

## University of Calgary Department of Psychiatry

### Psychiatric Quarterly Updates - Transgender Mental Health (TMH)

Friday, December 08, 2023 \*All times listed are MST\*

Time	Session	Speaker	Title	Learning Objectives
12:40 - 12:55	Check-In			
12:55 - 13:00	Welcome Remarks			
13:00 - 14:00	Plenary 1	Dr. Jack Turban	Supporting the Mental Health of Transgender Youth Across Development	<ul style="list-style-type: none"> <li>• Explain how the treatment of prepubertal transgender youth has evolved over the past two decades.</li> <li>• Discuss the rationale and current evidence base for pubertal suppression for transgender adolescents.</li> <li>• Discuss the rationale and current evidence base for gender-affirming hormone treatment for transgender adolescents.</li> </ul>
<b>14:00 - 14:15</b>	<b>Break</b>			
14:15 - 15:30	Plenary 2	Dr. Dan Karasic	Gender Affirming Care and Mental Health Care in 2023: Political Challenges, Science, and Updates from WPATH SOC 8	<ul style="list-style-type: none"> <li>• Describe the scientific literature relating to the political debate over access to gender affirming care.</li> <li>• Apply principles of working with people with non-binary identities.</li> <li>• List criteria for initiating hormones and surgery in WPATH Standards of Care Version 8.</li> <li>• Explain changes from SOC 7 to SOC 8 in supporting transition care in patients with co-occurring mental illness.</li> </ul>
15:30 - 16:30	Local Resources / Wrap Up	Dr. Jackie Mann	Trans Care in Primary Care: Resources and Experience from our Local Context	<ul style="list-style-type: none"> <li>• Manage the clinical approach working with this population from a primary care standpoint.</li> <li>• Describe the local landscape of trans care for youth and young adults in our city/province.</li> <li>• Advocate for the ongoing inclusion of trans voices in improved access.</li> <li>• List local supports and resources available to trans and gender-diverse people.</li> </ul>
16:30 - 16:35	Closing Remarks			