



Canadian Professional Association for Transgender Health

Newsletter

VOLUME TWELVE • March 2009

Call for Contributions

What is going on in
your province?

Send us some news!

Next month's feature:

Alberta

Contact: Gail Knudson

Email:

gail.knudson@vch.ca



See you in Oslo!

President's March Report

Sorry to say that we are behind in sending out our membership dues for 2009. By now, you should have received a renewal form by e-mail. Please send in your renewal forms and payment at your earliest convenience as we need to have the membership list up-to-date by the end of April in order to prepare for the Annual General Meeting (AGM). The meeting will be held by video conferencing or web conferencing in late May or early June. Details around the AGM will be announced in the next newsletter.

If you have not yet received a

renewal form or wish to join, there is a membership form attached.

We have received about 20 replies from those interested in attending the satellite meeting. Please let me know at gail.knudson@vch.ca if you are coming if you have not already done so. Happy Spring!

Gail

Gail Knudson
MD, MPE,
FRCPC



Member Spotlight — Dr. Nicola Brown

Dr. Nicola Brown, psychologist, is a researcher with the Central Toronto Youth Services Pride & Prejudice (P&P) team and provides training to service providers looking to better their competency in working with LGBT clients. Adding to P&P's history of producing research-based and community resources about queer and trans youth, Nicola was the lead author for the well-received *Families in TRANSition: A Resource guide for parents of trans youth* (2008). Nicola Brown and Rebecca Hammond are Co-Principle Investigators on a partnership research project called *The Youth Gender Action Project (Y-GAP)*.





Transceptance and CTYS Partner to Enhance Services for the Families of Trans Youth.

Only months after releasing our groundbreaking publication "Families in TRANSition: A guide for the families of trans youth", Central Toronto Youth Services is pleased to announce a new partnership with Transceptance, a peer-support group for the parents of trans youth.

The partnership, which provides space and resources to support the ongoing operation of the Transceptance group, also includes the creation of a new service - the Families in TRANSition Group. Based in the content of the Families in TRANSition (FIT) Guide, the program will provide short-term support and education to parents who are just starting to come to terms with their child's gender.

"It became obvious to us that 'new' parents initially have particular needs. This program will prepare them for the next step, and may be a bridge to the Transceptance group" shares Catherine, Founder and past Facilitator of Transceptance, "The partnership with CTYS will ensure all parents have the support and assistance they need".

As a Children's Mental Health Centre, the partnership is a natural fit with the CTYS mandate. As Executive Director Heather Sproule explains "Sometimes, the best way to

support a young person is to support their parents. Our family work program is one example of that philosophy and I'm proud that CTYS is providing this kind of innovative support and partnership to the parents and families involved in Transceptance."

The demand for services which target the trans community is growing, according to CTYS Researcher and Psychologist Nicola Brown. "We have seen a large increase in referrals of trans youth to our programs" explains Dr. Brown, "one-on-one counseling, the FIT Guide, our Y-GAP Research Project Partnership and this new partnership are some of the ways CTYS is able to contribute to the community. We will continue to look for new and innovative ways to support our young people."

The Families in TRANSition Group will run Tuesdays from 7:00pm to 8:30 pm.

For more information, contact:
Dr. Nicola Brown
Researcher, Pride and Prejudice
Central Toronto Youth Services
Nicola.Brown@ctys.org

416.924.2100

Ext 249





Central Toronto Youth Services (CTYS)

CTYS is a community-based children's mental health centre located at the corner of Church and Wellesley in downtown Toronto. For 35 years, Central Toronto Youth Services has been providing innovative, transformational programming to many of the hardest to serve, most at-risk youth through the Greater Toronto Area, and their families.

In 1985, CTYS' Pride and Prejudice Program became the first organization in Canada to offer counseling services to LGBT youth. Since that time, the Program has offered consulting, training, counseling, group therapy and arts-based programs for queer and trans youth, all free of charge.

Transceptance

Transceptance is a peer-based support group for parents of transgendered and transsexual children. By sharing unique experiences, information and resources we can help our children transition safely. Formed by the mother of a transchild in 2003, Transceptance is a safe space for parents to share information and support regarding the unique experiences and challenges they face, no matter where they are in the 'acceptance' of their children.

Families in TRANSition Guide

Families In TRANSition: A Resource Guide for Parents of Trans Youth is the first comprehensive Canadian publication to address the needs of parents and families supporting their trans children. Families in TRANSition summarizes the experiences, strategies, and successes of a working group of community consultants - researchers, counsellors, parents, advocates as well as trans youth themselves. Families in TRANSition provides the stories of parents and youth along with practical and sensitive parent-to-parent and professional therapeutic advice. This guide was written and published by CTYS (Central Toronto Youth Services) with the support and collaboration of many community members and organizations, especially P-FLAG Toronto (Parents Family and Friends of Lesbians and Gays) and Transceptance (a Toronto support group for parents of trans youth).





RAINBOW HEALTH ONTARIO LGBT PROVIDER DIRECTORY

The Rainbow Health Ontario LGBT Provider Directory is now available online at www.RainbowHealthOntario.ca!

RainbowHealthOntario (RHO) is a new province-wide program that works to improve the health and well-being of lesbian, gay, bisexual and trans people in Ontario through education, research, outreach and public policy. Our mission is to improve access to services and to promote the health of Ontario's lesbian, gay, bisexual and trans communities.

The LGBT Provider Directory features free listings of programs, services and groups as well as individual service providers that have expressed a commitment to providing competent and welcoming care and support to LGBT people in Ontario. It is designed to facilitate and improve access to LGBT health and social services in Ontario by providing a central source of information.

If you are an individual LGBT-positive health or social service provider in Ontario or your organization/group provides an LGBT-positive program or service, we invite you to submit your listing for inclusion in the RHO LGBT Provider Directory.

We encourage you to share this information with your community members, friends and clients across Ontario.

To learn more, please visit: www.RainbowHealthOntario.ca/lgbtHealth/find

SUICIDE RISK AND PREVENTION FOR LESBIAN, GAY, BISEXUAL AND TRANSGENDER YOUTH

Suicide Prevention Resource Center (SPRC) has released *Suicide Risk and Prevention for lesbian, gay, bisexual, and transgender youth*. Written by SPRC staff and reviewed by experts in sexual and gender minority issues, suicide, and suicide prevention, and by youth, this publication addresses the special concerns related to suicide prevention among lesbian, gay, bisexual, and transgender (LGBT) youth. This paper outlines recommendations for helping to reduce suicidal behavior among LGBT youth, and includes a resource appendix and an extensive bibliography.

This new paper may be downloaded from the SPRC site at: http://www.sprc.org/library/SPRC_LGBT_Youth.pdf





Dear Renewing Member:

Enclosed is your Membership Renewal Package. The renewal form consists of 2 pages of membership information. Please read all information carefully before completing your renewal. As you will recall membership fees were free until 2009. Payment of fees to renew your membership will ensure you continue to receive member benefits including access to the online community. Please send your cheque with your renewal form.

Please note:

- Postdated payments are not accepted.
- A late fee is in effect for all renewals received or completed after April 15, 2009. For Full Memberships the late fee is \$10. For all other memberships the late fee is \$5. Unpaid memberships after April 30 will be in default and membership privileges revoked.
- Student memberships must be accompanied by proof of enrollment in a Trans Health related Graduate School Program.

A description of membership categories, privileges and costs is enclosed.

If you have any questions about this year's renewal package, please contact us **before** April 15, 2009.

Best wishes for a healthy and happy 2009,

Julian Young, PhD, RCC
Membership Chair

CPATH Membership Categories

The Association welcomes applications for the following memberships:

- **Full** professional membership is available to professionals working in disciplines such as medicine, psychology, law, social work, counseling, psychotherapy, family studies, sociology, anthropology, speech and voice therapy and sexology. Full membership carries voting privileges within the Association.
- **Organizational** memberships are available at a reduced rate per person.
- **Supporting** membership is available to individuals who do not work in the professional disciplines listed above, but still have an interest in being an active member of the organization. Supporting membership carries no voting privileges.
- **Emeritus** membership is for current members of the Association who have been full members of the Association for the previous three years consecutively and are fully retired, making them eligible for a reduced membership rate. Emeritus members carry full voting privileges within the Association.
- **Student** membership carries no voting privileges, and requires sponsorship and recommendation by a full member along with proof of **current full-time status as a graduate student in a program directly related to transgender health.**
- **Non-Waged** membership carries no voting privileges, and requires proof of **current non-waged activity for an organization directly related to transgender health.**



Membership Benefits

- Discounted registration at the CPATH Annual Conference (discount of \$50 or membership fee, whichever is less)
- Access to the secured online community
- The opportunity to vote for Association Officers and Board members (full members and Emeritus only)

Membership dues cover *January through December of each calendar year, or any portion thereof before October 20th*. Unless otherwise specified, all dues payments received on or after October 20th will be applied to the *following* calendar year.

Please note all names, addresses, phone and fax numbers, email addresses, and affiliations of Association members are listed in the online community contact list. The contact list is only viewable by current members online.





2009 MEMBERSHIP RENEWAL/APPLICATION

January 1, 2009 to December 31, 2009

PLEASE RETURN THIS FORM WITH YOUR PAYMENT

NO LATER THAN APRIL 15, 2009

MEMBERSHIP RENEWALS RECEIVED AFTER APRIL 15th
WILL BE SUBJECT TO A LATE FEE

MEMBERSHIP FEES

Please circle the type of membership you are renewing.

- | | |
|---|----------|
| A. Full Membership – Physician | \$50.00 |
| B. Full Membership – Non Physician | \$35.00 |
| C. Student Membership | \$25.00 |
| Please provide proof of enrollment and name of your program | |
| D. Non-Waged Membership (volunteers) | \$25.00 |
| Please provide name of organization and duties | |
| E. Emeritus | \$25.00 |
| F. Organization Membership (up to 5 members) | \$100.00 |
| G. Supporting Membership | \$35.00 |

Name(s) _____

Organization _____

Mailing Address _____ City _____

Province _____ Postal Code _____

Phone with Area Code: (wk) _____ ext. _____ (hm) _____

Email: _____ please use an email that will allow your colleagues to know who is posting to the online community.

**Please send cheques payable to CPATH to: CPATH membership
#201-1770 Fort Street
Victoria, BC V8R 1J5**