

TRANS

*resource &
information*

guide



ORANGE COUNTY
2022

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ABOUT THIS GUIDE

On behalf of **Radiant Health Centers**, we are happy to present you with the first edition of the Trans Resource & Information Guide.

This guide is designed to assist you in locating available resources specific to the transgender community in Orange County, CA, and surrounding areas. An attempt has been made to include key agencies and gender affirming support services and information. While we would like this to be a complete listing, we realize that information is always changing, and we welcome feedback about the information presented here.

This guide has been prepared by Radiant Health Centers staff who are also part of the trans community. Our intent is to provide relevant information, while creating a tool that is easy to navigate. **Inclusion in this guide does not constitute an endorsement of the agencies or their services by Radiant Health Centers, or the County of Orange.**

We hope you find the Trans Resource & Information Guide useful. As we continue to spread trans awareness, education, and empowerment, we invite collaborations and suggestions that will further our mission.

If you would like to be included or removed from this guide, please contact the LTC Case Manager, Pau Lagarde at: plagarde@radianthealthcenters.org

FEEDBACK FORM

We are very interested in your feedback, corrections, and updates. Please take a moment to help us make this the best Trans Resource & Information Guide possible. Feel free to copy this page and mail or fax it with any information that might be useful.

ATTN: Pau Lagarde, LTC Case Manager

Radiant Health Centers 17982 Sky Park Circle, Suite J
Irvine, CA 92614

FAX: (949) 809-5779

Please make the following additions or corrections:

from (*optional*):

Name _____ Agency _____

Address _____

Phone () _____ Fax () _____



Healthcare Services

*A special thank you to the UCI Gender Diversity Program team for their support in helping to identify some of these key gender affirming agencies & providers. For a more extensive list of community agencies & providers check out their online spreadsheet here: <https://bit.ly/3MONJdT>

Orange County HRT + Primary Care:

Radiant Health Centers – Radiant Health Centers is an LGBTQ+ medical clinic. The clinic provides a wide range of treatment, testing, and support services. A more recent service addition is hormone replacement therapy (HRT), available to the LGBTQIA2S community.

- **Services Include:** HRT, a range of medical services, including primary care, mental health, family planning, birth control and free HIV/STI testing, and hepatitis C testing, PrEP, PEP and ART.
- **Contact:** (949) 809-8764
- **Address:** 17982 Sky Park Circle, Suite J Irvine, CA 92614
- **Insurance:** Accepts Medi-Cal (CalOptima Community Network)
- **Website:** <https://www.radianthealthcenters.org/>

UCI Gender Diversity Program – The UCI Health Pediatric Gender Diversity Program is an interdisciplinary program dedicated to caring for transgender and gender-expansive children, teens, and young adults up to age 26.

- **Services Include:** patient and family counseling, puberty suppression, gender-affirming hormone therapy, sexual health (PrEP), community connections and support.
- **Contact:** email: genderdiversity@hs.uci.edu or call: 714-56-6025
- **Address:** 101 The City Drive South, Orange, CA 92868
- **Insurance:** Accepts various insurance, including Medi-Cal
- **Website:** <https://sites.uci.edu/genderdiversity/>

UCI Family Health Center – Has locations in Santa Ana and Anaheim.

- **Services Include:** HRT & primary care, among other medical services.
- **Contact:** call 657-282-6355 (Santa Ana) or 657-282-6356 (Anaheim)
- **Insurance:** Accepts various insurance, including Medi-Cal. Sliding scale for uninsured
- **Provider Highlight:** Dr. Dylan Hanami (Anaheim location)
- **Website:** <http://www.ucihealth.org/locations/santa-ana/family-health-center-santa-ana>; or <https://bit.ly/3Gm0Gtx>



Healthcare Services

Catherine M. Garcia, MD | Pavilion Family Physicians – Dr. Garcia is board certified and speaks both English and Spanish. Dr. Garcia is also part of the larger Providence network including: Mission Heritage Medical Grp and Affiliated Physicians; St. Joseph Heritage Medical Grp and Affiliated Physicians; St. Jude Heritage Medical Grp and Affiliated Physicians.

- **Services Include:** HRT and primary care
- **Contact:** 714-547-5404
- **Address:** 1140 W. La Veta Ave, Suite 700 Orange, CA 92868
- **Insurance:** Accepts various types of insurance
- **Website:** <https://pavilionfamilyphysicians.com/>

The CHOC Gender, Puberty and Sex Development Program – The GPS program offers comprehensive medical, psychological and support services to children and teens with non-conforming gender expression, genetic variations in the X and Y chromosomes, and those with differences in genital development.

- **Services Include:** HRT, puberty suppression, psychology & social services
- **Contact:** 888-770-2462
- **Address:** CHOC Clinic 1201 W. La Veta Ave, Orange, CA 92868
- **Insurance:** Accepts various types of insurance
- **Website:** <https://www.choc.org/programs-services/endocrinology-diabetes/gender-puberty-sexual-development-program/>

Metamorphosis Medical Center – Dr. Kristen Vierregger and her Staff at Metamorphosis Medical Center serve the Transgender, Non-binary, Gender-expansive, and gender-diverse community in Orange County. They are an informed consent clinic. No letter from a therapist is required. Must be 18 years or older or have your parent's consent to start treatment.

- **Services Include:** HRT, telehealth, tattoo removal, electrolysis & more
- **Contact:** 714-484-8000
- **Address:** 8081 Stanton Ave Ste. 300 Buena Park, CA 90620
- **Insurance:** With the exception of Kaiser, your insurance will cover lab work and most medications. Currently, they do not accept insurance for office visits. They accept cash, debit, or credit. Fees vary.
- **Website:** <https://metatranshormone.com/>

Healthcare Services

Priya K. Shah, MD | Endocrinology Medical Grp of OC – Comprehensive endocrine care. They serve the endocrine needs of Orange and Riverside counties. All physicians are specialty trained and certified in endocrinology, diabetes, metabolism, and internal medicine.

- **Services Include:** HRT, preventative care, family planning & more
- **Contact:** 714-771-5700
- **Address:** 725 W. La Veta Ave Unit 220, Orange, CA 92768
- **Insurance:** Accepts various insurance, including Medi-Cal
- **Website:** <https://endomedgroupoc.com/>

Genesis New Beginning – Comprehensive Care Clinic.

- **Services Include:** HRT, primary & urgent care, substance use program, mental health/psychiatric care, free STD testing and more.
- **Contact:** 714-375-3795 or 714-409-3786
- **Address:** 17822 Beach Blvd, Suite 278 Huntington Beach, CA 92647
- **Insurance:** Accepts various insurance. Medi-Cal is accepted for the substance use and therapy services only. Offers sliding scale options.
- **Website:** <https://endomedgroupoc.com/>

Gabrielle O'Connor, MD – Dr. O'Connor is an endocrinologist in Laguna Beach, CA and is affiliated with Hoag Memorial Hospital Presbyterian. Affiliated locations include: Mission Hospital, Laguna Beach and Providence Mission Hospital Mission Viejo.

- **Services Include:** HRT, preventative care, family planning & more
- **Contact:** 949-499-5338
- **Address:** 31852 Coast Highway, Suite 202 Laguna Beach, CA 92651
- **Insurance:** Accepts various insurance
- **Website:** <https://bit.ly/3LNpATR>

Kaiser Permanente – To choose or change doctors, browse their online profiles by region on the Kaiser website, or call member services in your area.

- **Services Include:** HRT, primary & urgent care, mental health & more
- **Contact:** 323-857-3818 (Trans care line) or 800-464-4000 (Benefits)
- **Address:** Various locations throughout Orange County, CA
- **Insurance:** Accepts Kaiser insurance
- **Provider Highlight:** Herbert P. Scherl, DO; Michael A. Olerich, MD; Cambria L. Kang, MD (OBGYN)
- **Website:** <https://k-p.li/3sXjnOm>; or <https://k-p.li/3wX7Y3T>; or <https://k-p.li/3NDdldW>; or <https://k-p.li/38njQma>

Healthcare Services

Out of County HRT + Primary Care:

Elana Craemer, MD | MemorialCare Medical Group Long Beach – Dr. Craemer has a special interest in reproductive health and LBGQT care and strives to work together as a team with her patients to help improve their health. She is also fluent in Spanish and loves to build strong relationships with her patients and their families.

- **Services Include:** HRT, preventative care, family planning & more
- **Contact:** 562-933-0050
- **Address:** 450 East Spring St. Suite 1 Long Beach, CA 90806
- **Insurance:** Accepts most major HMO, PPO, EPO and POS
- **Website:** <https://www.memorialcare.org/providers/elana-craemer>

APLA Health – Has various locations (LA & Long Beach)

- **Services Include:** HRT, primary care, sexual health, HIV care & more
- **Contact:** 562-247-7740 (Long Beach) or hello@apla.org
- **Address:** 1043 Elm Ave, Suite 302 Long Beach, CA 90813
- **Insurance:** Accepts various insurance, including Medi-Cal. Sliding scale for uninsured.
- **Website:** <https://aplahealth.org/>

UCLA Gender Health Program – They believe in providing access to high-quality, science-driven health care to all patients.

- **Services Include:** HRT, primary care, sexual health, HIV care & more
- **Contact:** 310-267-4334 or genderhealth@mednet.ucla.edu
- **Address:** 757 Westwood Plaza Los Angeles, CA 90095
- **Insurance:** Accepts some insurance
- **Website:** <https://www.uclahealth.org/gender-health/default.cfm>

Borrego Stonewall Medical Center – Borrego Health provides high quality, comprehensive medical and dental care, regardless of their ability to pay. They serve communities and regions with respect and cultural sensitivity as a medical and dental home and safety net for essential health care and social services.

- **Services Include:** HRT, primary care, COVID vaccine, dental & more
- **Contact:** 760-507-3310 or kkomada@borregohealth.org
- **Address:** 68555 Ramon Road Cathedral City, CA 92234
- **Insurance:** Accepts some insurance, including IEHP
- **Website:** <https://www.daphealth.org/lgbtq-care/>

Healthcare Services

Eisenhower Health – Health services cover a broad range of clinical expertise, new technologies and state-of-the-art facilities which they have divided into the following categories: Diseases and Treatments, Emergency Department, Urgent Care, Inpatient Services and Outpatient Services.

- **Services Include:** HRT, primary care, sexual health (PrEP) & more
- **Contact:** 760-340-3911 or 7760-773-1460
- **Address:** Physicians are located at several Eisenhower locations across the valley, including Palm Springs, Cathedral City, Rancho Mirage and La Quinta - CA.
- **Insurance:** Accepts some Medicare plans, PPO
- **Website:** <https://eisenhowerhealth.org/health-services/other-health-services/lgbt-community-support/>

Transgender Health Services – Patients receive quality care through a direct and long-term relationship with their chosen provider and health care team.

- **Services Include:** HRT, primary care, vision, dental & more
- **Contact:** 619-255-7743 or transhealth@fhcsd.org
- **Address:** San Diego (multiple locations)
- **Insurance:** Accepts most Medi-Cal
- **Website:** <https://transhealthsd.org/>

Johanna Olson, MD | Children’s Hospital LA – Medical Director, The Center for Trans Youth Health and Development. Board certified in Pediatrics and Adolescent Medicine.

- **Services Include:** HRT, pediatrics, adolescent medicine, HIV
- **Contact:** 323-361-2153; jolson@chla.usc.edu
- **Address:** 5000 Sunset Blvd. 4th Floor Los Angeles, CA 90027
- **Insurance:** <https://www.chla.org/billing-and-insurance-paying-care>
- **Website:** <https://www.chla.org/profile/johanna-olson-kennedy-md>

Plume – Gender-affirming hormone therapy from your phone (virtual). A company for trans people, by trans people. No letters required to access care.

- **Services Include:** HRT, telehealth, support groups
- **Contact:** Message the trans-led care team any time via the Plume app
- **Address:** Virtual – Online
- **Insurance:** Monthly membership. \$99 a month + cost of medications
- **Website:** <https://getplume.co/>

Mental Health Services

Orange County Mental Health:

Radiant Health Centers – Counseling and mental health services for Orange County’s LGBTQ+ Community and those living with HIV.

- **Services Include:** Individual, couples & group therapy, substance abuse & telehealth.
- **Contact:** 949-809-5763 or 949-809-5700; aconcepcion@radianthealthcenters.org
- **Address:** 17982 Sky Park Circle, Suite J Irvine, CA 92614
- **Insurance:** Medical (CalOptima). Offers sliding scale for uninsured.
- **Website:** <https://www.radianthealthcenters.org/lgbtq-counseling>

Shanti Orange County – LGBTQ affirming mental health counseling. With roots in HIV/AIDS care, the staff is also specially trained in chronic disease navigation.

- **Services Include:** Individual, couples & group therapy.
- **Contact:** 949-452-0888; counseling@shantioc.org
- **Address:** 23461 South Pointe Dr., Suite 100 Laguna Hills, CA 92653
- **Insurance:** Starts at \$60. Accepts various insurance.
- **Website:** <https://www.shantioc.org/>

LGBTQ Center OC | Mental Health – Can write letters of readiness for trans clients.

- **Services Include:** Individual, couples and group therapy.
- **Contact:** 714-953-5428 ext. 330; info@lgbtqcenteroc.org
- **Address:** Telehealth – Online
- **Insurance:** Sliding scale based on income.
- **Website:** <https://www.lgbtqcenteroc.org/services/therapy/>

Roxanne Cherry, PhD, MFT | Laguna Niguel Counseling – Offers a wide range of psychotherapy and coaching services. LGBTQ+ and Transgender Counseling. In-person, phone, or telehealth.

- **Services Include:** Marriage & couples counseling, child, & teen therapy, counseling for substance abuse, depression, & LGBTQ issues.
- **Contact:** 949-228-2844; rcherryphd@gmail.com
- **Address:** 30101 Town Center Dr. Suite 210 Laguna Niguel, CA 92677
- **Insurance:** Superbill: allows clients to bill their insurance directly.
- **Website:** <http://www.lagunaniguelcounseling.com/>



Mental Health Services

Marnee Reiley, LMFT | Transgender Affirming Therapy – Working from an affirming model, Marnee strives to create a safe, non-judgmental, and comfortable space for their clients to explore that which feels most authentic for them. Marnee's role is not one of gatekeeper nor advice-giver. Marnee's goal is to walk this path alongside you, collaborating on discovering what way of being in the world works best for you.

- **Services Include:** psychotherapy and telehealth
- **Contact:** 949-648-7991; transaffirmingtherapy@gmail.com
- **Address:** 17682 Mitchell N., Suite 104 Irvine, CA 92614
- **Insurance:** \$185 per 50-minute session for ages 18 and over
- **Website:** <https://www.transgenderaffirmingtherapy.com/>

Laura Caghan, PsyD | Psychologist & Psychoanalyst – With nearly two decades as a licensed clinical psychologist, and eleven years as psychoanalyst, Dr. Caghan has the training and experience to help you reach your goals.

- **Services Include:** Therapy, psychoanalysis, trauma, gender matters
- **Contact:** 949-450-1011; info@drlauracaghan.com
- **Address:** Two locations. One in Irvine and 2nd in Garden Grove.
- **Insurance:** Limited sliding scale, \$200 per session
- **Website:** <https://drlauracaghan.com/>

Acacia Counseling – Outpatient mental health clinic for anyone 18-years or older. Located within walking distance from UCI in the University Center. Acacia Counseling provides a safe, supportive space in which you receive quality and consistent mental health care that is highly accessible, affordable, specialize, and culturally sensitive.

- **Services Include:** Therapy services including therapy animals during session with you, per request, depending on location, psychiatry, telehealth services, wellness activities & more
- **Contact:** 949-502-0736 or 888-699-4873; irvine@acaciaw.com or counseling@acaciaw.com
- **Address:** 4255 Campus Drive, A245 Irvine, CA 92612
- **Insurance:** Participates (in-network) with most commercial plans. They will verify your insurance benefits & quote you your expected financial responsibility (cost-share) prior to your first appointment.
- **Website:** <https://acaciaw.com/>

Mental Health Services

Erin Pollard, LMFT, LPCC | Gender Support – Transgender and gender expansive affirming therapy.

- **Services Include:** Therapy & gender matters
- **Trainings:** Safe space trainings, gender & sexual diversity empathy expansion training, affirming practices for schools & educators, customize a training specifically for your organization
- **Contact:** 949-450-1011; info@drlauracaghan.com
- **Address:** Two locations. One in Irvine and 2nd in Garden Grove.
- **Insurance:** Superbill: allows clients to bill their insurance directly. \$175 per session
- **Website:** <https://www.gendersupport.com/>
-

UCI Health | Psychiatry Services – Offers a full spectrum of comprehensive mental health services for children and adults, including inpatient hospitalization as well as outpatient and emergency psychiatry. Emergency evaluations are available 24 hrs a day with a physician on site in the UCI Medical Center's Emergency Department.

- **Services Include:** Psychiatry including youth/adolescent programs. Outpatient & inpatient services. Inpatient programs focus on rapid, intensive patient assessment & diagnosis.
- **Contact:** 714-456-5902 (outpatient); 714-456-3029 (inpatient); or 714-456-2924 for adolescent partial or intensive hospitalization program
- **Address:** UCI – 101 The City Drive South, Orange, CA 92868
- **Insurance:** Accepts some insurance. Call for details.
- **Website:** <https://www.ucihealth.org/medical-services/psychiatry>

Mary Mosier, LMFT | Latinx Therapy – Multiethnic bilingual licensed LMFT. Experienced in working with womanx, Latinx, multiethnic folkx, LGBTQIA+, underserved youth, individuals with diabetes, autism and/or neurodivergent.

- **Services Include:** psychodynamic, harm reduction, attachment informed therapy, somatic informed therapy, DBT informed therapy, telehealth & more for couples, family, and individuals. Client age: 11 and over.
- **Contact:** 714-512-2811 or online via website
- **Address:** Based in Anaheim, CA (telehealth available)
- **Insurance:** Accessibility fee scale \$50-\$100; \$120-\$175 per session. Superbill: allows clients to bill their insurance directly.
- **Website:** <https://marymosiertherapy.clientsecure.me/>

Mental Health Services

Kaiser Permanente – Mental health services (Adult and Youth).

- **Services Include:** Therapy, psychiatry & more.
- **Contact:** 714-644-6480 or 323-857-3818
- **Address:** Various locations throughout Orange County, CA
- **Insurance:** Kaiser
- **Website:** <https://k-p.li/3POGuoa>

Out of County Mental Health:

LA Gender Center – A network of mental health providers in private practice.

- **Services Include:** Telehealth therapy & peer support group services.
- **Contact:** 310-475-8880; contact@lagendercenter.org
- **Address:** Online – telehealth
- **Insurance:** Varies per therapist
- **Website:** <https://www.lagendercenter.org/>

LGBTQ Center Long Beach – Mental health services (Adult and Youth).

- **Services Include:** Psychodynamic, cognitive-behavioral & more.
- **Contact:** 562-434-4455 ext. 228
- **Address:** 2017 East 4th Street Long Beach, CA 90814
- **Insurance:** Sliding scale
- **Website:** <https://www.centerlb.org/mental-health-counseling/>

The Gender Affirmation Project – Mental health services (Adult and Youth).

- **Services Include:** Transition related therapy & more.
- **Contact:** 951-289-5025
- **Address:** 5894 Magnolia Ave Riverside, CA 92506
- **Insurance:** Contact for fees
- **Website:** <https://thegenderaffirmationproject.org/>

NQTTCN – National Queer & Trans Therapists of Color Network

- **Services Include:** Therapy, psychiatry & more.
- **Contact:** nqttcn@gmail.com or info@nqttcn.com
- **Address:** Online
- **Insurance:** Free to access. Fees vary per therapist.
- **Website:** <https://www.centerlb.org/mental-health-counseling/>

Mental Health Services

Hotlines and Helplines:

If you are in a life-threatening situation, please use these resources if you need immediate help.

Trans Lifeline – 877-565-8860; <https://translifeline.org/>

LGBT National Help Center – 888-843-4564; <http://www.glbthotline.org/>

LGBT National Youth Talk Line – 1-800-246-7743

National Coalition of Anti-Violence Programs – 212-714-1141;
<https://avp.org/ncavp/>

DeHQ: LGBTQ Helpline for South Asians – 908-367-3374;
<https://www.deqh.org/>

National Suicide Hotline – 1-800-273-8255; <http://www.glbthotline.org/>

BlackLine – 1-800-604-5841; <https://www.callblackline.com/>

Crisis Text Line – 741741; <https://www.crisistextline.org/>

Trevor Project Suicide Prevention Hotline – 1-866-488-7386;
<https://www.thetrevorproject.org/>

Online Support Resources:

QTPOC Mental Health – qt pocmentalhealth@gmail.com;
<https://www.facebook.com/QTPOCsupport/>

Rest for Resistance – hello@restforresistance.com;
<https://restforresistance.com/>

Trans Teen Online Talk Grp – help@lgbthotline.org; <http://www.glbthotline.org/>

Talkspace – <https://www.talkspace.com/>

NAMI (National Alliance on Mental Illness) – <https://www.nami.org>

CA Insurance Coverage Information

By California law, all health insurances must cover gender transition. This means that no patient should have to pay exuberant out of pocket costs. The only way a health insurance should not cover a gender transition is if an employer is not based out of CA and utilizes a different state's insurance. If a client has HMO, then they will need to obtain a referral from their physician to an endocrinologist. If they have PPO, then they can self-refer. However, in most cases depending on the clinic/provider, the client will need a therapy letter stating they are ready to start hormones. Most (not all) insurances have a trans health case manager. They can assist in giving the client a list of trans specific endocrinologists and surgeons within the patient's medical group.

Know Your Rights in Health Care: <https://transequality.org/know-your-rights/health-care>

Transgender Health Benefits in CA: <https://bit.ly/3wUQVhh>

Insurance Information: <https://transcare.ucsf.edu/insurance-information>

Transgender Health Care: <https://www.healthcare.gov/transgender-health-care/>

Insurance Carriers:

Anthem Blue Cross: 855-484-4930; <https://www.anthem.com/ca;>

Blue Shield of CA: Kelly Sipes 916-350-6649; [Kelly.sipes@blueshieldca.com;](mailto:Kelly.sipes@blueshieldca.com)
<https://bit.ly/3wR7mLM>

Cigna: [https://bit.ly/3wQyZ7C;](https://bit.ly/3wQyZ7C) 1 (800) 997-1654

United Health Care: UHC Personal Support Advisor for Gender Dysphoria: 1-800-326-9166; [https://www.uhc.com/;](https://www.uhc.com/) <https://bit.ly/3sZP6yw>

Cal-Optima: 714-246-8400 or 714-246-8500; <https://bit.ly/38XuWOO> (pg. 58 of Member Handbook); <https://www.caloptima.org/>

Kaiser: 323-857-3818 (Trans care line) or 800-464-4000 (Benefits coverage);
<https://k-p.li/3NCX8VV>

Inland Empire Health Plan (IEHP): 1-800-440-4347; <https://bit.ly/3ITHN7u>

Aetna: 800-624-0756 (HMO) or 888-632-3862 (PPO); <https://aet.na/3t1XTiv>

Medi-Cal: 800-541-5555; <https://bit.ly/3IMvf1J>

HIV/STI Testing & Prevention Services

Orange County Area:

Radiant Health Centers – Free confidential testing (including at-home HIV testing options), treatment & prevention services.

- **Services Include:** HIV, STI & Hepatitis C testing & PrEP & PEP
- **Contact:** 949-809-8764 (clinic) or 949-809-5700 (general questions)
- **Address:** 17982 Sky Park Circle, Suite J Irvine, CA 92614
- **Website:** <https://www.radianthealthcenters.org/lgbtq-medical-clinic>

APAIT – Free confidential testing & risk reduction counseling

- **Services Include:** HIV/STI testing and counseling
- **Contact:** 714-636-1349
- **Address:** 12832 Garden Grove Blvd, Suite E Garden Grove, CA 92843
- **Website:** <https://apaitonline.org/hiv-testing/>

LGBTQ Center OC – Free confidential testing & risk reduction counseling

- **Services Include:** HIV/STI testing and prevention education
- **Contact:** 714-953-5428
- **Address:** 1605 North Spurgeon St. Santa Ana, CA 92701
- **Website:** <https://www.lgbtqcenteroc.org/services/hiv-testing/>

17th St. Testing, Treatment & Care Clinic – Free & confidential

- **Services Include:** HIV/STI testing, PrEP & PEP, HIV Partner Services
- **Contact:** 714-834-7991
- **Address:** 1725 W. 17th St. Santa Ana, CA 92706
- **Website:** <https://bit.ly/38XcVQS>

Laguna Beach Community Clinic – Free & confidential community clinic

- **Services Include:** HIV/STI testing & more
- **Contact:** 949-494-0761
- **Address:** 362 Third St. Laguna Beach, CA 92651
- **Website:** <https://lbclinic.org/services/>

Additional Testing Sites – <https://bit.ly/3ajfFlw>

Needle/Syringe Services

UCI Harm Reduction Supplies (Santa Ana, CA) – 714-497-3074;
ucihri@gmail.com

Trans Needle Exchange (Online) – <https://linktr.ee/transneedles>

Healthy Kin (Online) – 877-800-3090; sales@healthykin.com;
<https://www.healthykin.com/>

Health Warehouse (Online) – 800-748-7001;
<https://www.healthwarehouse.com/>

Allegro Medical (Online) – <https://www.talkspace.com/>

ShopMedVet (Online)– <https://bit.ly/3wYaGG6>

OC Health Care Agency | Drug Disposal Options – <https://bit.ly/3z8j3R6>

CDPH | Syringe Exchange Program in CA – <https://bit.ly/3wXTTSd>

Substance Use Services

**UCI AOD (vaping, nicotine, cannabis, prescription drugs, etc)
Consultations (Irvine, CA)** – 949-824-9355 or 714-497-3074 for additional help

Call 866-NEW-LUNG for free help for teens and adults, and free nicotine patches for adults

National Institute on Drug Abuse – 1-800-662-4357; <https://bit.ly/3NHhltJ>

Marijuana Anonymous – 1-800-766-6779; <https://marijuana-anonymous.org/>

Narcotics Anonymous – 818-773-9999 ext. 133; <https://www.na.org/>

Fentanyl Test Strips (Online) – <https://dancesafe.org/shop/>

Beginnings Treatment Centers (Costa Mesa, CA) – 877-717-1723;
<https://beginningstreatment.com/>

Radiant Health Centers Counseling – 949-809-5763;
<https://www.radianthealthcenters.org/lgbtq-counseling>

OC Health Care Agency | Drug Use Services – <https://bit.ly/3wOVCsY>



Legal Services

Name and Gender Change:

LGBTQ Center OC | Legal Clinic - <https://www.lgbtqcenteroc.org/legal-services/>

Alianza Translatinx – 714-760-4465; Khloe Rios-Wyatt
khloe.alianzatranslatinx@gmail.com; <https://alianzatranslatinx.org/>

Stephen Hicklin, ESQ. – 949-355-3969 or shicklin@thehicklinfirm.com;
<http://thehicklinfirm.com/>

Transgender Law Center – <https://transgenderlawcenter.org/>

Trans Legal Services Network Directory:
<https://transequality.org/resources/trans-legal-services-network-directory>

Mexican Consulate (News update for birth certificates) – <https://bit.ly/3a2Eigu>

Shelter & Housing Services

211 Orange County – For list of homeless shelters & other housing support call 714-288-4007 or 949-646-4357; <https://www.211oc.org/>

APAIT (LA) – For trans specific housing call 714-636-1349 or 213-999-2465 or 213-375-3830; <https://apaitonline.org/casa-de-zulma/>

Grandma's House of Hope (for women) – 714-558-8600 or 714-558-8613;
<https://www.grandmashouseofhope.org/>

Queer & Trans People of Color in OC (Facebook) –
<https://www.facebook.com/QTPOCinOC/>

Queer Exchange SoCal (Facebook) –
<https://www.facebook.com/groups/585290468226095>

Trans Wellness Center – 323-993-2900; <https://mytranswellness.org/about-the-center/>

Reach Across LA | Housing Online Directory – <https://bit.ly/38XwMzI>

Support Groups

Radiant Health Centers – <https://www.radianthealthcenters.org/lgbtq-counseling>

APAIT– <https://apaitonline.org/social-support-groups/>

Shanti OC– <https://www.shantioc.org/programs-services/support-groups/>

PLAG – <https://pflag.org/chapter/pflag-orange-county>

Rainbow Pride Youth Alliance – <https://bit.ly/3z5ioQh>

Casa De La Familia – <https://casadelafamilia.org/>

LGBTQ Center OC | Grupo La Familia – <https://www.lgbtqcenteroc.org/adult-groups/>

BeingME - OC – <https://beingme-oc.org/>

Alianza Translatinx – 714-760-4465; <https://alianzatranslatinx.org/>

Somos Familia Support Group via Zoom – <https://www.somosfiliabay.com/>

Trans Wellness Center – <https://mytranswellness.org/about-the-center/>

LGBTQ Center Long Beach – <https://www.centerlb.org/contact/>

Nalgona Positivity Pride – <https://www.nalgonapositivitypride.com/sage-and-spoon>

LA LGBT Center – <https://lalgbtcenter.org/services/housing/>

GayChurch.org – https://www.gaychurch.org/find_a_church/

What Is Cultural Competency?

- Cultural competency refers to the ability to understand, communicate with, and effectively interact with diverse populations and can be measured by awareness, attitude, knowledge, skills, behaviors, policies, procedures, and organizational systems.
- It is fundamentally about holding another human being's cultural framework as authentic to them and accepting their perspective without question, judgement, or revision.

Cultural Considerations:

- Families and communities exert pressure to adhere to cultural mores (a norm, or rule, which guides how people behave and interact with each other).
- Family rejection can impact queer and trans folks of color as loss of cultural context.
- While unique in their individuality, many queer and trans people of color view their experience as rooted within their family and community framework.

What to do when you don't know what pronoun or gendered terms are appropriate?

Appropriate Name & Pronoun Use:

- Ask politely and privately for clarification.
- You can say: "What pronoun is appropriate to use?" or "How would you like to be addressed?" or "How would you like me to refer to you?"
- Use the appropriate name and pronoun in all paperwork and conversations, even when the person isn't present.
- Develop organizational systems for documenting appropriate name and pronoun.

Systemic Barriers & Risk Factors for Trans People:

- Difficulty accessing education, employment, housing, and culturally competent health care services.
- Difficulty obtaining health insurance and coverage for transgender care.

Enhancing Protective Factors

Creating Trans-Affirming Services:

- Maintain confidentiality and demonstrate consistency in service delivery.
- Keep questions relevant to care and respect privacy.
- Be respectful in all communications with clients and their families.
- Demonstrate comfort with name, pronouns, and family relationships.
- Do not make assumptions. Not everyone is straight or cisgender. Pronouns don't always match gender presentation or sex assigned at birth. Being part of the LGBTQ community doesn't always mean their sexual practices puts them at high risk. Don't make assumptions of sexual behavior. It's okay to make mistakes, just correct yourself.
- Ask about sexual health from everyone. Use open ended questions. May include anatomy-specific sexual behavior: Don't just ask "do you have sex?" ask how and where (ex: partner type, which body parts are used, top vs bottom (insertive vs receptive), number of partners since last visit, in the last 6-12 months, etc).
- Address transphobic and homophobic comments from staff and clients as they occur.
- Adopt a non-discrimination policy that includes both sexual orientation and gender identity and have a system for addressing inappropriate conduct.
- Provide opportunities for LGBTQ and trans-specific cultural competency training for all staff, board members, and volunteers.

Equal Access:

- **Intake process** – Maintain consistency. Ask questions that are inclusive of transgender experience. You can ask, "how do you identify your gender?" or "What sex were you assigned at birth?"
- Document name and pronoun in organizational systems.
- **Mission** – Develop a clear mission statement that is inclusive of LGBTQ people. This is particularly important in services that have been traditionally gender specific.
- **Gender Specific Environments** – Develop policies and procedures that provide equal access to services for transgender clients based on gender identity and expression, not biological status, sexual orientation or legal name and gender.
- **Other Ideas** – Visual symbols to signal welcoming environment. Post anti-discrimination policies.

Social Determinants of Health

Education:

- People who expressed a transgender identity or gender nonconforming while in grades K-12 reported alarming rates of harassment (78%), physical assault (35%), and sexual violence (12%).
- Source: National Transgender Discrimination Survey

Housing:

- 1 in 5 trans people has experienced homelessness at some point in their lifetime.
- 1 in 5 trans people in the U.S. has been discriminated against when seeking a home.
- 20-40% of 1.6 million homeless youth in the U.S. are LGBTQ identified.
- Source: National Transgender Discrimination Survey

Employment:

- 47% of transgender workers report being fired, not hired, or denied a promotion because of their gender identity.
- Trans and gender nonconforming people of color have four times the rate of unemployment of the general population
- Source: National Transgender Discrimination Survey

Health Care Settings:

- 50% of trans people had to educate their provider about transgender issues.
- 28% were harassed or disrespected in the doctor's office.
- Source: National Transgender Discrimination Survey

Hate Violence:

- 90% of LGBTQ homicide victims are people of color. 72% trans women and 67% trans women of color.
- Source: National Transgender Discrimination Survey

Social Determinants of Health

Police Harassment:

- 38% of Black, 36% of multiracial, and 29% of Asian trans people.
- 51% of the Black transgender community feels unsafe seeking police assistance.
- Source: National Transgender Discrimination Survey

Substance Use and Abuse:

- 26% of transgender people use or have used alcohol and other drugs to cope with the stress of discrimination they faced based on gender identity and expression.
- Those who participate in sex work, drug sales, and other underground economies for income have double the risk for substance abuse because of mistreatment.
- Those who lost a job because of discrimination also have elevated risk.
- 32% of trans people who experienced family rejection reported using alcohol and drugs to deal with the mistreatment they experienced as a trans person.
- Source: National Transgender Discrimination Survey

HIV Risk:

- 55% of transgender people tested for HIV, compared to 34% of the U.S. adult population.
- HIV diagnosed rates were substantially higher among transgender women, especially transgender women of color, than in the U.S. population.
- Nearly 1 in 5 Black transgender women were living with HIV.
- Nearly 1 million people identify as transgender in the U.S., and trans people made up 2% of new HIV diagnosis in the U.S. and dependent areas in 2019.
- 4 in 10 transgender women have HIV.
- Only 32% overall reported using PrEP (pre-exposure prophylaxis)
- There are several challenges that place trans people at higher risk for HIV, like: transphobia, racism, and HIV stigma, lack of knowledge, few multilevel interventions, and unmet need for gender affirmation, etc.
- Source: National Transgender Discrimination Survey & CDC

Additional Data & Information

CDC (Centers for Disease Control and Prevention –

<https://www.cdc.gov/hiv/data-research/facts-stats/transgender-people.html?>

[CDC AAref Val=https://www.cdc.gov/hiv/group/gender/transgender/index.html](https://www.cdc.gov/hiv/group/gender/transgender/index.html)

UCI Health Article – <https://bit.ly/3Mja7LH>

OC Health Care Agency (CA) HIV Statistics – <https://bit.ly/3M4zSis>

Williams Institute – <https://williamsinstitute.law.ucla.edu/quick-facts/lgbt-faqs/>

U.S. Trans Survey – <https://www.ustranssurvey.org/reports#state>

- The first U.S. Trans Survey took place in 2015. It highlighted the diversity, challenges, and resiliency of the Trans community.
- **Pledge to take the 2022 U.S. Trans Survey:**
<https://www.ustranssurvey.org/>
- The US Trans Survey is for all trans people ages 16 and up.
- The USTS is for people of all trans identities, including binary and nonbinary trans identities
- The USTS is the main source of data about trans people for the media, educators, policymakers, and the general-public, covering health, employment, income, the criminal justice system, etc.
- USTS reports have been a vital resource, including the reports on the experiences of people of color and reports by state.
- In 2015, nearly 28,000 people took the USTS, making it the largest survey of trans people in the U.S. A lot has happened since then – and it's time to conduct the USTS again in 2022.
- More than ever, it's important to ensure that trans voices will shape the future.

Injustice at every turn: A report of the National Transgender Discrimination Survey – <https://bit.ly/3GzIMEO>

Transgender Law Center Reports – <https://bit.ly/3GB7rYk>

WPATH (World Professional Association for Transgender Health) – wpath.org

Glossary of Terms & Definitions

Assigned Gender – Refers to the legally denoted gender assigned to newborn children based on external primary sex characteristics. In modern-day western culture, a person's assigned sex is typically conflated with their gender identity, which consequently defines a person's gender role and its associated expectations. Assigned gender is based on the appearance of a person's genitals and is not related to—or a reflection of—one's gender identity, or internal sense of gender.

Binary – Refers to two concepts or constructs that are seen as diametrically opposed and mutually exclusive from one another. Among transgender communities, the term may refer to the gender binary or a transgender person who transitions from one binary gender to the other.

Binding – The process of flattening or reshaping one's chest with constricting material to create a more traditionally masculine or androgynous appearance. Some methods of binding, including the use of duct tape or Ace bandages, may pose long-term health risks, including muscle tears, lung damage, and/or rib bruising. Medical-grade binders are made with stretchier, more breathable material, offering some transgender people a lower-risk way to bind. Some transgender people have created community organizations designed to send other trans people safe, medical-grade binders for free, preventing some of the health problems associated with binding.

Bisexual – A person who is sexually and/or romantically attracted to two or more genders (not necessarily men and women). Bisexual people may feel equal levels of attraction to both (or more) genders or tend to experience attraction to one gender more frequently than the other—however, a person's gender often factors into their attraction. More recently, the term has been used to describe a level of sexual fluidity in which a person's attractions may move in one or more directions along a spectrum of sexuality.

Bottom Surgery – A slang term primarily used among transgender people to describe any number of surgical procedures related to the removal and/or reconstruction of a person's genitalia. Examples include vaginoplasty, phalloplasty, hysterectomy, penectomy, oophorectomy, and many others (see: gender-affirming surgery).

Cisgender – An individual whose gender identity matches their birth assignment. Please note that many cisgender people have gender expressions that are gender non-conforming. Simply having a non-conforming gender expression does not make someone trans or nonbinary.

Glossary of Terms & Definitions

Cisgender Privilege – A set of legal standards, social norms, institutions, and other contributing factors granting cisgender people superior civil protections, rights, and freedoms compared to their transgender counterparts. Cisgender privilege results from the belief that cisgender people are superior to transgender individuals and resultingly some transgender individuals consider cisgender privilege a form of transphobia. During the first few months of her transition, Tiana found herself feeling jealous of her cisgender co-workers who were able to use the women’s restroom without fear of being attacked— they acted as if they weren’t even aware of their cisgender privilege.

Cishet – A slang term used mostly within the transgender community to describe cisgender heterosexual individuals. Maya was irritated when she noticed the cishet neighbors handing out invitations to their unborn child’s gender-reveal party.

Cisnormativity – Adherence to the conventions of the gender binary, which may include conforming to traditional gender roles, gender presentations, and expectations based on one’s birth assignment. Cisnormativity originates from the presumption that cisgender identities, gender expressions, and lived experiences are more valid, and normal than those of transgender individuals.

Cissexism – The idea that cisgender people are more natural, valid, and “normal” than their transgender counterparts, resulting in social norms, laws, and individual behaviors that reinforce the gender binary and consequently marginalize, oppress, and/or erase the existence of transgender people (see: cisnormativity). Cissexism is based on the presumption that one’s assigned sex and gender are inherently aligned with their gender identity.

Coming Out – The act of accepting and/or disclosing one’s true gender identity or sexual orientation to others, which can occur during any phase of life. Social, legal, and/or physical transition may accompany coming out.

Conversion Therapy – The practice of attempting to permanently “cure,” or eradicate, same-gender attraction and/or gender variance, often using coercive methods. Historically, queer identities have been referred to as “unnatural” or a “disorder.” As a result, people who do not as heterosexual and/or cisgender are oftentimes instated into conversion therapy to “cure” people of their “illness.” This abusive “therapeutic method” causes a lot of psychological distress among the LGBTQ+ community.

Crossdresser – An individual who wears clothing, jewelry, and/or makeup not traditionally associated with their assigned gender for the sake of self-expression, recreation, performance (see: drag), and/or erotic enjoyment.

Glossary of Terms & Definitions

Deadname – An informal term used by some transgender people to refer to their birth name, or the name they used before socially transitioning.

DFAB – Designated Female at Birth (also known as **AFAB** or **Assigned Female at Birth**). Refers to people assigned female based on external primary sex characteristics.

DMAB – Designated Male at Birth (also known as **AMAB** or **Assigned Male at Birth**). Refers to people assigned male based on external primary sex characteristics.

Drag King – A person who wears extravagant, stereotypically masculine clothing and/or prosthetics for the sake of performance, self-expression and/or entertainment. Tristan is non-binary, but sometimes they perform as a drag king to express their masculinity while simultaneously mocking traditional gender roles.

Drag Queen – A person who wears extravagant stereotypically feminine clothing and/or prosthetics for the sake of performance, self-expression and/or entertainment.

Electrolysis – The process of permanently removing facial or body hair.

Endocrinologist – A medical professional who specializes in the endocrine system and its secretions (hormones). Some transgender people who undergo medical transition may see an endocrinologist to access or adjust hormone replacement therapy.

Estrogen / Estradiol – A type of hormone responsible for the development of secondary sex characteristics, including breast development, increased pubic hair growth, and changes in fat distribution. In some people, estrogen may cause diminished muscle tissue, reduction of erectile response, and enlargement of the areolas. Estrogen does not cause the reduction or elimination of existing body and facial hair, and nor does it cause thinning of vocal cords.

Facial Feminization Surgery – A surgical procedure intended to create more conventionally feminine facial features; may involve altering a person's hairline, forehead, and/or nose, as well as shaving the Adam's apple.

FTM – Abbreviation standing for "Female to Male" describing an individual assigned female at birth whose gender identity is male or transmasculine.

Glossary of Terms & Definitions

Gatekeeping – Systemic barriers controlling transgender people’s access to social, legal, and medical transition, such as:

- A gender therapist is required to certify the legitimacy of a person’s transgender identity before the individual is permitted to pursue aspects of social, legal, and/or medical transition. Physicians are required to follow the guidelines outlined in the WPATH’s standards of care.
- Legal jurisdictions require a transgender individual to be diagnosed with gender dysphoria before they can change their name and/or gender marker.
- Social transitioning requires real-life experience for at least one year to access surgeries and in some instances access to hormones.
- Medical transitioning requires certain psychological evaluations to be passed in order to be considered “stable enough” to access gender-affirming surgeries. Otherwise, transgender individuals who do not meet the diagnostic criteria for “gender dysphoria” may experience major barriers to accessing services should they desire to medically transition.

Gay – Describes people who are sexually and romantically attracted to people of the same gender. The term is sometimes used to refer specifically to men (transgender or otherwise) who are romantically and sexually attracted to other men. “Gay” has replaced the outdated and clinical term “homosexual” as the preferred label for sexual and romantic same-gender attraction.

Gender Affirming Surgery – Any one of several surgical procedures intended to alleviate the dissonance between a person’s body and their gender identity. Colloquially, gender-affirming surgery may be referred to as “bottom” or “top” surgery, with bottom surgery pertaining to removal and/or reconstruction of a person’s primary sex characteristics and/or external genitalia, and “top surgery” consisting of removal, reconstruction, or augmentation of the breast tissue. Not all transgender people elect to have surgery as part of their medical transition, and some transgender people choose not to medically transition at all.

Gender Dysphoria – A clinical term used to describe the psychological distress resulting from the dissonance between a transgender person’s assigned sex, body, and/or social experiences and their internal experience of gender. The phrase may refer to DSM-5 criteria for medical diagnosis. It is important to note that not all transgender people suffer from gender dysphoria and that experiencing gender dysphoria is not a prerequisite for being transgender. Furthermore, gender dysphoria is not merely disliking one’s body. Rather, gender dysphoria is the psychological distress that their bodies experience due to their bodies not aligning with their gender.

Glossary of Terms & Definitions

Gender Expression – The external manifestation of a person’s gender identity, which may or may not conform to gender stereotypes and may be expressed through clothing, appearance, behavior, and/or prosthetics.

Genderfluid – A state of fluctuating, or shifting, between various genders, depending on a person’s internal state. Genderfluid individuals may or may not change their gender expression, pronouns, and/or name due to shifts in their gender identity. Genderfluid individuals’ expression of their identities may be context-sensitive and/or based on preferences/feelings.

Gender Identity – An individual’s innate, internal conception of being male, female, both, neither, or any combination thereof, which may or may not correspond to the person’s external anatomy or assigned sex at birth. Transgender people have a gender identity that is different than the one assigned to them at birth.

Gender Marker – An abbreviation (usually M or F) denoting a person’s gender on legal documents and government-issued identification forms. Although some United States jurisdictions allow non-binary gender markers on IDs and driver’s licenses, represented by the letter “X.” Changing a gender marker may require different processes specific to state, county, or city regulations.

Gender Neutral – A term used to denote all-gender-inclusive spaces, language, concepts, items, and more (for instance, gender-neutral clothing, gender-neutral language, gender-neutral bathrooms). The newborn’s parents decided to give their baby a gender-neutral name to discourage traditional, gender-based expectations about how they might identify as they grew up.

Gender Norm – An arbitrary social standard or expectation based on an individual’s perceived gender. Gender norms are rarely static and often vary significantly over time and between cultures. In the early 1900s—for example, in the U.S., male-assigned babies commonly wore pink clothing, while female-assigned babies wore blue.

Gender Presentation – A set of external gender-related cues (i.e., clothing, gender expression, name) intended to communicate the way a person wants their gender to be perceived by others. Gender presentation may be masculine, feminine, androgynous, gender-neutral, etc.

Genderqueer – An umbrella term for non-binary gender identities; a gender identity that does not adhere to conventional and/or binary conceptions of gender.

Glossary of Terms & Definitions

Harm Reduction – A range of public health policies that emphasize education and prevention rather than pathologizing, criminalizing, &/or punishing potentially unsafe activities, both legal & illicit. The harm reduction model allows an individual to determine whether they want to stop or change a behavior & may be applied to a variety of scenarios including, but not limited to, recreational drug use, self-injury, & sexual activity. It may consist of sex education, pre- & post-HIV exposure prophylaxis, &/or condom distribution to at-risk populations.

Heteronormativity – Sometimes used as slang within the LGBTQ+ community to refer to people who view humanity/society as all heterosexual/cisgender; The perspective that only being heterosexual/cisgender is “normal” disregards the experiences of people who do not identify as heterosexual/cisgender.

Heterosexism – Deliberate and/or unconscious acts of prejudice or discrimination against those who are not heterosexual, including gender-based, blanket assumptions and/or generalizations regarding a person’s sexual orientation. Presuming that all men experience sexual attraction to women, for instance, is an example of heterosexism.

Hormone Blockers – A group of medications that suppress the actions of a person’s endogenous hormones. Some transgender people may take hormone blockers as part of their medical transition (see: hormone replacement therapy).

Hormone Replacement Therapy – Some transgender people choose to undergo **HRT** to assume the secondary sex characteristics associated with a different gender. Hormone replacement therapy may consist of androgen blockers and/or estrogen, such as estradiol, which may be taken orally or by injection. Some people may opt to take progesterone in conjunction with estradiol. Administering testosterone via injection, topical gels/creams, and/or subcutaneous (beneath the skin) implants. Note that not all transgender people wish to undergo hormone replacement therapy and that some may be physically unable to do so on account of preexisting medical conditions.

Informed Consent – A model of medical care requiring physicians to disclose complete and accurate information regarding the known risks of pharmaceutical drugs, medical procedures, and tests before administering them to patients. The practice is intended to empower individuals with the information necessary to make evidence-based decisions regarding their medical care.

Intersex – An umbrella term for a wide spectrum of natural variations in sex characteristics involving chromosomal, hormonal, endocrinological, and/or anatomical configurations that do not appear to fit the standard definitions of female and male

Glossary of Terms & Definitions

Latinx – A gender-neutral term referring to Latin-American individuals. Not all Latin-American individuals identify as Latinx.

Legal Transition – Refers to one or several processes related to changing one's name and gender marker on government-issued documents, such as driver's licenses, birth certificates, and passports.

Lesbian – A woman who is sexually and romantically attracted to women, including transgender women.

Micro-dosing – A method of hormone replacement therapy that consists of taking low or reduced doses of exogenous hormones, such as estradiol or testosterone, either over a specified period or indefinitely.

Misgendering – Deliberately or unintentionally addressing someone, typically a transgender person, with pronouns, phrases, names, or references that do not align with the person's gender identity. Purposeful misgendering is considered degrading and transphobic and may pose a threat to a transgender person's safety.

Non-binary – An umbrella term used to describe someone whose gender identity falls outside of the traditional western binary; a gender identity that cannot be classified as exclusively male or female.

Outing – The act of disclosing someone's gender identity or sexual orientation without their consent.

Pansexual – An individual who is sexually attracted to people of all genders and/or gender presentations.

Passing – To be perceived by others as one's true gender.

Patriarchy – A western social and cultural system of institutionalized power structures that uphold and reinforce the social dominance of white heterosexual, cisgender men, but oppress, dominate, and exploit women and gender minorities. The gender binary—based on biological essentialism—is often used to justify this power imbalance, and consequently creates conditions for misogyny, transphobia, and transmisogyny to flourish.

Glossary of Terms & Definitions

Progesterone – A hormone taken by some transgender individuals to enhance dyadic feminine characteristics such as larger hips, rounder chest, and generally “curvier” appearance. May also be taken to increase libido.

Pronouns – Grammatical terms used to reference a person in place of a proper noun, often connected to gender. “He,” “she,” “they,” “ze,” etc. are all examples of pronouns.

QTPOC – An acronym standing for “Queer and/or Trans People of Color.” An alternative to this is QTBIPOC, which emphasizes Black and Indigenous people.

Queer – A gender identity or sexual orientation that deviates from cisgender, heterosexual identities, norms, or practices (Wilson, 2014). In some contexts, “queer” may be used as a pejorative term; on the other hand, some LGBTQ+ people have reclaimed the title as an empowering description of their gender identity and/or sexual orientation.

Questioning – The process of exploring and/or identifying an individual’s gender identity or sexual orientation.

Safe Space – A confidential, non-judgmental, affirming group or organization of people who ensure that social consent and boundaries are respected. The intention of a safe space is for people within the LGBTQ+ community to feel heard, understood, and affirmed.

Sex at Birth – Infants are assigned a sex at birth, “male” or “female,” based on the appearance of their external anatomy, and an M or an F is written on the birth certificate. However, the development of the human body is a complex process, and sex is not solely determined by anatomy, nor is it strictly binary. As many as 1.7% of people are born with an intersex trait.

Sexual Orientation – A person’s physical, romantic, emotional, and/or spiritual attraction towards another person. Sexual orientation is unique to everyone as their expressions and preferences are subjective by nature.

Social Construct – The conceptualization or interpretation of an idea based on a collective perspective established within a group of people or society, which may or may not reflect objective reality (Oxford, 2020). The idea of the gender binary is a social construct since different gender configurations exist in various societies throughout the world.

Glossary of Terms & Definitions

Social Transition – The act or process of changing one’s name, gender marker, pronouns, and/or gender presentation to reflect their true gender more accurately.

Standards of Care – A set of guidelines and procedures established by a healthcare institution, ostensibly to maintain quality assurance as well as establish a degree of legal protection for both clients and physicians. Some of these guidelines, however, may present barriers to accessing medical transition

Stealth – The act of living full-time as one’s true gender without revealing one’s transgender status to others, sometimes for safety purposes.

TERF – Acronym for “transgender-exclusionary radical feminist.” TERFs deny the existence of gender identity and subscribe to the unsubstantiated notion that transgender women are co-opting or appropriating womanhood in order to gain access to cisgender women’s spaces.

Testosterone – A hormone responsible for the development of secondary sex characteristics, typically including the growth of body and/or facial hair, increased muscularity, fat redistribution, and thickening of the vocal cords. Testosterone may cause clitoral growth and the reduction or cessation of menses in some individuals.

Top Surgery – A slang term used to describe surgical procedures intended to remove, enhance, and/or alter breast tissue. Types of top surgery include breast augmentation procedures, double mastectomy surgery, keyhole surgery, and many others. Binary, as well as non-binary trans people, may pursue various forms of top surgery, depending on their personal needs.

Transition – The process of undergoing social, legal, and/or medical transition from one’s birth-assigned gender to another. For instance, a person assigned male at birth might possess a female gender identity, and therefore change her birth name and pronouns, as well as the gender marker on her government-issued documents. Transitioning is a personal process unique to the individual—a journey in which one makes decisions to become more like their true selves.

Trans-antagonism – A broad range of hostile acts intended to invalidate, intimidate, and/or provoke transgender people, including but not limited to the use of slurs, anti-trans jokes, and cissexist and/or transmisogynistic statements.

Glossary of Terms & Definitions

Transgender – An umbrella term describing individuals whose gender identity differs from the one assigned to them at birth. The transgender population is comprised of diverse people and is found in numerous nations throughout the world. Since gender identity and sexual orientation are separate concepts, transgender people can be heterosexual, gay, lesbian, bisexual, pansexual, asexual, sexually fluid, or various other orientations.

Transmasculine – An individual whose gender identity and/or expression leans toward the masculine side of the gender spectrum.

Transmisogyny – Anti-transgender bigotry—including individual and state-sanctioned acts of violence—directed specifically at transgender women, transfeminine people, and/or gender non-conforming people whose gender expression and/or identity falls on the feminine end of the gender spectrum. While many transgender people will likely experience transphobia at some point in their lives, not all will necessarily confront transmisogyny, a particular kind of marginalization that targets people based on being both female and transgender.

Transphobia – Prejudice against or disapproval of transgender individuals, ranging from acts of physical violence to subtle microaggressions. Transphobia may originate from misinformation, personal biases, propaganda, and some religious denominations. Transphobia can also be internalized in which an individual struggles with being transgender.

Transsexual – An older term used to refer primarily to binary transgender people, typically those who intended to or had successfully undergone some degree of hormone replacement therapy and/or gender-affirming surgery. Some individuals consider this term derogatory, as it was historically used to refer to someone based on their gender assigned at birth.

Two-Spirit – A modern, pan-Indigenous term used by some Indigenous communities in the United States to describe queer and/or gender non-conforming people, replacing the inaccurate and often degrading phraseology imposed on gender-variant Indigenous peoples by white colonizers. Note that the term is not synonymous with western concepts like “transgender” or “queer”—it can mean many things depending on an individual’s culture or personal identity.

Glossary of Terms & Definitions

Vocal Therapy or Voice Coaching – A process that an individual may pursue to change their voice to a more masculine, feminine, or androgynous pitch. Some people seek professional assistance to train their voices to match their identified gender. Others will train their voices themselves to match their voice with their identified gender. Some transmasculine individuals who take HRT will not need to seek voice therapy or coaching as testosterone will naturally lower the pitch of their voice.

WPATH – The World Professional Association for Transgender Health (WPATH) is a non-profit organization intended to establish professional education and health standards for the treatment of transgender individuals. Their intention is to create professionally educated and socially understanding individuals to create a high standard for the quality of care for transgender and non-binary individuals worldwide by creating the standards of care for transgender and nonbinary individuals (wpath.org).

TERMS TO AVOID – "born a man," "born a woman," "biologically male," "biologically female," "biological boy," "biological girl," "genetically male," "genetically female." Phrases like those above oversimplify a complex subject and are often used by anti-transgender activists to inaccurately imply that a trans person is not who they say they are. A person's sex is determined by several factors - and a person's biology does not determine a person's gender identity.

BEST PRACTICE – When describing a person's gender in relation to their assigned sex at birth, the terms cisgender, transgender, and/or nonbinary will usually be sufficient. If there is a clear reason to refer to someone's birth sex, the terms to use are: assigned male at birth, assigned female at birth, or designated male at birth, designated female at birth.

TERMS TO AVOID – "transgenders," "a transgender," "transgendered," "transgenderism." These are not terms used by transgender people.

BEST PRACTICE – Use "transgender people," "the transgender community," "a transgender person", "trans person," "transgender woman," "transgender man." Transgender should be used as an adjective, not as a noun. Do not say, "Tony is a transgender," or "The parade included many transgenders." The adjective *transgender* should never have an extraneous "-ed" or "-ism" tacked onto the end.

Glossary of Terms & Definitions

OTHER EXAMPLES

Avoid: "Marisol was born a man but identifies as a woman."

Best Practice: "Marisol is a transgender woman."

Avoid: "John's coworkers didn't know that he used to be a woman."

Best Practice: "John's coworkers didn't know that he is a trans man."

Avoid: "The clinic offers gynecological services for female-to-male patients."

Best Practice: "The clinic offers gynecological services for trans men."

CITATIONS

"Glossary of Terms & Definitions." Trans Lifeline,

<https://translifeline.org/resource/glossary-of-terms-definitions/>

"Glossary of Terms: Transgender." glaad.org,

<https://www.glaad.org/reference/trans-terms>

Check out these resources for additional terms and definitions. These resources are not affiliated with Radiant Health Centers, and we can't guarantee accuracy, services, or products. Community accountability is important, so if there's something we should know about a resource listed here or if you'd like to recommend a resource, let us know via the Feedback Form in this guide.



17982 Sky Park Circle, Suite J
Irvine, CA 92614
(949) 809-570
radianthealthcenters.org