



Gender Diverse Youth & Families

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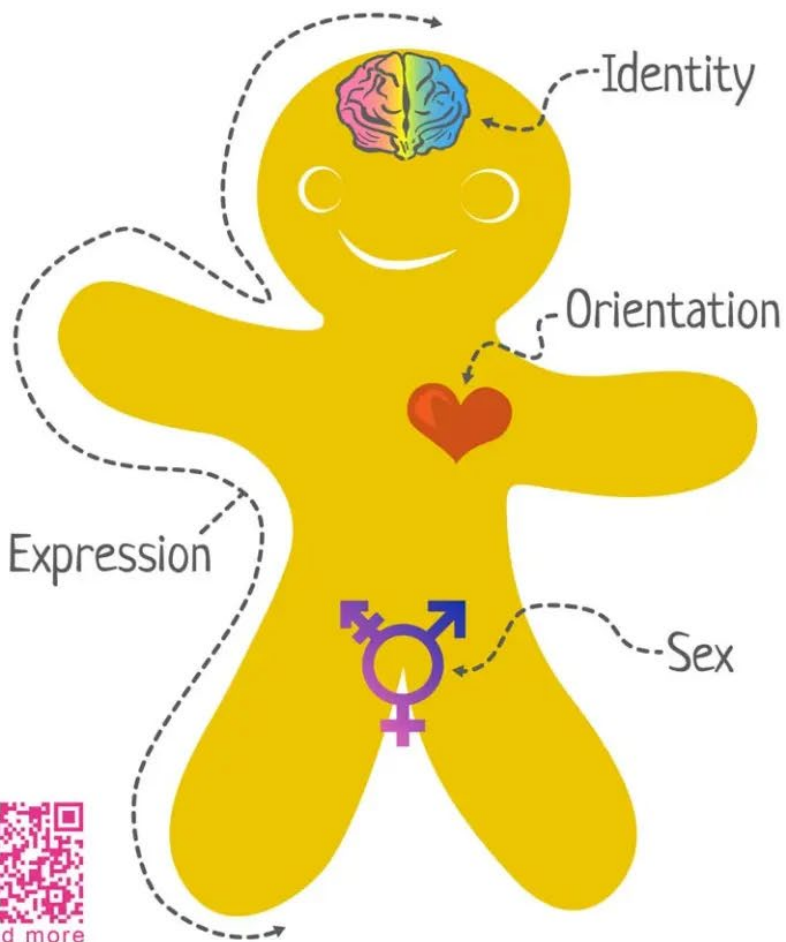
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The Genderbread Person

by www.ItsPronouncedMetrosexual.com



Gender Identity

Woman Genderqueer Man

Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means.

Gender Expression

Feminine Androgynous Masculine

Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.

Biological Sex

Female Intersex Male

Biological sex refers to the objectively measurable organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes; male = penis, testes, XY chromosomes; intersex = a combination of the two.

Sexual Orientation

Heterosexual Bisexual Homosexual

Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.

Social Transitioning

- + Coming out to someone as a gender diverse individual
 - + Family and friends
 - + Chosen name and pronouns
- + How can one be supportive?
 - + Confidentiality
 - + Active Listening, patience
 - + Being mindful of responses
 - + Open discussions
 - + Research LGBTQ+ topics
 - + Check ins

Social Transition (cont'd)

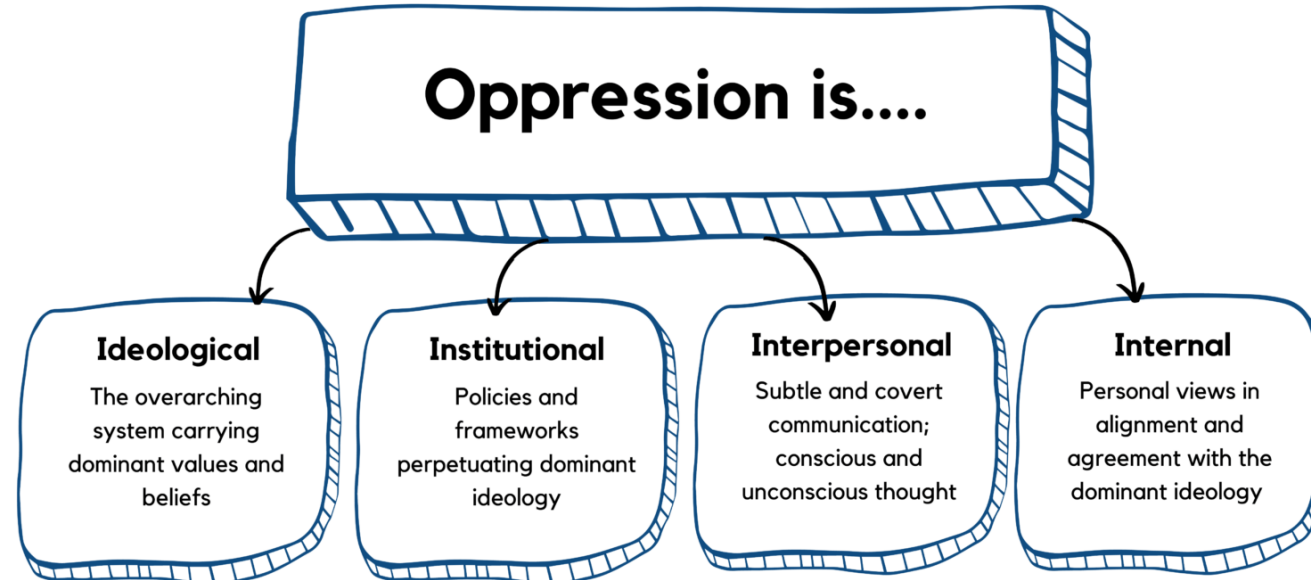
+ Levels of Homophobia



- + Repulsion- conversion therapy
- + Tolerance- just a phase
- + Acceptance- “You’re just a person”
- + Support- safeguard LGBTQ+ rights

The Four Is of Oppression

Adapted from Cheyenne E. Batiste, "Does Your Content Perpetuate Inequity?"



MONDAYS
made easy

Family Transition/Dynamics

- + Where are family members at?
 - + Levels of transphobia
 - + Education
 - + Connectedness
 - + Communication
 - How is conflict resolved?
 - Will the conversation be productive?
 - + Parent approaches
 - + Differences in values/beliefs
 - + Representation in community

How would you respond if a gender diverse youth came out to you while providing services?

- + Would it be different if:
 - + The youth only told you and not other family members?
 - + A family member outted them while providing services?
 - + Someone indicated this on a survey/medical form?

Communication with Parents/Youth

- + Provide resources
- + Authority vs Influence
 - + Using the “we” approach
- + Being open, honest, and transparent
 - + Family and client
- + Validation of child’s identity
 - + Using chosen name/pronouns
 - + Updating medical file
 - + Rephrasing and reiterating

Medical Transitioning

- + Gender diverse individual receives medical intervention to reflect their gender identity
 - + Hormone Replacement Therapy (HRT)
 - + Gender-affirming surgery
 - + Feminizing/masculinizing surgery
 - + Hysterectomy, breast and bottom surgery
 - + Hair removal and transplants.

What would need to be taken into consideration when determining if your client is ready to medically transition?

Readiness to Transition

- + Resources
- + Medical conditions
- + Safety
- + Social transition
- + Mental stability
 - + Support system
- + Family Dynamics

Mental Health

- + Looking at both individual and family systems
- + Youth
 - + Safety, discrimination, unsupportive household, rejection
 - + Suicidal ideation and self-harm
- + Family members
 - + Loss of what parents envisioned for their child
 - + Stages of grief

Parent Support Group

+ Us 2 Behavioral Healthcare

+ Parent Support Group - Raising Gender Diverse Youth

US
Us 2 Behavioral Health Care Inc

What to Learn

TOPICS

- Sexual Orientation vs Gender Identity
- Ways to support your loved one
- Mental health
- Creating a safe space
- Communication
- Relationship building
- Family dynamics
- Discrimination
- Community Resources
- Grief

What to Expect

- A safe, inclusive environment
- Understanding LGBTQ+ topics
- Being open to new perspectives
- Access to group and individual therapy
- Connection and support from clinicians and peers
- Evidence-based practice approaches to understanding your child's LGBTQ+ identity

Group Meetings

Where: Us 2 Behavioral Health Care Clinic

When: Bi-weekly on Mondays from 5:30-7 pm

What's needed: Paper and writing material

Cost: Based on insurance and ability to pay

Parent Support Group: Raising Gender Diverse Youth

Q & A

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Resources

Killermann, S. (2017). The Genderbread Person Version 4 - It's Pronounced Metrosexual. It's Pronounced Metrosexual. <https://www.itspronouncedmetrosexual.com/2018/10/the-genderbread-person-v4/>

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