MEETING GENDER AFFIRMING CARE (GAC) NEEDS OF AI/AN TRANS AND GENDER-DIVERSE YOUTH

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Trans & Gender-Diverse AI/AN

Nearly half of our AI/AN 2SLGBTQ+ community identify as trans and gender diverse (TGD).

Of the AI/AN TGD sample, 79% identify using at least one nonbinary term to describe their gender.

Trans & Gender-Diverse people were more than 5x more likely to identify as Two Spirit than cisgender queer respondents (significant at p < .0001 in chi-square test).

Quantitative data from the 2020 2SLGBTQ Pride and Connectedness Survey conducted by the Paths (Re)Membered Project at the Northwest Portland Area Indian Health Board (N=223)
Over 89% of Trans & Gender-Diverse respondents have thought about suicide, wished they were dead, or wished they could go to sleep and not wake up at least once in their life
Over half of Trans & Gender-Diverse respondents have attempted suicide at least once in their life.
Feeling depressed in the past 4 weeks

<table>
<thead>
<tr>
<th></th>
<th>Cisgender 2SLGBTQ+</th>
<th>Gender-Diverse</th>
<th>Average</th>
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</thead>
<tbody>
<tr>
<td>Never</td>
<td>15%</td>
<td>2.7%</td>
<td>39%</td>
</tr>
<tr>
<td>Rarely</td>
<td>24%</td>
<td>19%</td>
<td>35%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>30%</td>
<td>21%</td>
<td>31%</td>
</tr>
<tr>
<td>Usually</td>
<td>39%</td>
<td>39%</td>
<td>39%</td>
</tr>
</tbody>
</table>

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Importance of Indigeneity

Percentage of respondents that regard these key aspects of identity as "extremely important" to them

- **Sexual Orientation**: 50%
- **Gender Identity**: 58%
- **Indigenous Identity**: 92%
- **History of one's people**: 94%
Of 2SLGBTQ+ people, 81% deem traditional Indigenous values to be mostly or extremely important to them.
What is Indigenous gender-affirming care?
Gender-Affirming Care

Gender-affirming care is a supportive form of healthcare. It consists of an array of services that may include medical, surgical, mental health, and non-medical services for transgender and nonbinary people. For transgender and nonbinary children and adolescents, early gender-affirming care is crucial to overall health and well-being as it allows the child or adolescent to focus on social transitions and can increase their confidence while navigating the healthcare system. (HHS 2022)

Indigenous Gender-Affirming Care

Constitutes all of the above definition, while accounting for complex and millennia-old Indigenous gender concepts and ways of being beyond Western definition. It also accounts for Indigenous concepts of wellness and health, which is not limited to the individual but may include the family and the community, and is not limited to physical health, but encompasses one's mental, emotional, spiritual, and cultural health. It also means accounting for the fact that gender dysphoria is based on a Western cultural framework, and that gender embodiment can include a constellation of cultural and decolonial ideas that don't exist in the settler imagination.
Examples of Indigenized Gender-Affirming Care Considerations

- Indigenous (and Indigiqueer) representation in clinical spaces
- Indigenous herbal hormone and embodiment support
- Indigenous and Indigiqueer affirming behavioral healthcare/counseling
- Cross-I/T/U patient navigation support
- Access to safe and affirming ceremony and Traditional Indigenous practitioners
- Support for affirmation and embodiment realization beyond the binary and inclusive of ancient and new Indigenous genders
- Care plans that include family and community
- Support for envisioning de-colonial embodiment goals and restoration of tradition
- Concepts of good health that account for self-definition, community health, emotional and spiritual health, and cultural health
- Indigenous traditional cultural activities are healing
For many Two Spirit Indigiqueer Tribal Genders are a home within which space, validity, identity, belonging, role, sacredness, responsibility, and calling are all found, formed, and (re)membered. It is an intellectual and spiritual gender embodiment beyond Western medicine, but that at the best moments, can intersect with it meaningfully.
Resources from

PATHS (RE)MEMBERED PROJECT
Northwest Portland Area Indian Health Board

www.pathsremembered.org

Check us out on IG @2SLGBTQ

Text 2SLGBTQ to 94449 to get regular updates and resources
Resolutions to support plan signed by NPAIHB delegates from 43 tribes across WA, OR, & ID, and most recently by NCAI
Our Two Spirit Children's Book

Available at:

www.pathsremembered.com
TRANS AND GENDER-AFFIRMING CARE ECHO

A collaborative community of practice for practitioners across various modalities, interested in the allocation of culturally-attuned gender-affirming care for AI/AN 2SLGBTQ+ people

Each session includes case presentations and discussion along with a didactic

Request our Toolkit

We offer Two Spirit and LGBTQ+ Pride Toolkits for community and clinical spaces. These toolkits are designed to ensure Two Spirit and LGBTQ+ clients see themselves reflected in the printed materials in a space. They include:

- 3 sets of pamphlets and rack cards about Two Spirit and LGBTQ+ health—one for providers, one for accomplices, and one for Two Spirit and LGBTQ+ people
- 2 copies of the Celebrating Our Magic Toolkit
- 3 sets of one-pagers about pronouns and gender identity
- 20 Rainbow Corn Enamel Pins
- Pronoun Pins (she/they/he)

Name

Mailing Address

Email

Number of Pronoun Pins

Number of Toolkits

ORDER

www.pathsremembered.org/toolkit/

Also available in pdf download!
Clinician Consult
Warm Line

https://www.pathsremembered.org/providers/request-clinician-consult/
Gender Pronouns Guide

GENDER PRONOUNS: Provider 101

Why should pronouns matter to you? Because they matter to your patients.
The use of correct name and pronouns is associated with decreased depressive symptoms, suicidal ideation, and suicidal behavior in trans youth.

Used incorrectly, a pronoun may cause a patient to feel you don’t understand or accept their gender identity and aren’t capable of providing them competent care.
Used correctly, they show respect and affirm the gender identity of your clients.

When should I ask?
Any time you interact with a new patient, as a regularly part of your introduction.

How should I ask?
“Do you use pronouns, for example he, she, or they? Which pronouns do you use?”

Ask your patients about pronouns.
Ask every patient. Ask every time.

The English language, including its pronouns, are part of the forced assimilation Indigenous people experience. We know that Indigenous people have always taken great care in how we refer to one another which is why we have ceremonies for gifting names.

more at
www.pathsremembered.org
11x17 Affirming Clinical Poster Set

Available under "Resources" at www.pathsremembered.org
FAQ for Parents with Indigiqueer Kids

Guide for AI/AN TGD minors to access GAC in ban states