

# Health Resources for Transgender and Gender Non-Conforming Members

*The Medicaid Managed Care Organizations have compiled resources to support providers in delivering appropriate care to transgender people. These resources are free and may provide continuing education credit as well.*

## General Care

Transgender individuals experience [disparities in health outcomes](#) and high levels of stigma and discrimination across the health care system. Adults and children may experience bias, be mis-gendered by the health care system or have their transgender status overshadow their unrelated health concerns. Some health disparities include an increased risk of HIV infection, especially among transgender women of color, and lower likelihood of preventive cancer screenings in transgender men. Addressing these health care system challenges is critical to improving overall health.

- **Center of Excellence for LGBTQ+ Behavioral Health Equity** offers [recorded webinars](#) with continuing education on a wide range of topics including:
  - **Understanding Anti-LGBTQ+ Bias**
  - **Translating Trauma-informed Care Principles into Practice with LGBTQ+ Clients**
- **Health Across the Gender Spectrum** ([Link](#))  
 This online course offers an intimate, story-based introduction to the experiences of six transgender children and their families. CME expires November 16, 2021
- **Affirming Medical Care for LGBTQ Adolescents** ([Link](#))  
 After completing this learning experience, you should be able to define LGBTQ+ and gender identity, to identify three risk factors faced by LGBTQ+ youth, to identify three ways to be more inclusive of LGBTQ+ youth when providing health care services, to apply STI screening recommendations for this population, and finally, to introduce resources for LGBTQ+ youth and their families. CME expires 9/12/2021.
- **Indian Health Services Two-Spirit Resources** ([Link](#))  
 Traditionally, Native American two-spirit people were male, female, and sometimes intersexed individuals who combined activities of both men and women with traits unique to their status as two-spirit people. In most tribes, they were considered neither men nor women; they occupied a distinct, alternative gender status. This amounted to a third gender. This link includes additional resources from IHS on these individuals.

## Behavioral Health Care

Disparities exist in outcomes within Behavioral Health for LGBTQ+ population. According to the CDC, [transgender youth](#) are more likely than cisgender youth to report violence victimization, substance use, and suicide risk. Similar trends continue into adulthood.

- **Center of Excellence for LGBTQ+ Behavioral Health Equity** offers [recorded webinars](#) with continuing education on a wide range of topics including:
  - **Sexual Orientation & Behavioral Health 101**  
 This webinar enables behavioral health service providers to be more equipped to support, treat and advocate for people with diverse sexual orientations.  
 Considering a general lack of LGBTQ+-affirming knowledge among health care providers, along

with data and research which suggests LGBTQ+ people are at higher risk for poor health outcomes, this webinar offers institutions the skills they need to minimize gaps.

- **Gender Identity, Expression & Behavioral Health 101**

This webinar provides foundational knowledge about gender identity and gender expression, and how to best provide services for transgender and gender-nonconforming individuals across the lifespan.

- **Translating Trauma-informed Care Principles into Practice with LGBTQ+ Clients**

Using SAMHSA’s guidelines for trauma-informed care (TIC), this 90-minute training describes how to apply TIC when working with LGBTQ+ populations. Research describing the prevalence and impact of adverse childhood experiences (ACEs) will be summarized.

- **Behavioral Health Care for Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) People** (National LGBTQIA+ Health Education Center - Fenway Institute) ([Link](#))

For many LGBTQ people, however, living as a stigmatized minority can cause undue stress, leading to mood disorders, suicidal ideation, and unhealthy coping behaviors, such as substance use disorders or high-risk sexual activity. This module discusses behavioral health disparities faced by LGBTQ populations, explains how these may differ across LGBTQ subpopulations, and discusses evidence-based clinical practices in LGBTQ behavioral health care.

## Gender-Affirming Care

Under [Apple Health’s Transhealth Program](#), MCOs provide coverage for medically necessary gender-affirming treatment based on World Professional Association for Transgender Health (WPATH) Guidelines. The program covers hormone therapy and behavioral health services in addition to other gender affirming treatments which are covered directly by Apple Health. HCA removed restrictions on coverage for gender-affirming care effective May 5, 2021. Other gender-affirming treatments are covered directly by Apple Health (not by your managed care plan), also known as fee-for-service (FFS). Please use your ProviderOne services card when accessing these services.

- **Center of Excellence for LGBTQ+ Behavioral Health Equity** offers [recorded webinars](#) with continuing education on a wide range of topics including:
  - **Gender Dysphoria Diagnosis & Clinical Considerations for Children & Youth**
  - **Gender Dysphoria in Adults: Moving Beyond Diagnosis & Toward Affirmative Practice**
- **Providing Mental Health Assessments for Gender Affirming Surgery Referral Letters** ([Link](#))  
Reviews areas to cover when conducting an assessment of mental health and readiness for gender-affirming surgery referral letter requests.

## Additional Training & Resources

| National  |   |
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| <a href="#">World Professional Association for Transgender Health</a> | <a href="#">Trans Families</a>  |
| <a href="#">LGBTQIA+ Health Education – Fenway Institute</a>          | <a href="#">Center of Excellence for Transgender Health (UCSF)</a>  |
| <a href="#">The LGBTQ Cultural Competency Toolkit</a>                 | <a href="#">National LGBTQIA+ Health Education Center</a>   |
| <a href="#">GLMA: Health Professionals Advancing LGBTQ Equality</a>   | <a href="#">LGBTQ+ Behavioral Health Equity Center of Excellence</a><br><a href="#">Sign up</a> for resources |
| Washington  |   |
| <a href="#">Rainbow Center</a>  | <a href="#">Saying it Out Loud Conference</a>   |
| <a href="#">Q Card Project</a>  |   |