

## Patient Rights & Responsibilities

### You have the right to:

- Be heard and understood by your provider and care team
- Undergo a fair evaluation for treatment and referrals
- Access a high standard of care equal to any other patient
- Be provided with assistance or referrals to manage psychological and physical health issues
- Be given access to gender affirming medical treatment when and if appropriate.

### You have the responsibility to:

- Accurately convey your story and history of gender dysphoria, gender identity development, medical and mental health history to your provider
- Follow your treatment plan and take your medications as prescribed
- Work to manage your medical and mental health conditions and concerns
- Follow up with care as recommended
- Communicate your concerns and questions about your treatment to your provider

## Review & Next Steps

- Make an appointment in the Trans Youth Clinic
- Have a copy of your medical records sent to Fenway
- Get a referral from your current Primary Care Provider (if applicable). Be sure to include your appointment date and time, and your Fenway provider's name and NPI number. Referrals can be faxed to **617.425.5730**
- Communicate your goals and needs with your provider during your appointment
- Move forward with your care!

## To Schedule an Appointment in the Trans Youth Clinic:

**Fenway: South End  
Sidney Borum Jr Health Center**  
142 Berkeley Street, Boston, MA 02116  
617.457.8140

**Our other location:  
Fenway Health: Ansin Building**  
1340 Boylston Street, Boston, MA 02215

## Resources

Visit [fenwayhealth.org/transyouth](https://fenwayhealth.org/transyouth) to find informational handouts and resources for your review.

Fenway Health is a nationally recognized leader in gender affirming care. We conduct research and provide direct care, education, and advocacy. Please consider supporting Fenway's Gender Affirming Care efforts.



Image: The Gender Spectrum Collection [genderspectrum.vice.com/](https://genderspectrum.vice.com/)



Image: Disabled and Here [affecttheverb.com/disabledandhere](https://affecttheverb.com/disabledandhere)

# Affirming Care for Gender Diverse Youth

Accessing gender affirming healthcare for trans and gender diverse youth up to age 18

Content adapted from "Gender Affirming Care of Youth and Adolescents", 2023 with input from Fenway Health's Trans Health Program.

Gender affirming care for transgender and gender diverse youth at Fenway Health is managed through family medicine primary care teams. As a patient, you and your parent(s)/guardian(s) work together with medical and behavioral health care providers to develop a treatment plan centered on your gender goals and based on your age, developmental history, medical, and mental health conditions. Understanding your goals and concerns allows us to support you, your family, and larger support system.

**The following are some, but not all, of the criteria for starting puberty suppression and/or gender affirming hormone treatment.**

- Being of a developmental stage where treatment with puberty suppression and/or hormone therapy is safe, appropriate, and recommended as outlined by WPATH Standards of Care Version 8.
- Demonstrated gender incongruence and/or gender dysphoria is marked and sustained over time.
- Any co-occurring mental health and medical conditions that may affect diagnostic clarity or a youth's ability to understand the effects of gender affirming care are stable and addressed.
- Capacity to give informed assent along with informed consent and support of all legal

### Our philosophy of care has five elements

- We are **family centered** in every aspect of our assessments and interactions. We support family-based decision making at every step.
- We use a **developmental approach** to care, meaning that our assessment and approach to medical recommendations are based on where each child is in their pubertal, cognitive, and social areas of maturation.
- We work in **interdisciplinary teams**, sharing the expertise of medical and behavioral health providers in developing a patient-focused treatment plan.
- We practice a **holistic, patient-centered model of care** which recognizes that our patients each have unique needs and stresses within their family, school, institutions, and the public.
- Our medical recommendations are **driven by evidence, research, expert opinion, and experience**. Our criteria for puberty suppression and hormone therapy are informed by WPATH (the World Professional Association for Transgender Health) Standards of Care Version 8, and the 2021 Endocrine Treatment of Transsexual Persons: An Endocrine Society Clinical Practice Guideline, *The Journal of Clinical Endocrinology & Metabolism*, Volume 106, Issue 7.

### Services We Offer

- **Family Medicine Primary Care**
- **Puberty Suppression**
- **Hormone Therapy**
- **Behavioral Health**

### Schedule and Prepare for Your Appointment

- Call the Trans Youth Clinic at 617.457.8140 to make an appointment
- Get a referral from your current Primary Care Provider (if applicable). Be sure to include your appointment date and time, and your Fenway provider's name and NPI number. Referrals can be faxed to 617.425.5730
- Attend our Youth & Family Orientation to learn more about our program, services we offer, and resources
- Review and complete the Trans Youth Clinic Packet
- Have a copy of your health records sent to Fenway. Be sure to include your last physical, growth chart, and medication list
- Bring the contact information for all outside care providers, your insurance information, and a list of questions you may have to your appointment



### Initial Appointments

You will meet with a medical provider, a behavioral health provider, and our Youth and Family Coordinator. Your care team will get to know you and your parent(s) or guardian(s). This is an opportunity for all of us to talk about your goals for gender affirmation, ask questions, share information, and review your medical, social, and gender histories.

We will come up with a plan to complete a behavioral health assessment. Whether your behavioral health care is with your own therapist or with us, the goal is to learn about your experience with gender and gender dysphoria, your goals for gender affirming care, your skills and strengths, and your family and social support system as it relates to your care.

Your care team will talk with you about both non-medical and medical gender affirming options and make a plan for ongoing care that involves:

- A physical and bloodwork to help us make sure that any gender affirming medical treatment is safe and developmentally appropriate
- Discussing the benefits and risks of any medical treatment plan
- Reviewing the permanent and non-permanent changes related to gender affirming hormones
- Conversations about your fertility goals

Should you start any gender affirming medical care with us, we will continue to meet with you and your family regularly to watch out for potential side effects, make sure you are experiencing the gender affirming changes you expect, and adjust medication doses as necessary. These appointments may involve limited physical exams and blood tests.