

MHPN Webinar: Caring for young people with gender dysphoria



List of Panel Suggested Supporting Resources

Professional resources

Association for Lesbian, Gay, Bi-Sexual, Transgender Issues in Counselling website has several competency documents for counselling

<http://www.algbtic.org/competencies.html>

Substance Abuse and Mental Health Services Administration, A Practitioner's Resource Guide: Helping Families to Support Their LGBT Children. HHS Publication No. PEP14-LGBTKIDS. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014.

<https://store.samhsa.gov/shin/content/PEP14-LGBTKIDS/PEP14-LGBTKIDS.pdf>

Parent support groups

Transcend

www.transcendsupport.com.au

Gender help for parents

<http://www.genderhelpforparents.com.au/>

Parents of gender diverse children

<http://www.pgdc.org.au/>

Support groups for young people

Minus 18

<https://minus18.org.au/>

Youth led organisation for GLBTI

YGender

<https://ygender.org.au/>

YAK

<http://www.fpv.org.au/courses/sexuality-support-services-for-lgbti-youth-in-a-group-setting?section=community-organisations>

GLBTI or not sure social group for young people 12-25 years

Free 2 Be Me Knox & Emerge; Same Sex Attracted & Gender Diverse (SSAGD) Knox

http://www.knox.vic.gov.au/Page/Page.aspx?Page_Id=254

Rainbow Connections is a Youth Group for GLBTIQ/ Gender Diverse children
Under 12 years of age - Mornington Peninsula
Contact: Wayne 0451 631805 or Celeste 0419 249727

Community information and support services

Australia wide

Headspace

<https://headspace.org.au/headspace-centres/>

Victoria

Child and Adolescent Mental Health Services (CAMHS)

<http://www.health.vic.gov.au/mentalhealthservices/ind>

Geelong Adolescent Sexuality Project (GASP)

<http://www.gaspgeelong.net.au/>

Geelong - telephone 5272 4688

Diversity Project Greater Shepparton (Uniting Care Cutting Edge)

<https://www.kildonan.org.au/programs-and-services/child-youth-and-family-support/diversity-project/>

Peninsula Pride

<http://www.peopleproject.org.au/>

Frankston (03) 9769 6419

Way Out Wodonga

http://gatewayhealth.org.au/index.php?option=com_content&view=article&id=102:way-out-wodonga&catid=33:young-people&Itemid=106

Telephone (02) 6022 8888

Queerspace

<http://ds.org.au/our-services/queerspace/>

PH: (03) 9663 6733

Transgender Victoria

<http://www.transgendervictoria.com/>

ACT

A Gender Agenda

<http://genderrights.org.au/>

(02) 6162 1924 (ACT)

A Gender Agenda (AGA) is a unique community organisation actively engaged in increasing public awareness and understanding of sex and gender diversity issues. In addition to training and education, we provide advocacy and support services, information and resources and are actively engaged in human rights and law reform.

Education, sport and other information links

Victoria

The Safe Schools Coalition

<https://sscv.org.au/>

Working on making schools safe for same sex attracted and sex and gender diverse students.

Transgender and sport

http://www.glhv.org.au/sites/www.glhv.org.au/files/Transgender_people_and_sport_Guideline%202015.pdf

ZBGC Youth Project

<http://www.zbgc.com.au/projects/zbgc-youth-project/>

Australia wide

Australian Psychological Society. (2016). Information sheet: Australian Psychological Society recommends mental health practices that affirm transgender people's experiences. Melbourne: APS. Available at: <https://www.psychology.org.au/Assets/Files/Info-Sheet-Transgender-affirmation-extended-version.pdf>

A Gender Agenda.

Navigating diversity: Information for transgender, Intersex and gender diverse communities and service providers

<http://genderrights.org.au/sites/default/files/u9/AGA%20InfoPack%202014.pdf>

Gender Questioning booklet

<http://www.glhv.org.au/files/GQv3.pdf>

A booklet that explores concepts around gender diversity for those who are questioning their gender identity or what it means to be gender diverse

The Gender Fairy

<http://www.thegenderfairy.com/>

Helpful book for children

Kids health info for parents

<http://www.rch.org.au/kidsinf>

Navigating the stage 2 process

<http://www.transcendsupport.com.au/wp-content/uploads/2015/04/Legal-toolkit-1.pdf>

A legal toolkit for parents of transgender children

Update personal details on Medicare card

<https://www.humanservices.gov.au/customer/enablers/updating-your-personal-details-medicare-card>

Application for Australian travel document

<https://www.passports.gov.au/passportsexplained/theapplicationprocess/eligibilityoverview/Pages/changeofsexdoborpob.aspx>

International

GIRES -UK based, "Gender Identity Research and Education Society"

<http://www.gires.org.uk/>

Information for trans people, their families and the professionals who care for them

Supporting and Caring for Transgender Children

<http://www.rch.org.au/uploadedFiles/Main/Content/adolescent-medicine/SupportingCaringforTransChildren%20%20American%20Academy%20Paediatrics.pdf>

American Academy Paediatrics

Substance Abuse and Mental Health Services Administration, Ending Conversion Therapy: Supporting and Affirming LGBTQ Youth. HHS Publication No. (SMA) 15-4928. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2015. At <http://store.samhsa.gov/shin/content/SMA15-4928/SMA15-4928.pdf>

Journal articles

Crystal Boza & Kathryn Nicholson Perry (April 2014). Gender-Related Victimization, Perceived Social Support, and Predictors of Depression Among Transgender Australians. DOI 10.1080/15532739.2014.890558 at <http://www.tandfonline.com/doi/abs/10.1080/15532739.2014.890558?journalCode=wijt20&>

Riggs, D.W. & Due, C. (2015). Support experiences and attitudes of parents of gender variant children. *Journal of Child and Family Studies*, 24, 1999-2007. Available

at: <http://www.genderidentityaustralia.com/blog/wp-content/uploads/2013/06/Gender-Variant-Children.pdf>

Riley, E.A. (2015). Adolescent Gender Diversity Assessment: An In-depth Collaborative Conversation. *Journal of Child Adolescent Behaviour*

<http://www.esciencecentral.org/journals/adolescent-gender-diversity-assessment-an-indepth-collaborativeconversation-2375-4494-1000241.php?aid=60241>

Young Adult Psychological Outcome After Puberty Suppression and Gender Reassignment

Annelou L.C. de Vries, Jenifer K. McGuire, Thomas D. Steensma, Eva C.F. Wagenaar, Theo A.H.

Doreleijers, Peggy T. Cohen-Kettenis. *Pediatrics*. September 2014

<http://pediatrics.aappublications.org/content/early/2014/09/02/peds.2013-2958>

Atkinson, S. & Russell, D. (2015) Gender dysphoria. *Australian Family Physician* Vol 44. No. 11 pages 792-796

<http://www.racgp.org.au/afp/2015/november/gender-dysphoria/>

Transformation of health-care and legal systems for the transgender population: The need for change in Australia Michelle Telfer, Michelle Tollit, and Debi Feldman. *Journal of Paediatrics and Child Health* (2015) Vol 55 Issue 11. <http://onlinelibrary.wiley.com/doi/10.1111/jpc.12994/pdf>

Terryann C. Clark, Mathijs F.G. Lucassen, Pat Bullen, Simon J. Denny, Theresa MN. Fleming, Elizabeth M. Robinson, Fiona V. Rossen. The Health and Well-Being of Transgender High School Students: Results From the New Zealand Adolescent Health Survey (Youth'12) July 2014 Volume 55, Issue 1, Pages 93-99

[http://www.jahonline.org/article/S1054-139X\(13\)00753-2/abstract](http://www.jahonline.org/article/S1054-139X(13)00753-2/abstract)

Tranznation: A report on the health and wellbeing of transgendered people in Australia and New Zealand by Couch, M., Pitts, M., Mulcare, H., Croy, S., Mitchell, A., and Patel, S. (2007)
http://www.glhv.org.au/files/Tranznation_Report.pdf

Jones, T. Researching and Working for Transgender Youth: Contexts, Problems and Solutions. Social Sciences. Australian Research Centre in Sex, Health and Society, La Trobe University, Melbourne 3000, Australia; tiffany.jones@latrobe.edu.au; Tel.: +61-039-479-8773 at
http://www.mdpi.com/search?q=&authors=tiffany+jones&article_type=&journal=socsci§ion=&special_issue=&volume=&issue=&number=&page=&search=Search

Kuyper, L., & Wilsen, C. (2014) Gender Identities and Gender Dysphoria in the Netherlands. Archives of Sexual Behaviour. Feb; 43 (2): 377-85 at
<https://www.ncbi.nlm.nih.gov/pubmed/23857516>

Shields, J.P., Cohen, R., Glassman, J.R., Whitaker, K., Franks, H. & Bertolini, I. (2013). Estimating population size and demographic characteristics of lesbian, gay bisexual, and transgender youth in middle school. Journal of Adolescent Health. Feb; 52(2): 248-50. At <https://www.ncbi.nlm.nih.gov/pubmed/23332492>

Van Caenegem, E., Wierckx, K., Elaut, E., Buysse, A., Dewaele, A., Van Nieuwerburgh, F., DeCuypere, G., TiSjoen, G. (2015) Prevalence of Gender Nonconformity in Flanders, Belgium. Archive Sexual Behaviour. Jul;44(5):1281-7 at <https://www.ncbi.nlm.nih.gov/pubmed/25588709>

Books for Children:

Jacob's New Dress by Sarah & Ian Hoffman

Red; A Crayon's Story by Michael Hall

When Kayla was Kyle by Amy Fabrikant

When Kathy was Keith by Wallace Wong. R. Psy

B in the World by Sharon Mentika

Annie's Plaid Shirt by Stacey B. Davids