

Gender Affirming Hormone Therapy (GAHT) - Client resources

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Disclaimer: PPIL does not endorse nor represent the providers or services listed/contained herein. This resource list is ‘information only’ for available resources, it does not reflect an affiliation with or support of these service providers. The provider details in this list are subject to change by the provider and may be out-of-date. Please contact the resource directly for their current goods/service details.

End of index

General resources / Support groups & agencies:

Peoria TransGender Society (PTGS)

"PTGS is a social group and also has a Facebook page, but PTGS is so much more! A place for you to network, to get important information, to find events of interest...and their web page is literally chock-full of helpful articles and links!"

Clicking on **'Resources'** at the top of the page brings up a page full of interesting and informative categories for you to browse; clicking on the category will bring up additional pages full of links to many additional resources available under that category.

The PTGS mission statement:

"Peoria TransGender Society (PTGS) exists as a catalyst for making friends, creating allies, exploring our inner visions, sharing information and support, and nurturing our true identities. A place for Peoria-area transgender people, by Peoria transgender people."

www.peoriatransgendersociety.com

Prairie Pride Coalition (PPC)

This is a general group for the LGBTQ community at large. The **'Links'** page contains many helpful resources for business, legal, and personal interests of the community, and there is a set of links of special interest to transgender persons.

The PPC Mission Statement:

"We pledge ourselves to the awakening of compassion and understanding among all peoples. We strive to foster mutual respect regardless of sexual orientation, creed, race, gender, gender identity, or physical ability through outreach and education."

<http://www.ppc-il.org/>

PFLAG

Family support and acceptance is critical to the health and wellbeing of people who are lesbian, gay, bisexual, transgender and queer...and PFLAG has been at the forefront of this work for over four decades. Find out more about how we have been supporting thousands of families across the country and around the world, and the ways in which we can provide that support to your family.

Website: <https://pflag.org/>

Find your nearest PLAG chapter here:

<https://pflag.org/find-a-chapter>

General resources...CONTINUED ON PAGE 5...



Planned Parenthood of Illinois

Phoenix Center – Springfield, IL.

The mission of the Phoenix Center is to support Central Illinois' LGBT Community with programming for promoting equality, health & well-being, and social and educational growth.

Transgender Resources: <http://www.phoenixcenterspringfield.org/resources/>

109 East Lawrence Avenue (near 2nd & Lawrence)

Springfield, IL 62704

(Parking behind building; access from the alley OR the church parking lot across the street)

Phone: (217) 528-5253

fax: (217) 528-5260

B|N Trans Community - Allies

Bloomington-Normal (Illinois) transgender support group on Facebook is a closed group; you must request to join. Here is the link:

<https://www.facebook.com/groups/1723437467714202/?ref=share>

Psychology Today

Searching the '*Psychology Today*' website using keywords such as:

'*transgender* [name your desired resources here such as counseling, support groups] *near me*'

...can often yield some great support groups and trans-friendly psychologists in your immediate area.

The link below is a good example of what I found using Illinois as a desired area of interest:

<https://www.psychologytoday.com/us/groups/transgender/illinois>

Point of Pride

Point of Pride works to benefit transgender people in need through gender affirming support programs that empower them to live more authentically. Point of Pride offers an **Annual Transgender Surgery Fund**, a **Free Chest Binder Donation Program**, a **Free Trans Femme Shapewear Program**, and **Electrolysis Financial Support Program**, and other community-building support initiatives for trans youth and adults. They also advocate for healthcare reform and the national adoption of inclusive healthcare policies that protect and serve our community.

Website: <https://pointofpride.org/>

General resources...CONTINUED ON PAGE 6...

The UP Center—Uniting Pride in Champaign County

“Uniting Pride was founded in 2009 as an organization to advocate for the equality, wellness, advocacy, and visibility of the LGBTQ+ communities in Champaign County. Since then, we have been active in the community through support and social groups, community-building events, educational workshops, clothing drives, arts festivals, political advocacy, and more.”

Website: <https://www.unitingpride.org/>

Ann & Robert H. Lurie Children’s Hospital - Chicago

“Gender development services at Lurie Children’s are outpatient services aimed at supporting the physical, mental and social health of patients and their families as youth progress through gender identity development. As specialists in pediatric and adolescent gender development, we recognize that when it comes to providing effective care “no one size fits all.” Therefore, our goal is to keep our families most informed of their treatment options, supporting them with medical and behavioral health care along the way. Patients who come to our gender identity clinic to receive high-quality, family-centered care. Our patients generally fall within one or more of the following groups:”

- Gender expansive or gender non-conforming children: Children and adolescents who exhibit behavior that is not typical of their assigned birth sex.
- Gender-questioning youth: Children and adolescents who are questioning their gender identities (e.g., “I was born a girl, but I wonder if I’m really a boy?”).
- Transgender and gender-fluid youth: Children and adolescents who identify as a gender different from their assigned birth sex (e.g., “I was born a girl, but I am really a boy.”).

Website: <https://www.luriechildrens.org/en/specialties-conditions/gender-development-program/>

Address: 225 E. Chicago Ave., Chicago, Illinois 60611

Phone: (800) 543-7362

General resources...CONTINUED ON PAGE 7...

Translife Center (at Chicago House)

The TLC provides comprehensive programming and support to transgender individuals. Chicago House and Social Service agency serves individuals and families who are disenfranchised by HIV/AIDS, LGBTQ marginalization, poverty, homelessness, and/or gender nonconformity by providing housing, employment services, medical linkage and retention services, HIV prevention services, legal services and other supportive programs.

Website: http://www.chicagohouse.org/?post_causes=translife-center

Chicago Gender Society

“The Chicago Gender Society (CGS) was founded for transgender education and support. CGS continues to provide a safe place for people to explore their gender identity through monthly meetings, socials and events. If you are new to the community, CGS meetings provide our members and guests an opportunity to network with other individuals exploring similar feelings and provide educational programs from experts in the fields of interest to our members. Our monthly socials provide an evening out with members and friends in a public environment. Our events range from a golf outing, an evening of bowling, to a grand Holiday Party.”

Website: <http://chicagogender.org/>

Center on Halsted (Chicago)

“Center on Halsted is the Midwest's most comprehensive community center dedicated to advancing community and securing the health and well-being of the Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) people of Chicagoland. More than 1,000 community members visit the Center every day, located in the heart of Chicago's Lakeview Neighborhood.”

Phone: 773-472-6469

Website: <http://www.centeronhalsted.org/>

Planned Parenthood of Illinois

Did you know that you can get other services here at Planned Parenthood besides gender affirming hormone therapy? Your sexual and reproductive health are directly related to your transitional needs and gender-affirming hormone therapy, and are important to us too! Let us help! ...Related services:

- Birth control (Including vasectomy and tubal ligation)
- **STI** testing and treatment (Did you know, many **Sexually Transmitted Infections** are asymptomatic, meaning you can have them but have no symptoms! Be safe and get tested!)
- HIV testing, PrEP & PEP (HIV preventative medications) **Did you know? ...Taking a pill a day can keep you from getting HIV?**
- Vaccines for HPV and Hepatitis A & B
- Medication and surgical abortion services

Speak with your clinician about adding these services to your healthcare program.

You can book online: www.ppil.org ...or by phone: **1-877-200-PPIL** (7745)

General resources...CONTINUED ON PAGE 8...

Central Illinois Friends

“Central Illinois Friends provides a community for individuals living with HIV, as well as transportation, rent, utilities and emergency services. We also provide free and confidential HIV & STI screenings, HPV vaccinations, PrEP, education, and/or referral services.

We do full panel STI and HIV testing; this service is completely free and confidential! Through rapid tests, blood draw, and urine collection, we can test for: HIV, Gonorrhea, Chlamydia, Hepatitis A, B, and C, Herpes 1&2, Syphilis, and Trichomoniasis. Pregnancy testing is available as well.”

Schedule appointments call at **309-671-2144** or email us at outreach@centralillinoisfriends.org

Website: <https://www.friendsofcentralillinois.org/>

Fifth Street Renaissance / SARA Center

“The mission of Fifth Street Renaissance/ SARA Center is to assist individuals and families in difficult situations who are making the transition to be productive members of society by providing transitional housing and opportunities to develop job skills and acquire education, employment, and housing. It is our mission to assist those individuals diagnosed with HIV/AIDS, their caregivers, and families by helping locate affordable housing, medical assistance, counseling, and when necessary, financial responsibility. The agency also will work to reduce the spread of HIV/AIDS through education, awareness, and prevention.”

Programs & Services page: <https://www.fsr-sara.org/programs.html>

1315 North 5th Street Springfield, IL 62702 - P.O. Box 5181

info@fsr-sara.org

Phone: (217) 544-5045

Center for Prevention of Abuse (CFPA)

“The Center for Prevention of Abuse provides free and confidential services to all survivors of abuse in Central Illinois and is a highly respected statewide leader in working to end abuse and break the cycle of generational violence. Its mission is to help all people live free from violence and abuse. CFPA is the only agency in the entire state sanctioned to provide its free services for survivors of domestic violence, sexual abuse/assault, human trafficking, adult protective services, and provide prevention education. CFPA provides emergency safe shelter, counseling, therapy, crisis intervention, medical and legal advocacy, case management, and more for all those seeking to live a peace of peace and fleeing violence or abuse. CFPA operates 24 hours a day, seven days a week, 365 days a year, and all victim services are free and confidential.”

CFPA is a transgender/gender expansive inclusive service organization!

Crisis hotline: 1-800-559-SAFE (7233)

For more information, visit: www.centerforpreventionofabuse.org.

General resources...CONTINUED ON PAGE 9...

Clock, Inc.

“Clock, Inc. strives to advance the community and advocate on the well-being of the Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ+) individuals in the Quad Cities area.”

Clock Inc. provides services that pertain to the queer/transgender/gender non-conforming community, such as counseling, support groups and referrals etc.

For more information, visit: <https://www.clockinc.org/>

Susan’s Place – Transgender Resources

A resource for: News, entertainment, chat, forums, science, politics...etc.

<https://www.susans.org/>

Q Chat Space

A Community for LGBTQ+ teens

Find and give support, have fun, connect around shared interests, get good information. Chat with like-minded peers in live chats designed by you and for you, and facilitated by folks who care.

<https://www.qchatspace.org/>

Good Rx - discount drug card

Are you paying for your hormones and blockers out-of-pocket?

- Save up to 80% on most prescription drugs with the **GoodRx** Card at over 70,000 pharmacies!
- Get discounts for every member of your family, including pets!
- No expiration, no fees or obligation, and no credit card needed!

Get a **GoodRx** card for free at your health center or here: <https://www.goodrx.com/discount-card>

SingleCare - discount drug card

Are you paying for your hormones and blockers out-of-pocket?

- Save up to 80% on most prescription drugs with the **SingleCare** Card!
- Get discounts for every member of your family.

Get a **SingleCare** card for free here at your health center or here: <https://www.singlecare.com/>

General resources...CONTINUED ON PAGE 10...

Jolt Foundation/Harm Reduction – (Free syringe/needle exchange open to our GAHT patients)

Jolt's services include: A Naloxone distribution program, HIV/HEP-C/STI testing, prescribing PrEP/PeP, Medication-Assisted Treatment (M.A.T.) for patients experiencing withdrawal from opioid use and recovery, outreach services for individuals using drugs, involved in sex work, experiencing homelessness, public education and speaking, and harm reduction...including a **free and sterile syringe/needle exchange/disposal program**, safer-sex and hygiene supplies, treatment and referrals and harm reduction counseling.

2203 N. Sheridan Rd Peoria, IL 61604

Phone: (309) 966-3643

Email: joltharmreduction@gmail.com

Website: <https://joltfoundation.org/resources/>

University of Illinois - Chicago Community Outreach Intervention Projects, school of public health

COIP Offers services free to the public at five community based locations throughout Chicago in a friendly, open-door (no appointment needed) environment for people to seek help in a wide variety of problems. They have a Mobile Outreach Unit that can provide services anywhere in Chicago. Services include:

- Harm reduction and education
- Sexually Transmitted Infection/Hepatitis C/HIV testing/treatment and education
- Substance abuse treatment referrals, drug overdose prevention and education
- Evening Primary Care available at some locations
- Syringe and needle exchange program
- Condom use, distribution and education
- Community support groups

Website: <https://coip.uic.edu/services/>

Address: 1603 W Taylor St, Chicago

Phone: (312) 996-5523

Email: COIP@uic.edu

UChicagoMedicine University of Chicago Trans CARE (Clinic for Affirmation and Reproductive Equality)

At Trans CARE (Clinic for Affirmation and Reproductive Equity), our mission is to provide inclusive, high-quality reproductive health care for transgender and gender non-conforming patients. Our caring providers have unique skill sets in obstetrics/gynecology, pediatric and adolescent care, gender affirmation surgery, hormone therapy and infertility treatments. Together, they have many years of experience working with the transgender and gender non-conforming community.

Appointments by phone: 1 (888) 824-0200

<https://www.uchicagomedicine.org/conditions-services/transgender-care-services/trans-care>

General resources...CONTINUED ON PAGE 11...

Movement Advancement Project (MAP) *Family support: Resources for family of transgender and gender diverse children.*

This web page offers comprehensive resources and answers to such subjects as:

- Who are transgender youth, and what challenges do they face?
- Why is family acceptance so important?
- What are practical ways for families to support transgender youth?
- Resources for particular audiences, such as families of African-American, Asian and Pacific Islander, and religious youths.

Website: <https://www.lgbtmap.org/policy-and-issue-analysis/advancing-acceptance-for-parents>

LGBTQ Family Acceptance Project

Research from the Family Acceptance Project® shows that families play a critical role in contributing to serious health risks & promoting well-being for LGBTQ young people. Learn about how family behaviors affect your LGBTQ child's health risks and ways to reduce risk and increase support. This page includes a clickable map providing access to national programs and facilities providing support to LGBTQ+ youth and their families.

<https://lgbtqfamilyacceptance.org/>

Planned Parenthood of Illinois' - Transgender and Gender Expansive Case managers

We are LGBTQ+ patient advocates who can assist you if you have questions or need services beyond clinical needs such as:

- Help changing your legal name and/or gender markers on legal ID (Driver's license/State ID, Passport, Birth Certificate) and obtaining WPATH compliant letters for these items.
- Obtaining resources, finding providers and WPATH compliant letters for gender affirming surgeries.
- Referral to one of our own Behavioral Health Clinicians for short-term counseling
- Referral to outside behavioral health resources that can provide long-term counseling services
- Finding transgender/gender expansive support groups, access to resources for legal help
- Finding other resources you may need during your transition such as gender affirming vocal therapy, laser/electrolysis hair removal services etc.
- Issues with insurance medication prior-authorizations.
- Getting your PrEP/PeP/HIV maintenance meds covered.
- Referral to our enrollment specialist team to qualify for/sign-up for Medicaid coverage
- Call **Planned Parenthood of Illinois** at **1-877-200-7745**; ask for a Case Manager call-back at a time that is convenient for you between 8am-4pm Monday-Friday; we will call you as soon as possible to discuss your case.

General resources...CONTINUED ON PAGE 12...



Planned Parenthood of Illinois

Project Oz – (For youth and families in McLean and Livingston Counties)

Since 1973 we have been helping youth and families. We reunite families, help kids stay in school, teach young people useful skills, and teach students how to keep their lives drug free. We provide counseling, education and career planning, student support services, safety planning, and healthy living strategies to students and families in Unit 5 and District 87. In both McLean and Livingston counties, we provide aid, shelter, and safety for runaway and homeless youth. We reach 8,000 youth every year. Call to see what we can do for you.

Address: 1105 W. Front St. Bloomington, IL. 61701

Phone: (309) 827-0377

Website: <https://www.projectoz.org/>

Youth Outlook

Youth Outlook is the first social service agency in Illinois solely dedicated to the support of LGBTQ+ youth. We work in 7+ counties in the Chicago suburbs, offering drop-in centers for youth, parent support, and community education. *(Plan to start a drop-in center in the Bloomington/Normal area)*

Chicago area drop-in support groups:

Ages 12-20 - during scheduled times

Ages 18-25 - during scheduled times

Drop-in schedules available here: <https://youth-outlook.org/services/youth/>

Main Website: <https://youth-outlook.org/about-us/>

Contact page: <https://youth-outlook.org/contact/>

Phone: (815) 754-5331

Safe Place

When teens find themselves in crisis or need a place to stay, they should know how and where to get help. Our nation's young people deserve safety and shelter, and many youth feel they don't have either. Thanks to Safe Place, immediate help is never too far away.

Safe Place provides access to immediate help and supportive resources for youth in need. As a community initiative, the program designates schools, fire stations, libraries, and other youth-friendly organizations as Safe Place locations, which display the yellow and black sign.

Safe Place locations extend the doors of the local youth service agency or shelter to support teens in crisis situations, creating a safety net for youth.

Website: <https://www.nationalsafeplace.org/>

To find your nearest safe place By Phone:

Text "SAFE" and your current location (*address, city, state*) to **69866**

The List

'The List' contains links to many of resources listed in this GAHT client resource document; be aware those NOT listed not all have been vetted as PPIL friendly; however there is a Spanish version of 'The List' available on their page!

<https://www.thelistforus.com/supportive-resources>

General resources...CONTINUED ON PAGE 13...



Planned Parenthood of Illinois

360 Youth Services

Emergency Housing, Counseling, Prevention

Website: <https://360youthservices.org/housing/>

Brave Space Alliance

Black-led / Transgender led LGBTQ+ center on the southwest side of Chicago

Website: <https://bravespacealliance.org/>

YEPP - Youth Empowerment Performance Project

Website: <https://www.wesayyep.com/>

Point-to-Point –Kane County

Harm reduction, free needle exchange, overdose prevention services.

Website: <https://point2pointkane.com/>

Phone 24/7: 630-492-1454

Chicago Recovery Alliance

Harm reduction, free needle exchange, overdose prevention services.

Website: <https://anypositivechange.org/cra-services/>

Informational resources for intersex clients:

Intersex Society of North America

The Intersex Society of North America (ISNA) is devoted to systemic change to end shame, secrecy, and unwanted genital surgeries for people born with an anatomy which is atypical of male or female anatomy.

<http://www.isna.org/>

What is intersex?

https://isna.org/faq/what_is_intersex/

How common is intersex?

<https://isna.org/faq/frequency/>

Depression, anxiety, dysphoria, discrimination and health disparities faced by the transgender/gender expansive community

Links to informative articles:

'Minority Stress Factors Associated With Depression and Anxiety Among Transgender and Gender-Nonconforming Youth'

National Center for Biotechnology Information, U.S. National Library of Medicine 8600 Rockville Pike, Bethesda MD, 20894 USA

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6528476/>

'Mental health considerations with transgender and gender nonconforming clients'

UCSF Transgender Care 2356 Sutter St. 3rd floor, San Francisco, CA. 94143

<https://transcare.ucsf.edu/guidelines/mental-health>

'2015 US Transgender survey - Full report PDF'

National Center for Transgender Equality 1133 19th St. NW, Washington DC 20036

<https://transequality.org/sites/default/files/docs/usts/USTS-Full-Report-Dec17.pdf>

Pledge now to take the new 2022 Transgender Survey!

The National Center for Transgender Equality (NCTE) and partners are excited to launch the 2022 U.S. Trans Survey Pledge (USTS) at ustranssurvey.org. Through the USTS Pledge, members of the trans community can now sign up to receive information about the survey, learn how to participate and pledge to take the survey when it is released in 2022.

<https://transequality.org/blog/pledge-now-to-take-the-2022-us-trans-survey>



Planned Parenthood of Illinois

Crisis Intervention and help

- Are you having a really bad day?
- Do you feel like you might be in danger of self-harm?
- Are you being harassed/bullied at school or work, and don't know what to do?
- Maybe you simply need a friendly someone to talk to who actually understands you?
- Need to find a trans-friendly counselor?
- Following are phone numbers and links where you can get help.

Trans Lifeline: 1-877-565-8860

Trans Lifeline is a 501(c)3 non-profit dedicated to the well-being of transgender people staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have.

<http://www.translifeline.org/>

The Trevor Project: Call their Lifeline at: 1-866-488-7386

Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, **call the Trevor Lifeline now at 866-488-7386.**

<http://www.thetrevorproject.org/pages/get-help-now>

Blackline - Blackline prioritizes BIPOC 1-800-604-5841

Website: <https://www.callblackline.com/>

Desi – LGBTQ+ Helpline for South Asians

Website: <https://www.deqh.org/>

LGBT National Youth Talkline 1-800-246-7743 (email: help@GLBThotline.org)

The Lesbian, Gay, Bisexual and Transgender (LGBT) Youth Talkline provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States. **HOURS: Monday thru Friday from 3pm to 11pm Central time, and Saturday from 11am to 4pm Central time.**

<http://www.glbthotline.org/talkline.html>

Stopbullying.gov

Just what it says! This page defines bullying, and includes ways on how to prevent and stop bullying.

<https://www.stopbullying.gov/>

Counseling referral lists

Planned Parenthood of Illinois' behavioral health team maintains lists of LGBTQ+ affirming behavioral health providers to share with our clients. Services include: Gender counseling, general counseling for grief, depression/anxiety and substance abuse. If you need a referral, simply contact us at: **1-877-200-7745**. Leave a message for **Behavioral Health** or **GAHT Support**; someone will return your call as soon as possible.

Legal / Staying safe issues:

The Peoria Transgender Society site has a page full of these topics organized into clickable links, such as:

- Legal organizations
- National organizations
- Illinois organizations
- Illinois Law
- Legal issues
- LGBT employment rights
- LGBT housing rights
- Filing discrimination charges
- Transgender public restroom rights
- LGBT healthcare rights
- Hate crimes
- Youth – young adult legal issues
- Safety issues

(This link will take you directly to the link page)

<http://peoriatransgendersociety.com/resources/safety-issues/>

Transgender Legal Defense & Education Fund (TLDEF)

Transgender Legal Defense & Education Fund is committed to ending discrimination based upon gender identity and expression and to achieving equality for transgender people through public education, test-case litigation, direct legal services, and public policy efforts.

<http://www.transgenderlegal.org/>

Prairie State Legal Services

They provide legal assistance in **civil** cases such as: Public benefits, housing law, family law, healthcare, guardianship and powers of attorney, tax law, education issues, consumer law, employment issues. You must apply for this legal assistance online AND meet eligibility requirements to qualify for assistance.

Website: <https://www.pslegal.org/>

If you live outside of **Prairie State Legal Services** service territory

Contact **Illinois Legal Aid** and apply online at: <https://www.illinoislegalaid.org/>

Staying safe / legal issues...CONTINUED ON PAGE 17...

Equality Illinois

<https://www.equalityillinois.us/>

Visiting Equality Illinois' *Transgender Issues* page, you will find the following *subjects of interest* in Illinois law, including a downloadable/sharable PDF brochure entitled: '*Know Your Rights*'

- **Discrimination:** Illinois is one of just a handful of states where it is illegal to discriminate on the basis of gender identity in housing, employment and public accommodations under the Illinois Human Rights Act.
How to file a charge of discrimination:
https://www2.illinois.gov/dhr/Publications/Documents/Charge_Discrimination_English_Brochure.pdf
- **Disposition of remains:** Under a law passed in 2015, the Disposition of Remains Act was amended by a major piece of transgender rights legislation that grants dignity and respect at the time of death. The law allows Illinoisans to designate their gender identity, expression, and pronouns in written funeral and burial instructions and requires that those wishes be followed.
- **Hate Crimes:** The Illinois Hate Crime Act protects individuals based on their actual or perceived sexual orientation, which is defined as homosexuality, bisexuality, and heterosexuality. Although gender identity or gender expression is not specifically listed in the act as a protected category, according to the Illinois Department of Human Rights, state law protects actual or perceived gender identity under the current hate crimes law by including it as a provision of sexual orientation. An amendment to the Act, effective January 1, 2016, has the first specific inclusion of transgender people. It will specifically name gender identity as a protected category. The federal Local Law Enforcement Hate Crimes Prevention Act (Matthew Shepard/James Byrd, Jr. Hate Crimes Prevention Act) specifically includes gender identity as a covered category.
- **Medical Care:** Medical care providers cannot refuse to treat a patient simply because of the patient's gender identity.
- **Restrooms:** As a general rule, you can use the restroom consistent with your gender identity. If confronted, you are not obligated to produce identification to prove your gender, and you are protected by public accommodations laws in Illinois.
- **Health Insurance:** Denial of health insurance coverage, coverage for claims related to gender transition, coverage for claims for gender-specific care, and coverage for claims unrelated to gender transition may be considered health insurance discrimination. Health insurance companies should not drop your coverage or refuse your application for coverage because you are transgender. Illinois law prohibits discrimination against transgender people by places of public accommodation, and insurance has been held to constitute a public accommodation. It is important to review health insurance exclusions, generally located in a benefits plan summary. A vast majority of health insurance companies exclude all or most coverage for treatment related to gender transition, such as hormones, counseling and surgery. Some language is so broad that it may deny coverage to a transgender person for treatments unrelated to transitioning.

Staying safe / legal issues...CONTINUED ON PAGE 18...

The Situation at the Federal Level

- **Housing:** The Department of Housing and Urban Development (HUD) clarified its policies to include discrimination against transgender individuals as an enumerated violation of the Fair Housing Act. HUD also ensured that all of its core programs, including public housing, rental vouchers, and home financing, would be open to anyone who needs them, regardless of sexual orientation or gender identity.
- **Passport:** The Department of State updated its policy on passports and certificate of foreign births to allow transgender individuals to receive a new document that reflects their gender. The policy was further updated in 2011 to affirm that individuals wishing to change their gender marker on a passport only need a document from a physician stating that they have undergone a “medically appropriate” procedure to change genders, thus standardizing and streamlining the entire process.
- **Veterans:** The Veterans Administration issued a directive in June 2011 requiring all its facilities to provide respectful, confidential health care to transgender veterans, including providing hormones and mental health care. The directive requires all VA staff to provide care to transgender patients “without discrimination in a manner consistent with care and management of all Veteran patients.”
- **Employment:** In May 2011, the head of the Office of Personnel and Management issued a memorandum to all department and agency heads specifically spelling out the federal government’s guidelines regarding the treatment of transgender employees. The memo stated that it is “the policy of the Federal Government to treat all of its employees with dignity and respect and to provide a workplace that is free from discrimination.”

<https://www.equalityillinois.us/issue/transgender/>

Trans-friendly Electrolysis / Laser - Hair removal

Buzz & Co. Hair Salon

Thermolysis method electrolysis - by **Kathy Secrist**

562 N. Henderson St.

Galesburg, IL 61401

Phone: (309) 341-2899

(Electrolysis appointments are available on Tuesday and Thursday evenings – up to 3 hours per session)

Rates: 15 min./\$25, 30 min./\$50, 45min./\$60, 60 min./\$80

<https://www.facebook.com/The-Buzz-Company-Hair-Salon-157907927573873/services>

Kelly, Inc. Electrolysis

Located in Oak Park, Illinois...offers permanent hair removal and specializes in transgender women, PCOS, in-grown hairs & dark skin.

Office in Oak Park 708-386-4663

<http://www.izapem.com/>

Soderstrom Skin Institute – Laser Hair removal

The most commonly targeted areas of the body are the chin, upper lip, under arms, legs and bikini line. During this process a laser beam passes through the skin into each individual hair follicle, damaging the follicle and inhibiting future hair growth. (Results may vary – Laser is not always permanent and doesn't work well on individuals with light-colored hair.)

Locations in: Peoria, Morton, Peru, Galesburg, Bloomington-Normal

<http://skindimensionsdayspa.com/locations/> (Web link for phone contact info and locations)

Website: <http://www.soderstromskininstitute.com/diseases-treatments/cosmetic-dermatology-laser-services/laser-hair-removal/>

Electrolysis 100 - Hair Removal & Skin Care (electrolysis)

For more information, please call (252) 722 5006 or email info@electrolysis100permanent.com

Website: <https://electrolysis100permanent.com/>

Main office: 1315 N Larrabee St, Chicago IL 60610

Local Anesthesia office: 37 S Evergreen Ave, Arlington Heights, IL 60005

Cirine Hair Removal & Skin Care (electrolysis)

Precision Hair Removal & Skin Care - 2 locations:

Chicago office: 1834 W. Foster Ave., Chicago, IL 60640 **Phone:** 773-654-1132 **Cell:** 773-766-1132

Wilmette Office: 3612 Lake Ave., Wilmette, IL 60091 **Phone:** 773-654-1132 **Cell:** 773-766-1132

Website: <https://precisionhairremoval.com/>

Electrolysis / laser resources...CONTINUED ON PAGE 20...



Planned Parenthood of Illinois

Face Reflections Inc. (electrolysis)

231 South Gary Avenue, Suite 112, Bloomingdale, Illinois

Email: liz@facereflections.com

Phone: (630) 220-7313

Website: <https://www.facereflections.com/transgender>

Lapiel Laser Center (laser)

3454 N. Lincoln Ave. Chicago, IL 60657

<https://feelinggoodmatters.com/>

Book by email info@feelinggoodmatters.com

Phone: (773) 248-4247

Enfuse Medical Spa & Hair Restoration

1645 W. North Ave. Chicago, IL 60622

<https://www.enfusemedspas.com/>

Booking can be done via phone or website

773-904-8310

Patti Gran patti@enfusemedspas.com is the contact person.

Leah Balen C.P.E. / Rita Owens C.P.E. – Electrolysis in Springfield

975 S Durkin Dr. Suite 105 Springfield, IL 62704

Office: 983 Clocktower Dr. Springfield, IL 62704

Phone: (217) 553-7218

Phone: (217) 415-8826

Website: <https://simplyelectrolysis.tripod.com/aboutus.html>

Email for appointment: leabean@hotmail.com

Vocal training/coaching/speech pathology resources:

Illinois State University - Normal, Illinois

Speech & Hearing clinic at ISU has a vocal therapy program for transgender persons. This program is available and open to non-ISU students. Individual therapy sessions are available at a \$32 fee per session, and some insurance plans will cover this therapy; phone for more information.

Phone: (309) 438-8641

Website: <http://csd.illinoisstate.edu/clinic/About/pathology.shtml>

Their address is: 211 Rachel Cooper, ISU, 508 Dry Grove Street, Normal, IL. 61761

An interesting but rather lengthy paper about this program and its background is available here:

<http://ir.library.illinoisstate.edu/cgi/viewcontent.cgi?article=1001&context=giscsd>

University of Illinois – Champaign, Illinois

Speech-Language Pathology Clinic

"We are proud to provide individual gender-affirming voice and communication services to trans women, trans men, and individuals across the entire gender spectrum. Group sessions may also be available. Services are provided by Clarion Mendes, MA CCC-SLP/L (she, her, hers), Clinical Assistant Professor and Director of Clinical Education along with graduate students who are studying to become speech-language pathologists. Clarion is certified by the American Speech-Language Hearing Association, licensed by the state of Illinois, and is a member of the World Professional Association for Transgender Health. She has worked many clients to help them achieve their voice and communication goals."

Their address is: 2001 S. Oak St. Suite B. Champaign, IL 61820

Email: slpclinicreception@mx.uillinois.edu

Phone: (217) 333-2205

Fax: 217-333-2206

Website: <https://www.ahs.illinois.edu/slp-clinic>

Chicago Institute for Voice Therapy - University of Illinois Health Services - Chicago

Call (312) 996-6583 and state you would like transgender voice therapy.

Accepts Medicaid.

<http://www.chicagovoicecare.com/voiceTherapy.html>

...vocal resources continued on page 22...



Planned Parenthood of Illinois

The Voice Lab - Chicago

The Voice Lab provides voice instruction to singers and transgender persons. The voice lab is not a health care provider. **Private fees only.**

Voice Labs website also provides a list of books and articles on transgender voice.

More info: 773-360-8507 or info@thevoicelabinc.com

Website: <https://www.thevoicelabinc.com/>

Lakeshore Speech - Transgender and Transsexual Voice Modification Program

Lakeshore Speech is proud to offer transgender voice modification and transsexual voice therapy programs for individuals in the transgender/transsexual community, focusing on enhancing communication for male-to-female clients. The program was initiated in response to a growing need for such services in our community.

Phone: (847) 999-4015

For more information, Email Sonya Cohen at - sonya.cohen7@gmail.com

Or visit their Website: <http://www.lakeshore-speech.com/tg-ts-voice.shtml>

Northwestern University - Transgender Voice and Communication

Transgender voice and communication therapy helps establish voice, speech, and language that is reflective of each individual's identified gender. A customized therapy plan is created for each client beginning with a comprehensive speech, voice and language evaluation. Areas of focus include:

- Pitch
- Intonation and stress patterns
- Breath support
- Resonance
- Volume and intensity
- Articulation
- Speaking rate
- Language
- Pragmatics
- Vocal health

For more information, contact us at 847-491-3165 or:

<https://www.nucasll.northwestern.edu/voice-programs/transgender-voice-and-communication>

Accepts BCBS PPO only.

...vocal resources continued on page 23...

An interesting article from PBS Newshour:

“How the transgender community finds a voice through speech therapy”

<http://www.pbs.org/newshour/updates/how-the-transgender-community-finds-a-voice-through-speech-therapy/>

YouTube.com:

There are a large number **of transgender voice tutorials** posted **by transgender women** on **YouTube** available for free...granted some are better than others...but they will give you some ideas on where to start!

Simply search keywords: “*Transgender voice tutorials*”

Transgender Surgery Links:

TransHealthCare

Is a FREE website that helps transgender individuals find surgeons who offer transgender surgery procedures. Online since 2011, TransHealthCare has helped thousands of people from around the world find a qualified, trans-friendly provider, and save money on surgical expenses. TransHealthCare is run by transgender people and internally funded. The services TransHealthCare provides, including research, surgeon outreach, and publishing reliable resources, is provided to the transgender community entirely for free.

<http://www.transhealthcare.org/>

WPATH 7 Standards Of Care

The World Professional Association for Transgender Health sets standards for the healthcare of gender diverse individuals through their articulation of Standards of Care (SOC) The Standards of Care Version 7 is downloadable here in PDF format. (*WPATH Standards Of Care Version 8 is in review and should be released sometime in 2022. If you are considering gender-affirming surgery, you should review this document carefully!*)

<https://www.wpath.org/publications/soc>

Rush Medical Group

Gender Affirmation Surgery Program at Rush University Medical Center in Chicago.

Phone: (888) 352-7874 or (312) 942-3640

<https://doctors.rush.edu/details/17876/loren-schechter-plastic-surgery-morton-grove>

UChicagoMedicine University of Chicago Trans CARE (Clinic for Affirmation and Reproductive Equality)

“At Trans CARE (Clinic for Affirmation and Reproductive Equity), our mission is to provide inclusive, high-quality reproductive health care for transgender and gender non-conforming patients. Our caring providers have unique skill sets in obstetrics/gynecology, pediatric and adolescent care, gender affirmation surgery, hormone therapy and infertility treatments. Together, they have many years of experience working with the transgender and gender non-conforming community.”

Appointments by phone: (888) 824-0200

<https://www.uchicagomedicine.org/conditions-services/transgender-care-services/trans-care>

Northwestern Medicine Gender Pathways Program

Offer a wide range of surgical, medical and mental health services.

Website: <https://www.nm.org/conditions-and-care-areas/gender-pathways-program>

Weiss Memorial Hospital - Gender Confirmation Surgery program.

<https://www.weisshospital.com/our-services/gender-confirmation-surgery/>

...surgical resources continued on page 25...

Here's a general help guide for paying for surgery:

The cost of gender-affirming surgery is steep. Financing options include personal loans and payment plans.

<https://www.nerdwallet.com/blog/guide-paying-transgender-surgeries/>

Point of Pride

Point of Pride's Annual Transgender Surgery Fund is a grant program that provides direct financial assistance to transgender folks who cannot afford their gender-affirming surgery.

"Requirements: We have very few requirements in an effort to be as inclusive as possible:

- *You identify as transgender (FTM, MTF, non-binary, genderqueer, gender non-conforming, and all other non-cis identities).*
- *You are 18 years of age or older at the time of your surgery, or have consent from your legal guardian(s) and healthcare provider(s).*
- *You have financial need that prevents you from affording gender-affirming surgery.*
- *You can demonstrate past attempts at affording care (i.e. saving money, fundraising, attempting to get insurance coverage).*
- *You complete your surgery in the United States with a US-based surgeon."*

Website: <https://pointofpride.org/https://www.pointofpride.org/annual-transgender-surgery-fund>

The Jim Collins Foundation

A national nonprofit organization with a mission to fund gender-affirming surgeries through grants. Grants are extremely limited (*only four were awarded for 2020*) and can pay as much as 100% of your surgery costs. Visit their website and join their mailing list for more information.

Apply here: <https://jimcollinsfoundation.org/apply/>

LGBT Life Westchester

A general website with a listing of financial assistance for medical transitioning services and other general support resources.

https://www.lgbtlifewestchester.org/financial_assistance_for_medical_transitioning_services

GoFundMe

Get help with medical fundraising

With a **GoFundMe** account, you can get immediate help with medical bills. Start your account here:

<https://www.gofundme.com/start/medical-fundraising>

...surgical resources continued on page 26...

Seeking Gender Affirming Surgeries – “How do I...and what do I need to do?”

Gender affirming plastic surgery is a very specialized profession due to patient expectations for an anatomically correct, aesthetically pleasing result and the need to reduce patient dysphoria. This type of surgery is not something you would want to seek/obtain from an urologist, gynecologist, general surgeon or even from a plastic surgeon who does not specialize in gender affirming surgeries.

Gender-affirming surgery is permanent, and the results can have both physical and mental health consequences, therefore choosing the right surgeon FOR YOU involves doing some deliberate and careful research in order to find a surgeon who is fully qualified, can and will meet your needs and expectations. Your search will include lots of pre-planning, letters of referral and documentation gathering.

If you are seriously considering gender confirmation surgery and would like to begin the process:

Ask your clinician or a member of our Behavioral Health team for a copy of the document: ***‘Obtaining Gender-Affirming Surgery’*** to learn much more!

Important special considerations:

‘What if my insurance is IL Medicaid or a Medicaid MCO?’ You may be aware the governor signed an executive order in 2019 that directs *Illinois Medicaid* to include gender-affirming surgeries under their coverage of transgender care. There are special instructions for Illinois Medicaid patients included in the document mentioned above: ***‘Obtaining Gender-Affirming Surgery’***

Embryo, Egg, & Sperm freezing/storage

For people who need to preserve future fertility... such as child-bearing-aged transgender individuals who wish to start **Gender Affirming Hormone Therapy, GAHT**. Hormone therapy CAN affect your future fertility. If this is a concern of yours, there are a number of options, including freezing an embryo, eggs or sperm.

UI Health / University of Illinois Hospital-Chicago

Embryo Freezing - Embryo cryopreservation is a method used to preserve embryos by cooling and storing them at low temperatures. They can then be thawed at a future date and transferred to the uterus, providing additional opportunity for achieving a pregnancy. Worldwide, cryopreservation of human embryos has been shown to be a successful procedure, and there are no reports of increased birth defects in pregnancies achieved through this process. Successful freezing of human embryos has been achieved for many years using a "slow" method. However, recent data have indicated that an "ultra-rapid" approach can further enhance embryo survival and pregnancy rates. The UI Health In Vitro Fertilization (IVF) Laboratory has been using ultra-rapid freezing (vitrification) since May 2009 with great success and will continue to assess any future advances in the area of embryo freezing to provide the best service to our patients.

Egg Freezing -The UI Health IVF Laboratory offers a program of egg freezing for medical and non-medical reasons. The egg freezing program is offered as part of an institutional review board-approved research protocol to determine the long-term benefits and outcomes associated with the use of egg freezing.

Sperm Freezing and Sperm Bank Services - *The UI Health Andrology Laboratory* offers patient and/or sperm donor sperm bank services for long-term storage. Men may choose to use a sperm bank for reasons such as a reduction in fertility potential, prior to chemotherapy and/or radiation therapy for male oncology, or prior to vasectomy. The patient sperm bank also is used to store sperm extracted from the testes in the operating room, a procedure referred to as TESE (testicular sperm extraction). Sperm from a TESE procedure can be stored short term or long term for subsequent use with the intracytoplasmic sperm inject in vitro fertilization procedure for pregnancy attempts.

UIC Contact information:

Main Phone: (866) 600-CARE (866-600-2273)

Embryo/Egg freezing and storage questions – IVF Lab Phone: (312) 355-2634, **Dr. Scoccia** or **Dr. Zamah**

Sperm freezing and storage questions - Andrology Lab Phone: (312) 996-7713

Web: <https://hospital.uillinois.edu/primary-and-specialty-care/obstetrics-and-gynecology/our-obgyn-services/reproductive-endocrinology-and-infertility/embryo-egg-and-sperm-freezing>

CyroChoice – Private Sperm Banking for transfeminine individuals

For information about their private services and pricing, contact CyroChoice by phone or web.

Transfeminine specific page: <https://www.cyrochoice.com/hormone-replacement-therapy/>

Phone: (800) 619-7869

Website: [CyroChoice.com](https://www.cyrochoice.com)

Transgender social media blog and support links:

The Facebook Transgender Alliance

This is a discussion group for transgender persons; this is a closed group, and you must fill-out an application to request membership.

They will screen your profile before admitting you.

<http://www.fbtransalliance.com/apply.html>

MTF Trans HRT Hormone Forum

This is a Facebook group for discussion of medical issues related to HRT and hormonal topics of interest to the male-to-female transgender community; it is a closed group you must join in order to read and post in it.

www.facebook.com/groups/TransHRT/

Chat Space - A Community for LGBTQ+ Teens

Find and give support, have fun, connect around shared interests and get good information. Chat with like-minded peers in live chats designed for you & by you, facilitated by folks who care.

Website: <https://www.qchatspace.org/>

Help Guides:

Human Rights Campaign

Visit these web pages from **Human Rights Campaign**:

'Coming Out' - Coming out in order to live openly isn't something you do once, or even for one year. It's a decision that we make every single day of our lives. Every coming out experience is unique and must be navigated in the way most comfortable for the individual. Whether it's for the first time ever or the first time today, coming out can be an arduous journey. It is also a brave decision to live authentically.

<https://www.hrc.org/resources/coming-out>

Transgender Resources

<https://www.hrc.org/resources/transgender>

Transition in the Workplace

A guide to help make your workplace transition go a little bit smoother.

<https://www.hrc.org/resources/transitioning-in-the-workplace-a-guide-for-trans-employees>

Glossary of Terms

A helpful glossary of LGBTQ+ terminology!

<http://www.hrc.org/resources/glossary-of-terms>

GLAAD – (Gay & Lesbian Alliance Against Defamation)

Transgender resources

<https://www.glaad.org/transgender/resources>

GLAAD's work on transgender issues

Frequently asked questions, Media Guide for professionals, report defamation, tips for allies etc.

<https://www.glaad.org/transgender/work>

Illinois Birth Certificate – Name/Gender Changes:

Illinois Department of Public Health – IDPH: Effective January 1, 2018, new procedures for Gender Reassignment have been established with the implementation of Public Act 100-0360

Gender Change

An individual born in Illinois, with an existing Illinois birth certificate, may submit an ***Affidavit and Certificate of Correction Request form*** along with a ***Declaration of Gender Transition/Intersex Condition form*** (see *FORMS in the right-hand column*) to the Department requesting to have the gender changed on his or her own birth certificate.

The Affidavit and Certificate of Correction Request form (see *FORMS in the right-hand column*) would need to be completed in its entirety by the individual seeking a change in the sex designation on the birth certificate; the form must be signed and notarized. The applicant must be of legal age (or the parent/co-parent or guardian if not of legal age) to complete the form.

The Declaration of Gender Transition or Intersex Condition form (see *FORMS in the right-hand column*) must be completed by either a licensed health care professional or a licensed mental health professional. This provider must stipulate, under penalty of perjury, that the person seeking a new certificate of birth has either undergone clinically appropriate treatment for gender transition or has an intersex condition.

Gender Change with Name Change

For an individual simultaneously seeking to have a name change, ***a certified copy of the Court Order of Legal Name Change*** also must be submitted to the Division of Vital Records. Please indicate on your request to have your name changed in the second section of the Affidavit and Certificate of Correction Request form.

The department will review the request and if all requirements are met, will create a new birth record reflecting the new sex designation and name change, if appropriate. The original birth certificate and all documents submitted are placed in a sealed and impounded file which cannot be opened except upon order of the circuit clerk, request of the person or as provided by regulation.

The fee is \$15 and includes one certified copy of the new birth certificate. Additional copies are \$2 each if ordered at the same time.

<http://dph.illinois.gov/topics-services/birth-death-other-records/birth-records/gender-reassignment>

Illinois Driver's license – Name/Gender Marker Changes:

This webpage contains the requirements for and the instructions to:

Change your legal name and the **GENDER DESIGNATION FORM** required to **change your gender** on your Illinois driver's license. You no longer need a letter from PPIL to do this.

https://www.cyberdriveillinois.com/departments/drivers/drivers_license/drlicid.html#top

Pro-Bono name/gender marker change assistance:

Important! When changing your name in Illinois:

- You must live in Illinois for at least 6 months before applying
- You must file your name change in the county in which you are a resident
- If you have a felony conviction, there is a 10 year waiting period from the date of the completion of your sentence to change your name.
- You cannot apply for a name change if you have been convicted of any felonies or misdemeanors that require registration as a sex offender or if you have a conviction for identity theft.

National Center for Transgender Equality

Welcome to our one-stop hub for name and gender change information. Find out how to get a legal name change where you live and update your name/gender on state and federal IDs and records. How friendly is the driver's license gender change policy in your state? You can check the grade we gave your state.

Here is a state-by-state listing for:

- Name change, Driver's license & birth certificate policies
- Federal IDs and records

<https://transequality.org/documents>

University of Chicago (UIC) - John Marshall Law School:

The Pro Bono Litigation Clinic launched the Name and Gender Marker Change Project in 2016. Law students assist transgender and gender expansive individuals who are faced with the task of changing their names and identification documents. Students assist with the preparation of necessary court documents and appear in court on behalf of individuals at hearings.

The web page below contains a downloadable brochure describing this program and a downloadable name and gender marker change checklist.

Website: <https://law.uic.edu/experiential-education/clinics/pro-bono/projects/#transgender-name-gender-marker-change-services>

Phone: (312) 427-2737 extension 477

...name change resources continued on page 32...



Planned Parenthood of Illinois

Name change resources - continued

The Transformative Justice Law Project of Illinois

Located in Chicago, is a resource for the name change process:

<http://tjlp.org/services/name-change-mobilization/>

During the Name Change Mobilization, attorneys and trained volunteers assist transgender and gender non-conforming folks file petitions to change their legal names at the Daley Center in downtown Chicago. Volunteers provide follow-up support services by accompanying folks to their court dates and helping them navigate the subsequent name change processes at the Department of Motor Vehicles, Social Security Office, Department of Vital Records, etc. **The Name Change Mobilization takes place on the last Friday of every month, 9:00am – 3:00 pm in room 1202 of the Daley Center, located at 50. W. Washington, Chicago, IL 60602.** There are free, monthly workshops for people in Cook County. However, anyone can contact us for assistance. NameChange@tjlp.org

Please note that you must file your name change in the county where you live.

Do you live outside of Cook County?

Please reach out to us at NameChange@tjlp.org and we can link you to support near you.

Transgender Legal Defense & Education Fund

TLDEF's **Name Change Project** provides pro bono legal name change services to low-income transgender, gender non-conforming, and non-binary people through partnerships with some of the nation's most prestigious law firms and corporate law departments. In addition to meeting income-eligibility guidelines, potential clients **must** live in **Cook County** to participate in the project:

<https://transgenderlegal.org/our-work/name-change-project/>

DIY - Do It Yourself name/gender change kit from Planned Parenthood of Illinois

This is a comprehensive kit designed for the computer-savvy '*Do-It-Yourselfer*'. This document contains step-by-step how-to instructions to:

- Create your own free **E-File account** online
- E-File your legal name change court petition and attachments
- Publish your name change notice.
- Change your legal ID on your driver's license, social security, bank accounts, utilities, property deeds, social media accounts etc. after you have obtained your court-ordered name change.

Simply ask your **Planned Parenthood of Illinois** clinician for a copy or call our **Contact Center** at **1-877-200-7745**; leave a message for **GAHT Support** and someone will call you ASAP.

The End!