

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

**Community Mental Health Services Block Grant**  
**Year End Report Out**

Please submit your year end/project end report no later than **July 30 annually**. If you specific project information will not be available by July 30, please consult with the CMHSBG Staff.

Please ensure that you are including a brief overview of the implementation of the project, including numbers served/trained, any CMHSBG priorities addressed, and any Evidence Based or Promising Practices utilized. Be sure to address all outcomes/goals included on your project proposal.

**State Fiscal Year: 2018-2019**

**Project Title:** Transgender Therapy Training Workshops

**Budget Approved:** \$45, 283

**Funds Expended:** \$39,826

We are respectfully requesting a carry-over of the remaining \$5,457 to cover the expenses of our Pittsburg trainings on August 1<sup>st</sup> and 2<sup>nd</sup>. And, if refunded to complete a second year of trainings, we will roll the remaining funds forward as well.

**Narrative Overview of the Project:** Mental health providers throughout the State of Pennsylvania had requested additional support and training in order to better serve their transgender and gender expansive clients. In an effort to fill this need, the Gender & Sexuality Development Clinic staff offered multiple opportunities for training to increase clinical and therapeutic competence in this area through *Transgender Therapy Training Workshops*. To best meet the needs of as many providers throughout the state as possible, we offered a mix of online based learning as well as in-person training opportunities based on four distinct regions in Pennsylvania. Training content addressed the needs of providers who are new to the topic as well as those who have higher levels of experience. Ongoing support throughout the year was also provided to clinicians via phone and email as requested.

**Number Served/Trained:** Three webinars were hosted in which a total of 600 providers participated. As the in-person trainings were hosted per-region, the number of providers trained were as follows: Harrisburg = 80 attendees; Philadelphia = 72 attendees; and Scranton = 69 attendees. In total, 221 providers attended the in-person training events. Due to weather issues, the training for the Pittsburgh region was rescheduled for August 1 and 2, with openings for 150 participants over 3, 3 hour training sessions.

**Project Goals/Outcomes:** Currently, a total of 821 providers received training on how to best support their transgender and gender non-conforming clients. With the completion of the Pittsburg trainings in August, this number could reach 971 providers. This number far exceeded our expectations and was well-received by attendees. Post-training evaluations ratings for content and training experience average was 4.95/5.00. Of note is that the participants were additionally grateful to be able to get Social Work Continuing Education Units (CEUs) for their participation. This was provided at no additional expense to the gran as an in-kind offering from the Department of Patient & Family Services (Social Work) at The Children's Hospital of Philadelphia.

Review of program evaluation narrative portion highlighted that this topic is one that is increasingly desired by providers. The groups in Harrisburg and Scranton regions were especially thankful for the trainings as there are minimal resources available to clients and families in the regions further away from Philadelphia. By increasing the competency and support from mental health providers, transgender clients throughout Pennsylvania will have greater access to care and affirming support throughout their transition process. We look forward to the opportunity to continue this important work.

**Final Project Report and all questions can be directed to:**

Jill Stemple

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