

Trans Care Resources

- **Mental Health Resources**

- Support Groups:
 - [Children's Home Society Triple Point NCW](#) (In Wenatchee, in person and online, youth 12-18 years old)
 - [Transchat](#) (online support group)
 - [Diversity Alliance of Puget Sound](#) (many groups are online)
 - [Ingersoll Gender Center](#) (Online peer support group and support group for friends, family, significant others, and allies)
 - [TransFamilies](#) (Family support groups – including a Spanish-speaking parents' group)
- Therapists:
 - [CVCH Transgender Care Team](#)
 - Private Practice:
 - [Micah Vacatio LICSW](#)
 - [Therapists who self-identify as specializing in transgender care on PsychologyToday.com](#)
- Other:
 - [Family Acceptance Project](#)
 - [Navigating Transition Support App](#)

- **Gender Affirming Medical Care Resources**

- Primary Care – Gender Affirming Care
 - [CVCH Transgender Care Team](#)
 - [QueerDoc telemedicine for gender affirming hormone therapy](#)
- Vocal Transition
 - [Sandy Hirsch MS, CCC/SLP](#) – Virtual Visits Available
 - [Anna Lantry, BM GCPH](#) – Trans-identified voice coach, Virtual Visits Available
 - [Eva voice training app](#)
 - [Christella Voiceup app](#)
 - [Undead Voice Lab](#) Online Course
- Pelvic Floor Physical Therapy
 - [Katie McGee, PT, DPT](#) – B3 Physical Therapy
 - Virtual Visits Available, located in Mill Creek, WA
 - [Brianna Durand, PT, DPT](#) – Empower Physiotherapy, PLLC

- Virtual Visits Available, located in Seattle and Bellevue, WA.
 - Gender Affirming Surgery
 - For Adults:
 - [PolyClinic Plastic Surgery](#)
 - [Stiller Aesthetics - Spokane](#)
 - Bottom Surgery including both vaginoplasty and phalloplasty: Dr. Shane Morrison at Harborview (more info [here](#) and [here](#), scheduling [here](#))
 - [University of Washington's Transgender and Gender Non-Binary Care](#)
 - For Adolescents:
 - [Seattle Children's Gender Clinic](#)
 - [General information including surgery scholarships and education about surgeries](#)
 - [Nutrition Guidance for Transgender and Gender Diverse People](#)
- **Legal / Insurance Resources**
 - [Lambda Legal Help Desk](#)
 - [TransEquality ID Document Center](#)
 - [WA DOL](#) (information about changing gender designation on ID cards)
 - [Apple Health Medicaid TransHealth Program](#) (information about Medicaid insurance requirements and services for transgender and gender diverse people in WA)
 - [Gender Care Navigation Support](#)
 - [Gender Marker Change Consultation](#)
- **Provider Education Resources**
 - [World Professional Association for Transgender Health \(WPATH\) Standards of Care](#)
 - [National LGBTQ+ Health Education Center – Fenway Institute](#)
 - [American Academy of Pediatrics: Ensuring Comprehensive Care and Support for Transgender and Gender-Diverse Children and Adolescents](#)
 - [UCSF Center of Excellence for Transgender Health Guidelines](#)
 - [Seattle Children's Gender Clinic Education and Resources for Healthcare Professionals](#)