

# 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"](#)
- [UCSF Transgender Care Guidelines](#)

### 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](#)

### 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

- [Crane Center Letter Guidelines](#)
- [EPIC Dot Phrases | Support Letter Templates for Gender Affirming Surgery](#)
- [Local Trans & Queer Friendly Therapists](#)
- [Medical & Mental Health Support Letter Guidelines & Templates](#)

## SURGICAL NAVIGATION

- [Surgical Options for Trans Feminine \(MTF\) Individuals](#)
- [Surgical Options for Trans Masculine \(FTM\) Individuals](#)
- Referral Updates (as of 1.8.24)
  - **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
    - [Tracheal Shave & Glottoplasty](#)  
Performed by Drs Yue Ma, Clark Rosen & VyVy Young
    - [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 is 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/>

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## MENTAL HEALTH GUIDELINES & RESOURCES

### STANDARDS OF CARE

- [WPATH Standards of Care, Version 8](#)
- [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](#)
- [The National Suicide Prevention Lifeline](#) at 800-273-TALK (8255)
- [Process Group for QT Therapists | Brilliancy Counseling](#)
- [Queer Humboldt | Mental Health Services](#)
- [The Trevor Project](#)

### SUPPORT LETTERS

- [EPIC Dot Phrases | Support Letter Templates for Gender Affirming Surgery](#)
- [Medical & Mental Health Support Letter Guidelines & Templates](#)

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## RESOURCES FOR GENDER DIVERSE FOLX

### ADVOCACY

- [National Black Trans Advocacy Coalition](#)
- [National Center for Transgender Equality \(NCTE\)](#)
- [Trans Latina Coalition](#)
- [Trans People of Color Coalition \(TPOCC\)](#)
- [Trans Women of Color Collective](#)

### COMMUNITY & SUPPORT

- [Eureka Sisters of Perpetual Indulgence](#)
- [Gender Diversity Awareness Network](#)
- [Gender Talk](#) or [gendertalkcc@gmail.com](mailto:gendertalkcc@gmail.com)
- [Humboldt County Safe Sharps Disposal](#)
- [LGBT National Help Center](#)
- [Love Is Respect](#) - 24/7 information, support, and advocacy to folx aged 13 - 26 who have questions or concerns about their relationships
- [Outer Space Arcata](#) - arts and music center that provides nurturing outlets and safe space to the Humboldt community
- [Queer Humboldt](#)
- [Trans Doe Task Force](#) - finds and researches cases of LGBTQ+ missing and murdered persons, especially focusing on unidentified individuals who may have been transgender
- [Trans Health Now! | National Center for Transgender Equality](#)

### 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 \(10 Minute Version\)](#)
- [Point of Pride: How Do I Know If I'm Trans?](#)
- [TransAthlete](#)
- [Transgender Map](#)

### GUIDES

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

→ [Safer Tucking.pdf](#)

## LEGAL

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

## YOUTH & FAMILY

- [Gender Diversity](#) - improves the well-being of children and adults of all gender identities and expression by providing education, increasing awareness, and offering insight
- [Gender Spectrum](#) - helps families, organizations, and institutions increase their understanding of gender to create a gender-inclusive world for all children and youth
- [TransFamilies](#) - runs parent support groups, a trans youth leadership program, special topics groups, and youth support groups, with more programs in development
- [Trans Youth Equality Federation](#) - provides education, advocacy and support for transgender, nonbinary and gender non-conforming children and youth and their families