

PFLAG NYC

MEDICAL TRANSITIONS WORKSHOP  
FOR TRANS AND NON-BINARY YOUTH:  
WHAT FAMILIES NEED TO KNOW

Alexes Hazen MD, FACS

Clinical Associate Professor  
Hansjörg Wyss Department of  
Plastic Surgery

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TRANSITIONING:  
WHERE TO  
START?

Support

Therapy

Social Transitioning

Hormone Blockers

Hormone Treatment

Surgery

# SUPPORT

Parents

Family

Friends

School

Community





THERAPY

Individual

Family



# HORMONE BLOCKERS AND TREATMENT

## Process

- Options and Choices

## Hormone Blockers

## Estrogen and Testosterone

## Risks and Issues (fertility, etc)

# GENDER AFFIRMING SURGERY

Preparing for Surgery

Binding (Risks/issues)

Risks

Health and Wellness

Finding a Surgeon

Insurance





## RESOURCES

[Ocfs.ny.gov](https://ocfs.ny.gov)

Office of Children and Family Services

Mental Health

The Trevor Project - [trevorproject.org](https://trevorproject.org)

Ackerman Institute - [ackerman.org](https://ackerman.org)

Homeless Youth Ali Forney Center

[Aliforneycenter.org](https://aliforneycenter.org)



## HEALTH RESOURCES

Planned Parenthood  
[Plannedparenthood.org](https://Plannedparenthood.org)

Callen-Lorde Community Health Center  
[Callen-lorde.org/transhealth](https://Callen-lorde.org/transhealth)

Audre Lorrde Project  
[Alp.org](https://Alp.org)

NYU Transgender Youth Health Program





## OTHER RESOURCES

- [The Trevor Project's 24/7/365 Lifeline](#) at 866-4-U-TREVOR (866-488-7386)
- [The National Suicide Prevention Lifeline](#) at 800-273-TALK (8255)
- [Trans Lifeline](#) at 877-565-8860

### **Transgender Organizations:**

- [National Center for Transgender Equality \(NCTE\)](#) (advocacy)
- [Transgender Legal Defense and Education Fund \(TLDEF\)](#) (legal services)
- [Transgender Law Center \(TLC\)](#) (legal services and advocacy)
- [Sylvia Rivera Law Project \(SRLP\)](#) (legal services))
- [Gender Spectrum](#) (support for families, trans youth, and educators)
- [Gender Diversity](#) and [TransFamilies](#) (support for families, trans youth, and educators)
- [Trans Youth Equality Federation](#) (support for families and trans youth)
- [GLAAD's Transgender Media Program](#) (media advocacy)
- [PFLAG Transgender Resources](#) (resources for trans people and their families)
- [COLAGE Kids of Trans Community](#) (support for kids of trans parents)
- [Gender Identity Project at the NYC LGBT Center](#) (support services)
- [American Civil Liberties Union \(ACLU\)](#) (legal services)