clinic





A PREVIEW OF SOME DATA FROM
OUR NEXT INFOGRAPHIC!

“Gender Distress & Gender Positivity”

So what is GENDER DISTRESS....?

- Feelings of distress that youth can experience related to their gender not aligning with the sex they were assigned at birth
 - aka- *gender dysphoria*
 - *But this is a clinical diagnosis, so we've called it "distress" because we're talking about the distress-related symptoms*
- Distress related to:
 - **SOCIAL LIFE**
 - *e.g., avoiding social situations where they can't express their gender; being hurt by being called the wrong name/pronouns; being expected to behave like their gender assigned at birth*
 - **THE BODY**
 - *e.g., wishing they were born in a different body; distress over periods/erectons; dislike breasts/facial hair; dislike voice; can't trust what their body will do with age.*

Get the full
measures on our
website!

www.transyouthcan.ca



So what is GENDER POSITIVITY...?

- The positive feelings (like pride, validation, enjoyment) youth can experience related to their gender.
- Positivity related to:
 - **SOCIAL LIFE**
 - *e.g., feel accomplishment in expressing gender; feeling validated when treated like their gender in public; being happy that they are seen on the outside for who they are on the inside.*
 - **THE BODY**
 - *e.g., feeling confident in their body; feeling like their body fits with the 'real me'; not being bothered by things about their body as much anymore.*

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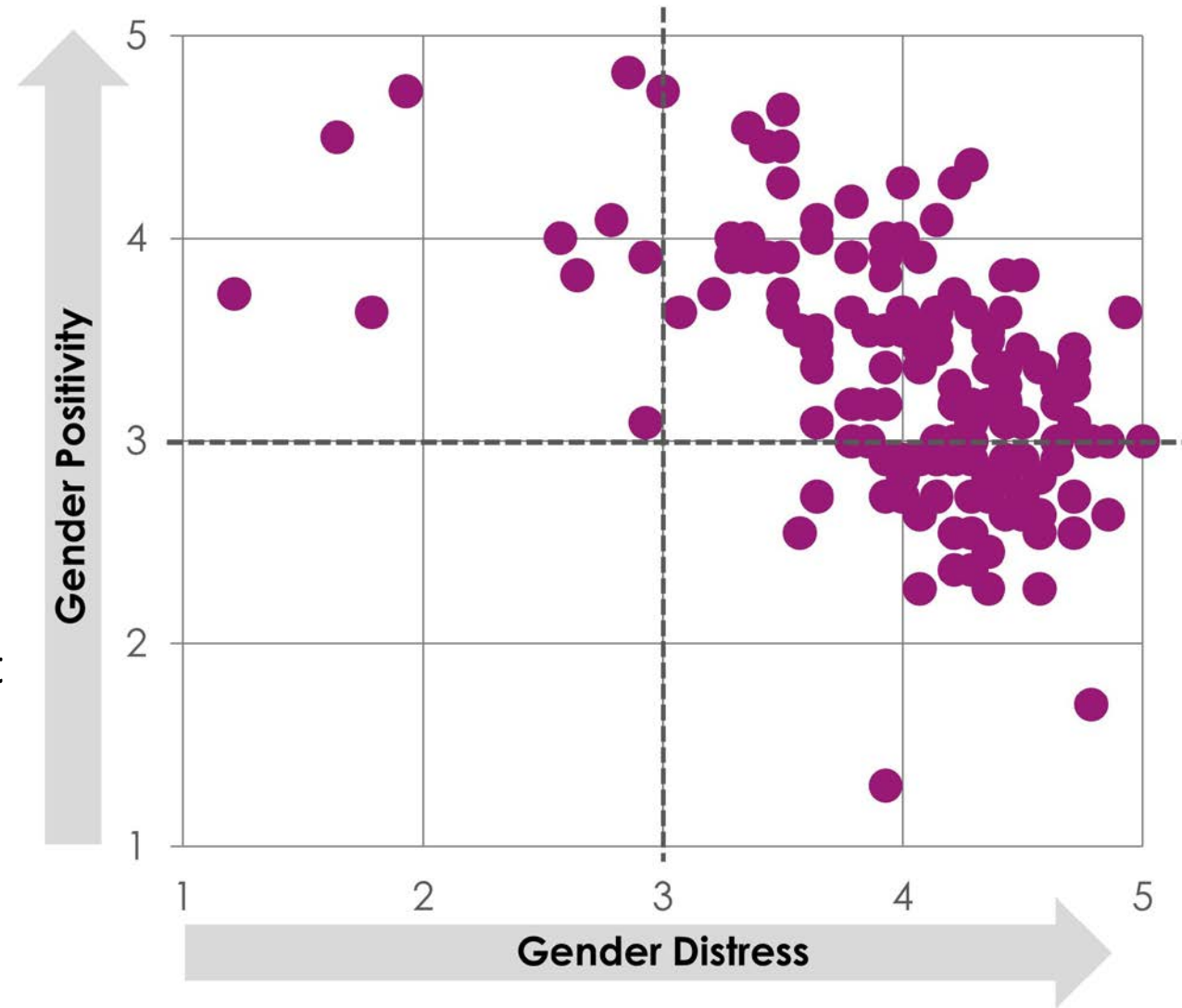
www.transyouthcan.ca



How are youth feeling about their gender?

At the time of their first medical appointment at clinic (*BEFORE* receiving blockers or hormones)

- Youth were generally **HIGH** on **gender positivity** AND **gender distress**
- **HIGHER** distress related to:
 - Youth Being **OLDER** at their 1st appointment at clinic
 - Transmasculine youth (compared to transfeminine youth)
- **Positivity** not related to age or gender.



Check out all our infographics!



Get the full downloadable PDFs on our website:
www.transyouthcan.ca/research-type/infographics-posters/

School Experiences
Experiences of Trans & Non-binary Youth Under Age 16

Who are the People Serve
Canadian Trans Youth Clinic
Characteristics of Trans And Non-binary Youth Under Age 16

Parental Support
Experiences of Trans and Non-Binary Youth Under Age 16 in Clinical Settings

Immigrant Families
Experiences of Trans and Non-Binary Youth Families Under Age 16 in Clinical Settings

Experiences of Parents
of Trans and Non-Binary Youth Under Age 16 in Clinical Settings

Self Care & Coping
Experiences of Trans & Non-binary Youth Under Age 16

Pathways to Gender-Affirming Medical Care
For Trans & Non-binary Youth Under Age 16

Providers Seen Before Coming to Youth Gender Clinic

Top 10 External Stressors On Parents of Trans Youth

Source of Support For Parents of Trans Youth

How Supportive Of Your (Youth's) Gender Identity And Expression Is Your Cultural/Ethnic Community?

Ethnoracial Backgrounds

Parental Conflict

Parents' Well-being

Characteristics of Parent Participants

External Stressors On The Families Of Trans Youth

How Religious Is Your Family?

Trust, Support, Respect, HUGS

Trans Youth Can

What's coming up for Trans Youth CAN!

- More infographics
 - *“Experiences of Youth on the Autism Spectrum”* coming next
www.transyouthcan.ca/research-type/infographics-posters/
- Academic papers
 - Youth characteristics
 - Parent/caregiver experiences
 - Pathways to gender-affirming care
 - Gender distress and gender positivity measure validation
 - Coping strategies (mixed methods)

CONTACT US AT:

www.transyouthcan.ca/contact/



THANK YOU to our participants!

A HUGE THANK YOU! to all the youth and parents across Canada who joined our study and shared their experiences with us.

Without them this research would not be possible. We're so grateful for their trust and choice to work with us to improve care provided to gender-diverse youth and families.

