

Provincial Updates 2012 - New Brunswick - Josie Harding

August 14 2012

1. The information you provide pertains to which province or territory?

Province or territory

Please select

NB

2. Indicate today's date

Month

Day

Year

Please select

August

14

2012

3. First and last name

Josie Harding

4. Trans-related affiliation (e.g.: GP serving the trans communities, civil rights advocate or lawyer, social worker, surgeon, member of an advocacy group, mental health professional, gender studies student, etc...)

Trans Advocate, Transitional coach, NB trans yellow pages

5. Do GPs accept trans patients?

Yes

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6. If your answer above is positive, are GPs willing to initiate hormone treatment?

No

7. If your answer above is positive, are those services provided in...

No Response

8. Are there GPs who specialize in trans health care?

No

9. If your answer above is positive, are those services provided in...

No Response

10. If your answer is negative, where are trans clients referred?

GPs are essential for the medical transition process as they need to give a referral, along with a Psychological referral, to an Endocrinologist. The GPs referral is vital to the Endocrinologist as to be able bill provincial Healthcare for the appointments.

11. Is there trans health training offered to health professionals interested in trans health?

No

I am hoping to get CPATH involved to do some training here. Finding interested professionals, enough to make up a training session, is still in the works

12. Is there a "community of practice" of health professionals (by that we mean the health professionals serving trans communities getting together to exchange referrals, knowledge and support)?

No

13. Are the following health professionals seeing trans clients/patients?

	Yes	No
Psychiatrists	X	
Psychologists	X	
Counselors		X
Social Workers		X

Comments:

14. If yes, how many of these professionals see trans clients/patients? (approx. is OK)

Psychiatrists - 1

Psychologists - 2

15. If yes, is it privately or publicly funded?

	Private pay	Public pay
Psychiatrists		X
Psychologists	X	
Counselors		
Social Workers		

Comments:

16. If yes, is there a yearly quota imposed by the health ministry on how many clients/patients will be covered, if so, how many?

No Response

17. Do these professionals write letters of support for hormone therapy or surgery?

Yes

18. Are Surgical Reassignment Surgeries performed in your province?

	Yes	No
Mastectomy with chest contouring		X
Mastectomy without chest contouring		X
Hysterectomy		X
Oophorectomy		X
Metaoidioplasty		X
Phalloplasty		X
Breast augmentation		X
Tracheal shaving		X
Facial feminization		X

Penectomy	X
Orchiectomy	X
Vaginoplasty	X

Comments:

19. If yes, are these surgeries privately or publicly funded?

	Private pay	Public pay
Mastectomy with chest contouring	X	
Mastectomy without chest contouring	X	
Hysterectomy	X	
Oophorectomy	X	
Metaoidioplasty	X	
Phalloplasty	X	
Breast augmentation	X	
Tracheal shaving	X	
Facial feminization	X	
Penectomy	X	
Orchiectomy	X	
Vaginoplasty	X	

Comments:

20. If SRS are publicly funded, are there clients sent out of province or country for their surgeries, which ones?

	Yes	No
Mastectomy with chest contouring		X
Mastectomy without chest contouring		X
Hysterectomy		X
Oophorectomy		X
Metaoidioplasty		X
Phalloplasty		X
Breast augmentation		X
Tracheal shaving		X
Facial feminization		X
Penectomy		X

Orchiectomy	X
Vaginoplasty	X

Comments:

21. If SRS are publicly funded, and clients/patients wish to go out of province or country, is this permitted?

	Yes	No
Mastectomy with chest contouring		X
Mastectomy without chest contouring		X
Hysterectomy		X
Oophorectomy		X
Metaoidioplasty		X
Phalloplasty		X
Breast augmentation		X
Tracheal shaving		X
Facial feminization		X
Penectomy		X
Orchiectomy		X
Vaginoplasty		X

Additional comments?: All trans* surgeries are not covered even though several skilled, publicly funded doctors in the province are able to preform some them (for example : hysterectomy, mastectomy without chest contouring,). The province leaves trans* people on the hook to pay for all procedures, and all but a private clinic breast augmentation has to be done by doctors outside the province.

22. If SRS are publicly funded, is there a yearly quota imposed by the health ministry on how many surgeries will be covered, if so, how many?

No Response

23. Do trans patients/clients have access to post-surgery (SRS) care?

	Yes	No
GPs	X	
Emergency room		X
Urologist		X
Gynecologist		X
Surgeon		X

Comments:

24. Are there endocrinologists seeing trans patients?

Yes

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25. Where are endocrinological referrals sent if not available in your province?

No Response

26. Are there speech therapists seeing trans patients?

	Yes	No
FTM		X
MTF		X

Comments:

27. If your answer above is positive, is the service private pay or is it publicly funded?

No Response

28. Are there health professionals accepting referrals for gender independent (gender non-conforming) children and adolescents?

Yes

1

29. Are puberty blockers being prescribed?

	Yes	No
GPs		X
Pediatric Endocrinologists	X	

Comments?: I am aware of one such child, with mothers help, who found very little help in the medical community in their quest. Neither the family doctor nor the several pediatricians they visited had any help to offer. I was contacted by them and referred them to a Trans* friendly Psychologist. From there that child has begun a blocking regimen from the Endocrinologist that Psychologist always sends her clients too.

30. Are there health care professionals who treat trans patients (children or adults) with reparative (or corrective) therapy?

No

31. Is electrolysis for transwomen privately or publicly funded?

Privately

32. Are hormone readiness assessments provided?

Yes

33. If hormone readiness assessments are available, are they provided in

Urban setting?

[Redacted area]

34. If hormone readiness assessments are available, what is the protocol used?

Other

There are no informed consent providers (as in SOC v7) and all Endocrinologists require Psychological referral. It still takes at least 3 sessions to get the referral I have found and 6 months to a year for the first Endocrinologist meeting. There is one Endo who seems to be quicker to get into see, but he seems to like prescribing MtoF trans* people low dose birth control pills instead of proper HRT.

35. If hormone readiness assessments are available, how many health professionals provide them? (Approx. number OK)

2

36. If hormone readiness assessments are available, is RLE required?

No

37. If hormone readiness assessments are available, are there any specific public insurance requirements?

No

(maybe?) Our one public Psychiatrist usually requires about 14 to 18 months for hormone referrals to be written. He usually requires a secondary therapist to do a private Psychological evaluation in the middle of the year and then meet back with him after. All other referrals are done by private Psychologists and much quicker

38. If hormones readiness assessments are available, who provides them?

Psychologist?

Psychiatrist?

39. Are SRS readiness assessments provided?

Yes

40. If SRS readiness assessments are available, are they provided in

Urban Setting?

41. If SRS readiness assessments are available, what is the protocol used?

Other

Assessments seem to need to be written as per the performing surgeon's requirements. As of early 2012 for example, Montreal's clinic required SOC v6 requirements for referrals.

42. If SRS readiness assessments are available, how many health professionals provide them? (Approx. number OK)

2

43. If SRS readiness assessments are available, is RLE required?

Yes

Again, it was the surgeons requirement more than the professionals referring. For example 1 year minimum was required by Montreal for vaginoplasty.

44. If SRS readiness assessments are available, are there any specific public insurance requirements?

No

45. If SRS readiness assessments are available, who provides them?

Psychologist?

Psychiatrist?

46. Are there trans peer support groups in your province?

Yes

Moncton Transgender Peer Support Group. Offers support to all trans* identified persons. Friends, Family, and allies are welcome as well. We meet in Moncton once a month. Contact (me) Josie Harding - Group Moderator at be_tgmoncton@live.com E-mailing the address above, using the word "transgender" in the subject line, your address gets added to a distribution list and notice of the meetings come via BCC e-mail. This seems the safest way for members.

47. Are these support groups professionally led or volunteer (non-professionally) led?

	Yes	No	
Professionals			X
Volunteers	X		

If yes, please share the name/s of the group/s and their contact info/website:

48. Are there support groups for gender independent (gender non-conforming) youth?

No

the Moncton trans* group is open to all ages but it is not specifically for youth. Would love to see that expand. There are GSAs at local high schools that may offer help as well.

49. Are these support groups professionally led or volunteer (non-professionally) led?

	Yes	No	
Professionals			X
Volunteers	X		

Comments:

50. Are there support groups for gender independent (gender non-conforming) children?

No

same as # 48. I help everyone I can, but support groups for children in NB are non existent. I've only been in contact with one child under 12.

51. Are these support groups professionally led or volunteer (non-professionally) led?

	Yes	No	
Professionals			X
Volunteers			X

Comments:

52. Is there support for families and loved ones?

No

53. Are these support groups professionally led or volunteer (non-professionally) led?

	Yes	No	
Professionals			X

Volunteers

X

Comments:

54. Are there advocacy groups for trans human rights In your province?

Yes

No

Grassroots organizations

X

Lawyers organizations

X

If yes, please share the name/s of the group/s and their contact info/website: I'm a lone wolf in it all for the most part. There is no group per se but it has been talked about. It seems trans* people need more support in transition rather than joining an advocacy group. Attempts to "rally troops" have not been received well. I've fought for trans* issues in all sorts of capacities here though. Fighting NB Vital Stats and the Provincial Transportation department for pre-op gender marker changes. Fighting Nationally for reversal of Federal Aeronautics Act changes made by Transport Canada. Others don't seem to get involved the same way. And getting trans* persons to be vocal in an area of fear of being trans* is problematic.

55. Do you have any more comments?

NB has several great professionals doing wonderful work for our community. I think most wait times may be a bit quicker than most other places due to the sheer fact we are a smaller province. More importantly, the current professional community seems adaptive to learn new emerging strategies and techniques which I think will progress client care nicely over time. But its not perfect here by any means. In short, if you do not have a mid to upper middle class budget, do not have access to a car, do not have a family doctor or an trans* understanding one, transition is almost down right impossible in NB. I lost my house, marriage, near all my possessions, my job, and went 10s of thousands in debt here and I am a best case scenario. How insulting? In regards to political issues, NB is an absolute failure. They score a zero in my book. Though they quote "transsexual surgery" as not covered in their provincial Physicians Manual, they Require it under their Vital Statistics Act in order to change gender markers. And worst still, the provincial forms to fill out for marker changes have not been updated since the last century. Does this sound like a concerned government? In all, to deny access and coverage to a surgery, require it in another legal act, and then supply the NB population with no information, no support, and no mention of it coming, sounds to me like the Human Rights Acts very definition of "undue hardship." They even openly financially support, in the millions of dollars, a private university who's policies deny employment to homosexual persons. Our Premier even holds a degree from there...how convenient. Living with bigots, how wonderful. I wish I was a lawyer most days here. Till the province changes their muddy minds, I guess there are folks like me. I have helped dozens of trans* people find care here, making lists of professionals they can choose from from across the Maritimes to help them. Sharing my story, my experience, my knowledge with all who ask for it for free. And yet I can't do this much longer. Recovering from surgery, becoming unemployed 3 weeks postop, with no job prospects here and a mountain of debt, I have no choice but to leave. Well played my birth province, getting rid of the change makers is easier than doing whats morally right. thanks for reading; Josie

56. Is there trans Human Rights legislation being proposed?

No

57. Does your Education Ministry have LGBT anti-bullying policies in public schools?

No

58. Is there legislation that does not follow WPATH SOC v.7 being proposed?

No

59. Can FTM have the sex marker on their birth certificate changed?

Yes

Only after "transsexual surgery" (section 34-1 of the Vital Statistics Act)

60. Can MTF have the sex marker on their birth certificate changed?

Yes

Only after "transsexual surgery" (section 34-1 of the Vital Statistics Act)

61. Can FTM change the sex marker on their driver's license?

Yes

Only after "transsexual surgery" (section 34-1 of the Vital Statistics Act) Once the birth certificate is changed, all other ID can be.

62. Can MTF change the sex marker on their driver's license?

Yes

Only after "transsexual surgery" (section 34-1 of the Vital Statistics Act) Once the birth certificate is changed, all other ID can be.

63. Do you have an positive and ongoing relationship with "political" allies in your provincial legislature?

No

64. Is there other information and data you would have liked to see in this survey? If so, please share:

No Response

65. What are you doing in your province that is successful?

The Moncton Support group; community events, e-mail, phone, social media, and in person support and transition coaching. Mass Media appearances promoting awareness. Working with Universities doing public speaking to students,

66. What are the next steps in expanding accessible competent trans health care in your province?

What has worked is approaching Health Care groups and Private Practices and asking them if they have seen some, how they have been dealing with trans* clients. Also know as cold calling them. Failing that, a class action suit against the province for denial of proper care? (sorry, I'm not sure how else to proceed with such limited trans* community support) Professional led groups advocating change would be better respected here.