

Clinic-Community Webinar Halifax, NS

May 6, 2021

Dr. Arati Mokashi, MD, FRCPC, Pediatric Endocrinologist, IWK Health Centre, Dalhousie University



Traditional Territories Land Acknowledgement

We would like to acknowledge that, in spite of the virtual nature of this presentation, the IWK Health Centre where I am speaking from is located on the ancestral and unceded territory of the Mi'kmaq.



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*
 - The pathway to access care in Nova Scotia for transgender and gender questioning children and youth
 - Answer your questions about this project and any other questions you may have related to trans/non-binary or gender questioning children and youth

*Who is joining us
today?*

- Your hosts today are:
 - **Dr. Arati Mokashi:** Pediatric Endocrinologist, Division Head Endocrinology/Diabetes, IWK Health Centre, Dalhousie University
 - **Nikita Anderson:** Research Assistant, Trans Youth CAN!, IWK Health Centre
 - **Sandra Gotovac:** Project Coordinator, Trans Youth CAN! Western University, London, ON



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
 - All clinics able to prescribe gender affirming hormones
- Recruitment has ended. Data collection is ongoing until Fall of 2021



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
 - Parent or caregiver also respond to surveys
- 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

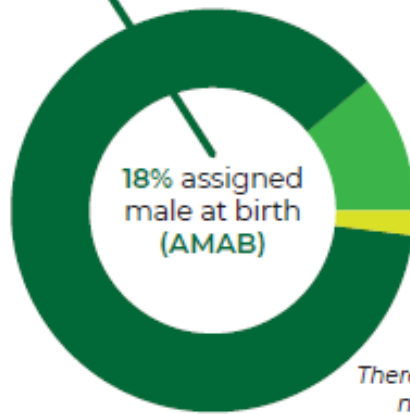
Ethnoracial Background

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

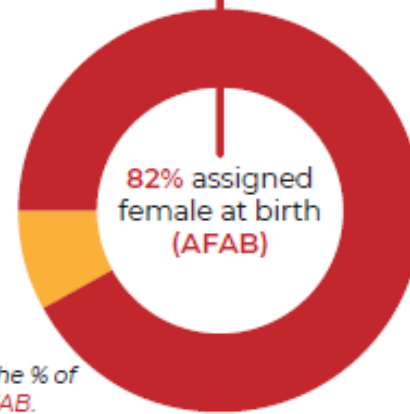
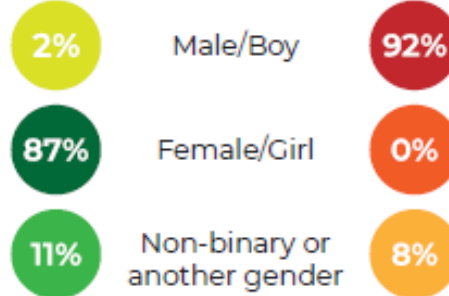
Compared to the Canadian population: 5% Indigenous² and 27% visible minorities³

Sex Assigned At Birth:

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



Their Gender Identity:

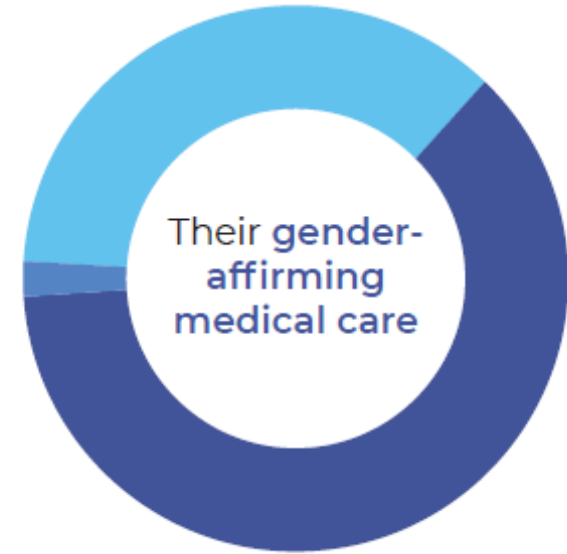
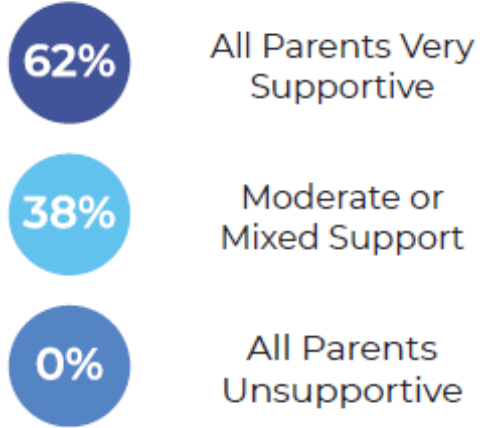


There was no statistically significant difference in the % of non-binary youth between those AMAB and AFAB.

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

What youth say about their parents' support for:



Parental Support

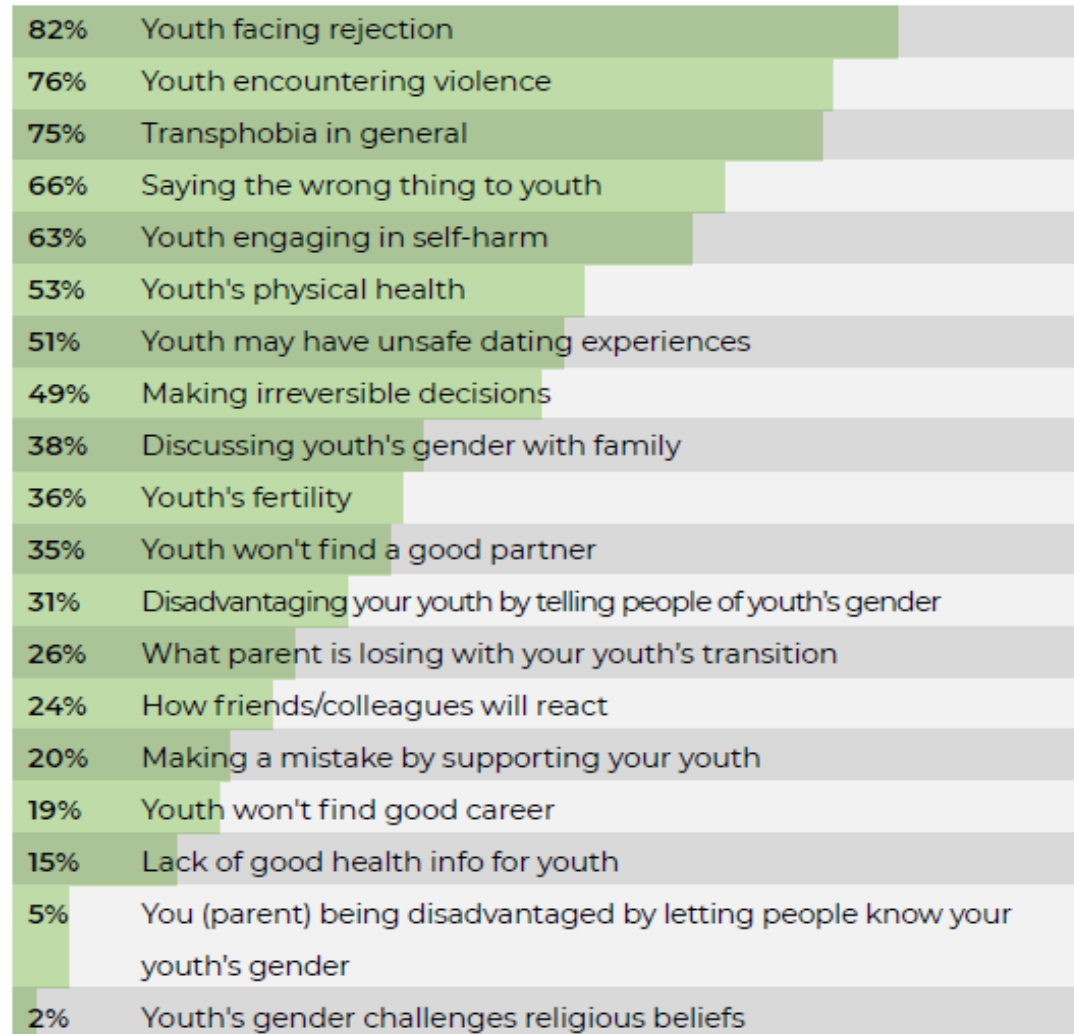
Youth whose parents were all very supportive had LESS gender distress¹ than youth who have moderate/mixed support from parents.



What youth say they need from parents/caregivers



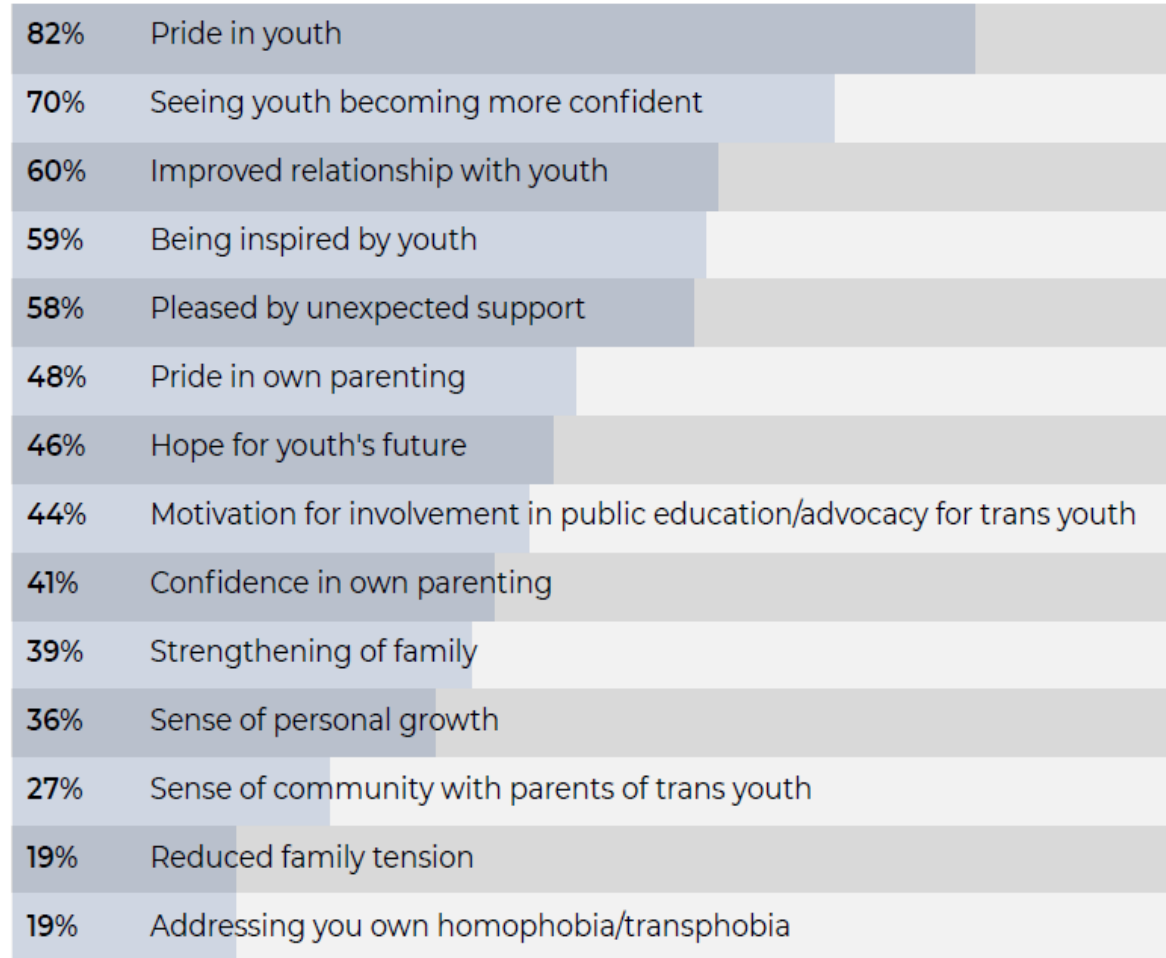
Parents'/Caregivers' Worries



<1% of parents had no concerns.



Parents'/Caregivers' Positive Feelings About Youth's Gender



97% reported **AT LEAST ONE** positive feeling



Average age when youth...

9.9

...realized their gender was different from what others called them

12.3

...starting living in their gender

12.6

...first spoke to someone outside the family about their gender

13.7

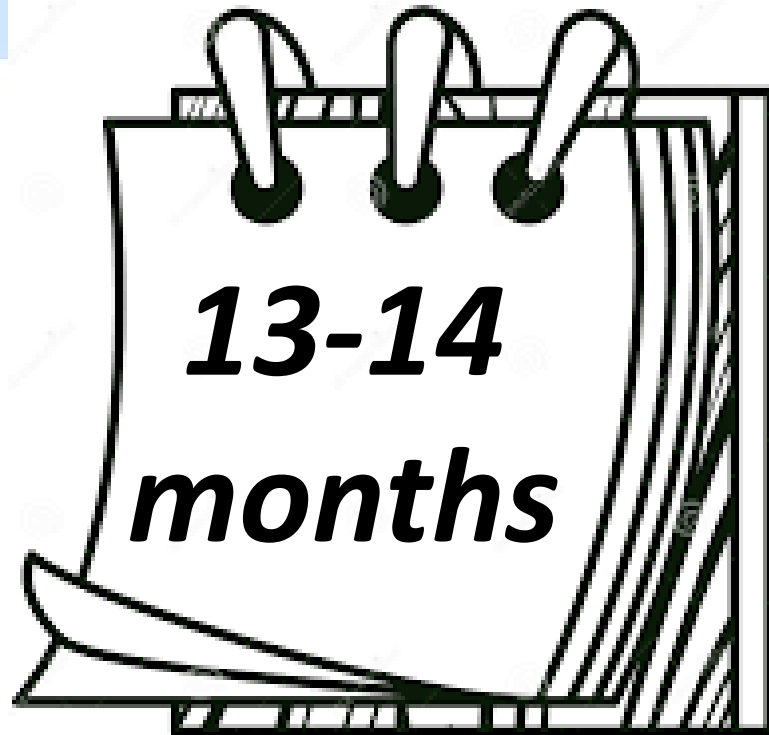
...referred to gender clinic

14.3

...first medical appointment at gender clinic

Pathways
to Care

On average youth said
they spent...



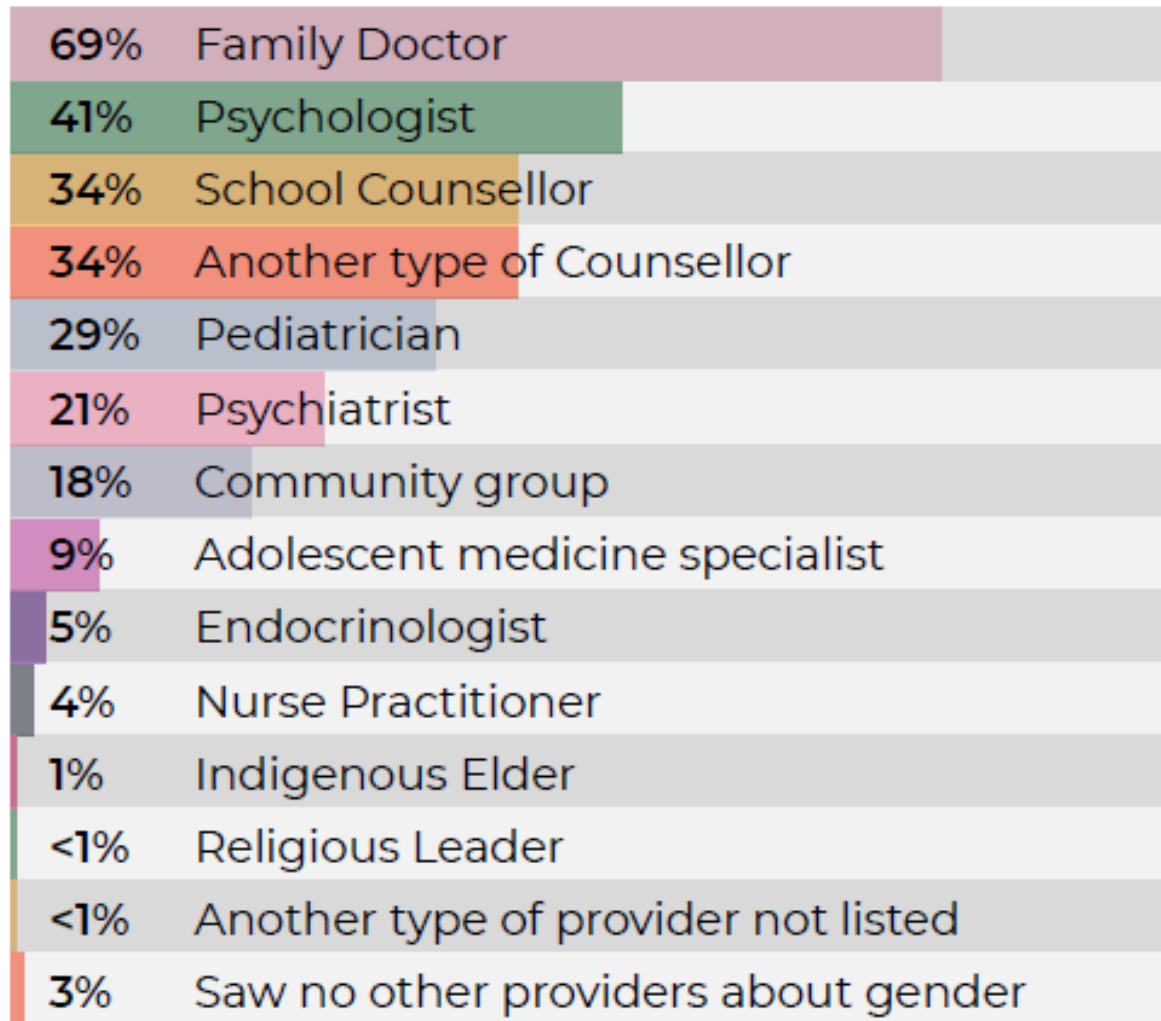
seeking hormone care

On average youth
are waiting...




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

Types of Providers Seen Before Gender Clinic



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





Youth pathways to care reminds us...

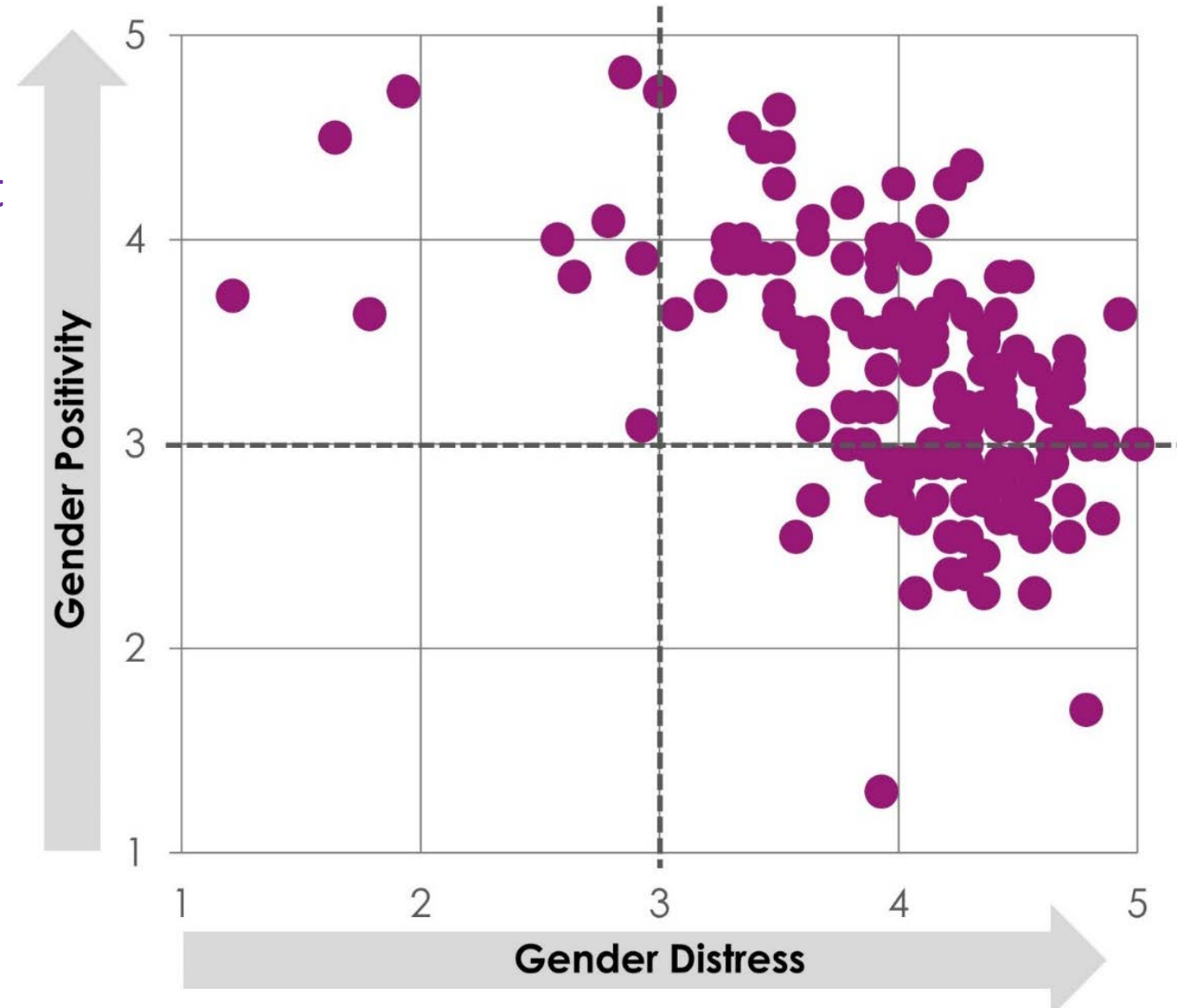
- Youth spend years on their gender development journey before coming to a clinic for gender-affirming medical care
- Youth face challenges accessing gender-affirming care in Canada:
 - See multiple types of providers before getting to clinic
 - Long wait times to be seen once referred
- **9% of youth** had participated in *some kind of conversion therapy* before coming to the gender clinic
- More timely access to gender-affirming care for trans youth is needed to support them and their families

Gender Positivity and Gender Distress

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



Safety in Schools



81% agree they **feel safe in school**



10% of youth missed 2+ weeks of school related to their gender due to: *mental health, bullying/assault, being outed, misgendering.*

“

I was getting misgendered at school and having panic attacks.

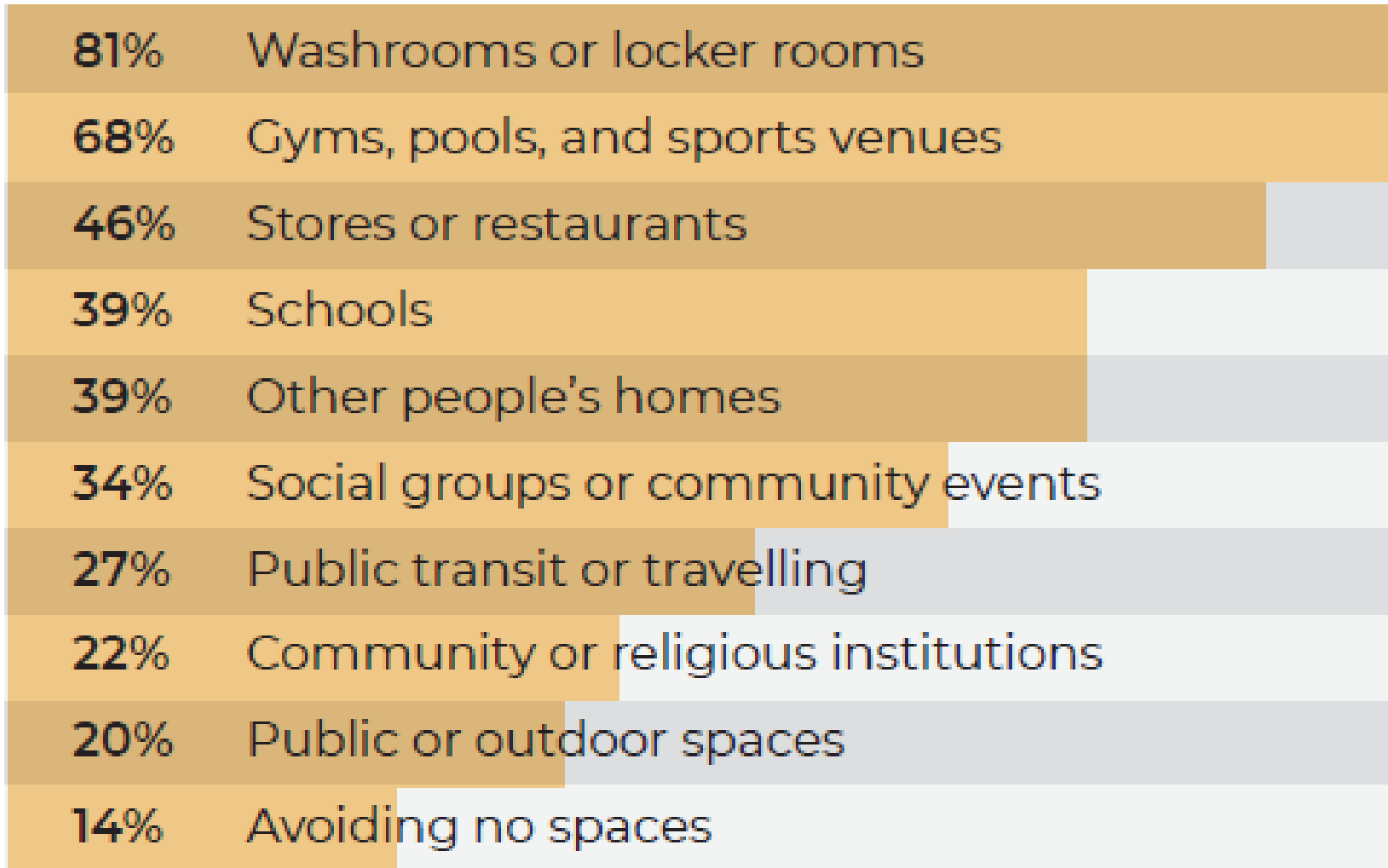
A transphobic student in [my] class assaulted [me] physically, and then [the] teachers took the transphobic student's side.

When I first came out, I did not want to go to school as I was afraid of what kids would say as teachers had already told kids what my new pronouns were.

”



Youth Are Avoiding Places To Prevent Harassment Or Being Outed:



Health History

2/3

of youth had at least one other type of diagnosis, other than *gender dysphoria* including⁵ (youth can have more than 1):

- 45% Anxiety disorder
- 35% Depression/mood disorder
- 23% ADHD
- 6% Autism Spectrum
- 5% Learning or developmental disability

	Total (n=174) %
Self-harm	
Ever	67.6
Past year*	57.2
Suicidality	
Ideation, ever	58.1
Attempt, ever	36.0
Ideation, past year	34.5
Attempt, past year	16.8

*A PREVIEW OF SOME DATA
FROM OUR NEXT
INFOGRAPHIC!*

*“Disordered Eating (DE)
Behaviours”*



Disordered Eating (DE) Behaviours

Trans and Non-Binary Youth Under Age 16 in Clinical Care

At the time of their first medical appointment at gender clinic...

- **50%** of youth said they **had ever** done something to try to change their body weight/shape
- **19%** had done at least one of the following DE behaviours in the **last 30 days** to change body weight/shape:
 - Dieted (**84%**)
 - Excessive exercise (**73%**)
 - Binging (**24%**)
 - Vomiting (**22%**)
 - Taken a pill (or something else) (**14%**)
- With **73%** of these youth saying that wanting to change or control their weight/shape was *related to their gender*

- 0 youth had a formal diagnosis of an eating disorder in their medical records
- We found *no significant difference* in the proportion of **transmasculine** and **transfeminine youth** who had done **ANY** DE behaviour in the last 30 days
- Youth engaging in **ANY** DE behaviour was associated with...
 - **HIGHER** gender distress (overall & body)
 - **LOWER** social connectedness (with school & family)

IWK Transhealth Endocrinology Clinic



- Dr. Arati Mokashi – pediatric endocrinologist
- Wendy Murphy – endocrine nurse
- Carole Stevens – Booking and Registration clerk Endocrine/Diabetes Clinic
- Dr. Tania Wong – General pediatrician, shares care of patients and able to start puberty blockers, following some kids separate from IWK clinic
 - Spryfield Family Medicine Clinic



IWK Trans health Endocrinology Clinic

- First patients seen in 2012, over 200 kids
- Currently following 130+ children and adolescents
- This clinic is separate from the IWK mental health, Trans health clinic
- Takes place in the pediatric endocrinology and diabetes clinic area at the IWK Health Centre
- Patients ages pre-puberty to 18 years
- To provide information about gender affirming hormone therapy or to start and monitor patients on gender affirming hormones
- Need the referral to come from family doctor, Nurse Practitioner
 - In fact most referrals come from mental health clinicians – can reserve a spot on the waitlist, but need referral from a physician/NP before can book an appointment
 - Wait times are currently 12-14 months - but if situation changes while waiting contact your Dr/MH clinician



Pathway to Care in Nova Scotia

- Youth/Parent of child or youth who is gender questioning or identifies in a gender different from that assigned at birth and is seeking support
- Family doctor/nurse practitioner/pediatrician (referral)
- If your doctor is not gender-affirming or knowledgeable – resources at end
- Self refer to local mental health services – there are now mental health clinicians trained to support and deliver care to gender questioning children and youth in all regions of NS
- Kids Help Phone
 - 1-800-668-6868 or <https://kidshelpphone.ca>
- Mobile crisis line (NS) – 24 hour provincial mental health crisis line
 - 1-888-429-8167



Attempts to reduce wait times

- Pediatricians and family doctors with interest/growing expertise in transhealth
 - NS: Dr. Tania Wong (pediatrician, HRM); Dr. Heidi Budden (Pediatrician, CB)
 - PEI: Dr. Peggy Bethune; Dr. April MacPhee; Dr. Jill Starkes (Pediatricians, PEI)
 - NB: Dr. Robyn LeDrew (pediatric endocrinologist, Saint John); Dr. Rachel Ouellette; Dr. Jennie Smith; Dr. Emily Biden (Pediatricians, Moncton and Fredricton)
 - Family doctors – pride health may have a list of doctors taking patients
- Concurrent referral for assessment of gender dysphoria and readiness for hormones - to a mental health clinician and to me
 - Private psychologist – option if coverage/finances
- I have started Lupron in straightforward cases without MH assessment



Resources

- School guidance counsellor
- PrideHealth- joint IWK-NSHA initiative
<https://www.nshealth.ca/content/pridehealth>
- On IWK website
 - select Mental Health → Resources → Helpful Websites → Sexual Orientation and Gender Identity
- PFLAG Canada: For parents, families and friends of LGBT youth
 - PFLAG Halifax (local resource)
<https://www.facebook.com/PflagHalifax>
 - PFLAG Truro and NEW – PFLAG Yarmouth
<https://www.facebook.com/truropflag/>

Current as of: April 23, 2021



Resources

- Youth Project: www.youthproject.ns.ca
- Facebook group (closed-ask to join):
‘Canadian Parents of Trans Kids’
<http://www.facebook.com/canadianparentsoftranskids>
- Simplygoodform – consulting group – Cyndi Sweeney
 - Parents/Caregivers to support navigating pathways, access to resources
 - Offer training programs for healthcare workers, teachers and other organizations
 - Inclusion library – access to free books and workbooks
<https://www.simplygoodform.com/resources>
<https://www.simplygoodform.com/>
 - Podcast: Hey, Cis!
www.simplygoodform.com/heycis-podcast

Current as of April 23, 2021



Check out all our infographics!

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 Families

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

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

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

Trans Youth CAN



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

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.

