
What kind of services do you offer?



Initially, most kids will meet with our clinic nurse and/or social worker. This visit is an opportunity for our clinic to learn about a youth's gender goals, offer community resources, and provide support. This first appointment is called an "Intake Appointment." For new patients to our clinic, we see kids of all ages up until their 17th birthday.

If the youth chooses to pursue a blocker/hormone readiness assessment, the youth and family will meet the endocrinologist once the assessment is complete to discuss the risks and benefits of treatment. If the youth has a completed readiness assessment when referred to the clinic, they may meet with the endocrinologist first. The youth's primary care provider (GP or NP) is still responsible for the youth's primary care (i.e. checkups, viral illnesses, preventative care, etc.). Our endocrinologists follow youth on an ongoing basis specific to their gender affirming care.

We are unable to offer ongoing therapeutic counseling services at this time.



What is a readiness assessment?



As per the "World Professional Association of Transgender Health (WPATH)", a readiness assessment must be completed prior to starting puberty blocking medication (to put puberty on hold), and/or gender affirming hormones. This is a specialized assessment completed by a mental health practitioner who is trained to complete these mental health assessments. The purpose of this assessment is to ensure the youth and their family understand the risks and benefits of starting medical treatment.

We can help families and youth access readiness assessments, if needed. Please call our clinic if you need our assistance. Many extended health benefits offer coverage for providers who complete these types of assessments. If cost is a barrier, this can be explored during the intake appointment.

How long is the wait time?



We try our best to get everyone in as quickly as possible. We aim to see youth for an Intake Appointment within 4-6 months of referral. Other wait times depend on the treatment goals and needs.

How long until treatment starts?



There are many factors that help determine the right time to start treatment. The timing will be discussed when you meet with the endocrinologist.



Is there anything we can do while we wait for an appointment?



Support

It's important that gender diverse children and youth are supported. Support can be informal (friends and family) or professional mental health support such as a counselor or social worker.

For community support and resources, please check out [Trans Care BC website](#).

Create safe spaces

- Talk to the child's school to ensure there is a safe washroom and changeroom. Schools in B.C. are mandated to provide an all genders washroom for gender diverse children and youth.
- Talk to teachers and school staff about how to affirm the child through the use of their chosen name and pronouns.
- Support the child/youth in finding ways to tell their friends and family when they are ready to take that step.
- If your child participates in activities outside of school, talk to the people running the activity to ensure your child feels safe and supported in those spaces.



Affirmation!



Youth whose parents/guardians are very supportive have LESS gender distress than youth who have moderate/mixed support from parents/guardians.
(Trans Youth Can! study 2020)

Does my child need to be present for the appointments?

Yes! It's important for us to hear from your child. We also prefer all caregivers with medical decision making power be involved.

