

Supporting Transgender Young people

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Leeds Teaching Hospitals NHS Trust



Aims of the session



- Overview of the service
- Pathway of care the NHS Provides
- Awareness of referral rates
- How to make a referral
- Professionals role



An introduction to our service

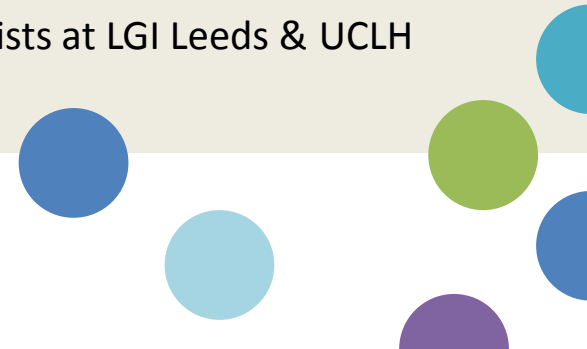


- **When was it established?**
- 1989
- 2009 Nationally funded
- **Where are we based?**
- Leeds and London
- **What ages do we see?**
- Young people up to the age of 18
- Satellite clinics in Exeter, Cardiff and Brighton
- Work closely with local services (e.g. schools, CAMHS, etc.)



Multidisciplinary team

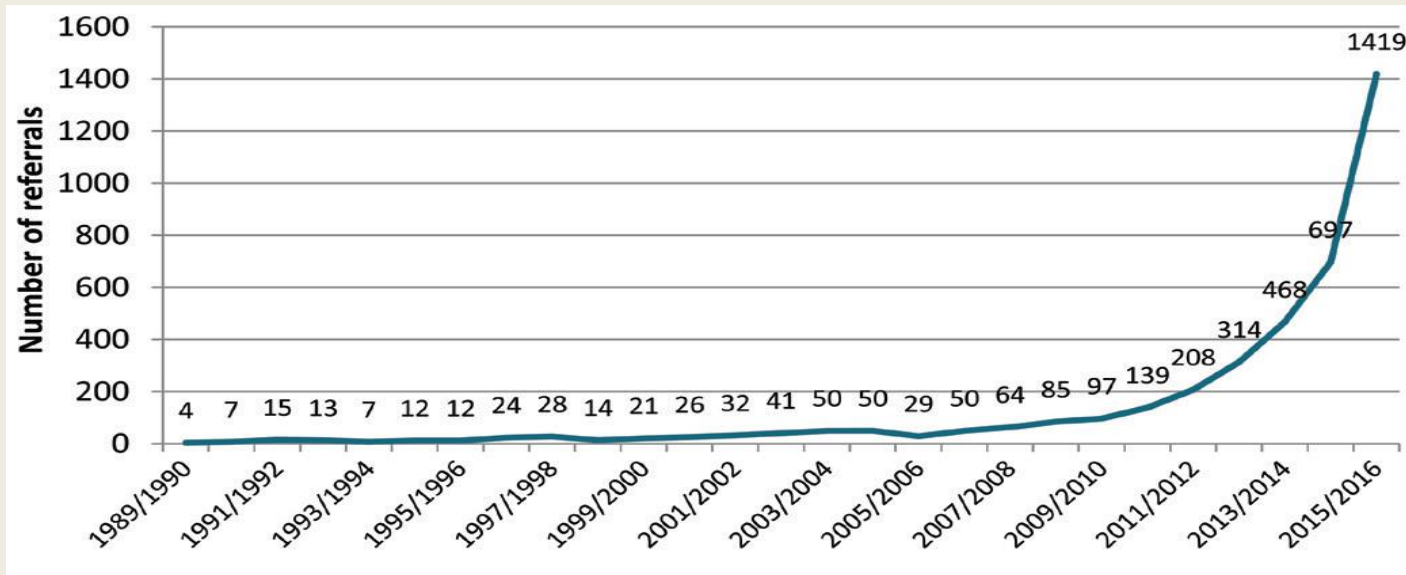
- Clinical psychologists
- Child and adolescent psychiatrists
- Family therapists
- Social workers
- Child and adolescent psychotherapists
- Senior trainees: people usually at the end of their professional training, or completing additional training
- Research team
- Consultant Paediatric Endocrinologists and Clinical Nurse Specialists at LGI Leeds & UCLH London



Referral Pathway

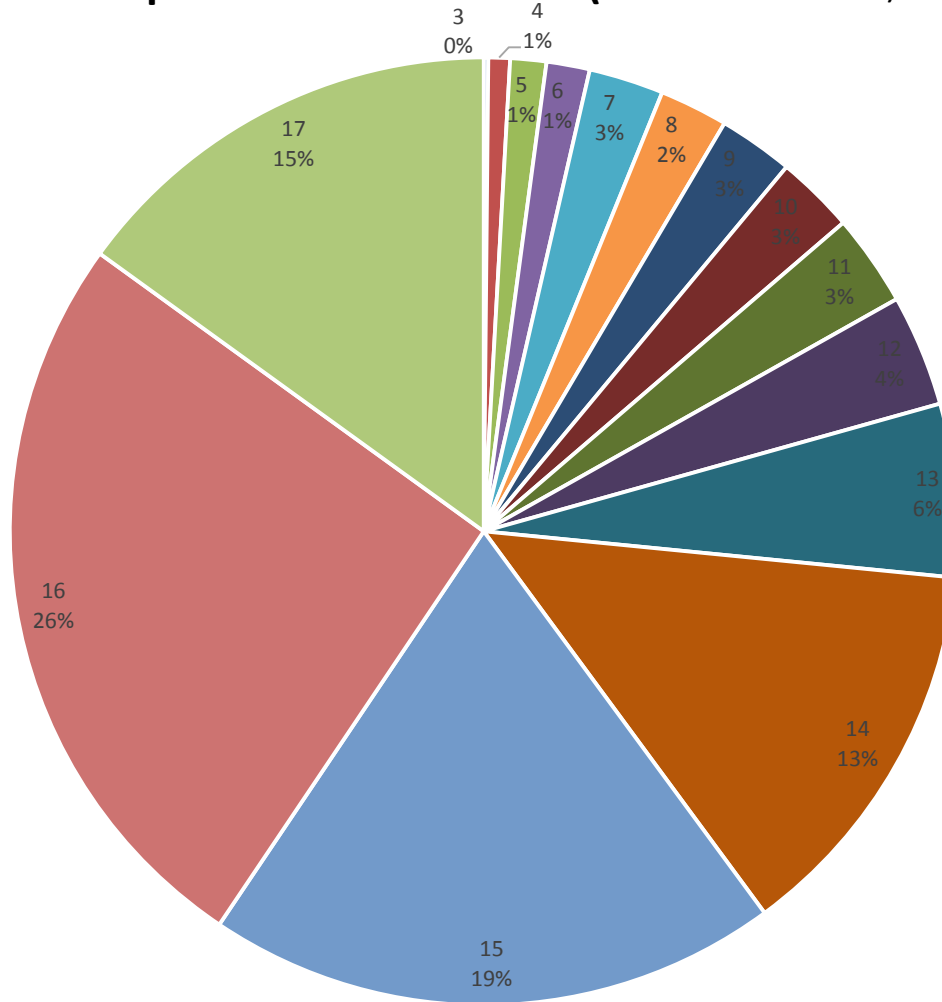
Referrals from professionals

Since 2009 referral rates have increased 50% year on year with a 100% increase in 2016. Current estimated referral rates for the financial year 2016-17 will be around 1800.



GIDS Referrals by Age

April 2009 to Mar 2016 (3253 Referrals)



Pathway of Care (Stage 1)

- Initial detailed assessment by a Tavistock Worker
- At least 3-6 appointments
- Developmental, social and medical history
- DSM 5 criteria for the diagnosis of gender dysphoria
- Referral to the endocrine team



Endocrine Referral (Stage 2)

Education session

- Options for treatment
- Fertility preservation
- Smoking cessation
- Bone health
- Vitamin D supplementation
- Adult services

First consultant appointment

- Investigations
- ? GP referral to local fertility clinic
- GnRH Analogues (hormone blockers)
- Physical examination – at least tanner stage 2

Reversible Treatment

On-going Endocrine Treatment (stage 3)

- On-going assessments by Tavistock team
- Cross sex hormones (oestrogen or testosterone)
- Minimum of 12 months on hormone blockers
- Around the age of 16
- 6 monthly incremental dose increases

Only Partially Reversible



Physical interventions

in partnership with UCLH and LGI



- About 40% of referrals to the service decide to undertake physical treatments – about 25% of young people referred before age 12 years
- Staged approach: from reversible to irreversible
- GnRH analogues (blockers) to achieve suppression of pubertal hormones from the early stages of puberty (Tanner stage 2) since 2011
- Cross-sex hormones from around the age of 16 years using a gradually increasing dose schedule

Adult Services (Stage 4)

- 7 adult centres
- Further assessments
- Surgical procedures
- Speech therapy

Irreversible interventions



Associated Difficulties

- Low mood, lack of concentration
- Self harm, thoughts of suicide (and sometimes attempts)
- Anxiety
- Feelings of confusion or shame
- Bullying
- Relationship issues
- ASD features



Terminology

- Pronouns – he/she/they/their
- Natal/Assigned at birth
- Trans male/female
- Cisgendered
- Gender Queer
- Gender fluid
- Agender/non - binary



What has led to such rapid growth in referrals?

2015-2016 unprecedented 100% increase in referrals

- Increased visibility in the media
- Information on the internet & social media
- Increased awareness of physical treatments
- Increase in number of support groups



Raised Awareness

Contributed to:

- Acceptance & understanding ?
- Decrease in stigma ?
- Easier for young people and their families to seek out care

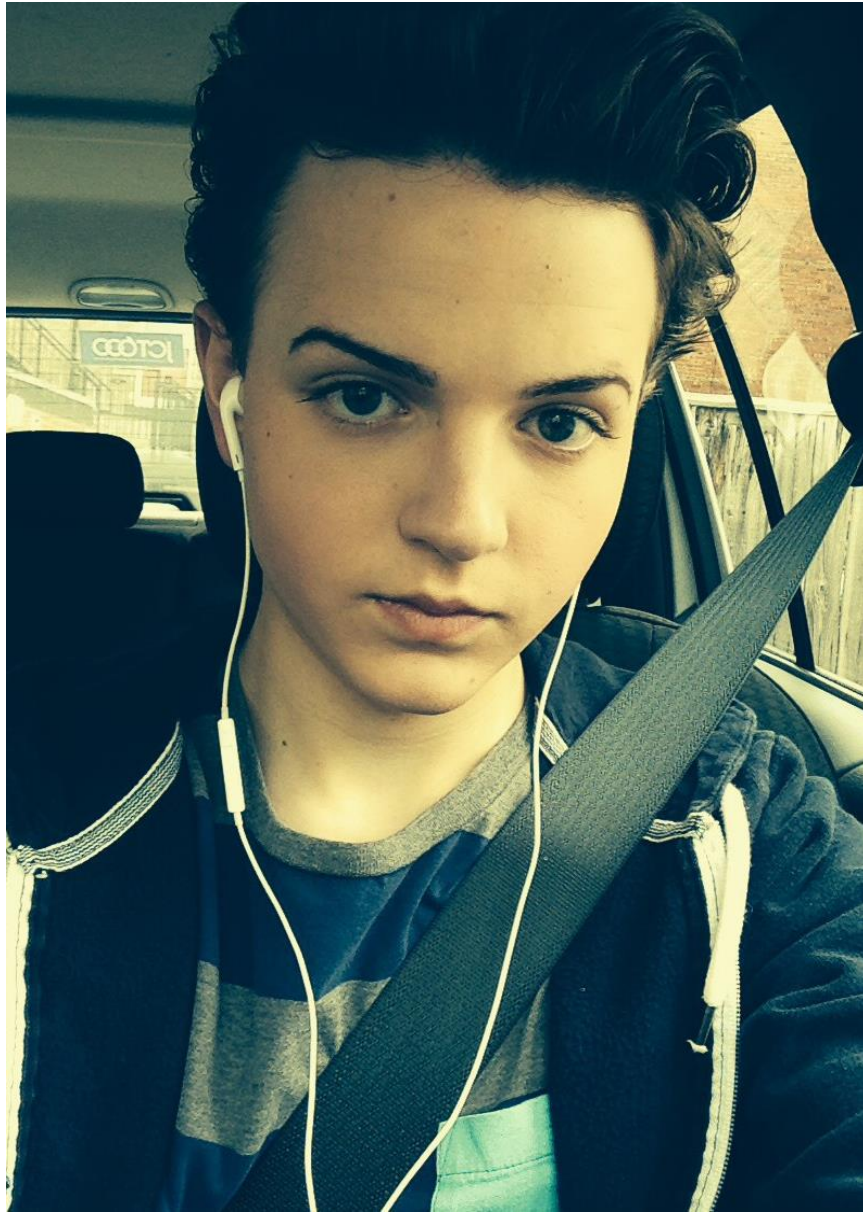
Impact on:

- Waiting list and waiting times









FOLLOWERS DIRECT

Write a caption







Life in school/college

- Transitioning
- Practicalities
- GIDS input/support



Safeguarding

- Risk taking behaviour
- Online relationships/CSE
- Online medications





enhance your user experience.

OK

More info

About us

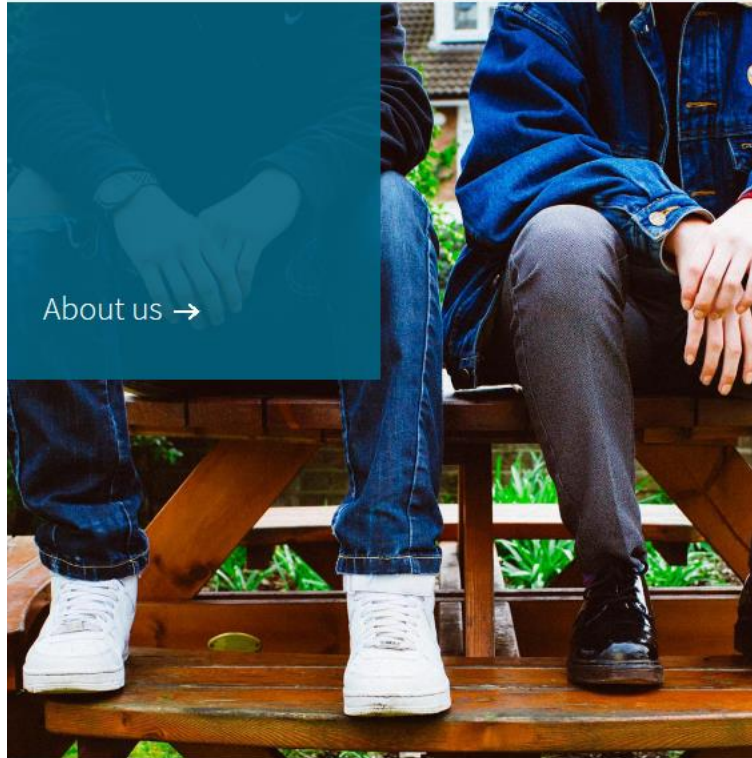
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Parent advice →



Referral form →



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Press and media

Media enquiries?

Our press office is happy to help



Referral Form for the Gender Identity Development Service (GIDS)

Young people referred to GIDS are frequently struggling with issues such as communication and relationship difficulties, bullying and discrimination, low mood and anxiety, and a number also self-harm. These experiences are often linked to a young person's gender identity. In our experience a young person is optimally supported when GIDS and the local CAMHS work in partnership. We support this by joining local network meetings, where we can participate in multi-agency discussions which may include the family and may also include the school. We can provide consultation and supervision, for example to professionals providing psychotherapy, around gender issues. We can also provide literature and further information relevant to gender identity and the young person we are seeing.

As the local service we believe that the local CAMHS is best placed to monitor and manage risk, such as self-harm and suicidal ideation. CAMHS are also in the best position to provide more regular support to the young person and their families. If the referral to GIDS is not being made by CAMHS, and if there is identified risk, we request that a concurrent referral is made to CAMHS as well as to our service, if this has not already been done. We will be unable to accept referrals with identified risk without ongoing CAMHS involvement or a referral to CAMHS.

Patient Details

		Date of Referral*
Name*	Preferred Name <small>Tick if Deed Poll name change []</small>	DOB*
NHS Number	Natal/Assigned Gender*	Ethnicity
Address*		Telephone Number(s)
		Email Address
GP Name and Address		Telephone Number
Who Holds Parental Responsibility?		
Consent from young person:		<input type="checkbox"/> YES <input type="checkbox"/> NO
Consent from Parent		<input type="checkbox"/> YES <input type="checkbox"/> NO

Referrer Details

Name*	Job Title*
Name of Referring Organisation*	
Address*	
Telephone or other contact details	

Referral Details

Reason for Referral
Incidents of self harm and suicide attempts (with dates, metho

Take Home Messages

- Don't assume – check names/pronouns
- Vulnerable group
- Signposting
- Advocate
- Rapidly changing field



24 GLOSSY PAGES OF DELICIOUS NEW RECIPES

The Mail

ON SUNDAY SUNDAY NEWSPAPER OF THE YEAR

YOU magazine exclusive

THE FABULOUS 5:2 fast BEACH DIET BY MIMI SPENCE



FREE INSIDE

You could lose up to 12lb in just six weeks!

5:2 Fast Beach Diet magazine

● Clinic accused of 'playing God' with children's lives ● Treatment stops puberty and may do long-term harm

NHS TO GIVE SEX CHANGE DRUGS TO 9-YEAR-OLDS

CHILDREN as young as nine will be given controversial drugs on the NHS to prepare them for sex-change surgery. The full story Sunday Sun reveals. The treatment, which halts the onset of adulthood, is aimed at youngsters who believe they are trapped in the wrong body. But critics...

By **Saochra Manning and Stephen Adams** including Conservative MP Andrew Percy, accused the clinic of offering the puberty-suppressing injections of 'playing God'. 'I think some people will be heartbroken at the...

thought of a nine-year-old being provided with a drug that effectively stops their developing and maturing naturally,' said Mr Percy. Other's insisted that unproven research shows the vast majority of under-16s who...

Turn to Page 6

MOS DIARY EXCLUSIVE



Harry meets Cressie and says: Let's try again

SEE PAGE 22

THE Sun

Friday, September 18, 2009 20p thesun.co.uk

THIS PAPER COSTS JUST 20p



'Stuart, victim No13 of Govt'

THE 13th member to the team of ministers "blatantly" to the Government was named last night as Labour's Stuart Pearce. Pearce, 28, will be taking a job in the Treasury as a special adviser. The move is seen as a reward for his role in the 2005 election. Pearce is a former footballer who played for Arsenal and Manchester United.

SUN EXCLUSIVE

BOY, 12 TURNS INTO GIRL

Sex swap revealed by school

By **HELAN FLYNN** A BOY aged 12 turned up at school as a GIRL — after changing sex during the summer holidays. Teachers called an emergency meeting to order future pupils to treat him as female. The 12, whose parents have changed his name to a girl's, has long hair, wears a dress with long hair in ribbons and a necklace. He is wearing an anti-wasp singlet. Parents feared the media might find out the boy's name. Last night his mother said: 'The Sun "We are responsible for ensuring the boy was not the only..."' Full story on Page Five



COPS TO QUIZ JORDAN OVER 'CELEBRITY RAPE'

FULL STORY PAGE 11



Strictly Sun BITCHING

Arlene's verdict on the dancers

WE'VE SIGNED UP JUDGE: PAGES 14 & 15

FREE CRISPS Pick yours up at 4.30pm. Teachers Page 21

Any Questions?

About us | GIDS

Values and ethos



Curiosity

To help people to remain curious and thoughtful about their lives, and to understand what might get in the way of them doing this.



Mind/body

To keep in mind the relationship between the body, thoughts and feelings. We work closely together as a group of professionals from different backgrounds, including paediatric endocrinology.



Loss

To allow young people and their families to acknowledge the sense of loss that can result from change.