



Government of **Western Australia**
North Metropolitan Health Service
Mental Health, Public Health and Dental Services



Gender PATHWAYS Service

The Gender Pathways Service (GPS) aims to support gender diverse youth by increasing access to gender-affirmative health care within the WA public mental health system.

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Gender Pathways Service



Gender Pathways Service - Snapshot

What is the GPS?

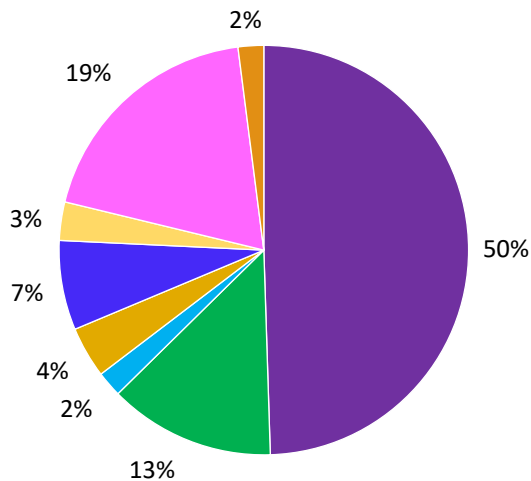
- Free service for 17-24 year old gender diverse youth across Western Australia
- Safe place to explore gender affirming medical treatment/s
- Collaborative decision making process regarding hormone treatment and/or surgery
- Referrals and support to navigate medical transition
- Specialist consultation, training, community and resource development
- Senior Clinical Psychologist (0.5 FTE)
- # sessions: 4 session average (Range: 1-13 sessions)

Who is accessing GPS?

- 172 referrals since Dec 2017
- Average age: 19 years old
- 63% assigned female at birth
- 11 Aboriginal Torres Strait Islander young people
- Reason for referral
 - 72 % hormone treatment
 - 27% hormone treatment and surgery
 - 3% chest surgery

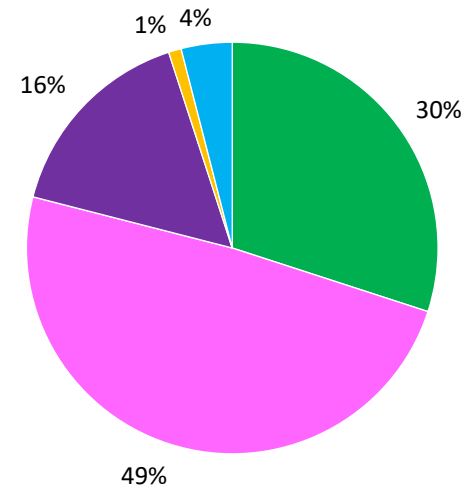
REFERRAL SOURCE

- GP
- Self
- Private MH
- Support Service
- GDS
- YMH
- Community MH/DOA
- Other

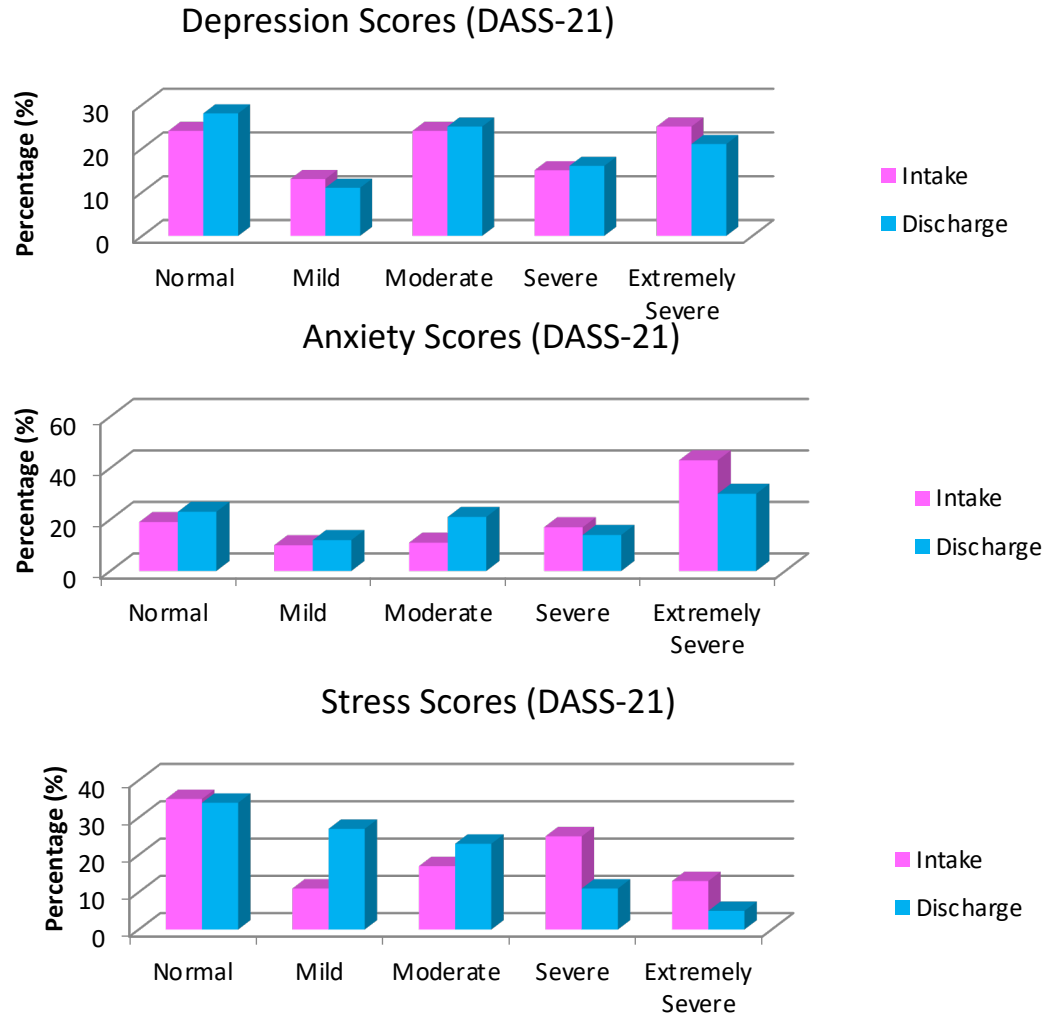


GENDER IDENTITY

- Female/Trans female
- Male/Trans male
- Gender Non-Binary
- Other
- Questioning



Mental Health – DASS-21



Observed a trend for reduction in severity of self-reported symptoms of depression, anxiety, and stress at the end of treatment.

Learnings and Reflections

Consumer Feedback

- “I was taken seriously and received proper help” (Gender Non Binary, 20yo)
- “The acceptance, patience and understanding has been exceptionally beneficial for my own acceptance of myself” (Trans male, 21yo)
- “It was approached with no doubt in me. A lot of people ask me if I'm sure, or otherwise question the validity of my choices. People here didn't” (Trans masculine, 18yo)

What can services do to help LGBTQI youth?

- Create a welcoming environment through:
 - Inclusion of gender identity and pronouns on your intake forms.
 - Representations of LGBTQI+ people in posters, books, brochures etc.
 - Visible LGBTQI+ flags (e.g. flag pins, stickers, posters).
 - Option for gender neutral toilet/s.
- Respectfully ask about gender and sexuality:
 - This signals acceptance and lets the young person know this is something they can talk to you about, if desired.
 - Ask for chosen name and pronouns (both privately and publically) and use them as guided by the young person.
 - If relevant, explain in what situations a legal name will need to be used (e.g. official medical records).
- Ensure that all staff receive ongoing training on LGBTQI+ inclusive practices – if you are going to signal that you are an inclusive space then you must be a safe and informed space.



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