

Integrated care for gender dysphoric, gender non-binary, & transgender children into adulthood

Program | April 19 & April 20, 2018

In keeping with CMA Guidelines, program content and selection of speakers are the responsibility of the planning committee. Support is directed toward the costs of the course and not to individual speakers.



Thursday, April 19, 2018

Weather Watch Room, 5th Floor, Dixon Building, NSHA

- 9:00 a.m. - 9:15 a.m. Day 1 Welcome
Dr. Sue Zinck
- 9:15 a.m. - 10:00 a.m. Introduction: What is gender dysphoria?
Dr. Sue Zinck & Panel
- 10:00 a.m. - 10:15 a.m. Question & Answer Period
- 10:15 a.m. - 10:30 a.m. Morning Break
- 10:30 a.m. - 11:15 a.m. Transvoices panel & video on health care
Youth & Parents
- 11:15 a.m. - 11:30 a.m. Question & Answer Period
- 11:30 a.m. - 12:15 p.m. Mental health assessment and treatment of gender dysphoria 101
Dr. Sue Zinck w/ case discussion with Dr. Arati Mokashi
- 12:15 p.m. - 12:30 p.m. Question & Answer Period
- 12:30 p.m. - 1:30 p.m. Lunch
- 1:30 p.m. - 2:15 p.m. Gender journey I & Working with families of gender dysphoric or transgender youth with table case discussions
Dr. Sue Zinck & all IWK C&Y MH clinician faculty
- 2:15 p.m. - 2:30 p.m. Question & Answer Period
- 2:30 p.m. - 2:45 p.m. Afternoon Break

Thursday, April 19, 2018

- 2:45 p.m. - 3:30 p.m. Endocrinological/Hormone treatment update for MH clinicians, pediatricians and primary care physicians
Dr. Arati Mokashi
- 3:30 p.m. - 3:45 p.m. Question & Answer Period
- 3:45 p.m. - 4:00 p.m. Day 1 Wrap Up
Dr. Sue Zinck

Friday, April 20, 2018

Weather Watch Room, 5th Floor, Dixon Building, NSHA

- 9:00 a.m. - 9:15 a.m. Day 2 Welcome
Dr. Sue Zinck
- 9:15 a.m. - 10:00 a.m. Gender journey II: Working with comorbid mental health diagnoses and gender dysphoria using sample cases
Dr. Sue Zinck & C&Y MH clinicians
- 10:00 a.m. - 10:15 a.m. Question & Answer Period
- 10:15 a.m. - 10:30 a.m. Morning Break
- 10:30 a.m. - 11:15 a.m. Case examples of hormone assessment & treatment of children, youth & collaborating with local physicians
Dr. Arati Mokashi
- 11:15 a.m. - 11:30 a.m. Question & Answer Period

Friday, April 20, 2018

Weather Watch Room, 5th Floor, Dixon Building, NSHA

- 11:30 a.m. - 12:15 p.m. Surgical assessment of transgender teens and adults: an update for psychologists, and psychiatrists
Dr. Shannon MacDonald
- 12:15 p.m. - 12:30 p.m. Question & Answer Period
- 12:30 p.m. - 1:30 p.m. Lunch
- 1:30 p.m. - 2:15 p.m. Clinician panel Q&A: How to write referral letters
All presenters
- 2:15 p.m. - 2:30 p.m. Question & Answer Period
- 2:30 p.m. - 2:45 p.m. Afternoon Break
- 2:45 p.m. - 3:30 p.m. Advocating for youth at schools, camps and community activities: resources and approaches
The Youth Project, Nancy Wright and Dr. Sue Zinck
- 3:30 p.m. - 3:45 p.m. Question & Answer Period
- 3:45 p.m. - 4:45 p.m. Capacity Building:
Recommendations for Creating Trans-Inclusive, Safe and Welcoming Healthcare Services
Becka Hartling, MSW

Peer supervision and consultation panel with facilitated group discussion
TransHealth team & Dr. Françoise Susset

Friday, April 20, 2018

- 4:45 p.m. - 5:00 p.m. Question & Answer Period
- 5:00 p.m. - 5:15 p.m. Thank You & Conference Wrap Up
Dr. Sue Zinck

SPEAKERS

Faculty Speakers

- **Becka Hartling, MSW**, Social worker, Phoenix Youth & Family Therapy
- **Shannon MacDonald, MD, FRCPC**, Psychiatrist, NSHA TransHealth team & Assistant Professor, Department of Psychiatry, Dalhousie University
- **Arati Mokashi, MD, FRCPC**, Pediatric Endocrinologist, IWK Health Centre & Associate Professor, Department of Pediatrics, Dalhousie University
- **Nancy Wright, MSW**, clinician therapist, IWK TransHealth team
- **Sue Zinck, MD, FRCPC**, Child and Adolescent Psychiatrist, IWK Health Centre & Assistant Professor, Department of Psychiatry, Dalhousie University

Small Group Facilitators & Supervision Panel Members

- **Robert Bartlett, MSW**, clinician therapist, IWK TransHealth Team
- **Roben Keddy, MSW**, clinician therapist, IWK TransHealth team
- **Françoise Susset, Psy.D.**, Psychologist, Institute for Sexual Minority Health

OBJECTIVES

Symposium Objectives

1. You will learn about the terminology and spectrum of gender expression
2. You will be able to describe the experience of and sensitive psychosocial assessment involved of gender dysphoria
3. You will understand the time course of gender variance and dysphoria
4. You will understand the evidence for all supports and treatments of gender dysphoria for gender non-conforming, transgender youth and their families
5. You will become familiar with hormone and surgical treatments and the evidence for effects and mental health outcomes
6. You will learn the components of informed consent for hormone and surgical treatments
7. You will learn how to write referral letters for hormone and surgical treatments
8. You will learn key recommendations for providing gender affirming, trans-inclusive healthcare services, with themes drawn from the existing research on best practices and cultural competency for working with trans populations
9. You will become familiar with the referral path to services for these youth in N.S.
10. You will learn about local resources and supports for youth & families, and advocacy resources for clinicians and educators

Introduction: What is gender dysphoria?

Dr. Sue Zinck & panel

- You will learn the terminology of gender expression
- You will be able to describe criteria and psychosocial assessment involved in making a diagnosis of gender dysphoria

Transvoices panel & video on health care

Youth & Parents

- You will understand the time course of gender variance and dysphoria
- You will understand the evidence for treating gender-creative and transgender youth and their families

OBJECTIVES

Mental health assessment and treatment of gender dysphoria 101

Dr. Sue Zinck & Dr. Arati Mokashi

- You will understand the evidence for treating gender-creative and transgender youth and their families
- You will become familiar with hormone and surgical treatments and mental health outcomes
- You will become familiar with the referral path to services for these youth

Gender journey I & Working with families of gender dysphoric or transgender youth

Dr. Sue Zinck

- You will understand the time course of gender variance and dysphoria
- You will understand the evidence for treating gender-creative and transgender youth and their families

Endocrinological/Hormone treatment update for MH clinicians, pediatricians and primary care physicians

Dr. Arati Mokashi

- You will understand the evidence for treating gender-creative and transgender youth and their families
- You will become familiar with how hormone treatments are prescribed and monitored and their common side effects
- You will become familiar with the referral path to services for these youth
- You will learn the components of informed consent for hormone treatments, including informed consent for reproductive and fertility preservation
- You will learn about fertility preservation options

OBJECTIVES

Gender journey II: Working with co-morbid mental health diagnoses and gender dysphoria using sample cases

Dr. Sue Zinck & IWK C&Y MH clinicians

- You will be able to describe criteria and psychosocial assessment involved in making a diagnosis of gender dysphoria
- You will understand the time course of gender variance and dysphoria
- You will understand the evidence for treating gender-creative and transgender youth and their families
- You will become familiar with hormone and surgical treatments and mental health outcomes
- You will learn how to identify presentations of body dysphoria and minority stress and differentiate them from primary anxiety and depression symptoms

Case examples of hormone assessment and treatment of children, youth & collaborating with local physicians

Dr. Arati Mokashi

- You will understand the evidence for treating gender-creative and transgender youth and their families
- You will become familiar with hormone and surgical treatments and mental health outcomes
- You will become familiar with the referral path to services for these youth
- You will learn the components of informed consent for hormone treatments
- You will learn what to include in a referral letter for hormone treatments

OBJECTIVES

Surgical assessment of transgender teens and adults: an update for psychologists, and psychiatrists

Dr. Shannon MacDonald

- You will become familiar with the names of surgical treatments and post-surgery mental health outcomes
- You will become familiar with the referral path to services for these youth
- You will learn the components of informed consent for surgical treatments

Clinician panel Q&A: How to write referral letters

All presenters

- You will learn how to write referral letters for hormone & surgical treatments

Advocating for youth at schools, camps and community activities: resources and approaches

The Youth Project, Nancy Wright & Dr. Sue Zinck

- You will learn about local resources and supports for youth & families, and advocacy resources for clinicians and educators

Capacity Building: Recommendations for Creating Trans-Inclusive, Safe and Welcoming Healthcare Services

Becka Hartling, MSW

- You will learn about best practices as they relate to providing gender affirming, trans* inclusive services, towards a goal of improved healthcare experiences for trans* people.

Capacity Building: Peer supervision and consultation panel with facilitated group discussion

TransHealth team & Dr. Françoise Susset, Ph.D.

- You will learn about local peer supervision networks

Community & Professional Association Displays

- TBD

Planning Committee

Sue Zinck, MD, FRCPC (Chair)
Robert Bartlett, MSW
Becka Hartling, MSW
Roben Keddy, MSW
Shannon MacDonald, MD, FRCPC,
Arati Mokashi, MD, FRCPC
Nancy Wright, MSW
Debi Follett
Megan Bellefontaine

As an accredited provider, Dalhousie University, CPD, designates this continuing professional development activity for up to **11 credit hours as an accredited group learning Section 1 activity** as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

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