

# 2024 INTERPROFESSIONAL TRANSGENDER HEALTH EDUCATION DAY (ITHED)



**TRANSGENDER HEALTH  
COLLABORATIVE @ SLU**

# CURRICULUM

## Description

The ITHED is designed to provide foundational knowledge on transgender health and gender-inclusive communication for students and current healthcare professionals.

## Intended Audience

College/university students enrolled in clinical education/training programs & current healthcare professionals.

## Methods of Instruction

The ITHED methods of instruction include lectures, a guided reflection, panel discussions, & interactive breakout sessions.

## Materials

Suggested resources include:

- [The World Professional Association for Transgender Health \(WPATH\) Standards of Care for the Health of Transsexual, Transgender, and Gender Nonconforming People, Version 8](#)
- [University of California San Francisco Guidelines for the Primary and Gender-Affirming Care of Transgender and Gender Nonbinary People, 2<sup>nd</sup> edition](#)
- [The Report of the 2015 U.S. Transgender Survey by the National Center for Transgender Equality](#)
- [Endocrine Society Clinical Practice Guidelines](#)

## Learning Objectives

After participating in the ITHED, students will be able to:

1. Identify prominent physical and mental health disparities that impact the transgender population.
2. Discuss the challenges transgender patients face within the healthcare system.
3. Describe aspects of gender-inclusive language and communication.
4. Articulate strategies to promote a gender-inclusive clinical environment.
5. Locate reputable resources to inform clinical practice within one's profession.
6. Identify the role of various health professionals in caring for a transgender patient.

## Description of Learning Activities

- **Trans 101:** Introduces fundamental concepts in transgender health and the history of transgender people. Addresses forms of transitioning, including social, legal, and medical interventions (learning objectives 1-4). Addresses best practices in gender-arming communication and care with a focus on healthcare settings (learning objectives 3-4).
- **Trans 102:** Provides discipline-specific considerations and details the role of various healthcare providers in the care of a transgender patient (learning objectives 5-6).
- **Guided Reflection on Gender Identity:** Invites students to reflect on their own gender identity and its context in society.
- **Panel Discussions:** Provide space for transgender and gender diverse community members and their families to share about their experiences in healthcare (learning objective 2).
- **Dynamic Breakout Sessions:** Allows students to explore greater depth of understanding on a variety of topics in small groups (learning objectives 1-6).



# ITHED SCHEDULE / OCTOBER 11, 2024

Time	Content	Presenter(s)	Location
8:30 - 9:00 AM	<b>Opening Remarks:</b> Making the Case for Transgender Inclusion: Why It's On All of us to Build a Better Practice	Ben Greene	LRC ABC
9:00 - 10:00 AM	<b>Gender Identity 101:</b> Introduction to Transgender Health and Gender-Affirming Communication	Beth Gombos	LRC ABC
10:00 - 10:15 AM	<b>Guided Reflection on Gender Identity</b>	Katie Heiden-Rootes	LRC ABC
10:15 - 10:30 AM	<i>Break</i>		
10:30 - 11:30 AM	<b>Panel Discussion with Transgender Community Members</b>		LRC ABC
11:30 - 1:00 PM	<b>Lunch &amp; Trans 102:</b> Discipline-Specific		
	• Medicine, Physician Assistants, Nursing	Theresa Drallmeier	LRC
	• Mental and Behavioral Health Disciplines	Shelly Dalton	LRC
	• Speech, Language, and Hearing Sciences	Marie Fleming	LRC
	• Nutrition and Dietetics	Whitney Linsenmeyer	LRC
	• Occupational Therapy	Susan DiDino	LRC
	• Athletic Training	Katie Sniffen	LRC
	• Other Lifelong Learners	Katie Heiden-Rootes	LRC
1:15 - 2:15 PM	<b>Group 1: Interprofessional Case Discussion</b>		LRC
	<b>Group 2: Choose Your Own Adventure</b>		LRC
	• Sex Under the Gender Expansive Umbrella	Willow Rosen	LRC
	• Political and Legal Discourse about Trans Lives: A Panel Discussion with LGBTQIA+ Community Leaders	Luka Cai, Ben Greene, Heather Walter-McCabe	LRC
	• Trans-Parenting: A Panel Discussion with Families of Transgender Youth	Susan Halla	LRC
	• Unmasking Health Disparities	Shelly Dalton	LRC
	• "But What About..." Safe Space to Ask Lingering Questions	Patrick Cousins	LRC
12:30 - 3:30 PM	<b>Group 1: Interprofessional Case Discussion</b>		LRC
	<b>Group 2: Choose Your Own Adventure</b>		LRC
	• Sex Under the Gender Expansive Umbrella	Willow Rosen	LRC
	• Political and Legal Discourse about Trans Lives: A Panel Discussion with LGBTQIA+ Community Leaders	Luka Cai, Ben Greene, Heather Walter-McCabe	LRC
	• Trans-Parenting: A Panel Discussion with Families of Transgender Youth	Susan Halla	LRC
	• Unmasking Health Disparities	Shelly Dalton	LRC
	• "But What About..." Safe Space to Ask Lingering Questions	Patrick Cousins	LRC
3:45 - 4:15 PM	<b>Closing Remarks &amp; Awards</b>	Katie Heiden-Rootes	LRC ABC

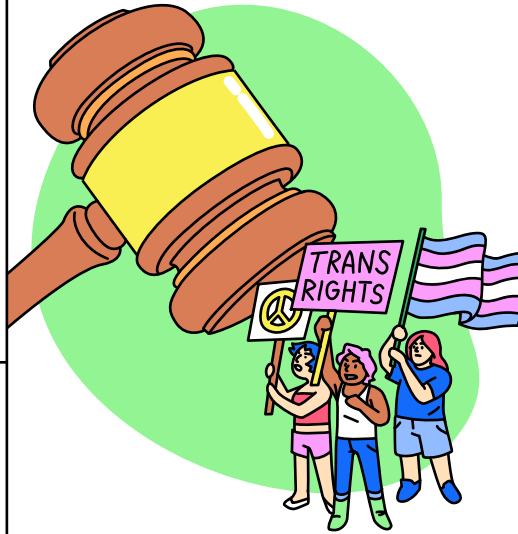
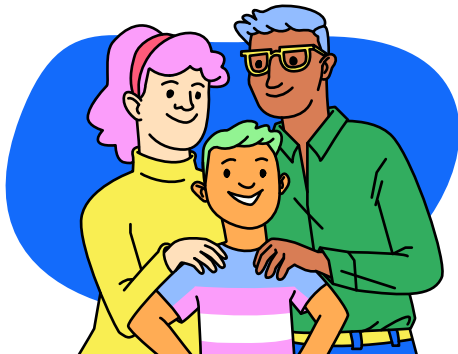
# BREAKOUT SESSION DESCRIPTIONS

## Interprofessional Case Discussion

The interprofessional case discussion will draw on the perspectives of students in mental and behavioral health, allied health, and medicine. The case will center around providing respectful, person-centered, and gender-affirming care for a transgender client seeking to establish primary care.

## Trans-Parenting: A Panel Discussion with Families of Transgender Youth

TransParent is a national organization with local chapters throughout the country. Their mission is to bring compassionate support to parents and caregivers navigating complex issues faced by gender-expansive individuals. In this panel discussion, parents will discuss their family's journey, the experiences they've had in the healthcare system, and their hopes for the future of healthcare. The panel will be moderated by Susan Halla, board president of TransParent. Questions from the audience are encouraged.



## Political and Legal Discourse about Trans Lives: A Panel Discussion with LGBTQIA+ Community Leaders

A record 621 anti-transgender bills in 43 states are currently being reviewed across the U.S. In Missouri in 2023, the legislature passed bills banning gender-affirming healthcare for minor youth and preventing transgender youth from playing on sport teams that align with their gender. This panel discussion will address the impact of these bills and the political discourse about trans lives on the health and well-being of the transgender community and those who seek to care for them. Finally, attendees will learn about how they can be active advocates and allies within the current political climate.

## Sex Under the Gender Expansive Umbrella

A short session touching on some of the realities of sexual and reproductive health for gender expansive and transgender people. This will take into consideration some factors such as Gender Arming Hormone Therapy (GAHT) / Hormone Replacement Therapy (HRT), surgery and adaptive wear. This session will be led by Mx. Willow Rosen, a sexual and reproductive health care educator with over a decade of experience helping transgender and queer individuals navigate this ever expanding landscape of care.

## Unmasking Health Disparities

Led by Dr. Shelly Dalton of SLU, this session will address the social determinants of health impacting the transgender community, including discrimination within housing, employment, and education sectors. Dr. Dalton will draw on findings from the existing literature as well as their own lived experience.

## “But What About...” Safe Space to Ask Lingering Questions

This session will be an open dialogue led by SLU campus minister Patrick Cousins with students who have lingering questions about biological sex, gender identity, society, and/or the role of religion. Students can bring questions that may have arisen from their personal upbringing, religious practice, or from the media.

## SPEAKER BIOS

### **Ben Greene, BA (he/him)**

Ben Greene is a St. Louis-based transgender advocate and educator who has spoken internationally on topics surrounding transgender inclusion. After coming out at 15 in a small town, Ben has devoted his career to spreading empathy, education, and storytelling around the trans experience, and has spoken for companies, hospitals, schools, religious organizations, and government entities sharing what it means to be transgender and how to show up as an ally. He is a fierce advocate for transgender youth, regularly speaking in their defense at the Missouri State Capitol, and is the author of the book "My Child is Trans, Now What? A Joy Centered Approach to Support". He is passionate about educating others from a place of compassion—no matter where they're starting from.

### **Willow Rosen, BA (they/them)**

Willow Rosen has been working for well over a decade in the field of reproductive health care and advocacy with a focus on LGBTQIA+ populations. From patient advocacy to sex ed curricula creation, and directly training providers, their commitment to expanding available resources and education for the gender expansive community is what guides their work.

### **Beth Gombos, BA (they/them)**

Beth Gombos is a trans, nonbinary, and genderqueer individual, and the co-founder and executive director of Trans Housing Initiative St. Louis (THISTL). With over 15 years of service to the transgender and gender nonconforming (TGNC) community, Beth has provided crucial education to allies, businesses, universities, nonprofits, and other organizations on how to effectively support and understand the TGNC community.

### **Luka Cai, BA (they/them)**

Luka Cai, a trans-masculine, pansexual, Singaporean immigrant, co-founded SQSH to create a resource they wish they had. As Executive Director, Luka oversees program activities, resource development, and strategic planning at SQSH. With 10+ years of community organizing experience and 400+ hours spent learning, teaching, and applying peer counseling, they provide leadership for SQSH through their passion for queer liberation and transformative justice.

### **Susan Halla, MS (she/her)**

Susan Halla is the board president of TransParent, a national nonprofit that brings compassionate support to parents and caregivers of transgender and gender expansive kids of all ages. She has her own trans child, who is now 24 but will forever and always be her kid.

### **Marie Fleming, MA, CCC-SLP (she/her)**

Marie Fleming is a graduate of SLU and speech-language pathologist at Washington University School of Medicine. She provides gender affirming voice and communication training in addition to treating a variety of voice and upper airway disorders. She has a special interest in mentoring and supervising future clinicians and SLP graduate students.

### **Patrick Cousins, MA (he/him)**

Patrick Cousins is the Director of Pastoral Formation at Saint Louis University where he previously served as a campus minister for 15 years. When he's not wearing his Mission and Identity hat, he teaches introductory courses in Theological Studies and chips away on his doctoral dissertation. He is a steadfast and effective advocate for the inclusion of gender diverse students at Saint Louis University.

## SPEAKER BIOS

### **Theresa Drallmeier, MD (she/her)**

Theresa Drallmeier is an Assistant Professor of Medicine in the Department of Family & Community Medicine at Saint Louis University. She serves as the Director of Curriculum and Scholarship within the Saint Louis University Family Medicine Residency and teaches extensively on health equity and the care of gender diverse patients with both medical students and residents. Her passions include providing health care to transgender and gender non-conforming persons, using medication-assisted treatment to manage opioid use disorder, and working with the Latinx population.

### **Katie Heiden-Rootes, PhD, LMFT (she/her)**

Katie Heiden-Rootes is an Associate Professor of Medical Family Therapy in the Department of Family & Community Medicine. Her research and clinical practice is with the queer and trans community seeking to improve family and healthcare relationships.

### **Whitney Linsenmeyer, PhD, RD, LD (she/her)**

Whitney Linsenmeyer is an Assistant Professor of Nutrition at Saint Louis University and a Spokesperson for the Academy of Nutrition and Dietetics. Her research centers nutrition care for the transgender and gender diverse population.

### **Michelle (Shelly) R. Dalton, PhD, LPC (they/them)**

Shelly Dalton (they/them) is an Assistant Professor of Medical Family Therapy in the Department of Family & Community Medicine at Saint Louis University. Their research centers on gender minority stressors for the gender identity minorities with an intersectional focus on race. Shelly's clinical practice focuses on health and neurodiversity within the TGNC community and training mental health clinicians to provide gender armative therapy.

### **Heather Walter-McCabe, JD, MSW (she/her)**

Dr. Walter-McCabe is an Associate Professor with the SLU School of Law and an LGBTQ+ health equity expert. Her research examines policy mechanisms for advancing health equity at the intersection of law, social work, and public health. She focuses on sexual orientation and gender identity within a legal epidemiology project that analyzes state policies contributing to the health outcomes of LGBTQ+ communities.

### **Susan DiDino, OTR/L, MOT (she/her)**

Susan DiDino is an adjunct instructor at Cleveland State University and a doctoral student at Nova Southeastern University. Her scholarship addresses the occupation of work within the transgender community with an occupational rights perspective.

### **Katie Sniffen, PhD, ATC (she/her)**

Dr. Sniffen is an Assistant Professor and Director of the Athletic Training Program at Saint Louis University. Her research interests lie in demonstrating the value of athletic training services on the health of populations through the application of health outcomes research, as well as in injury prevention and risk mitigation.