

# GENDER AFFIRMING CARE EDUCATION & RESOURCES

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## CLINICAL GUIDELINES & RESOURCES

### STANDARDS OF CARE

- [WPATH Standards of Care, Version 8](#)
- [TransLine's "Gender Affirming Hormone Therapy: Prescriber Guidelines"](#)

### HORMONE REPLACEMENT THERAPY

- Adult Hormone Dosing
  - [Adult HRT Dosing](#)
- Puberty Blockers & Gender Affirming HRT for Youth
  - [ODCHC Guidelines for Puberty Blockers & Gender Affirming HRT for Youth & Adolescents](#)  
Note: these guidelines were researched and collaborated on by Open Door Community Health providers and clinical support staff
  - [Pediatric Endocrine Society: Clinical Care Guidelines](#)
- [Fertility Resources](#)

## MENTAL HEALTH & SUPPORT LETTERS

- [☰ Local Trans & Queer Friendly Therapists](#)
- [📄 Guidelines for Letters supporting Trans care treatment.docx](#)
- [Crane Center Letter Guidelines](#)
- [☰ EPIC Dot Phrases | Support Letter Templates for Gender Affirming Surgery](#)

## SURGICAL NAVIGATION

- [Surgical Options for Trans Feminine \(MTF\) Individuals](#)
- [Surgical Options for Trans Masculine \(FTM\) Individuals](#)
- Referral Updates (12.13.23)
  - **UCSF:**
    - Facial Feminization Surgery  
Performed by Drs William Hoffman, Jason Pomerantz, P. Daniel Knott, Rahul Seth & Andrea Park
    - Breast Augmentation & Chest (top) Surgery  
Performed by Dr. Esther Kim  
Note: Esther Kim is scheduling into June 2025, BMI requirement below 32. Bottom surgery scheduling into early 2024.
    - Hysterectomy & Oophorectomy  
Performed by Drs Mitzi Hawkins & Gaetan Pettigrew
    - Vaginoplasty, Vulvoplasty, Metaoidioplasty & Scrotoplasty  
Performed by Drs Christi Butler & Gaetan Pettigrew
    - Orchiectomy  
Performed by Drs James Smith, Gaetan Pettigrew & Christi Butler  
  
Note: Voice Therapy/Surgery also available. Phalloplasty expected to launch next year.
  - **Gender Confirmation Center:** Taking PHC if first denied by UCSF
  - **Crane Center:** Not contracted with PHC, but will occasionally coordinate care if denied by UCSF and can do an LoA
  - **Mozaic Care:** <https://www.mozaiccare.net/insurance-1>
  - **Align Surgical:** <https://alignsurgical.com/phalloplasty/>

## EDUCATIONAL CENTERS, SERVICES, TRAININGS & MORE

- [Nation LGBTQIA+ Health Education Center: Learning Resources](#)
- [TransLine | Project HEALTH](#)
- [UCSF Gender Affirming Care Guidelines](#)
- [Del Norte LGBTQ Resource Project](#)
- [Gender Health Training Institute](#)

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## MENTAL HEALTH GUIDELINES & RESOURCES

### ARTICLES

- [Mental Health Considerations with Transgender & Gender Nonconforming Clients](#)

### EDUCATIONAL CENTERS, SERVICES, TRAININGS & MORE

- [National LGBTQIA+ Health Education Center](#): National training and technical assistance to health centers and health care professionals via webinars, learning modules, and collaborative peer learning experiences like [Trans ECHO](#)
- [TransLine | Project HEALTH](#): National online medical consultation service that offers health care providers up-to-date clinical information and individualized case consultation via email

### LOCAL & OUTSIDE COUNSELING RESOURCES

- [Local Trans & Queer Friendly Therapists](#)
- [Queer Humboldt | Mental Health Services](#)
- [The Trevor Project](#)
- [Process Group for OT Therapists | Brilliancy Counseling](#)

### SUPPORT LETTERS

- [EPIC Dot Phrases | Support Letter Templates for Gender Affirming Surgery](#)

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## RESOURCES FOR GENDER DIVERSE FOLX

### COMMUNITY, SUPPORT, YOUTH & FAMILY

- [Eureka Sisters of Perpetual Indulgence](#)
- [Gender Diversity Awareness Network](#)
- [Gender Spectrum](#)
- Gender Talk - <https://www.facebook.com/GenderTalkCC/> or [gendertalkcc@gmail.com](mailto:gendertalkcc@gmail.com)
- [LGBT National Help Center](#)
- [Love Is Respect](#)
- [Outer Space Arcata](#)
- [PFLAG](#)
- [Queer Humboldt](#)
- [Trans Health Now! | National Center for Transgender Equality](#)
- [Transgender Map](#)

## COUNSELING

- [Cal Poly Humboldt Counseling & Psychological Services](#)
- [CR Student Health Center](#)
- [Queer Humboldt: Mental Health Services](#)
- [LOCAL TRANS & QUEER FRIENDLY THERAPISTS](#)
- [Trans Lifeline](#)
- [The Trevor Project](#)

## EDUCATION

- [Mayo Clinic "Gender Dysphoria"](#)
- [Mayo Clinic "Feminizing Hormone Therapy"](#)
- [Mayo Clinic "Masculinizing Hormone Therapy"](#)
- [Mayo Clinic "Pubertal Blockers"](#)
- [Endometriosis: Gendered Pain \(10 Minute Version\)](#)

## GUIDES

- [Fenway Health's "Transgender Health: Injection Guide"](#)
- [Finding Your Voice.pdf](#)
- [Local Sharps Disposal Locations](#)
- [Safer Binding.pdf](#)
- [Safer Tucking.pdf](#)
- [Fertility Resources](#)

## LEGAL

- [Court order to recognize change of gender in California | California Courts | Self Help Guide](#)
  - [Legal Services of Northern California](#)
  - [Transgender Law Center](#)
  - [ID Please: Full Guide to Changing California and Federal Identity Documents](#)
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