



Where: Live Online

<https://weillcornell.zoom.us/j/93210081206>

Meeting ID: 932 1008 1206

When: 12:00pm-1:00pm

Thursday, February 15, 2024



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Financial Disclosure: Dr. Pflum has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Dr. Sam Pflum Ph.D (she/her) is a child clinical psychologist and clinical assistant professor at UNC-Chapel Hill School of Medicine. Her clinical specialties include gender-affirming care, LGBTQ+ community health, and integrated mental health care for youth living with sickle cell disease. She has been practicing gender-affirming care in various multidisciplinary settings since 2013. Dr. Pflum also engages in clinical research with gender-diverse youth, provides supervision to pre-doctoral psychology interns, participates in advocacy efforts within the LGBTQ+ community, and engages in teaching and training across the UNC Health system and with community organizations. a podcast about psychotherapy and psychedelics.

“GENDER AFFIRMING MENTAL HEALTH CARE FOR TRANS YOUTH”

ABSTRACT

This presentation aims to discuss mental healthcare that affirms gender for young individuals who identify as gender diverse, including trans, non-binary, genderqueer, and agender youth. The focus will be on adolescents and young adults. The presentation will begin by providing an overview of gender diverse identities, and ways to prevent the use of unnecessarily gendered language. We will also review the minority stress model. The mental health needs and outcomes of this community will be explored, with emphasis on how intersectional identities can impact psychotherapy considerations. Furthermore, we will explore ways in which mental health professionals can offer affirming assessments, therapy, and informed referrals for gender diverse youth to enhance resilience and promote gender euphoria.

LEARNING OBJECTIVES

1. Identify three ways that minority stress can negatively impact mental health outcomes in trans youth
2. Describe two ways that mental health providers can advocate for their gender diverse patients in different contexts
3. Apply broad gender affirming care principles to patient care in diverse settings

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REFERENCES

1. Bauer, G. R., Scheim, A. I., Pyne, J., Travers, R., & Hammond, R. (2015). Intervenable factors associated with suicide risk in transgender persons: a respondent driven sampling study in Ontario, Canada. *BMC Public Health*, 15(1).
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3. Tordoff, D. M., Wanta, J. W., Collin, A., Stepney, C., Inwards-Breland, D. J., & Ahrens, K. (2022). Mental Health Outcomes in Transgender and Nonbinary Youths Receiving Gender-Affirming Care. *JAMA network open*, 5(2), e220978.

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