

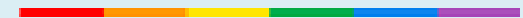
# Welcome to

A presentation to the Health and Social  
Security Panel



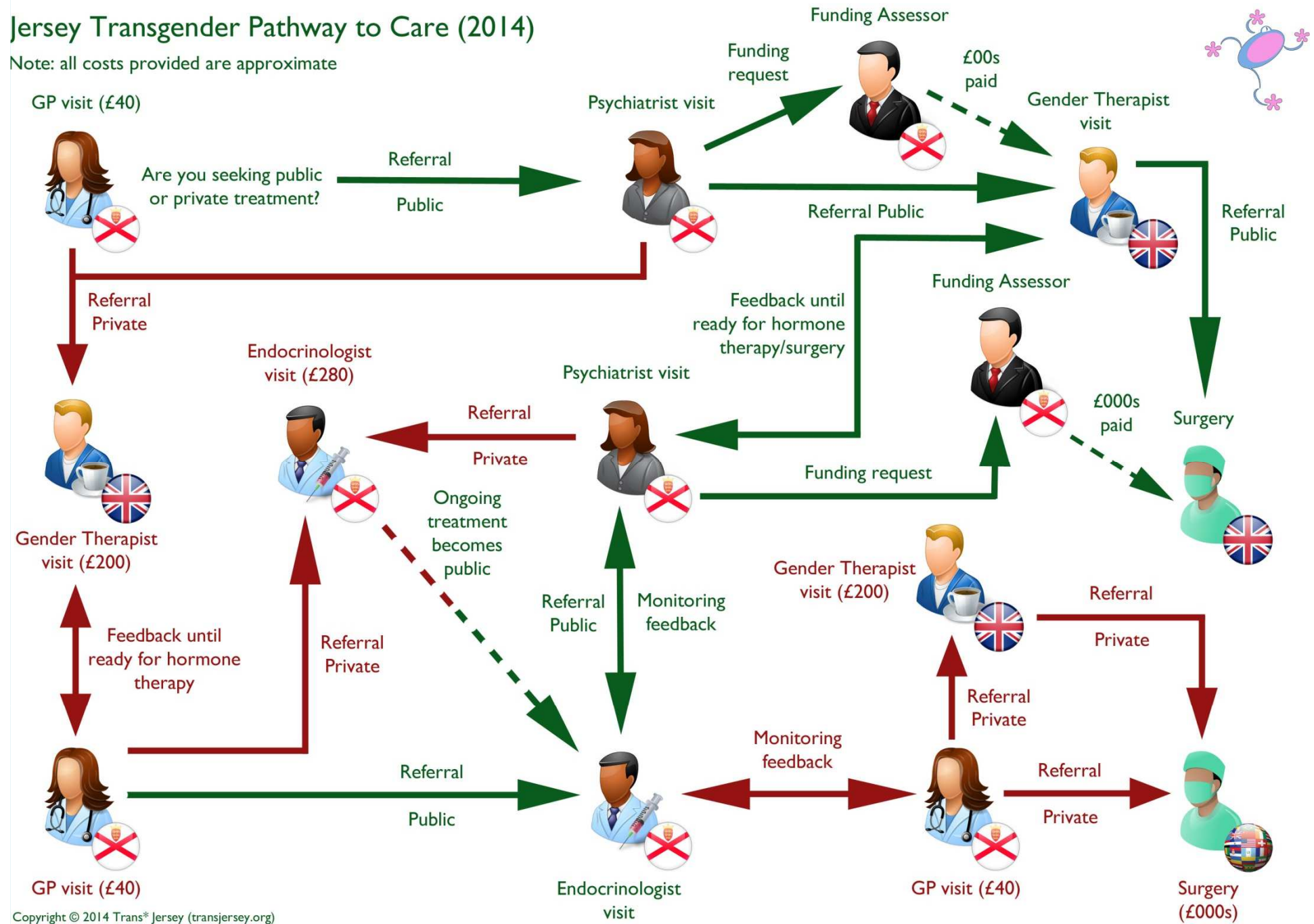
Transgender health care and the  
interaction with Mental Health Services

**LIBERATE**



# Jersey Transgender Pathway to Care (2014)

Note: all costs provided are approximate



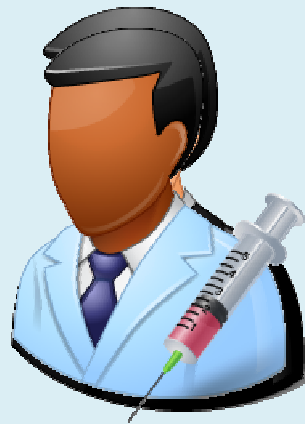
# Public Pathway Now



**Hurgenges**



**MGPS**



**ERET**



**NHS (18 mths)**

**LIBERATE**

# Transgender youngsters



- The NHS is currently receiving 20% more referrals year on year from youngsters wishing to transition.
- Youngsters who are gender dysphoric are **persistent, insistent** and **consistent** about their gender.
- Youngsters are not able to start hormone therapy until they are 16 and surgery will not be recommended before the age of 18.
- Puberty blockers are given to trans youngsters to halt natural puberty – they give time for the youngster to decide.
- Liberate is making no recommendation to change these fundamental principles.



# Problems

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- Transgender islanders are using high level mental health services for gender dysphoria (declassified by WHO June 2018)
- There are considerable waiting times for stretched NHS gender therapy services
- GPs are alleviating stress in clients by prescribing hormones

# Positives

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- Private clients do not go via MHS, i.e. no requirement to do so
- Gender therapy practitioners are experienced - not qualified
- A number of psychologists/therapists in Jersey are already trained by Liberate and Dr Tara Woodward
- GPs can prescribe hormones

# Aims

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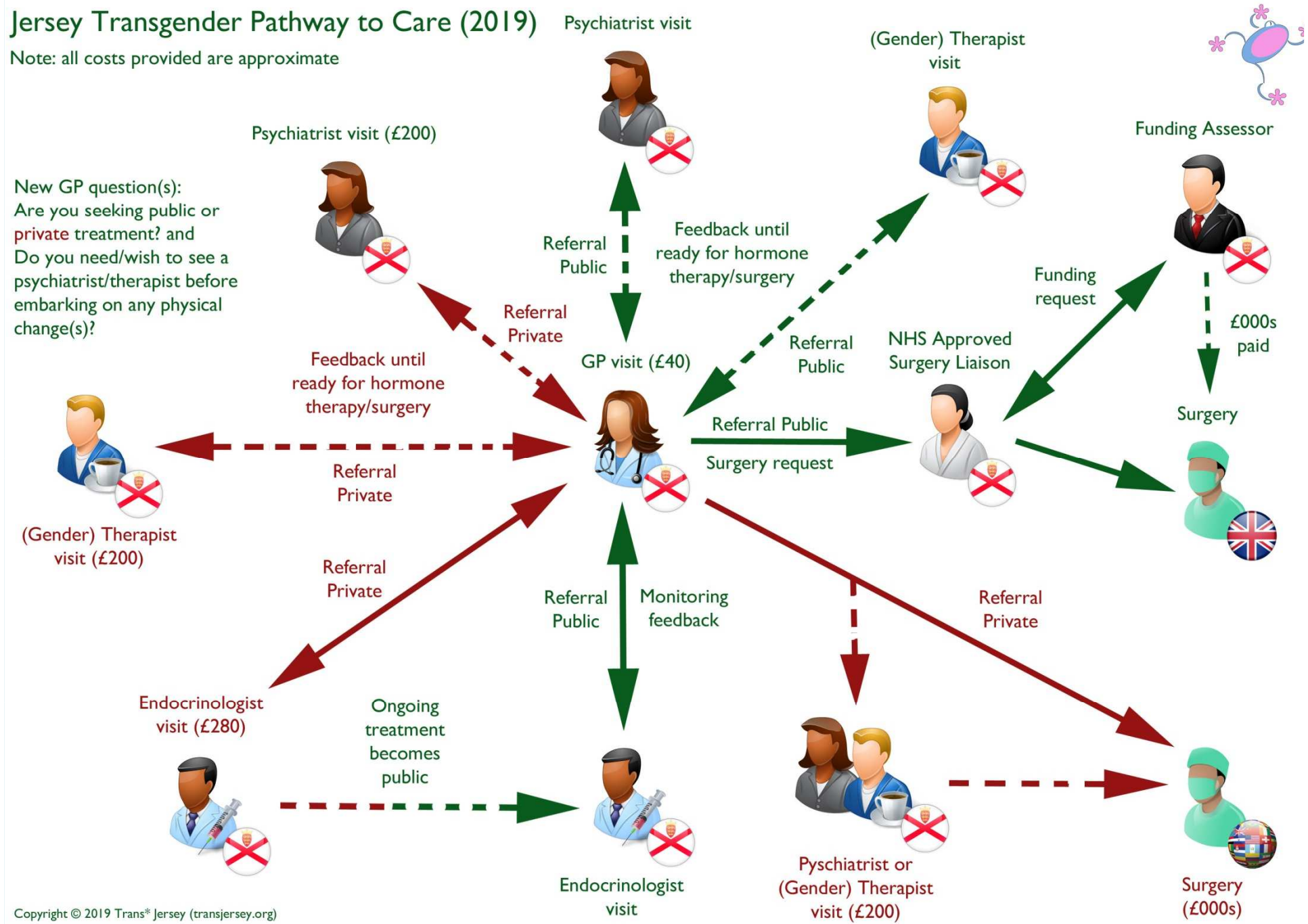
- Correctly classify and treat gender dysphoria
- Be self-sufficient from the NHS as far as possible
- Reduce waiting times for treatment for transgender islanders
- Enable cost savings for SoJ (cross-charges, flights, duplication of consultations etc)
- Free up highly skilled and valuable mental health professionals - treatment at lower levels of mental health pyramid



# Jersey Transgender Pathway to Care (2019)

Note: all costs provided are approximate

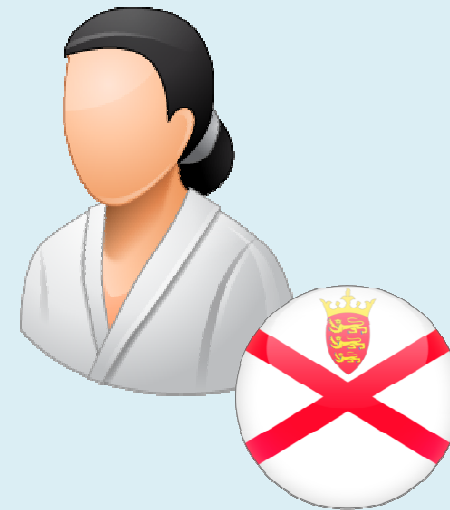
New GP question(s):  
Are you seeking public or private treatment? and  
Do you need/wish to see a psychiatrist/therapist before embarking on any physical change(s)?



# NHS Approved Surgery Liaison

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- NHS will accept transgender surgery requests from UK GICs only at present
- Must be possible to refer into NHS for specialist surgeries (e.g. brain surgery) from Jersey
- SoJ Health mechanism may already exist



# Work to do

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- Train one GP per practice in gender therapy (Liberate seeking corporate sponsorship/funding)
- Discussion with SoJ Health regarding surgery liaison
- Discussion with NHS regarding new route for surgery referrals

# Thank you

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## Be kind to one another



[www.liberate.je](http://www.liberate.je)



[@liberatejersey](https://twitter.com/liberatejersey)



[vic@liberate.je](mailto:vic@liberate.je)



[@liberatejersey](https://facebook.com/liberatejersey)

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