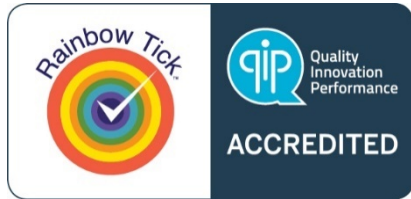


Creating an LGBTI specific health service for the transgender community in South Australia



14th National Rural Health Alliance Conference

Cairns

Jill Davidson

CEO, SHINE SA



*important
message*

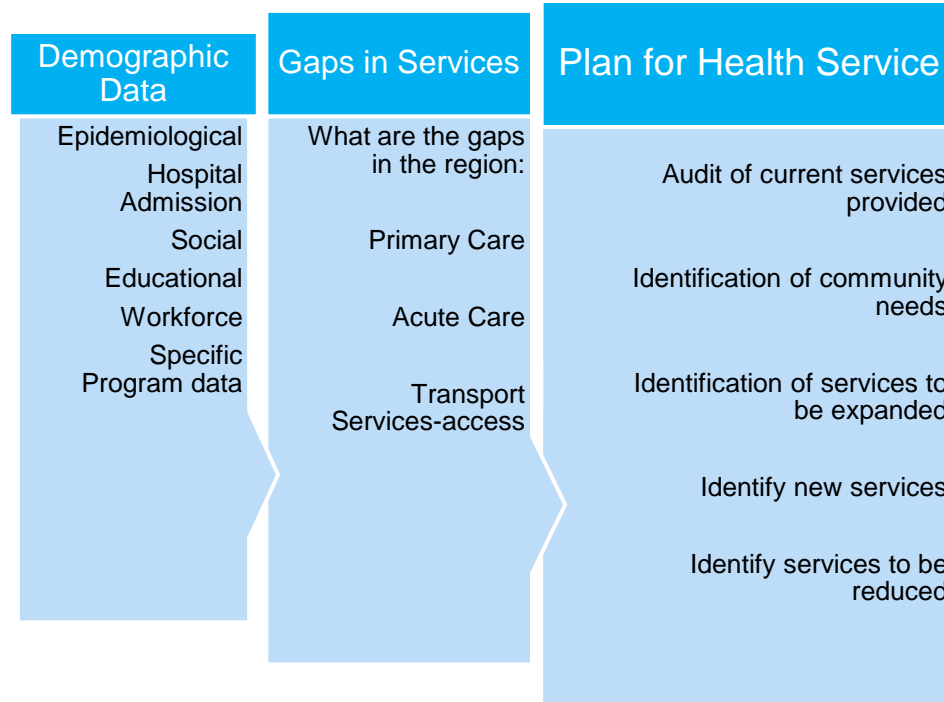
SHINE_{SA}

Context

- Health Administrators and health professionals point of view
- About service planning
- Not technical in nature



Service Planning



Imagine



Acts of Daily Living



The First Australian National Trans Mental Health Study

Summary of Results

Authors

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More than two thousand
Australians take their
own lives every year.

Demographics and the Environment



- The statistics for rural and remote support for the transgender community are limited.
- Current studies for service provision have focused on mental health and suicide reduction of the impacts of medical and surgical interventions

Outcomes for Trans Population

- Discrimination in the workplace
- Rejection at school
- Strong correlation with homelessness
- Rejection from family
- Isolation from usual social activities

US study Grant and Colleagues – 2011

Social Factors were a major contributor to mental and physical risk factors

Protecting against suicidal behaviour includes implementing programs that promote wellbeing, optimism and support social connectedness.



What is Needed for Rural Services to the Trans Community?

- Trans Community is complex and diverse
- Services require high level of flexibility
- Trans people are even more vulnerable in rural communities
- Family/social rejection is common and this is heightened in a rural setting
- There is fear about visiting local health professionals
- Anonymity is not available in a small country town

Health Service Response

Respectful and affirming services are very important to the Trans person

Attitudes make the difference between seeking care and not seeking support

Case Study
John visits his doctor in order to discuss health screening. The doctor continues to “dead name” John and persistently refers to John’s cervix. This is very stressful for John whose gender choice has been ignored.

SHINE SA In House Services

- Specialist Mental Health funding through the Better Access to Mental Health Care provides .6FTE
- Case load oversubscribed and the service cannot keep up with the demand
- Waiting list is growing across 2 sites
- There are 4 sites not serviced
- Of the current clients a significant number have complex issues and suicide ideation

Trans Wellbeing

- Trans Wellbeing a clinical psychology, peer support and volunteer program
- Clinical Psychology service
- At capacity – 45 clients 3 weeks after opening
- Peer support worker – case management and volunteer coordination
- Also a triage service and extensive community information
- Volunteer program operated by peers

➔ Vision to eventually provide for a complete service responding to our clients needs

57 Hyde Street- Trans Service Development



- ▶ Further Development of Trans Wellbeing Services
- Family Planning for Trans Men
- Cervical Screening
- Contraception- long acting reversible choices
- Hormone medication

SHINE SA Rural Trans Services.

①

②

③

The areas of focus for a Rural Trans Service will include:

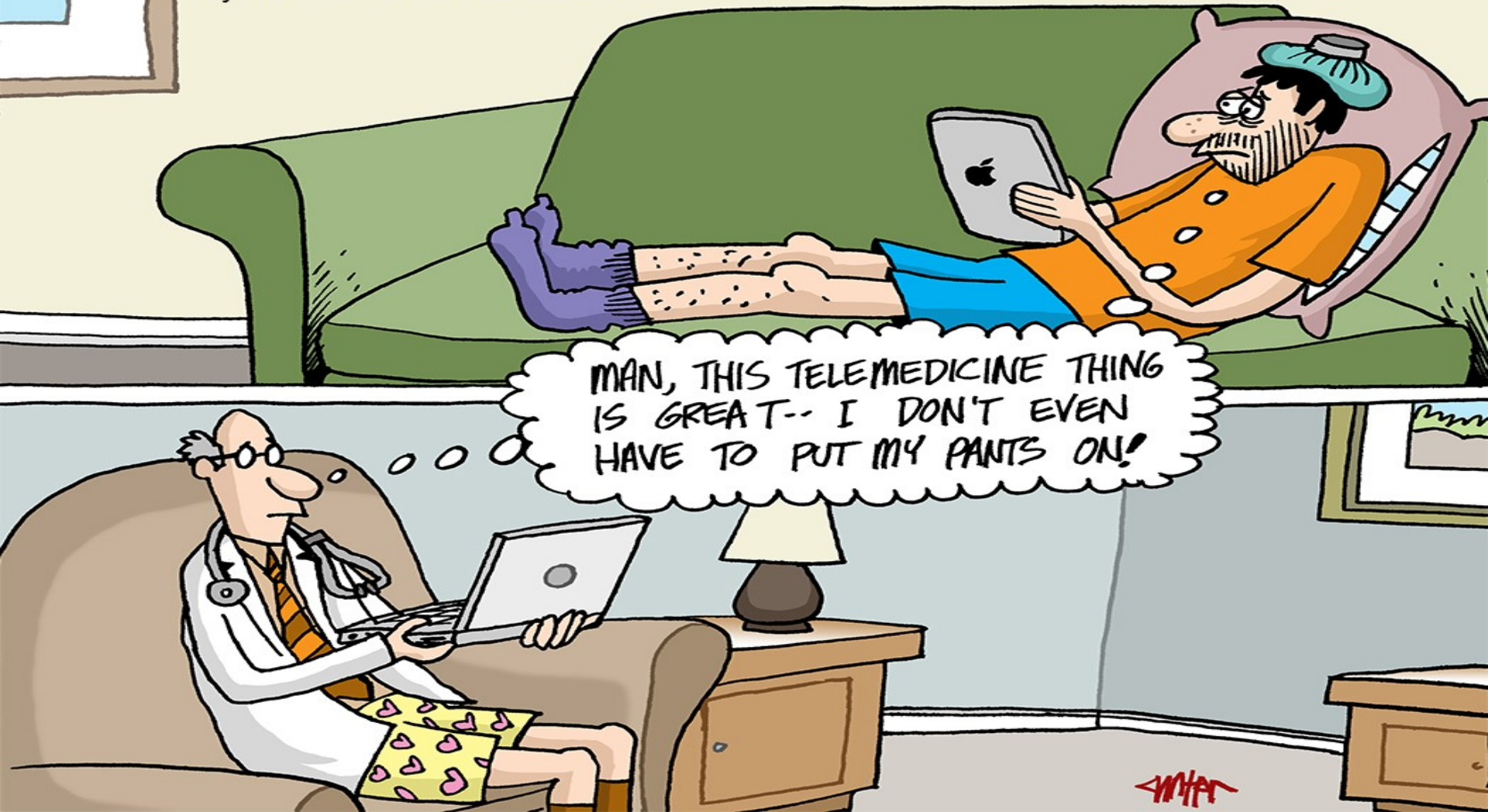
- Establishing a network of peers similar to a support group
- Clinician to client support
- Metro GP /Sexual Health Physician to rural GP

Key Pillars for Extending Reach to Rural Trans People

- Telemedicine strategy
- 1800 state-wide telephone service 24x7

Peer to Peer Support





MAN, THIS TELEMEDICINE THING IS GREAT-- I DON'T EVEN HAVE TO PUT MY PANTS ON!

State Wide 1800 Information and Referral Service



Clinical Support Rural GPs

Hormone
Medication

Supporting Rural
GP referrals





Final Step

Journal
Paper to
document the
processes
and
outcomes



SA
MHC



Thank you

Acknowledge
Zac Cannell
Alison Bruer

A wide-angle photograph of a sandy beach on a bright day. The sky is blue with scattered white clouds. On the left, a steep, vegetated cliffside meets the sand. In the middle ground, several people are walking along the shoreline. The ocean is visible on the right, with white waves breaking onto the beach. In the foreground, large, dark, wet rocks are scattered on the sand. The word "Questions?" is written in a large, black, sans-serif font across the center of the image.

Questions?