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ONTARIO
HARM REDUCTION
NETWORK

Trans Awareness - from the Basics to the Beyond

Part 2: The Beyond

Content and embedded external resources were current as of June 2019.

You can download files from the Adobe Connect Resources Pod in the bottom right corner of the webinar or from our Dropbox <http://bit.ly/ohrn-trans>

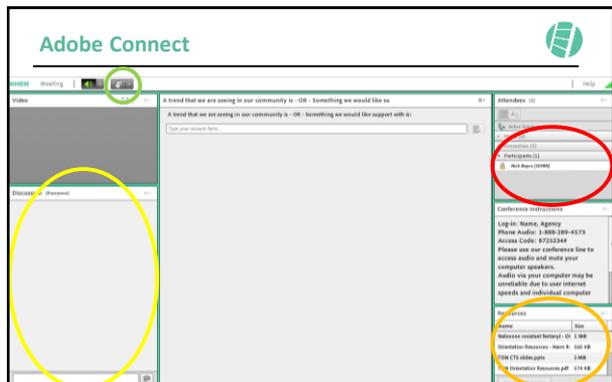
June 2019 Support. Educate. Connect.



Introductions

- Overview of OHRN
- About the facilitators
 - Francisco CC Sapp
 - Celestina Madry
- Who is participating?
- Important notes
 - Certificates of completion
 - Slide deck
 - Handouts and resources

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Adobe Connect

A hand that we are seeing in our community is - OH - something we would like to see

A hand that we are seeing in our community is - OH - something we would like to support with it:

Participants (1)

Max Ross (OHN)

Conference Information

LogIn: Name, Agency
Phone Audio: 1-800-289-6973
Passcode: 87523246
Please use our conference line to access audio and make your computer speakers.
Audio via your computer may be unreliable due to your internet speed and individual computer

Resources

Download Resource: Oh - 1 MB
Download Resource: Hand B - 600 KB
OHN CHL 101.pptx - 3 MB
OHN CHL Resource.pdf - 175 KB



Learning goals – The Basics (Part 1)

Become more inclusive by understanding terms, definitions, and issues impacting trans/non-binary peoples and communities.

- Learn language inclusive of trans/non-binary people
- Understand the many complex issues trans/non-binary folk face
- Learn skills on how to be a better ally to trans/non-binary communities

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Outline – The Basics (Part 1)

- Key terms
- Sexual Orientation vs. Gender Identity
- Pronouns
- Bathrooms
- Transphobia
- Intimate questions
- Being a trans ally
- Q&A
- Resources

Please be advised... this is not your typical Trans 101!

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Learning goals – The Beyond

Take the conversation further with an in-depth look at issues affecting how and why trans/non-binary people access, or do not access services.

- Understand the social determinants of health for trans/non-binary people
- Examine provincial data on mental health
- Develop strategies to reduce barriers to services
- Learn what equipment resources are needed to make your harm reduction services more inclusive

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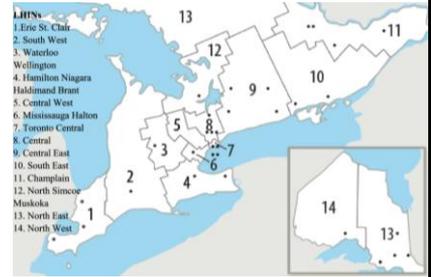
Outline – The Beyond

- Social determinants of health
- Medical transition options
- Mental health
- Harm reduction
- Inclusion tips and tools
- Q & A
- Resources

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Poll 1

Where are you in the province?



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Poll 2

What sector do you work in?

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Poll 3

Did you attend The Basics last week?

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Homework from Part 1 😊

Plan A:

Try using only single stall restrooms for a day

Plan B:

At least notice how many times you come across an all gender washroom/change room

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Determinants of health and impacts on substance use

- Income and social status
- Social support networks
- Education
- Employment/working conditions
- Social environments
- Physical environments
- Personal health practices and coping skills
- Healthy child development
- Biology and genetics
- Health services
- Gender
- Culture

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Transitioning medically



- A snapshot
- Understanding the process helps us understand the context

*Folx may choose medical and non-medical ways to change their bodies or physical appearance to make them fit more closely with their gender identity

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Hormone therapy for masculine spectrum



- Testosterone can lead to changes:
 - Lower/deeper voice
 - Possible hair growth
 - Muscle shifting
 - Stop menstruating
 - Impact on emotions
 - Impact on sex drive
- Medical professionals need to monitor:
 - Cholesterol levels
 - Bone density

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Surgical options for male spectrum



- Top Surgery
 - Key hole
 - Double incision
 - Dog earring
 - Nipples
- Hysterectomy (full or partial)
- Bottom surgery - not common
 - Phalloplasty
 - Clitoral hood release

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Hormone therapy for feminine spectrum



- Hormones (estrogen and anti-androgen)
 - Voice
 - Hair
 - Muscle shifting
 - Impact on emotions
 - Impact on sex drive

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Surgical options for female spectrum



- Breast augmentation
- Tracheotomy
- Facial feminization
- Orchiectomy (no more need for anti-androgen)
- Vaginoplasty

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Social determinants of health



- Aspects of society that influence the health and well-being of people and groups. Impacts on:
 - Mental health
 - Sex

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Individual factors



- Mental health issues and impact of psycho-social stresses including suicidal thoughts, anxiety and depression
- Misperceptions, or a low perceived risk, of HIV
 - 46.4% of *Trans Pulse* respondents had never been tested for HIV
- Low self-esteem, internalized stigma and shame

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Individual factors



- Fear of rejection by prospective sexual partners and perceived shortage of sexual partners
- Seeking self-affirmation and validation of gender identity through sex with desired partners
- Experience of gender dysphoria and lack of language around personal body parts
- Physiological and/or sex-drive changes associated with hormone use and surgeries

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Quote from gay-identified trans man



One of the first guys I pick up [online] - we met. And I'd been very explicit in my ad, but, I still wasn't sure, but he said, "Let's meet"... I think I was kind of confronting, or coming face-to-face with, my internalized transphobia... "How can you be so excited so soon?" So, we're at the bar having one drink and he's like, "Let's go back to your place" and I'm like, "Okay." Even though I might have naturally known it was coming, I still couldn't believe it...

Excerpt from: *Getting Primed: Informing HIV Prevention with GBQ Trans Men in Ontario*

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Quote from gay-identified trans man



So then we go and we're lying in bed and I was kind of like, 'Do you know what a trans guy is?' He's like, "Oh yeah, oh yeah. I know what it is. I've been with them before." And I was scared at that point... I was really kind of freaked out. We were fooling around and it comes to fucking – no condom. We fucked twice. He came in me both times – no condom.

* Excerpt from: *Getting Primed: Informing HIV Prevention with GBQ Trans Men in Ontario*

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Quote from gay-identified trans man



And, the sex was alright... it was... I felt terrible because of all the internal stuff... I was like with all my knowledge... I have a bucket of condoms here... all this shit... which was a great lesson to me - that you can have all the knowledge in the world, but there are so many other things that can go there with it.

* Excerpt from: *Getting Primed: Informing HIV Prevention with GBQ Trans Men in Ontario*

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Quote from gay-identified trans man



But, I really think in hindsight, that I had so much stuff going on, that it was as if I was so grateful that this guy would sleep with me, that he could just do what he wanted. I was very upset afterwards and it was quite a shock to me. Fortunately, I have... since then all the 'fucking' sex has been with condoms.

* Excerpt from: *Getting Primed: Informing HIV Prevention with GBQ Trans Men in Ontario*

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Interpersonal factors



- In Ontario, 20% of trans folks experience physical or sexual assault due to being trans
- In Ontario, 34% of trans folks were subjected to verbal threats or harassment
- In the US, approximately 70% of murders of trans folks are of trans women of colour

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Interpersonal factors



- Physical and sexual abuse and violence at home
- Complicated gender and power dynamics in relationships
- Difficulties with disclosure of trans identity and discussing bodies and sex with prospective sexual partners, including the lack of language to communicate these issues
 - There can be a real lack of language to describe body parts: *"Jokingly I say 'glory hole' and 'bonus round'; but when actually talking about my body seriously, frankly, I don't have any words at all. It's just a big void in my vocabulary."*
- Partner's resistance to condom use

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Structural and societal factors



- Narrowly constructed gender norms and societal oppression of gender non-conformity
- Barriers to employment, social services, housing, legal assistance, health and mental-health care
 - A US study found that 1/3 of trans folks were denied a job due to being trans
 - Healthcare workers often do not promote opportunities for trans people to share pertinent information about their identities or needs, and can sometimes be hostile or phobic
 - In Ontario, approximately 50% of trans folks are living on less than \$15,000 a year

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Structural and societal factors



- Barriers to changing legal documents to reflect current lived gender identity
 - Financial
 - Medical document
 - Fear/Transphobia
- Barriers accessing gender affirmation surgery, hormones, etc.
- New rules around sex categories on identification cards in Ontario
 - Leave blank or M/F/X when necessary
- New rules around being referred for gender affirming surgeries
 - Any doctor can prescribe hormones and now refer patients for surgery

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Mental health

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Rates of reporting depressive symptoms

- MTFs - 61.2%
- FTMs – 66.4%

Rotondi, Bauer, Travers et al. Depression in male-to-female transgender Ontarians: results from the Trans PULSE project. Can J Comm Mental Health, in press.
Rotondi, Bauer, Scrimin et al. Prevalence of and risk and protective factors for depression in female-to-male transgender Ontarians. Trans PULSE project. Can J Comm Mental Health, in press.



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Suicidal risk

Table 1. Life History of Suicide Consideration and Attempts: Trans Ontarians of all Ages

| | Total |
|--------------------------------------------------------|-------|
| Ever seriously considered suicide | |
| Yes | 77 |
| No | 23 |
| Ever seriously considered suicide because trans | |
| Yes | 50 |
| No | 50 |
| Ever attempted suicide | |
| Yes | 43 |
| No | 57 |

Scrimin, Travers, Coleman et al. Ontario's trans communities and suicide: transphobia is bad for our health. Trans PULSE eBulletin 2016, 1(2), 1-2.



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Ryan Landino
@PastorLandino

“Trans youth who are not accepted by their family have a 41% suicidality. That number drops to 4% when they are accepted by their family, even if they are rejected by everyone else...Calling trans youth by their preferred name is suicide prevention.” – Mira Krishman
#WPC19GR

Barriers to accessing medical care

- Stigma and discrimination from health care providers
 - 40% discriminated against by family doctor at least once
 - Service refusal, ridiculed, using demeaning language
 - 10% of people surveyed in *Trans Pulse Project* report having medical care stopped or denied in the ER for being trans
- Health care spaces are not confidential
 - e.g., No privacy for explaining why gender on ID does not match their presentation

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Barriers to accessing medical care

- Misinformation or lack of knowledge when seeking care
- Folx are often educators for providers around their own medical care
- Having all healthcare concerns brought back to being trans
 - “trans-broken-arm-syndrome”

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Kim Tran
@but_im_kim_tran

Following

Just had the best doc appointment of my life. The doc only used pronouns I used and asked:
What kind of partnership are you in?
Does your partner produce sperm?
What do you use to have sex?
I'm 32 and this was a first. M.D's be better, do better. It's possible.

1:11 PM - 16 May 2019

Medical care – taking initiative

- "Do-it-Yourself" transitions
 - 14.4% of Ontario trans people have used non-prescribed hormones
 - 5 of 433 participants had self-performed surgeries, or attempted to, all during the 10-year period in which SRS was delisted
 - Klobitz, Bauer, Scanlon, et al. Non-prescribed hormone use and self-performed surgeries: "Do-it-yourself" transitions in Ontario, Canada's transgender communities. Manuscript in preparation.
- Trans people were instrumental in getting SRS re-listed through OHIP in 2008, and in continued work to improve access
- On an individual level, trans people educate doctors, and build informal referral networks for "good" doctors

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Why is access to medical care important?

Medical Transition Status and Past-year Suicidality

■ Attempted Suicide ■ Seriously Considered Suicide

Planning but not begun

| Medical Transition Status | Attempted Suicide (%) | Seriously Considered Suicide (%) |
|-------------------------------|-----------------------|----------------------------------|
| Not planning / not applicable | 2.9 | 20.3 |
| Planning but not begun | 26.6 | 46.0 |
| In process | 17.7 | 35.9 |
| Completed* | 1.1 | 22.7 |

*Completing a medical transition was self-defined, and involved different combinations of hormones and/or surgery for different people

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Harm reduction tips and tools

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Risk and harm reduction for trans folk

- Need to be able to discuss risk reduction with all sexual behaviours
 - Use preferred language for people's 'bits & pieces' or 'junk'
 - Ask what language to use
- Acknowledge the multiple ways folk have sex
 - Don't make assumptions about a their sexuality based on their gender identity

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Risk and harm reduction for trans folk

- Housing is harm reduction
 - What are your local shelter and housing organizations' policies around trans clients?
- **Blog post:** *Self-medding hormone replacement therapy (HRT)*, by Celestina Madry
 - [Click here to link to post](#)

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Harm reduction kits for trans men



- Intramuscular injection
 - 4 - 18g needles for drawing T up
 - 4 - 22g needles for injection (1-1.5 inches)
 - 4 - 3ml BD syringes
- Subcutaneous injection
 - 4 - 18g needles for drawing T up
 - 4 - 27g needles for injection (.5 inch)
 - 4 - 3ml BD syringes

'T-Kit' from Parkdale Queen West Community Health Centre

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Harm reduction kits for trans men



Other items to include:

- 8 - alcohol swabs
- 4 - gauze squares
- 4 - band-aids
- 2 - pairs of sterile gloves
- 2 - lubed condoms (not flavoured)
- 2 - packs of lube
- Step by step injection guide for IM injections
- 'Helpful Tips' guide for T injections

'T-Kit' from Parkdale Queen West Community Health Centre

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Harm reduction kits for trans women



- Estrogen
 - Same as IM kits for Trans men
 - These kits aren't as common, or as needed, as estrogen can be taken in pill form
- Silicone
 - 1cc – 3cc barrels
 - 25 – 30 gauge tips
 - Since these are surface injections, injecting around the adam's apple is extremely dangerous

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Tips for inclusion



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Tips for inclusion



- Support clients in getting access to proper and adequate health care for hormones and surgeries
- Make sure local harm reduction resources have supplies for intramuscular injections & silicone and/or Botox injections
- Make sure all staff & other providers are trained on gender identity issues and are trans-friendly

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Tips for inclusion



- Have specific programs to increase attendance of trans folk to groups and programs
- Involve folk in the design and delivery of programs and services
- Make sure educational resources, campaigns and workshops represent folk and are relevant
- Involve folk in decisions that affect their communities
 - Services for specific communities and community consults

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Tips for inclusion around gender identity



- Policy work
 - Include actual and perceived
- Prepwork
 - Training, education, and advocacy
 - Stating inclusion of folk with ALL service users
 - Avoids 'outing' certain people
- Paperwork
 - Names
 - Separate envelope for checks and contracts
 - M/F on forms
- Be flexible

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Non-medical tips and tools

Other tools to let folk know about

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Tips for pre/non-op masculine spectrum



- Shaving (pre-hormones)
- Binding
 - Tensor (not recommended)
 - Binder
 - Point .5 CC FREE Chest binders
www.point5cc.com/chest-binder-donation
- Packing/peeing

www.goodforher.com

www.comeasyouare.com



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Tips for pre/non-op feminine spectrum



- Tucking
 - Gaff
 - Walk on the Wild Side
www.wildside.org
- Stuffing
 - Lentils in panty hose



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Upvote



What else can we do to reduce barriers for trans & non-binary folk?

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Q&A



- We don't bite, feel free to ask questions
- We may not know the answer to a question, but are willing to look it up

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Helpful resources



- Phone App: EVA (Exceptional Voice App)
 - \$4.99, Vocal Training for trans men and women
- Voice Pitch Analyzer (free)

- Pre/Non Op Tools:
 - www.goodforher.com
 - www.comeasyouare.com
 - www.wildside.org

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Helpful resources



- Rainbow Health Ontario
www.rainbowhealthontario.ca

- Trans Health
www.trans-health.com

- Trans Pulse Project
www.transpulseproject.ca

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Helpful resources



- Asking the Right Questions (CAMH)
www.knowledgex.camh.net/amhspecialists/Screening_Assessment/assessment/ARQ2/Documents/arq2.pdf

- Trans Inclusion Pocket Guide - for trans women at risk for HIV (WHAI)
www.whai.ca/resources

- HIV Prevention and Trans People (CATIE)
www.catie.ca/en/pif/spring-2014/hiv-prevention-and-trans-people-what-trans-pulse-project-can-tell-us

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Helpful resources



- LGBT YouthLine
www.youthline.ca
(800) 268-9688

- Trans Lifeline
www.translifeline.org
(877) 330-6366

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Helpful resources



- Terms
- Tips on being an ally
- Words that are transphobic
- Cisgender privileges
- Gender binary system comic
- 'Wrong Bathroom' sign
- Dear Lady in the Women's Washroom

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Helpful resources



- Trans resources info sheet
- Trans PULSE survey slides
- HIV Prevention in Ontario for Transgender People
- Transgender Health and HIV Risk

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Final reflection



the best gift you are ever going to give someone—the permission to feel safe in their own skin, to feel worthy, to feel like they are enough.

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Certificates

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- ✓ **Agency and/or City:** Name
- ✓ **[Optional, but appreciated]:** Any feedback or comments

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