

# Trans Safety in a Cis World

*A resource pamphlet for TGNCY  
(trans and gender nonconforming youth)  
In Washington State*



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Mental Health

Being LGBTQ in this society can take a lot of mental energy on a daily basis. A majority of trans and gender nonconforming youth experience different mental health struggles such as gender dysphoria and all of the pain associated with not feeling like your true self. While others may not experience that, they do experience other forms of mental turmoil regarding their identity in the trans community. In this region we are fortunate enough to have mental health professionals that are LGBTQ competent or that specifically work with the LGBTQ community. They are listed below.

#### Trans Specific Therapists:

- Patricia Fawver: (253)-564-8408
- Seattle Counseling Services: (206)-323-2184
- Leslie Chertok: (253)-370-3637
- Lynn Chesire: (253)-566-7456
- Damian Gennette, MDiv: (253)-732-2588
- Greg Scea: (253)-597-8022
- Mary Williams: (253)-815-9641
- Kendra Roberson: (253)-830-4910
- Jane Ryan: (253)-205-0704
- DJ Burr: (206)-458-2556
- Marilyn Boyle: (253)-572-7926
- Paula Hoyt: paulahoyt@qwest.net
- Carol Lentz: (253)-271-4046
- Morgan Vanderpool: (253)-565-4484
- Naveed Sarikhan: (253)-391-7493

All of these therapists either are a member of the LGBTQ community or they specifically serve the LGBTQ community through their counseling services. Most of these providers are in the Tacoma, WA area however, some do work in Seattle. Other great resources are the Rainbow Center of Tacoma (all ages) or the Oasis Youth Center (ages 11-24). Both places are able to give vouchers or help connect you to a therapist among many other services.

#### Self care:

Taking care of yourself is probably the best way to stay healthy. And there are many different ways this looks for each person. This section will discuss common

ways people take care of themselves but each person is different so your way of self care may look different than what will be mentioned in this section.

Examples of self care:

- Coloring
- Meditation
- Tea
- Hot shower
- Warm bath
- Movie night
- Treating yourself
- Alone time
- Writing
- Reading
- Going to the beach
- Hiking
- Walking
- Working out
- Journaling
- Yoga

These are just some common ways people practice self care. But again, everyone is different so you by no means have to follow this list. You are able to use whatever feels right for you.

Breathing exercises are also a great way to stay calm. As well as very simple and easy to do. They can also be a good way to ground yourself when you feel overwhelmed or stressed or like things are getting too much to handle.

Examples of exercises:

- Breath in and count to four, hold of three, breath out for four
- Visual meditation: videos of expanding and contracting shapes, breath in on expanding, breath out on contracting
- Breath, but with each breath count 5 things you see, 4 things you hear, 3 things you can taste, and 2 things you can touch, and 1 thing you can smell

There are many other ways to stay grounded, these are just a few ideas. But like with self care, each person is different so feel free to experiment and find what works best for you.

Notes:

- I have no experience with any of the mental health professionals mentioned above however I made sure to find ones in the community or that have knowledge on how to serve LGBTQ youth.
- I have tried all of the self care suggestions and they have worked for me
- I have also tried the breathing exercises with the same results.

## Physical Health

While mental health is important, so is your physical health. Here in Washington there are a number of different providers for a lot of needs that trans people have. Some even specifically catering to trans patients and making them their top priority. Providers range from health care clinics to individual physicians to surgeons to naturopaths to laser hair removal.

### Health Care Clinics:

- Endocrine Consultants NW
  - 1708 S. Yakima Ave. Suite 205 Tacoma
  - 253-565-6777
  - Endocrinology, trans care
  - One doctor for HRT (Dr. Reddy)
  - Medicare, Medicaid, major insurance plans
- Capitol Hill Medical
  - 901 Boren Ave. Suite 705 Seattle
  - 206-720-9999
  - All LGBT care, HIV care
  - HRT, Prep, referral for hair removal, doesn't always take new clients
  - Major insurances, no medicare or medicaid
- Queen Anne Medical Association
  - 200 W. Mercer Suite 104 Seattle
  - 206-281-7163
  - Trans specific care
  - No minors, accepted insurance fluxuates
- Neighborcare Health-Pike Market Medical Clinic
  - 1930 Post Alley Seattle
  - 206-728-4143
  - Primary and trans care
  - HRT, referrals to specialists, no prep or HIV treatment
  - Medicare, Medicaid, major insurances
- Country Doctor Community Clinic
  - 500 19th Ave E Seattle
  - 206-299-1600

- Primary and trans care
- HRT, Prep (ask ahead of time), referral for hair removal
- Medicare, Medicaid, major insurances (plan must be assigned to clinic)
- Cedar River Clinics
  - 1401 Martin Luther King Jr. Way Tacoma: 253-473-6031
  - 509 Olive Way #1454 Seattle: 206-957-0990
  - 263 Rainer Ave. South, Suite 200 Renton: 425-255-0471
  - Provider: Michelle Wilkoff
  - HRT, surgical follow up, referral for surgeries, referral for hair removal
  - Most major insurances, medicaid must be “Healthy Options”
- Community Health Care Clinics
  - 1202 Martin Luther King Jr. Way Tacoma WA
  - 253-597-3813
  - Primary care, dental, HIV care
  - Provider: Jo Bauer
  - Accepts Medicare, Medicaid, most insurances
- Complete Women’s Health Care
  - 200 Lilly Road NE, Suite 152 Olympia WA
  - Phone: 360-754-9409
  - Speciality: Trans care
  - Only HRT
  - Medicare, Medicaid, most major insurances

Individual Physicians:

- Christopher Coppeans, MD
  - UW Medicine-Federal Way Clinic: 32018 23rd Ave S. Federal Way
  - 253-839-3030
  - Primary care, LGBT youth
  - Medicare, Medicaid (not community health plan or Ambetter), most major insurances
- Linda Gromko, MD
  - 200 W. Mercer #104 Seattle
  - 206-281-7163
  - Primary care, trans care, hormone blockers, laser hair reduction

- Medicare, most major insurance plans
- Kevin Hatfield, MD
  - Poly Clinic: 509 Olive Way Seattle
  - 206-860-4700
  - Trans and family care
  - Practice is closed with exception of those with hyperhidrosis, LGBT and gender-varient patients
  - Most major insurances, no Medicaid or Medicare
- Tavis Taylor, MD
  - Eagle Sweep Clinic: 1007 Scott Ave, Suite D Bremerton
  - 360-548-2823
  - Trans care
  - Open quarterly, schedule online at eaglesweepclinic.com
  - No insurance accepted, payment due at time of service
- Larry Stonesifer, MD
  - 34509 9th Ave S. Suite 200 Federal Way
  - 253-927-4777
  - Endocrinology, HRT
  - Most major insurances, no Medicaid or Medicare for new patients
- Christopher Gaynor, MD
  - Qliance Medical Group: 509 Olive Way Suite 1607 Seattle
  - 206-913-4700
  - Primary care, LGBT care
  - Insurance based on Qliance membership, accepts Apple Health and Ambetter)
- Peter Shalit, MD
  - Additional: Paul Algeo-HIV medicine, more availability for new clients
  - 901 Boren Avenue, Suite 850 Seattle
  - 206-624-0688
  - Primary care, HIV care, Trans care, Gay Men's health
  - Most major insurance plans, limited number for medicaid clients per month

Cosmetic and Reconstructive Surgeons: insurance is unknown

- Geoffrey Stiller, Board Certified Surgeon



- Specialty: trans related surgeries
- Main office: 2301 W. A Suite Moscow, ID 83843
  - 208-262-3409
- 825 SE Bishop Blvd Suite 601 Pullman WA, 99163
  - 208-882-0740
- Hema J. Thacker, MD, FACS
  - Legacy Good Samaritan Medical Center
    - 1015 NW 22nd Ave. Portland OR, 97210
      - 503-413-7711
  - Legacy Emanuel Medical Center
    - 2801 N. Gantenbein Ave. Portland OR, 97227
      - 503-413-2200
  - Legacy Medical Group-Reconstructive Surgery (multiple locations:
    - 2800 Vancouver Ave, Suite 130 Medical Office 1, Legacy Emanuel Medical center Campus, Portland OR, 97227
      - 503-413-4992
    - 1130 NW 22nd Ave, Suite 420 Building 3, Legacy Good Samaritan Medical Center Campus, Portland OR, 97210
      - 503-413-4992

#### Naturopaths:

- Patrick Martin Jr.
  - Tacoma, Seattle, Olympia
  - 253-831-1226
  - All LGBT care, health and fitness coach
  - Takes flex/health spending money from some insurances
- Meditrinalia Naturopathic
  - 1904 3rd Ave. Suite 335 Seattle
  - 206-910-6176
  - Holistic medical care, trans care/hormone treatment
  - Trans competent doctor: Les Witherspoon
  - Medicaid, no medicare, sliding scale

#### Laser Hair Removal:

- 40 Lake Bellevue Drive, Suite 101 Bellevue
- 425-462-9868

- No insurance taken, interaction with insurance done by client (ask for receipt)

## Safety

Safety is always of the utmost importance, especially in this political climate. The best advice I can give is try to go out in groups if possible. I personally try to carry pepper spray on me at all times. I think people should whatever will keep them safe in the long run. If that means only coming out to certain people then that is what you should do. No one has the right to force you to come out, no one has the right to out you without your permission. And no one ever has the right to attack, belittle, or invalidate you for your identity.

There are safe youth centers that have resources if you need them. These spaces offer a variety of resources such as bus passes, clothes, hygiene products. The Rainbow Center and Oasis also help provide mental health vouchers for youth. And all locations offer programming that is both fun and educational.

- Rainbow Center
  - Age range: all ages
  - Location: 2215 Pacific Ave Tacoma, WA
  - Contact: (253) 383-2318
- Oasis Youth Center
  - Age range: 14-24 (Thursday, Friday, Saturday), 11-14 Wednesdays
  - Location: 2215 Pacific Ave Tacoma, WA
  - Contact: (253) 671-2838
- Lambert House
  - Age range: 22 and under
  - Location: 1818 5th Ave, Seattle WA
  - Contact: (206) 312-2515

## Frequently Asked Questions

Q: Are there laws that prohibit discrimination against transgender people?

A: Yes. The Washington Law Against Discrimination (WLAD) prohibits discrimination in public accommodations, housing, employment, and any form of loan or insurance transactions.

Q: Do laws prohibiting discrimination based on “sex” protect trans people?

A: Yes. The Ninth Circuit Court has protected trans people from any harassment or discrimination under Title VII law.

Q: Does the law protect a transgender person’s right to use the restroom with their gender identity?

A: That is somewhat unclear. However, under laws against discrimination trans people are protected in public accommodation and the HRC fully supports trans folks using whatever bathroom they identify as.

Q: Are there laws that specifically protect trans students from discrimination?

A: Yes. Under the WLAD nondiscrimination policies include gender expression and identity. And WA legislature passed a law requiring public school policies to protect trans students from bullying and harassment.

Q: Can a person change their name to reflect their gender identity?

A: Yes. Any person over the age of 18 can choose and use whatever name they wish. One just needs to fill out a petition for a name change and contact the district court in their area to schedule a hearing.

Q: Can a person get their name and gender marker changed on their birth certificate?

A: Yes. You just need to submit a court-ordered name change from to their Department of Health along with a letter stating what information is on their birth certificate (name, dob, place of birth, parent’s names, contact info) and either a certified copy of a court order that states the person’s name, dob, current gender, and new gender OR a letter from a doctor that says you have received medical treatment and your new gender.

Q: Can a person change their name and gender on their driver’s license or id?

A: Yes. After your name is court approved, you submit a written request along with a copy of a court-ordered name change to the Dept. of Licensing.

Q: Can a person change their name and gender marker with the Social Security Administration?

A: Yes. You just need to provide proof of a court-ordered name change, US citizenship and identity.

Q: Should one change their name with social security?

A: Yes. This will help avoid problems later if all other paperwork has your new name and/or gender.

Q: Can someone change their name/gender on their passport?

A: Yes. You need to apply for a new passport and a copy of your court-ordered name change.

Q: If a married spouse transitions is the couple still married?

A: WA recognizes same-sex marriages even either or both spouses undergoes a transition.

Q: Are there laws that protect transgender people from discrimination in health care and insurance?

A: Yes. The WLAD protects against discrimination in places such as hospitals and in insurance transactions.

Q: Do any government healthcare programs cover surgical or nonsurgical transition-related treatment?

A: That generally varies from state-state and from program to program. However, the Office of Insurance Commissioner prohibits private health care plans from denying coverage for transition-related healthcare.

Q: Are there laws that protect transgender folx from discrimination in jails/prison?

A: Yes. The 8th amendment of the US constitution requires officials to protect all people from violence.

Q: Are transgender people protected from invasive physical examinations by jail and prison officials?

A: Yes. WA DOC regulations clearly state that jail staff may not physically examine a trans person for the sole purpose of discovering their genital status.

Q: May a trans immigrant be granted asylum in the US because of discrimination in their country of origin?

A: Yes. However, to be granted asylum they must show proof that they are transgender and that they were persecuted for that reason, and that the government refused to help them.



## Resources

- Rainbow Center
  - (253) 383-2318
  - 2215 Pacific Ave Tacoma, WA
- Washington State Human Rights Commission
  - (800) 233-3247
- Gender Justice League
  - (206) 855-3307
- Ingersoll Gender Center
  - (206) 849-7859
  - 507 E Pike Seattle, WA
- American Civil Liberties Union (ACLU)
  - (206) 624-2180
  - 901 5th Ave, Suite 360 Seattle, WA