

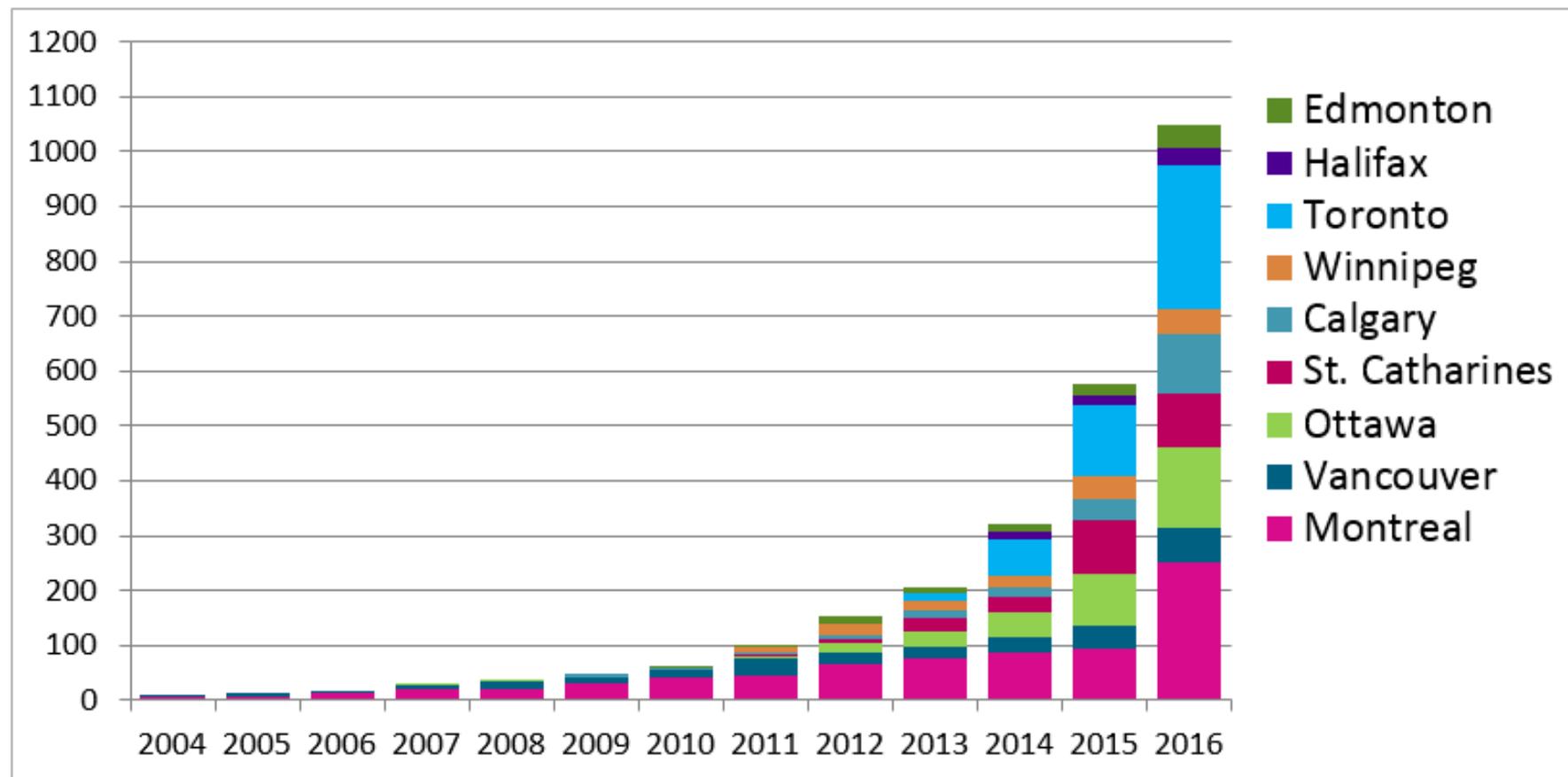
Trans Youth CAN!: Pathways to care among trans and non-binary youth in clinical care

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Pediatric patient referrals* to specialist clinics for puberty blockers or gender-affirming hormones: 9 Canadian clinics



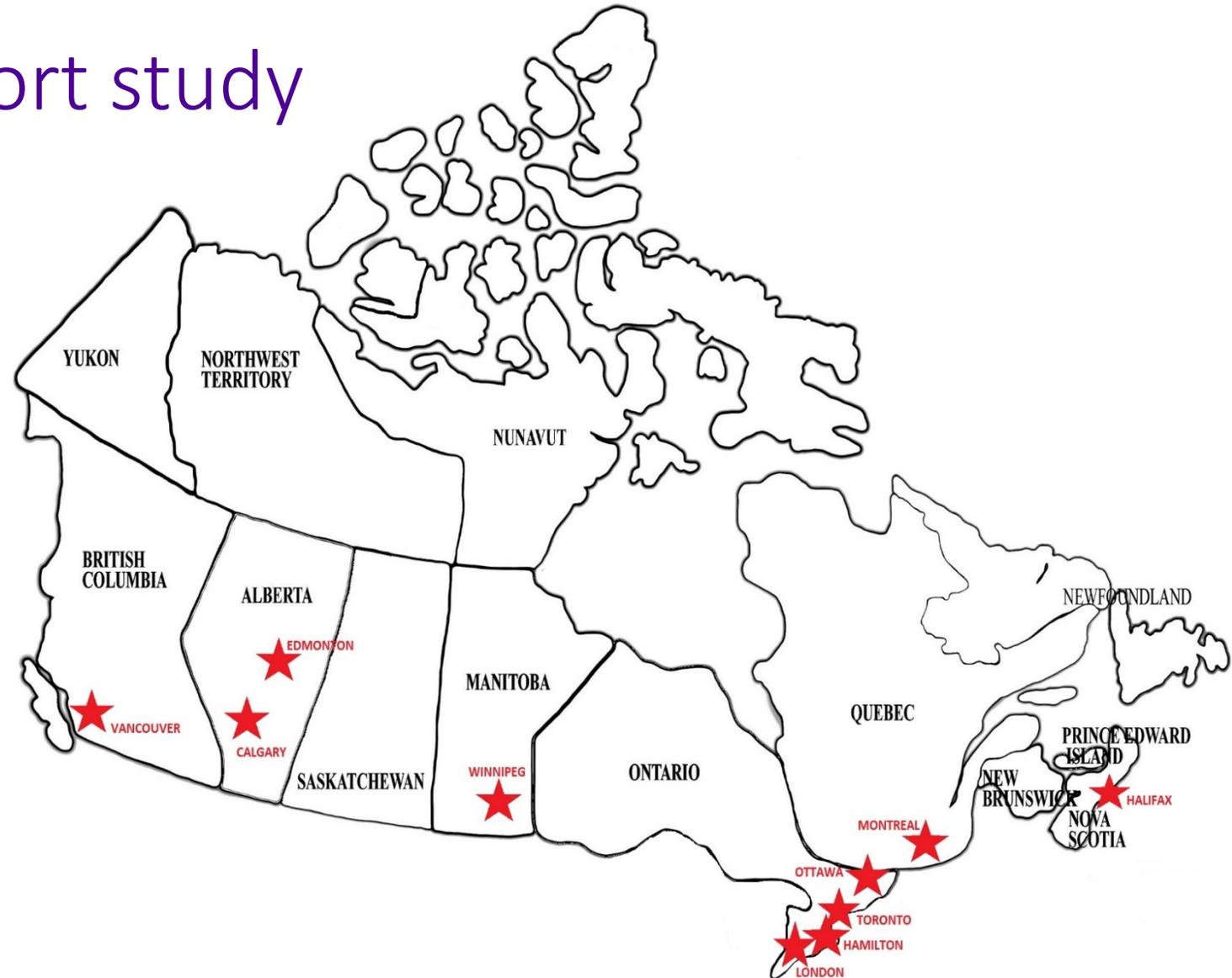
* Some referral numbers estimated. Some referrals are for prepubertal youth, though blockers are not prescribed prior to puberty.

Lawson M, Bauer G, Bonifacio J, Couch B, Ducharme J, Ghosh S, Massarella C, Metzger D, Mokashi A, Pacaud D, for the Trans Youth CAN! Research Team. Data presented as part of a poster at the Canadian Professional Association for Transgender Health Conference, Vancouver, Canada, 2017.



Trans Youth CAN! Cohort study

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



Why Gender-Affirming Care?

- Gender affirming medical care benefits youth by
 - Aligning physical appearance with true gender
 - Decreasing distress that accompanies gender dysphoria as well as co-morbid emotional and behavioral problems
 - Increasing overall psychological functioning
- Youth with GD show high rates of mental health co-morbidity
- Lack of access to gender affirming care may place trans youth at greater risk of harm due to violence, anxiety, depression, suicide



Trans Youth CAN! Cohort Study

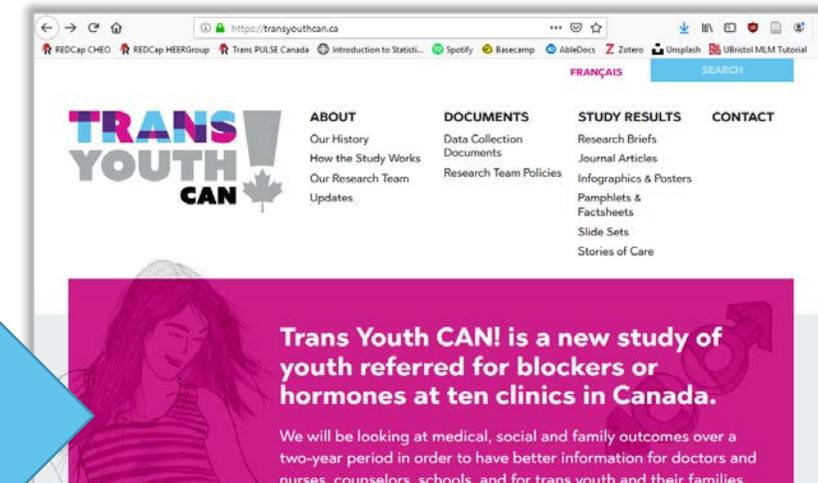
Sample

- 174 youth aged puberty to 15 years
- Referred to one of 10 gender clinics for blockers or hormones; recruited at 1st medical appointment at clinic
- 160 matched parents/caregivers

Data (2 years of follow-up)

- social, family, and medical outcomes
- Interviewer-administered youth questionnaires
- Self-completed parent/caregiver questionnaires
- Clinical records
- Online symptoms checklists

Follow our progress and get results here!



www.transyouthcan.ca

Youth's Age & Gender

	Total (n=174)
Age	
10–13 years	31.0%
14–15 years	69.0%
Gender	
Male/primarily a boy	75.8%
Female/primarily a girl	15.9%
Non-binary or another gender*	8.3%

*Proportion non-binary not significantly different between transmasculine & transfeminine youth

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



Mental Health History

- **2/3** of youth had at least one other type of mental health diagnosis* (*other than gender dysphoria*):
 - **45%** Anxiety disorder
 - **35%** Depression/mood disorder
 - **23%** ADHD
 - **6%** Autism Spectrum
 - **5%** Learning or other developmental disability

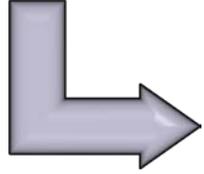
**extracted from clinic medical records*



Average age when youth...

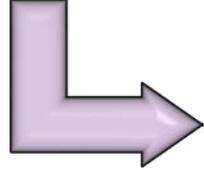
9.9

- Realized gender was different from what others called them



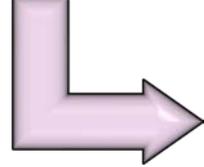
12.3

- Started living in their gender



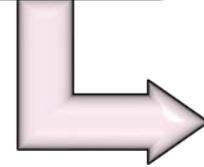
12.6

- First spoke to someone outside the family about their gender



13.7

- Referred to gender clinic



14.3

- First medical appointment at gender clinic



**On average youth said
they spent...**



seeking hormone care

**On average youth
are waiting...**



*from referral to their first
medical appointment at
gender clinic*



While they were waiting...

Before their first appointment at a gender clinic,

- Youth saw on average 3 (and up to 8) different types of providers **to discuss gender**: Family doctor (68.5%), Psychologist (41.3%), Pediatrician (28.8%)
 - *Only 3% of youth did not see any other providers about their gender*
- 58.9% of youth had seen their family doctor or pediatrician **to discuss hormones/referral for hormones**
 - *Less than 7% of youth saw no other providers about blockers/hormones before their first appointment at the youth gender clinic*
- 9% of youth had participated in some kind of conversion therapy before coming to a gender-affirming gender clinic



Conclusions (so far...)

- Youth spend years on their gender development journey before coming to a clinic for gender-affirming medical care
- Youth face challenges accessing gender-affirming care in Canada:
 - See multiple types of providers before getting to clinic
 - Experience long wait times to be seen once referred
- More timely access to gender-affirming care for trans youth is needed to support them and their families
- These challenges may compound already higher risk of mental health comorbidities
- Provider education and training in gender affirming models of care is also key



Thank you to our research team!

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19 youth who provided
feedback on survey items
(English and French groups)

9 parents/caregivers who
provided feedback on survey
items (English and French
groups)

6 youth and 7 parents in our
Community Consultation
Committees

Our youth participants

Our parent/caregiver
participants

Our funder:





Schulich
MEDICINE & DENTISTRY



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Centre de santé
MERAKI
Health Centre

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nos cœurs, et nos
esprits ouverts



uOttawa



University
of Victoria



STOLLERY
CHILDREN'S
HOSPITAL



Alberta **Children's** Hospital

SickKids

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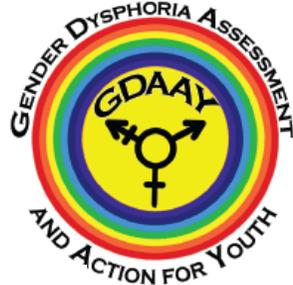
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