



Gender Support Program



Phoenix Children's Hospital is the only children's hospital in Arizona with a comprehensive Gender Support Program. We provide outpatient services geared towards supporting the physical, emotional, and social health of children and youth and their families as they progress through their gender identity development. As specialists in pediatrics, adolescent medicine, psychology and pediatric mental health, we recognize that the process of gender identity development is uniquely individual. Our providers determine the best treatment plan for each individual in collaboration with youth, families, physicians, mental health therapists, and other specialists that may be involved in their care.

Patients served by your clinic include:

- Gender diverse youth: Children and adolescents whose gender expression are not generally associated with their sex assigned at birth
- Gender questioning youth: Children and adolescents who are exploring and discovering their gender identities (e.g., "I was born a girl, but I wonder if I'm really a boy?")
- Transgender youth: Children and adolescents whose gender identity is different from their sex assigned at birth (e.g. "I was born a girl, but I am really a boy.")

Services

- Consultation for families with gender diverse children and adolescents
- Consultation for the use of medications to suppress puberty
- Consultation for masculinizing and feminizing hormonal therapy
- Readiness evaluations for puberty suppression and cross-sex hormonal therapy by mental health providers
- Weekly support group facilitated by our staff psychologist
- Mental health therapy and support
- Referrals to experienced mental health providers at Phoenix Children's Hospital or in the community
- Support and advocacy for patients and families through various aspects of transition, including working with school systems and completing legal name and gender marker changes in identifying documents
- Family support services: Our service is affiliated with Arizona Trans Youth and

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Parent Organization, a local support group providing emotional support and guidance to families of children and youth along their gender development pathways and through their gender transition

- Training and Education: Our providers speak at conferences, participate in community events, and appear in the media to educate the professional and lay communities about care and needs of this unique population of children and youth

Caring for the Community

Transgender people often encounter stigma, rejection, and discrimination in housing and employment which places them at a significant social and economic disadvantage. One in five transgender individuals report having experienced homelessness at some point in their lives. Research also shows that one in five transgender people in the United States have been discriminated against when seeking a home, and more than one in ten have been evicted from their homes due to their gender identity. Discrimination in employment is also a common experience which impacts their ability to have the resources to access healthcare services.

We provide adolescents and young adults at risk for or currently experiencing homelessness with access to comprehensive and affirming care through our *Homeless Youth Outreach program* and our partnerships with local drop-in centers, shelters, transitional living programs, and advocacy organizations.

Our Providers

Veenod Chulani, MD, MSED, FAAP, FSAHM, CEDS

Adolescent Medicine Specialist

Reeti Chawla, MD

Pediatric Endocrinologist

Joshua Kellison, PhD

Pediatric Psychologist

Andrew D. Medina, LCSW

Patrick Goodman, LPC

Anne Marie Cardinal, LCSW

Therapists

For appointments, please contact (602) 933-0659

Resources

The Emily Center Family Health Library at Phoenix Children's Hospital

The largest pediatric consumer health library in the Southwest provides patients, families and professionals with access to the nation's most reliable sources of pediatric health information. The Center has compiled a comprehensive Gender Support Program Resource Guide on the medical and psychological care and social support for transgender children and youth. A copy of the guide can be obtained by contacting the Emily Center and can be electronically accessed by scanning the QR code below. Phone: (602) 933-1400.

Arizona Trans Youth Parent Organization

The Phoenix based support group provides the parents, family, and friends of transgender children and youth a common space to share struggles and successes, discuss challenges and concerns, and provide emotional support and guidance. E-mail: contact@aztypo.org.

One-n-Ten

The Phoenix-based non-profit serves LGBTQ youth and young adults ages 14-24 years by providing empowering social and service programs that promote self-expression, self-acceptance, leadership development and healthy life choices. Programs include support groups for transgender youth.

Website: oneten.org/trans-group.

For more resources visit:

www.phoenixchildrens.org/gendersupportresources or scan the QR code.

