

Thank you for scheduling a medical appointment in the Trans Youth Clinic! You are receiving this packet to help prepare for your child's first few visits with Fenway Health.

We ask that your child be accompanied by at least one parent or guardian who can consent to treatment during the first visit. All legal guardians are required to consent to the use of puberty suppression and/or hormone therapy. We can address questions about custody agreements or extenuating circumstances during a future appointment.

We ask for information about your child's medical and behavioral health history and their current care team in this packet to learn about your child's individual needs and help with care planning. We will work with you to gather any information that you are unable to bring to the first visit.

Prior to your child's first appointment with a medical provider, we invite you to attend our Youth and Family Orientation Night on the 2nd Tuesday of each month from 6:30-8PM. This is an evening for families of trans and gender diverse youth to meet members of our trans youth care team, learn about the comprehensive services offered and what to expect from care. Topics covered in this session include the process of getting started with gender affirming medical care, puberty blockers, hormone therapy, behavioral health support, insurance, prior authorizations, and non-medical aspects of gender affirmation surrounding care for trans and gender diverse youth.

The Zoom link for this meeting is available on our website: <https://fenwayhealth.org/transyouth>.

Gender affirming medical care for youth at Fenway Health covers a number of topics over the course of several appointments. In addition to in person visits, we also offer telehealth appointments as long as you and your child are physically located in Massachusetts at the time of the appointment. Our model of care allows time for you, your child, and family to meet your child's provider and care team, talk about your child's goals for gender affirmation, discuss their health history, ask questions and share information, and come up with a treatment plan that works for everyone. Our medical team will conduct an in person physical, usually during the second visit, to get a sense of your child's developmental stage. We may also order lab tests during this visit too.

We will also work with you and your child to ensure that a Youth Gender Affirming Care Behavioral Health Assessment is completed by your child's therapist. If your child already has a therapist that they talk to about their gender and that therapist is comfortable doing the assessment, we'll get in touch with them to coordinate this. If your child needs a therapist for this assessment, our behavioral health team will work with you to get that scheduled. The purpose of the Behavioral Health Assessment is to clarify goals for gender affirmation, including the use of puberty blockers and/or hormone therapy, and support you and your child through the initial steps.

Once you and your child have completed these steps and want to move forward with gender affirming medical treatment such as puberty blockers or hormone therapy, we'll spend time reviewing consent forms, talking about prescriptions, dosing, lab monitoring, and ongoing appointments.

Your child's care team is available to provide support and resources to you as needed and on an ongoing basis.

Resources and Support

Fenway Health offers a parent drop-in group on the 1st Thursday evening of each month from 7-8:30PM by Zoom. This group provides a place for parents/guardians of any age gender diverse child to ask a medical provider and licensed mental health professional questions. The Zoom link is available on our website: <https://fenwayhealth.org/transyouth>.

Peer community support for parents - The Greater Boston PFLAG can connect parents to peer groups around the greater Boston area. <https://gbpflag.org>.

Supports for youth ages 22 and under, including mental health services, are available at Boston Alliance of Lesbian, Gay, Bisexual, Transgender, and Queer Youth, Inc. (BAGLY). They hold weekly meetings and drop-in programs. For more information visit <https://bagly.org>.

Support for families may be available through the services of SAYFTEE <https://sayftee.com>, a youth and family educational and empowerment support organization.

Boston GLASS (Gay and Lesbian, Bisexual and Transgender Adolescent Social Services) provides a continuum of services, including mental health services to youth of color (ages 13-25) in the greater Boston area. Find more information on <https://jri.org/services/health-and-housing/health/boston-glass>.

TGNC-kids Listserv - Email list with Boston area parents of trans/gender diverse youth asking for advice, hosting gatherings, etc. Email transyouth@fenwayhealth.org to get added.

Transgender Care Listings is a database to locate gender affirming providers in your state: <http://transcaresite.org>.

For further resources and information check or contact the following: <https://tinyurl.com/transyouthvirtualsupport>.

Contact Information

Trans Youth & Family Coordinator
transyouth@fenwayhealth.org
617-356-1573

Medical Appointments
617-457-8140

Clinical Questions and Advice
617-927-6300

Behavioral Health & Substance Use Services
617-927-6202

Pharmacy and Refills
617-927-6163

Billing Department
617-927-6050

Referrals
617-927-6130
Fax: 617-425-5730
rcoordinators@fenwayhealth.org

Medical Records
Fax: 617-638-0033
medicalrecords@fenwayhealth.org

Violence Recovery Program
800-834-3242

Quest Labs
866-697-8378

For urgent issues after hours, call our main number
617-267-0900

Directions and Parking

Appointments at 1340 Boylston Street: The 1340 Fenway Health clinic is located at 1340 Boylston Street, Boston, MA 02215. This clinic is nearby Fenway Park. Red Sox games disrupt parking and traffic patterns during and for two hours before and after any home games. Please plan travel with this in mind. There is limited metered parking on Boylston Street. Public parking lots are available underneath the building (entrance is on Jersey Street under 1330 Boylston Street), under the City Target building (entrance on Richard B. Ross Way), and under the Trilogy Building (entrance on Kilmarnock Street). All parking lots charge by the hour. During home games, all lots charge a flat fee of \$40 or higher starting two-hours before the game's start time. The closest MBTA train and bus stops include the D- Riverside Green Line 'Fenway' Station stop, the C, D, and B lines Kenmore Station stop, and the #55 Bus Boylston Street & Jersey Street stops. Train stops are at least a 15-minute walk from the clinic. Plan your route and timing of bus and train services in advance.

Main number: 617-267-0900

Appointments line: 617-927-6000

Appointments at 142 Berkeley Street: The Fenway: South End clinic is located at 142 Berkeley Street, Second Floor, Boston, MA 02116, at the corner of Columbus Avenue and Berkeley Street. This clinic is a couple blocks from the back of the MBTA Back Bay Station on the Orange Line and Commuter Rail. The entrance of the building is near the Mitchell Gold + Bob Williams store. There is a parking garage located around the corner on Clarendon Street, as well as metered parking on Columbus Avenue or Berkeley Street. The #9 Bus has a stop across the street at Berkeley Street & Columbus Avenue.

Main number: 617-247-7555

Appointments line: 617-927-6000

Gender Affirming Medication Checklist

If gender affirming medication such as puberty blockers and/or hormone therapy are part of your treatment plan, you and your care team should complete each step before starting. This checklist is for you to keep track of your progress.

Step	Completed	Date	Notes
Medical			
First Medical Appointment			
Physical			
Bloodwork			
Fertility Discussion			
Fertility Consultation/Referral (if applicable)			
Parent/Provider Meeting			
Risks & Benefits/ Consent Forms			
Behavioral Health	Circle One:		
Youth Gender Affirming Care BH Documentation/ Therapist Communication	Fenway Behavioral Health Specialist	Your own outside therapist	
Medical Records			
Last 2 Physicals			
Medication List			
Growth Chart			

Puberty Blockers Only					
Insurance Information	Circle One:		RX BIN	RX Group	RX PCN
	Buy and Bill	Specialty Pharmacy			
Specialty Pharmacy (if applicable)	Name		Address		Phone Number
Prior authorization (if applicable)	Completed		Dates Valid		Expiration Date