

Contact Information

Michelle Wagner - mwagner@naminh.org

Jennifer Wolfe-Hagstrom - jennifer@kindnesscornerfarm.com

Anjo Wunderl - info@apeacefulbalance.com

Emmett LeBlanc - Emmett.J.LeBlanc@Hitchcock.org

- [Dartmouth-Hitchcock Transgender Health Program](#)



FREE Webinar Series

Thursday, June 24th

12:00 pm - 1:00 pm

Gaining a Better Understanding of Transgender and Nonbinary Youth Experiencing Early Serious Mental Illness

Presented by:  **NAMI** | **New Hampshire**
National Alliance on Mental Illness

With major support from the Substance Abuse and Mental Health Services Administration (SAMHSA) and the NH Department of Health & Human Services Bureau of Mental Health Services.



**Anjo Wunderl,
MSW, LICSW**



**Jennifer Wolfe-Hagstrom,
MSW, LICSW**

ABOUT ME

Grada-Anjo Wunderl, LICSW (she/her/hers)

- dba A Peaceful Balance Consultation & Counseling Services (Nashua)
- Monthly *Transplorations Support Groups* (Teens 12-18 / Parents / Adults) with Jennifer Bois, LCMHC (currently on hold)

About Me

Jennifer Wolfe-Hagstrom, LICSW (she/her/hers)

- Educator turned Social Worker
- I'm queer
- Animal Assisted Therapy for trauma survivors
- I'm an artist
- Just returning to work after having a baby during the pandemic
- Passionate about social justice for all, focus on LGBTQIA+ communities



LGBTQIA+

L = Lesbian

G = Gay

B = Bisexual

T = Transgender

Q = Queer or Questioning

I = Intersex

A = Asexual or Ally

+ = Other Non-Heterosexual People

SOME DEFINITIONS

Assigned sex/gender: One's gender assigned at birth, generally based on genitalia (e.g., AFAB or AMAB).

Affirmed gender: A person's gender self-identification, rather than the sex assigned at birth.

Gender Dysphoria: A feeling of disconnection between one's affirmed gender and the sex assigned at birth (DSM 5 Gender Dysphoria).

Gender identity: A person's inner sense of being male, female, neither, or both male and female, or somewhere on the male – female scale.

Gender expression: A person's presentation of self to others as masculine, feminine, neither or both (one's public gender).

Cisgender (Cis): Having a gender identity consistent with the one assigned at birth. [Latin for "on the same side (as)"].

SOME DEFINITIONS

Transgender (Trans): A person's gender identity that differs from their assigned sex at birth. [Latin for "across; on the opposite side (of)"].

Non-Binary: An umbrella term for gender identities and gender expressions that are not exclusively male or female. A person can feel both male and female, neither male or female, or somewhere on the gender scale where there are multiple, intersecting dimensions between male and female. Someone identifying as non-binary may prefer "they / them" pronouns.

FtM: A person assigned female at birth who identifies as male and wishes to change their external appearance to match their gender identity.

MtF: A person assigned male at birth who identifies as female and wishes to change their external appearance to match their gender identity.

SOME DEFINITIONS

Dead name: The name that a TG/NB person was given at birth and no longer wishes to use (vs. chosen name).

To **misgender:** To refer to someone using the name, pronouns or gendered words (son, daughter) that do not fit with the person's affirmed gender.

Passing: The process of presenting oneself to be seen consistently as one's affirmed gender.

Stealth: Living in one's affirmed gender without disclosing to others that one is a transgender person.

Transitioning: The process of changing one's appearance and social role to match a gender identity different from the one assigned at birth.



Clinical Issues:



- Clients fearful of coming out, being out, or questioning gender identity, even in therapy
 - Fear of being admonished, disrespected, chastised, invalidated, or of parents finding out from therapist
- The distress that is caused by not being able to be one's true self
- Likelihood of increased safety concerns for Trans and Nonbinary youth such as bullying, threats, physical violence, homelessness, all of which increase the likelihood of self-harm and thoughts of/actions towards suicide
- Transgender or Nonbinary have experienced trauma at a higher rate than others in the LGBTQ+ population, thus also higher than the general population



Things to look out for:

<https://www.nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms>

- Difficulty concentrating or changes in concentration levels
- Changes in sleep patterns
- Confusion
- Lack of insight into their own behaviors
- Perceiving sensory input that is not there (hearing, smelling, seeing, etc.)
- Social isolation or increased friend conflict

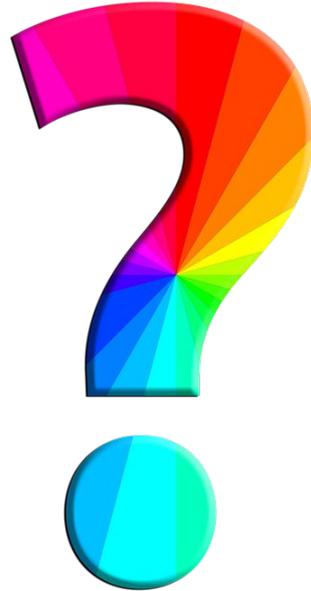


Things to look out for:

- Extreme mood changes
- Increased reporting of physical discomfort such as headaches, stomachaches, etc.
- Changes in eating habits
- Feeling alone or as though no one understands
- Substance use or increase in use
- Seeming uncomfortable in their body, hiding their body
- Hopelessness, exhaustion, seeming to be giving up
- Thoughts or statements related to self-harm or suicide



Medical Interventions?



POSSIBLE MEDICAL INTERVENTIONS

- **Fully reversible interventions**

(recommended by the onset of puberty / Tanner Stage II), such as:

- Blockers (buying time to explore gender issues)
- Oral contraceptives

- **Partially reversible interventions**

not before age 16), such as:

(generally

- Hormone therapy to masculinize or feminize the body

- **Irreversible interventions**

after one year of testosterone treatment & age 18), such as:

(preferably

- Surgery (Top Surgery in FtM youth)

Requires one to two letters of referral by clinician(s), depending on age.

RESOURCES

GeMS (Gender Multispecialty Service) at Boston Children's Hospital

Phone # 617-355-4367

Dartmouth Hitchcock Medical Center:

Lebanon Transgender Health Program

Manchester Transgender Health Program

Phone # 603-650-650-8089

Equality Health Center, Concord, NH 03301

Phone # 603-225-2739

The Concord Center, Concord, NH 03301 - Teen groups with Deb Hornton, LICSW

Phone # 603-303-4626

RESOURCES

WPATH World Professional Association for Transgender Health **Standards of Care, version 7.** (Free PDF download at <https://www.wpath.org/>)

National Center for Transgender Equality <https://transequality.org>

PFLAG for LGBTQ individuals, family members, allies and clinicians.

Manchester Support Group <https://pflag.org>

Trans Youth Family Allies for Parents / Youth <https://www.imatyfa.org>

Camp Aranutiq/Harbor Camps Summer camp programs for Trans and Nonbinary Children and Teens <https://www.camparanutiq.org>

Resources, Local, Mental Health/Support



**TRANSGENDER &
NONBINARY
TEENS TALK GROUP**

& IN A DIFFERENT ROOM:
**PARENTS OF TG &
NONBINARY KIDS
SUPPORT GROUP**

FIRST FRIDAY/MONTH
530-645PM
10 FERRY STREET CONCORD
FOLLOW THE SIGNS
to find the rooms

QUESTIONS, INFO & TO REGISTER:
DEBHORTONCOUNSELING.COM
DEB@DEBHORTONCOUNSELING.COM



**MINDFULNESS
GROUP
FOR LGBTQ
FOLX**

First Wednesday of the month
6-7pm
Kimball Jenkins Estate
Carriage House, Rear Entrance
266 North Main Street, Concord
Free
You're welcome to bring an Ally.

Information & Registration
dehortoncounseling.com



Gender Diverse Care Coalition NH

Expanding gender-affirmative care in NH through training, resource-sharing, consultation, and advocacy

[ABOUT US](#) [EDUCATION FOR PROVIDERS](#) [GENDER-AFFIRMATIVE RESOURCES](#) [CONTACT](#)



PFLAG Manchester Support Group

Public · 5 instances · by Pflag- Manchester

Resources, Local, Medical +



The Barbara Bush
Children's Hospital

At Maine Medical Center



FENWAY  HEALTH

[Home](#) [About](#)

Transgender Health

[MaineHealth](#) > [Barbara Bush Children's Hospital](#) > [Services](#) > [The Gender Clinic](#)

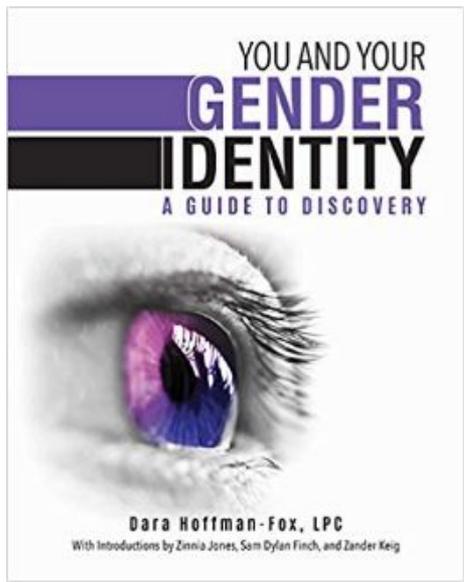
The Gender Clinic

The Gender Clinic at [The Barbara Bush Children's Hospital](#) is dedicated to supporting the health and wellbeing of transgender, gender diverse and questioning youth across Northern New England. We give treatment to children and their families from childhood through adolescence.

We have a team of different kinds of providers within the Maine Health system who work together to care for your child. Our team includes members who are [Pediatric Endocrinologists](#), [Child Psychiatrists](#), Clinical Social Workers and nurse practitioners. We also talk with members of the hospital's [Clinical Ethics Committee](#) on a regular basis.

We are committed to giving the best care and using only evidence based treatment. We are working to improve treatment right here in Maine and at the national level. We work to educate and help medical and mental health providers who care for gender diverse children.

Resources, National



THE **TREVOR** PROJECT

Get Help Education Resources Get Involved About Blogs & Events Donate

We Are Hiring

f t @ t

TREVOR SUPPORT CENTER

TRANS + GENDER IDENTITY

There are a lot of different ways someone can express their gender or sex.

Gender identity isn't an easy topic to understand, and sometimes we need to unlearn some of our old ideas about what it is so that we can really get what gender is all about. Most of us were taught that there are only two genders (man/masculine and woman/feminine) and two sexes (male and female). However, there is a lot more to it than that.

In this section we'll talk about:

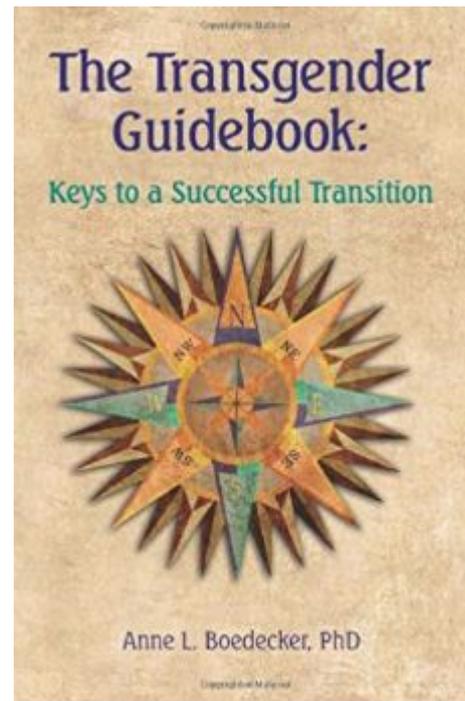
Gender 101 | Gender Roles | Transgender Identities | Using Proper Trans Terms | Understanding Transphobia | Intersex Identities | Talking About "Intersex"

Gender 101 and Gender Roles

Gender is actually a social construct, which is an idea created by people to help categorize and explain the world around them. You may not notice it all the time, but each gender comes with a set of expectations, like how to act, talk, dress, feel emotion, and interact with other people. For example, when you think of a teenage boy in America, what comes to mind? Do you imagine him playing football, or do you picture him dancing in a ballet recital? It's likely that you imagined him playing football, first – but why?

In America, we have very defined gender roles that describe what it means to be masculine or feminine, or a boy or a girl, and we learn what's

https://www.thetrevorproject.org/trvr_support_center/trans-gender-identity/





US (877) 565-8860
Canada (877) 330-6366

Abc

Hotline

Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you're not in crisis or if you're not sure you're trans.

Oprima 2 para hablar con unx operador en español.

- ✓ When you call, you'll speak to a trans/nonbinary peer operator
- ✓ Full anonymity & confidentiality
- ✓ No nonconsensual active rescue (calling 911, emergency services, or law enforcement)



International Council for
HELPLINES

Certified by the International Council for Hotlines.

[Hotline Hours FAQs](#)

[Leave feedback about your call](#)



US (877) 565-8860
Canada (877) 330-6366

A

Family & Friends Hotline

Need help supporting a trans loved one?

Our Family & Friends Line provides peer support for friends, partners, family members and professionals supporting trans loved ones and community members. We trust trans people as the experts in our own lives, and we resource trans people's support networks to do the same.

To access this service, call our main hotline and ask for our Family & Friends Line. The operator will find out the best time to call you back and you will receive a call back from a Family & Friends operator who has lived experience supporting trans people.



GET HELP NOW

If you are thinking about suicide and in need of immediate support, please call the TrevorLifeline at 1-866-488-7386 or select TrevorChat below to connect with a counselor.



TrevorLifeline

1-866-488-7386

TrevorLifeline is a crisis intervention and suicide prevention phone service available 24/7/365.



TrevorChat

Confidential online instant messaging with a Trevor counselor, available 24/7.

Access through a computer, as you may have technical difficulties if using a smartphone or tablet.



TrevorText

Text START to 678678.

Confidential text messaging with a Trevor counselor, available 24/7/365.

Standard text messaging rates apply.

**LGBT NATIONAL
HOTLINE
888-843-4564**

Providing confidential peer-support, information, local resources and more to calls of all ages (youth & adults).



**LGBT NATIONAL YOUTH
TALKLINE
800-246-7743**

Providing young people confidential peer-support, information, local resources and more, for callers through age 25.



**LGBT NATIONAL SENIOR
HOTLINE
888-234-7243**

Providing senior callers, ages 50 and above confidential peer-support, information, local resources and more.



**ONLINE
PEER SUPPORT
CHAT**

CLICK HERE to connect one-to-one through instant message (IM) with a peer support volunteer.



**WEEKLY
YOUTH
CHATROOMS**

Weekly moderated group chatrooms for youth ages 19 and younger to find community & support.



**L G B T
NEAR
ME**

CLICK HERE to find helpful resources for the LGBTQ community throughout the United States.



BOOKS

Boedecker, A. (2011). *The transgender guidebook: Keys to a successful transition*. CreateSpace Independent Publishing Platform (and workbook for MtF)

Brill, S., & Kenney, L. (2016). *The transgender teen: A handbook for parents and professionals supporting transgender and non-binary teens*. Jersey City: Cleis Press.

Krieger, I. ((2017). *Counseling transgender and non-binary youth*. London: Jessica Kingsley Publishers.

Krieger, I. (2018). *Helping your transgender teen: A guide for parents*. London: Jessica Kingsley Publishers.

Testa, R.J., Coolhart, D., & Peta, J. (2015). *The gender quest workbook: A guide for teens & young adults exploring gender identity*. Oakland: New Harbinger Publications.

References

Boedecker, A. (2011). *The transgender guidebook: Keys to a successful transition*. Publisher: Author.

Herman, J. (2015). *Trauma and recovery: The aftermath of violence – from domestic abuse to political terror*. New York, New York: Basic Books.

Hoffman-Fox, D. (2017). *You and your gender identity: A guide to discovery*. New York, NY: Skyhorse Publishing.

Jergensen, K. (2017), Practice what you preach: An exploration on DBT therapists personal skill utilization in burnout prevention. *Clinical Social Work Journal*, DOI: 10.1007/s10615017-0633-6

O'Haire, M. E., Guérin, N. A., & Kirkham, A. C. (2015). Animal-Assisted Intervention for trauma: A systematic literature review. *Frontiers In Psychology*, 6, 1-13.

Testa, R. J., Coolhart, D, & Peta, J. (2015). *The gender quest workbook: A guide for teens & young adults exploring gender identity*. Oakland, CA: New Harbinger Publications.

van der Kolk, B. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. New York, New York: Penguin Books.

Weathers, F. W., Litz, B. T., Keane, T. M., Palmieri, P. A., Marx, B. P., & Schnurr, P. P. (2013). The PTSD Checklist for DSM-5 (PCL-5) –LEC-5 and Extended Criterion A [Measurement instrument]. Available from <http://www.ptsd.va.gov/>

The Trevor Project <https://www.thetrevorproject.org/>

The Gender Unicorn <http://www.transstudent.org/gender>

Family Acceptance Project <https://familyproject.sfsu.edu/publications>