

# Affirming Care for Gender Diverse Youth

Gender affirmative health care for  
transgender and gender non-binary  
youth up to age 18



Gender affirming treatment for transgender and gender diverse youth at Fenway Health is managed through Family Medicine primary care teams. Youth and their parent(s)/guardian(s) work together with the medical provider to develop a treatment plan based on the goals of treatment and any care needs based on age, development, medical and mental health conditions. Understanding the goals and concerns of the patient is important to support the individual and the family or larger support system.

Whether and when any gender affirming medical interventions are recommended or initiated depends on the patient's specific situation and needs. Our criteria for puberty suppression and hormone therapy are informed by the WPATH (World Professional Association for Transgender Health) guidelines (2011) as well as the practice guidelines of the American Endocrine Society (2017) for the treatment of gender dysphoric persons.

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

- ❑ Capacity to give informed assent together with capacity by all legal guardians to give consent and support throughout the treatment process.
- ❑ Demonstrated long-lasting, non-traditional gender identity that results in significant distress or gender dysphoria.
- ❑ Any co-occurring mental health and medical conditions are stable and reasonably well managed to a level that the youth is able to

engage in activities of daily living typical for their age. Functional disruptions primarily due to incongruent gender identity or social pressures are assessed individually.

- Youth is of an age that treatment with puberty suppression and/or hormone therapy is appropriate and recommended.

## Overview of Initial Appointments in the Family Medicine Trans Youth Clinic



### First Appointment

Your provider will get to know you and your parent(s) or guardian(s). You will review the hormone therapy process and talk with your provider. You will discuss the impact of hormone therapy on fertility, get blood tests (if time permits), review consent forms, and gather your medical history.

#### *Behavioral Health Requirement*

If you have a therapist, we will ask for your permission to contact them for a letter of support. If you do not have a therapist, we will help connect you to one internally or give you resources to find one elsewhere.

Helpful to bring to Appointment #1: Contact information for any outside care providers (name, fax, and phone number), copies of last physical and medical records, a list of questions you may have about the treatment process, and insurance information.





## Second Appointment

Your provider will continue getting to know you and your parent(s) or guardian(s). We will review your plan for gender affirming treatment and your expectations and concerns.

You may need to have a physical exam and lab work done.



## Third (or more) Appointment(s)

Once we receive relevant past medical information, a letter of support from your therapist, and your case has been reviewed by the transgender health clinical team, we will ask you to come in with your parent(s)/guardian(s) to review and sign the treatment consent forms. The care team will work with you and your parent(s)/guardian(s) to make a care plan for the rest of the process.

From here your care team will review your information and help you schedule necessary follow-up visits. If appropriate, you may be able to initiate hormone therapy and/or puberty suppression treatment at this visit. The process for starting hormones and/or puberty suppression may take more than three visits.



# Transgender Health Program

## Patient Rights & Responsibilities

### You have the right to:

- Be heard and understood by your provider and care team
- Be fairly evaluated for treatment and referrals
- Access an equal standard of care as any other patient
- Be provided with assistance or referrals to manage psychological and physical health issues
- If appropriate, to be given access to gender affirming medical treatment

### You have the responsibility to:

- Accurately convey your symptoms (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 & Steps

- Make an appointment in the Trans Youth Clinic
- Have your medical records transferred
- Communicate your goals with your provider
- Move forward with your care!

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

Fenway Health: Ansin Building  
1340 Boylston Street  
Boston, MA 02215  
**TEL** 617.927.6000

Fenway: South End  
142 Berkeley Street  
Boston, MA 02116  
**TEL** 617.247.7555

Sidney Borum Jr. Health Center  
75 Kneeland Street  
Boston, MA 02111  
**TEL** 617.457.8140

## Resources

Visit [fenwayhealth.org/transhealth](https://fenwayhealth.org/transhealth) to download informed consent forms for review: (These forms are available in English and Spanish)

- Masculinizing Hormone Therapy
- Feminizing Hormone Therapy
- Puberty Blockers for Minors

## Have More Questions?

Contact your care team at Fenway if you are a patient. Everyone else contact: [transhealth@fenwayhealth.org](mailto:transhealth@fenwayhealth.org).

