

Patient Resources

The following organizations provide a variety of supports for LGBTQ+ clients:		
Organization	Age Criteria	Details
<p>Youth Beyond Barriers (YBB)</p> <p>T: 905-890-5222, ext. 1267 E: krabbally@aysp.ca</p> <p>160 Traders Blvd. E., Suite 100 Mississauga, Ontario L4Z 3K7</p>	12-17 years	Provides support for youth who identify from the queer and trans community. Offers a weekly support group to address social issues and issues of identity, identity in relation to the community, oppression and the way in which identity is interconnected. Program also offers 1:1 counseling.
<p>East Mississauga Community Health Centre (CHC) LGBTQ+ Drop-In Programs</p> <p>T: 905-602-4082, ext. 455 E: sawyerp@lampchc.org www.eastmississaugachc.org/programs-services/community-social-support-programs/lgbttiqq2s</p> <p>East Mississauga CHC, 2555 Dixie Rd, Unit 7, Mississauga, ON, L4Y 4C4</p>	Open to all ages and not boundary specific	<p>Offers drop-in programs and provides gender affirming primary care to Mississauga residents.</p> <p><i>QX Drop-In 6PM-8PM Wednesdays:</i> A weekly drop-in support and social group for members of LGBTQ+ communities.</p> <p><i>Trans Activate Drop-In 6PM-8PM Thursdays:</i> A weekly supportive and social drop-in space for Trans & Gender-Diverse community members.</p> <p>*For both programs, snacks and transit fare are provided to participants. Registration is not required.</p>
<p>Positive Space Network</p> <p>T: 905-339-3525, ext. 295 or 289-208-0886 E: psnyouth@rockonline.ca www.positivespacenetwork.ca</p> <p>C/O Reach Out Centre for Kids (ROCK), 504 Iroquois Shore Road, Unit 12A, Oakville, ON</p>	12-25 years	<p>Offers LGBTQ+ Drop-in programming across Halton (Drop-In programs in Oakville, Milton Georgetown and Acton). Call or visit website for details</p> <p><i>Connections 5PM-8PM 1st Monday of every month:</i> For transgender, non-binary, gender-fluid, gender-creative children ages 6-12, youth ages 13-24 and/or their families and caregivers</p>
<p>LGBT+ Community Support Meet Up for Adults</p> <p>E: Lindsey.best@hotmail.com</p> <p>Oak Park Neighbourhood Centre, 2200 Sawgrass Drive, Oakville, ON</p>	Halton LGBTQ+ residents 17-30* years	Meetings held on the third Thursday of every month from 5:30PM to 7:30PM
<p>LGBT Youth Line</p> <p>T: 1-800-268-9688 or 647-694-4275 www.youthline.ca/</p>	Province-wide, 26 and under	Toll-free Ontario-wide peer-support phone line for lesbian, gay bisexual, transgender, transsexual, two-spirited, queer and questioning young people.
<p>The 519</p> <p>T: 416-392-6874 www.the519.org/programs/category/trans-specific</p>	Adults and youth	Offers programming for trans and gender diverse adults and youth
<p>Sherbourne Health Centre</p> <p>www.sherbourne.on.ca/get-involved/community-groups/</p>	Adults and youth	Offers drop-in and pre-registered programming for trans and gender diverse adults, youth and partners of trans people

References:
 1. Bauer GR, Scheim AJ, Pyne J, Travers R, Hammond R. Intervenable factors associated with suicide risk in transgender persons: a respondent-driven sampling study in Ontario, Canada. *BMC Public Health* 2015; 15: 525. <http://www.biomedcentral.com/1471-2458/15/525>
 2. Bauer, GR.; Zong, X.; Scheim, AJ.; Hammond, R.; and Thind, A. (2015). Factors Impacting Transgender Patients' Discomfort with Their Family Physicians: A Respondent-Driven Sampling Survey. *Epidemiology and Biostatistics Publications. Paper 60.* <http://ir.lib.uwo.ca/epidempub/60>
 3. Giblon R, Bauer GR (2017). Health care availability, quality, and unmet need: a comparison of transgender and cisgender residents of Ontario, Canada. *BMC Health Services Research* 2017; 17:283. doi: 10.1186/s12913-017-2226-z
 4. Rotondi et al. (2011) Depression in Male-to-Female Transgender Ontarians: Results from the Trans PULSE Project. *Canadian Journal of Community Mental Health*, 2011, 30(2): 113-133, <https://doi.org/10.7870/cjcmh-2011-0020>
 5. Scheim AJ, Bauer GR. Sex and Gender Diversity Among Transgender Persons in Ontario, Canada: Results From a Respondent-Driven Sampling Survey. *The Journal of Sex Research* 2015; 52(1): 1-14.



A resource guide on gender-affirming primary care

Every journey is unique; understand your patient's.

This resource guide is intended to help you provide trans and gender-diverse primary care to patients in the Mississauga Halton LHIN.

Created September 2017

The Facts

Population:

As many as **1 in 200** adults may be trans (transgender, transsexual, or transitioned)⁵.

Access: An estimated **33.2%** of trans Ontarians reported a past-year unmet health care need³.

Discrimination: **38%** of trans individuals reported having at least one trans-specific negative experience with their family physician, causing an avoidance of health care².

Mental Health: More than **50%** of trans Ontarians have levels of depressive symptoms consistent with clinical depression⁴.

Hormone Therapy and Suicide: Of 380 trans Ontarians desiring medical transition, those on hormone therapy were **about half as likely to have suicidal thoughts**¹.

Suicide Prevention: Ensuring access to appropriate health care improves quality of life for transgender individuals and can reduce suicide attempts from **30% to 11%**¹.

Step 1: Familiarize yourself with the basics

Use appropriate terminology:

www.rainbowhealthontario.ca/TransHealthGuide/intro-terms.html

Understand the health care needs of trans people:

www.rainbowhealthontario.ca/TransHealthGuide/intro-transition.html

Step 2: Create the optimal trans patient experience

Create a positive space within your clinic

- Provide LGBTQ+ resources, visual signs (i.e. positive space sticker, non-discrimination policy, culturally diverse posters etc.)
- Revise your forms to make them gender inclusive
- More tips: <https://www.ama-assn.org/delivering-care/creating-lgbtq-friendly-practice>

Always confirm gender pronouns for a trans patient, never assume

Examples include:
He/Him
She/Her
They/Them

Introduce yourself with your pronouns (i.e. My name is Dr. Smith and I use pronouns she/her)

Ask the right questions

Examples include: Asking the client to articulate their transition goals, discuss psychosocial readiness, manage psychiatric co-morbidity, if present etc.

More on the individualized process: <https://www.rainbowhealthontario.ca/TransHealthGuide/intro-transition.html>

Step 3: Know the additional resources available to you

Consult the trans primary care resource guide for more information on the following:

Initial Assessment: www.rainbowhealthontario.ca/TransHealthGuide/gp-initialassess.html

Hormones: www.rainbowhealthontario.ca/TransHealthGuide/gp-femht.html

Additional Resources: www.rainbowhealthontario.ca/TransHealthGuide/resources.html

St. Michael's FHT Weekly Mentorship Program | Wednesdays, Noon to 1pm.

An opportunity for professional service providers to call in by telephone and connect with clinicians with experience working with gender-diverse clients. More information and to register online: www.rainbowhealthontario.ca/trans-health-connection/

Refer to the next page for additional resources and supports

Step 4: TAKE ACTION - Learn how you can provide trans inclusive health care

CME | Primary Care for Trans & Gender-Diverse Clients through Rainbow Health Ontario

Wednesday, January 31, 2018 | 9am-4pm

Questions? Contact kristen.raiskums@lhins.on.ca

Cost: \$30.00

This program has been approved for up to 5.0 MainPro M1 CME credits.

Clinics

Trans clients are referred to the following clinics depending on geographical location. Most clinics are able to prescribe and monitor hormones, provide surgery referrals and other trans related health care:

Clinic Name	Location	Age Criteria
ARCH Guelph Trans Health Clinic www.archguelph.ca/transgender-health-care T: 1-800-282-4505	89 Dawson Rd, Unit 15, Guelph, ON N1H 1B1	18 years and older
Wise Elephant Family Health Team www.wiseelephantfht.ca/ T: 289-323-0660	2 Kennedy Rd. South, Unit 4, Brampton, ON L6W 3E1	18 years and older
East Mississauga Community Health Centre www.eastmississaugachc.org/ T: 905-602-4082	2555 Dixie Rd, Unit 7, Mississauga, ON L4Y 4C4	No age criteria, but only available to Mississauga residents
McMaster Children's Hospital, Adolescent Clinic www.mcmasterchildrenshospital.ca/teenclinic T: 905-521-5095 or 905-521-2100, ext. 75095	1200 Main St. W., Hamilton, ON, L8N 3Z5	12 to 17 years
Toronto Sick Kids Hospital Adolescent Gender Clinic www.sickkids.ca/AdolescentMedicine/What-We-Do/Programs/Transgender-Youth-Clinic/index.html T: 416-813-7654, ext. 203569	The Hospital for Sick Children Toronto, ON M5G 1X8	18 years and younger
Stonechurch Family Health Team – Team B www.stonechurchclinic.ca T: 905-575-7757	1475 Upper Ottawa St. Hamilton, ON L8W 3J6	No age criteria
Hamilton Urban Core Community Health Centre T: 905-522-3233	71 Rebecca St. Hamilton, ON L8R 1J1	No catchment area, no age restrictions
Bramalea Community Health Centre www.bramaleachc.ca T: 905-451-8090	40 Finchgate Blvd., #224 Bramalea, ON L6T 3J1	No age restrictions
Sheridan Medical Associates T: 905-822-3993	1960 Dundas St. W, Suite 1 Mississauga, ON, L5K 2R9	No catchment area, no age restrictions
St. Michael's Family Health Team www.stmichaelshospital.com/programs/familypractice/ T: 416-867-7460, ext. 8340	Six sites within Toronto. Trans Primary Care provided across all sites	No catchment area, no age restrictions
Dr. Ed Weiss Toronto West Medical T: 416-760-8367	523 The Queensway, Suite 1 Etobicoke, ON, M8Y 1J6	No catchment area, 16 years and older
Central Toronto Community Health Centre – Queen West www.ctchc.com/site_qw T: 416-703-8480	168 Bathurst Street Toronto, ON M5V 2R4	No catchment area, no age restrictions
Parkdale Community Health Centre www.pchc.on.ca T: 416-537-2455	1229 Queen St. West Toronto, ON M6K 1L2	No catchment area, no age restrictions
Church Wellesley Health Centre, Dr. Louie Chan www.churchwellesleyhealthcentre.com/26438/Dr-Louie-Chan.html T: 416-463-1500	491 Church St. Suite 200 (2nd Floor)	No catchment area, no age restrictions
Quest Community Health Centre in St. Catherine's www.questchc.ca/ T: 905-688-2558	145 Queenston St, St. Catharines, ON L2R 2Z9	Accepts all ages. *No longer accepting children and youth - they are now being referred to McMaster's new clinic
CAMH Gender Identity Clinic www.camh.ca/en/hospital/care_program_and_services/specialty_clinics/Pages/Gender-Identity-Clinic.aspx T: 416-535-8501, ext. 30985	100 Stokes Street, 3rd Floor, Toronto, ON M6J 1H4	No catchment area, 18 years and over
Twice Monthly Gender Clinic www.shelterhealthnetwork.ca/?page_id=713 T: 905-526-7137	128 Emerald St. S., Hamilton, ON L8N 2V5	16 years and older

* All clinics are either wait-listing, accepting or accepting on a case by case basis. Please call clinics before referring your patients