

Pediatric Psychiatry ECHO®

Session 14 Notes and Resource Sheet



March 1, 2023

DIDACTIC PRESENTATION

Home and Community Treatment (HCT)

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[Recording](#)

[Presentation Slides](#)

CASE SUMMARY

We explored the case of a 17yo transitioning male whose overall anxiety is improving as he is taking control of his own care, including hormone therapy.

KEY QUESTION(S)

- How to support and educate myself and patient now that he is going forward with hormone therapy?
- How can I support him in completing school, finding the right counselor, procuring a driver's license and transportation?

CLARIFYING QUESTIONS

Is the mother using preferred pronouns?	<i>Yes, she is (but sometimes this is as far as she goes – limited involvement to support in appointments)</i>
Is the patient on track to graduate?	<i>Unsure, he currently only has 2-3 classes, and has had to drop some classes because attendance was so bad. Plan to reach out to the school to ask.</i>
Does he have any contacts or peers, anyone he is close to that also connects to the LGBTQ club?	<i>No, he doesn't feel like he fits in, it seems to be a popularity thing to him. Most of his friends or social contacts are from the online gaming community.</i>
The Prozac seems to be helping, do you get the sense that they may be willing to bump up the dose if need be?	<i>Yes, he has recently shown that he is taking more control of his healthcare, there has been an increase in confidence with the Prozac, and moods seem improved as well.</i>
Does he have any plans post graduation?	<i>Unsure, he still has 1 more year of high school. The gender transition treatment has been the primary focus of visits.</i>
Do you know what his priorities are? Have you asked directly?	<i>Have not asked directly, but he has spoken a lot about hormone treatment and top surgery. Next f/u appointment is in May, will ask then.</i>

KEY RECOMMENDATIONS:

Excellent Job sticking with this family. Keep working on the therapeutic relationship. You have seen this youth through several stages of development, which is so important. Especially since there is a lack of counselors specializing in transgender support.

[Maine Integrated Youth Health Study](#) (MIYHS) data shows that middle and high school students who identify as trans have doubled between 2019 and 2021. Yet, it is crucial for him to have a therapist that is competent in gender issues and will take some research.

- LGBTQ Resources in Maine: <https://umaine.edu/lgbtq/resources-and-services/lgbt-resources-in-maine/>
- <https://www.mainetrans.net>: offers community navigators to help find services for youth and a way to build a community of support, with groups that are facilitated and guided by an adult.
 - Recommend the MaineTransNet Discord channel for community building, which may be especially relatable for this age group that already use [Discord](#) to communicate with their gaming friends.

Remain hopeful. Similar patients have been successful in getting top surgery.

- The process is lengthy and involves continuous follow through on appointments.
- Includes getting letters of support from the pediatrician and counselor.

Trans masculine patients should be having the contraception discussion just as with cis female patients.

- We know that LGBTQ youth are at a higher risk of assault and involvement in non-consensual.
- Re-visit menstrual suppression, or just contraception to prevent pregnancy.

Talk about school and priorities beyond surgery.

- Consider connecting with school. Get a release and determine what exactly is on the IEP or 504 plan.
- Consider alternative school options for this patient.
 - Wayfinder Schools Alternative Education Program: <https://www.wayfinderschools.org/our-passages-program>
 - [Midcoast Youth Center](#): assists those seeking to earn their HiSET™ or Adult High School Diploma.

Offer options to ease transportation barriers.

- The Midcoast Youth Center also offers a program to assist youth with getting their driver's license.
- Local public transportation: www.brunswicklink.org
- MaineCare covers Non-Emergency Transportation (NET) for eligible members. You may get a ride to your MaineCare-covered appointment or have your ride reimbursed by MaineCare.
 - <https://www.maine.gov/dhhs/oms/member-resources/transportation>

Recommend the annual Beyond the Basics Conference, which is in-person on 3/10/23. There will be a breakout session regarding trans youth with keynote speaker, Gia Drew, a trans educator and the current Executive director of Equality Maine.

- Register: <https://www.namimaine.org/beyondthebasics>

You may always reach out for a consult through the MPBHP access line 1-833-672-4711.