



# Canadian Professional Association for Transgender Health

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## Newsletter

### Call for Contributions

Contact: Gail Knudson

Email:

[gail.knudson@vch.ca](mailto:gail.knudson@vch.ca)



Ms. Jessica Wine (l)

Dr. Sue Atkinson (r)

Halifax, September 2008

### President's October Report

I would like to take this opportunity to thank Dr. Joan Quinn, Dr. John Angel and Ms. Isobel Keefe for inviting on a whirlwind tour of the health care professionals involved with transgender people in Newfoundland. It was wonderful meeting everyone on September 15th and 16th and creating opportunities for future visits.

My next stop was Halifax to present rounds at Dalhousie University and the Nova Scotia Hospital. I really enjoyed facilitating the Hormone Readiness and Eligibility workshop with Mr. Jim Oulton on

September 17th and 18th. I extend my thanks to Dr. Nick Delva, Dr Heather Milliken and Mr. Jim Oulton for hosting my trip!

Gail Knudson MD, MPE, FRCPC



Dr. Benjamin Sabine (l)

Dr. Shirl Gee (r)

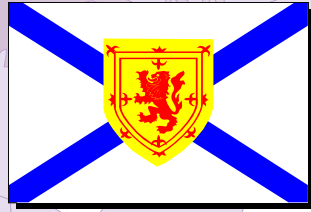
Halifax, September 2008

### Member Spotlight—Dr. Joan Quinn

Dr Joan Quinn is completing her Psychiatry residency at Memorial University in St. John's, Newfoundland. Joan is currently pursuing her third career! She completed a B.Sc. in Nursing from St Francis Xavier University, a BSW from Ryerson University and an MD from Spartan Health Sciences in St. Lucia.

You will remember Joan as one of the organizers of the CPATH 2008 conference in Toronto. She has been instrumental in improving access to care for transgender people in Newfoundland.





## Nova Scotia Update

*By Jim Oulton*

- "Assessment of Eligibility and Readiness for Hormones and Surgeries with Persons with Gender Identity Disorder" was the focus of a two day Education session facilitated by Dr Gail Knudson (Sept. 17 /18, 2008). The Transgender Health Clinical Case Review Team organized the event, with support from our "Pride Health" office and Dalhousie University's Department of Psychiatry. The objectives included various aspects of determining Eligibility and Readiness, as outlined in WPATH's Standards of Care. Many of the 12 participants were also presenters, representing transgender health initiatives currently existing across various medical and mental health specialties (both Adult and Child/ Adolescent Health Services). There was a sense of strengthening our clinical group - from within. On the morning of the second day we met, as a group, with Chris Power - the CEO of Capital District Health Authority (Adult Service). There was much useful discussion - highlighting Policy Develop-

ment as a critical next step in support of Transgender Health becoming a legitimate recognized entity within Primary Health Care Services in this province. Dr Knudson also presented at Dept of Psychiatry Grand Rounds; an engaging presentation - well informed and well attended: " Gender Identity Disorder: Current Events and Controversies".



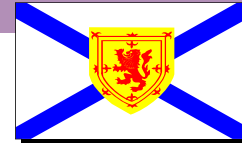
### Workshop Participants

Front: Anita Keeping, Suzanne Zinck, Shirl Gee

Back: Jessica Wine, Jim Oulton, Gail Knudson, Jeanne Rokosh, Sue Atkinson, Ben Sabine, Nancy Wright

Missing: Nancy Bartlett, Getty Vasista





## Nova Scotia Update

### IWK Health Centre Trans Health Team

*by Suzanne Zinck & Nancy Wright*

Two clinicians in the IWK Health Centre Mental Health program have formed a team to help address the mental health needs of transgendered youth in the Maritimes. Social worker, Nancy Wright and Suzanne Zinck, child psychiatrist, are accepting referrals of youth up to the age of 19 years old, from the Maritimes, who are questioning their gender identity.

The role of the team is to assess and treat youth who are questioning their gender identity or wishing to live as the opposite sex. The team can offer assessment, psychotherapy and treatment of any co-occurring mental health problems and can serve as a referral route for other specialized services, including addictions counseling, and medical and surgical specialists.

The youth, a family member, a mental health professional or a physician may make referrals to the IWK Trans Health team by contacting IWK Mental Health Central Referral, at (902) 464-4110. The fax number is (902) 464-3008. The mailing address is: IWK Central Referral, 6080 Young Street, Suite 1001, Halifax, Nova Scotia, B3K 5L2.

A copy of the two-page Central Referral form must accompany all referrals and will be provided by calling Central Referral office.



Nancy Wright, Jim Oulton, Suzanne Zinck

### Pride Health

*by Anita Keeping*

Jeanne Rokosh (l),

Anita Keeping (r)



Pride Health is a Capital Health and IWK Health Centre sponsored program that aims to improve safe access to health care by offering primary health care services for the GLBTI community. This is achieved through the provision of outreach health care services that are free of homophobia/transphobia and heterosexism, improving the coordination of already existing services within Capital Health and the IWK as well as with stakeholders of both these organizations, and by educating and raising awareness of health professionals in the community.





### The Nova Scotia Youth Project by Julien Davis

The Youth Project provides support and services to lesbian, gay, bisexual and transgendered youth, 25 and under, across Nova Scotia. The Project has been running since 1993 and provides a safe, supportive, youth directed environment where youth can access information, peers, support, and social activities. The Youth Project strives to meet the needs of all lesbian, gay, bisexual and transgendered youth across Nova Scotia regardless of geographic region, socio-economic condition, race, religion, gender, sex, ethnicity, etc. The Youth Project Provides support, education and information to youth, their friends and families, school, social services, organizations and the community.

Contact info: 2281 Brunswick Street,  
Halifax, NS B3K 2Y9

Phone: (902) 429-5429

Fax: (902) 423-7735

E-mail: [youthproject@youthproject.ns.ca](mailto:youthproject@youthproject.ns.ca)



l to r: Julien Davis, Leighann Wichman,  
Sandra Bornemann, Gail Knudson

The Youth Project has two full-time and two part-time staff – Leighann Wichman has been involved with the Youth Project from it's inception as a youth herself and has worked in many capacities within the Youth Project leading to her current position of Executive Director. Among her many roles, she facilitates professional development workshops and works with our Board of Directors and Youth Board. Julien Davis is the Support Services Coordinator at the Youth Project, offering supportive counselling, facilitating social support groups and maintaining other support services (such as our food bank) and has been involved since 2004. Sandra Bornemann is the Outreach Coordinator and is working to create safe access points for youth in rural parts of Nova Scotia and runs our Ally card program – a program designed to promote safe, supportive people to LGBT youth. Shawn Wood is our new Community Educator – he facilitates workshops in the schools throughout the province addressing homophobia and transphobia in the schools.

The Youth Project is very excited to be celebrating its 15<sup>th</sup> anniversary this November 15<sup>th</sup>, 2008. We will be holding a party with current and past youth, volunteers and supporters with videos, speeches and some drag performances by the youth. It will be a night to remember, reflect and celebrate all of our accomplishments!





## Newfoundland and Labrador Update

by Joan Quinn

On September 15th and 16<sup>th</sup>, Dr Gail Knudson crossed the 'Big Pond' (aka Atlantic Ocean) after crossing the 'Big Rock' (aka Canada) from Victoria and hit the ground running! First she met with the Transgender Working Group for Eastern Health chaired by Isobel Keefe (Assistant Director Mental Health and Addictions Program). The committee has been meeting for a year given a mandate to develop a policy for access to health care for trans people. Gail brought her experience, knowledge and expertise to the group and offered valuable and thought provoking insights. Next she was ushered off to the Health Sciences Center for Grand Rounds ("Gender Identity Disorder: Current Events and Controversies"). A record attendance of upward to 90 people included all health care disciplines, government officials, media and Trans individuals as well as representatives from community groups like PFLAG and EGALÉ. This was followed by an evening session for Psychiatrists. Early next morning a group of Family Doctors gathered for a breakfast presentation on "Treatment of Transgender Health Issues". For me this was the highlight of all the gatherings! These FMDs have been on the front lines with TG patients, with little or no support, leading the way in TG Healthcare and for the first time came together. Next it was off to a morning of consultations followed by an afternoon meeting with Child and Adolescent Medicine health care providers. In total over 250 individuals attended were exposed to Trans Gender Health Care during these packed 48 hours. Now that is quite the number given the total population of Newfoundland! Trans Gender Health Care has arrived and as Dr Knudson said "it's a process..." From Newfoundland we want to extend our thanks to Dr Knudson..."long may your big jib draw"

New news: The "Transgender Working Committee" hopes to have the Access to Healthcare Policy completed before the New Year! A big step in an ongoing process to open doors for those on the TG journey!



Drs. John Angel, Gail Knudson, Barb Maddigan, Joan Quinn and Nina Sandoval



# CPATH 2009 Meetings

There will be two CPATH meetings in 2009. As per the suggestions from the June 2008 business meeting, the Annual General Meeting will take place via web conferencing and videoconferencing across several sites. The date is TBA but will probably be in June.

The satellite meeting will take place in during WPATH in Oslo. There will be a cocktail reception on Tuesday evening June 16th and a meeting (featuring a guest speaker) from 0900-1200 on Wednesday June 17th. The WPATH meeting starts later that afternoon.

Please see the bulletin board for further details.



## Calendar of Events

- October 13th—Thanksgiving
- October 31st—deadline for WPATH abstracts

## October 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13 Thanksgiving	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**A big THANKS to all of our supporters!**

