

OFFICE OF MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES
PENNSYLVANIA DEPARTMENT OF HUMAN SERVICES

Community Mental Health Services Block Grant

Special Project Funding Request

Date of Request: March 31, 2020

Project Title: Transgender Therapy Training Workshops

OMHSAS Staff Lead: Jill Stemple

Bureau: Department of Health and Human Services

Organization: The Children's Hospital of Philadelphia, Gender & Sexuality Development Clinic

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Project Overview and Purpose

For the last two years (FY 18-19 and FY 19 -20), The Gender & Sexuality Development Clinic (GSDC) has been the recipient of the Special Project Fund. This fund has allowed The GSDC to create and provide training workshops on best practices for supporting the mental health providers serving Transgender clients throughout the State of Pennsylvania. These trainings began as an identified need from both Transgender clients wanting to access affirming and supportive mental health care and mental health providers wanting to know how to best support their Transgender clients. In year one of the training program, 600 mental health professionals attended webinars and 221 attended in-person trainings. In year 2, 540 mental health professionals attended webinars and approximately 600 providers are signed up to attend the in-person trainings.

Without supportive family or community resources, Transgender individuals are at an increased risk for experiencing homelessness, substance abuse/dependency, and physical and sexual assault. When rejected, Transgender individuals experience an increase in anxiety, depression, and suicidal ideation. The National Transgender Survey discovered that over 40% of transgender adults have attempted suicide at least once in their life; of that group; 92% reported that one of their attempts was before the age of 25.