

While Howard Brown does not provide surgical procedures, our Trans and Non-Conforming Surgical Health Navigation Team is a multidisciplinary care team that can assist you with identifying, planning and coordinating any surgical gender-affirming care needs.

Our team will provide external referrals to gender-affirming care providers and help navigate you from pre-surgery requirements through post-surgery recovery and beyond. We are here to inform you of all care options and to create an individualized care plan that works best for you.

Bodily autonomy and consent are key to gender-affirming care and there are a variety of options to consider and discuss with a medical provider as you move through your journey.

### How do I get started?

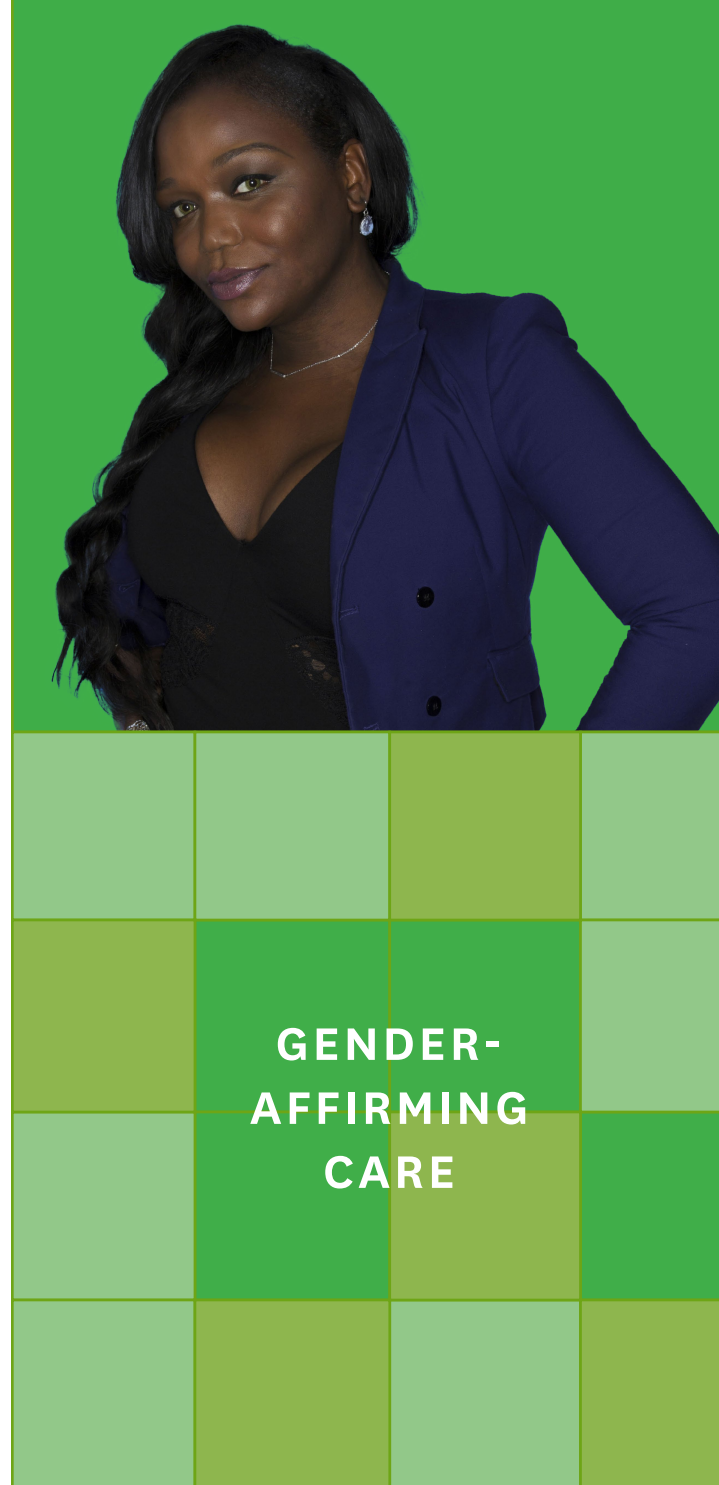
You can start by scheduling an appointment at Howard Brown to talk with a provider about your gender-affirming care options. You can schedule an appointment simply by calling 773.388.1600 or by scheduling an appointment through the MyChart patient portal.

### To speak with our Trans and Non-Conforming Surgical Health Navigation Team you:

- Must identify as TGNC
- Have a goal of obtaining gender-affirming surgery (or multiple surgeries)
- Be a current patient at Howard Brown
- Be 18 years and older
- Have health insurance or able to pay out-of-pocket for the cost of the surgery
- Motivated and ready to have surgery in the next 6 to 12 months.
- You can ask your medical provider for a referral to the TGNC surgical navigation team or email the team at [HBHtranshealth@howardbrown.org](mailto:HBHtranshealth@howardbrown.org) for more information and support.

We have a number of support groups that may fit your needs and help in building community.

To access our behavioral health group services, please complete our interest form if you would like to join one (or more!) of our groups. For additional information, contact our **Manager of Group Therapeutic Services** at [GroupTherapy@howardbrown.org](mailto:GroupTherapy@howardbrown.org) for any additional information or leave a voicemail at 872.269.3728. We strive to return your message within 5-7 business days.



Here at Howard Brown Health, we are committed to providing affirming healthcare for all. Howard Brown works to eliminate barriers to gender-affirming care while providing a safe environment for individuals to receive that care. If you or anyone you know are interested in pursuing gender-affirming care at Howard Brown, you can learn more about our services and what next steps to consider below!

## What is Gender-Affirming Care?

Gender-affirming care encompasses a range of social, psychological, behavioral, and medical services that many people of transgender experience and non-binary people need as part of their gender transition. More broadly, gender-affirming care is any kind of care that people get to bring their bodies into more comfortable alignment with their gender identity.

Gender-affirming care is safe, effective, and medically necessary for the well-being of many people of transgender experience and non-binary people. Every single major medical organization in the United States, including the American Academy of Pediatrics, the American Medical Association and the American Psychiatric Association, supports the provision of age-appropriate, gender-affirming care for people of transgender experience and non-binary people. There are a variety of options to consider when thinking about your individual gender-affirming care needs.

*Gender-affirming care encompasses a wide array of services and some trans and gender non-conforming patients may never want to pursue any medical services at all.*

- **Nonsurgical Treatments**

These can include services like feminizing or masculinizing hormone therapy, voice and communication therapy, or laser hair removal.

- **Surgical Treatments**

Some examples, facial reconstruction surgery to provide a more traditional feminine or masculine appearance; chest and breast surgery (or “top” surgery), including breast augmentation or mastectomy of chest tissue; genital reconstructive surgery (or “bottom” surgery).

- **Gender-Affirming Behavioral Health**

A mental health specialist can help you explore different approaches to your transition and overall mental health needs. This may include individual therapy and group sessions. Behavioral health providers can help with managing body dysphoria, social transitioning, as well as general mental health issues including mood disorders, generalized anxiety, substance abuse and post-traumatic stress disorder (PTSD).

- **Reproductive Counseling**

Some types of gender-affirming care may alter your fertility. Reproductive counseling can help you understand what potential changes may happen or your options for fertility and family planning in the future.

## What Gender-Affirming Care Services does Howard Brown Provide?

Howard Brown provides several gender-affirming care services to meet your needs, including:

- Hormone therapy and hormone consultations;
- Office visits to discuss your hormone levels and overall health.
- Behavioral health services, including trans and non-binary support groups;
- Surgery letters as required for insurance coverage and surgeon approval for gender-affirming surgery;
- Referrals to see surgeons for initial consultation.
- And more, please ask.

