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### The Gender Clinic at The Barbara Bush Children's Hospital: Demographics, Diagnoses, and Treatment Goals

Brandy Brown

Maine Medical Center, [brandy.brown@mainehealth.org](mailto:brandy.brown@mainehealth.org)

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# The Gender Clinic at The Barbara Bush Children's Hospital: Patient Referral Information, Demographics, and Goals

Brandy Brown, DSW

## Introduction

Program evaluation to better understand patients referred to The Gender Clinic.

## Methods

Retrospective chart review- all new referrals over a 12 mos. period, from **June 1, 2020** to **May 31, 2021**. During this period, the program accepted referrals up to age 26. Each chart was reviewed for an 8 month period.

## Patients referred to The Gender Clinic are complex, with many psychosocial, mental health, and medical treatment goals.

### Mental Health/ Psychosocial Goals

Family Therapy/ Support  
Identity Exploration  
Social Transition Support  
Psychoeducation  
Diagnostic Clarity  
Individual Therapy  
General Psychosocial Support  
Psychiatric Consultation  
Psychiatric Medication Management  
Spiritual Care/ Distress

### Medical Goals

Gender Affirming Hormone Treatment (GAHT)  
Surgical Goals  
Medications to Moderate Pubertal Effects  
Puberty Blockers  
Continuation of Current Medical Treatment

## Discussion

Patients referred to The Gender Clinic are complex and present with many psychosocial, mental health, and medical goals, requiring individualized treatment planning. Almost 60% of patients referred were not seen within 8 months of the initial referral. Further information is needed to understand why. Not all patients who presented with initial medical treatment goals had a medical appointment to initiate treatment. Those who did not initiate treatment may have been participating in family therapy or identity exploration. It is unknown how many patients who identified medical treatment as an initial goal ultimately began this treatment.

## Findings

Newly referred patients were **15.9 years old** (range 4.73-25.7).

Assigned Female patients are referred at **3x** the rate of Assigned Male patients.

A **third** of patients identify as **non-binary**.

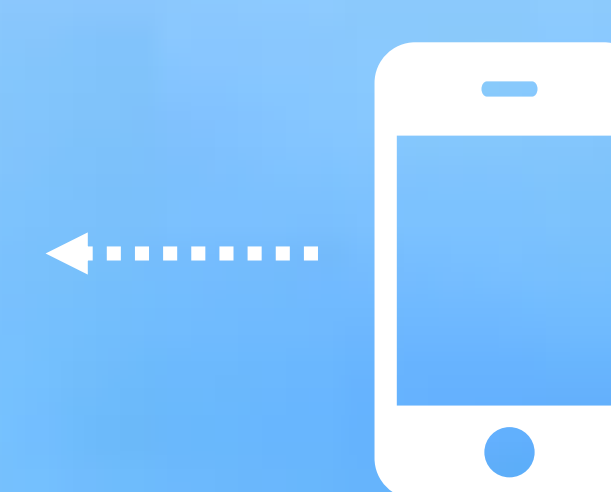
Of the **304** unique patients referred, **175** attended a mental health evaluation and **82** had a medical appointment.

Of the **121** patients who identified GAHT as a treatment goal, less than a **quarter** (27) had a medical appointment to initiate treatment.

Of the 175 patients evaluated, **45%** endorsed a **trauma** history.

The **top 4** reported mental health conditions were:

- **Anxiety** 76%
- **Depression** 70%
- **ADHD** 31%
- **Autism** 19%



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