



ASPIRE NEWSLETTER SERIES ON RECOMMENDATIONS FOR PROVIDING CARE TO LGBTQ+ PATIENTS AND FAMILIES

ISSUE 8

Treatment Referral

Tips for how to best support LGBTQ+ patients and families:

- ❑ Become familiar with professional and community resources that are tuned in to LGBTQ+ health, wellness, and support.
- ❑ Locate transgender and non-binary (TNB) affirming providers for referral to treatment.
- ❑ Ask patients for their approval before sharing their information with external providers.



For more information and resources, access the AAP clinical guidelines: <https://www.aap.org/en/patient-care/lgbtq-health-and-wellness>

Over half (59%) of youth who are transgender or gender non-conforming endorsed having long-term mental health problems compared with 17% of cisgender youth. This increased risk is because of minority stress related to TNB stigma, not because of being TNB [1]

Patients say that inclusivity means a lot: “I really like what [my current provider] does. They have these kinds of brochures on 10 things to talk about with your doctor if you’re a gay man . . . or a lesbian. So I think having those out there would be very helpful just because it shows they want you to talk about those things if you identify as this.” [2]

World Professional Association for Transgender Health Guidelines for Standards of Care (Version 8): <https://www.tandfonline.com/doi/pdf/10.1080/26895269.2022.2100644>

SOURCES

[1] Rider GN, McMorris BJ, Gower AL, Coleman E, Eisenberg ME. Health and Care Utilization of Transgender and Gender Nonconforming Youth: A Population-Based Study. *Pediatrics*. 2018 Mar;141(3):e20171683. doi: 10.1542/peds.2017-1683.

[2] Fuzzell, L., Fedesco, H. N., Alexander, S. C., Fortenberry, J. D., & Shields, C. G. (2016). “I just think that doctors need to ask more questions”: Sexual minority and majority adolescents’ experiences talking about sexuality with healthcare providers. *Patient Education and Counseling*, 99(9), 1467–1472. <https://doi.org/10.1016/j.pec.2016.06.004>