



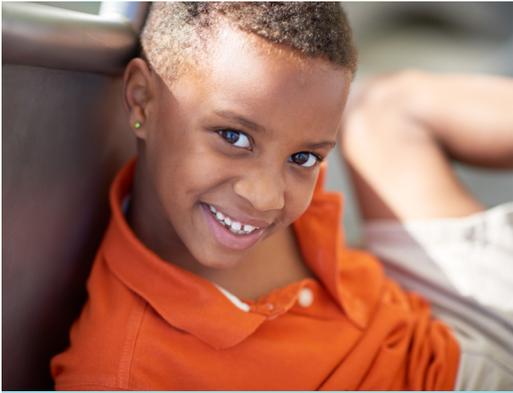
July 2019



A special update for

Living with Change Foundation

A closer look at your impact



We're making
a difference
thanks to you

863

children and young adults received
compassionate and culturally competent
clinical care from an expanded clinic staff
this year

180

new patients were seen by clinic staff this
year

2,094

total visits were logged by clinic staff this
year

9

specialists providing clinical care and
complex case reviews for transgender and
gender expansive patients



Sarah Johnson and her children at the 2019 Cincinnati Pride Parade and Festival. Johnson is a Registered Nurse on our transgender care team.

Improving outcomes for transgender and gender expansive youth

Thanks to your generous gift, the Living with Change Center at Cincinnati Children's is making a positive impact on transgender and gender expansive children, adolescents and young adults—both in Cincinnati and across the country.

A closer look at our impact together for kids and families

A total of **\$114,658** was spent in Fiscal Year 2019. We cannot thank you enough for this incredible impact. This is just one way we are changing the outcome together.

Direct Patient Care Clinical Expansion

In the past year, we have hired two new positions to join the Living with Change Center clinical care team.

- **Social Work Clinical Assistant/Transgender Navigator** Emily Thiem was hired in summer 2018. This role assists the social worker in developing and distributing resources for patients and their families, upkeep of the clinical data base and monitoring of the private family Facebook page, in addition to other clerical responsibilities.
- **Junior Faculty Recruit** Rachel Snedecor, MD, MS, will start July 21, 2019. She will provide clinical care in the Living with Change Center, along with other clinical and academic responsibilities.

Fellowship Development

Cincinnati Children's has two Adolescent Medicine Fellowship slots each year. For the fellowship beginning July 2019, we interviewed multiple candidates with a focus on those with interest in transgender medicine.

Both slots are filled, and one of the two new fellows has a strong interest in LGBTQ Health and will decide on the transgender clinical track by next spring. If she decides to participate in the track, her fellowship research and some of her clinical time will be with transgender and gender expansive patients. We will be interviewing an internal fellowship candidate this fall who has expressed interest in the transgender clinical track and would begin fellowship in July 2020.

Grant Summary

- Time: 2019-2023
- Amount: \$400,000 per year

Payments Received

- February 2019: \$100,000
- June 2019: \$100,000

Grant Funding Use

- \$42,956 – Provided Clinical Assistant salary support to increase capacity for transgender clinical care.
- \$37,625 – Provided dedicated physician leadership to provide content expertise both internally and externally and to train and develop multidisciplinary team members.
- \$34,077 – Provided dedicated time for interdisciplinary experts and review of complex cases.



In order to have a successful Transgender Psychology Fellowship Program that is focused on culturally competent transgender care, we first need to develop an infrastructure here at the medical center. We have started by identifying a psychologist who already provides care for many of our patients and has experience leading a training program. We plan to have a structure in place for this new opportunity in the next quarter. This will allow us to improve training for psychologists who currently work throughout the institution, and allow clinical experiences for psychologists who are in training.

Leadership and Building Expertise



Dr. Conard has devoted 100% of her clinical time to the Living with Change Center since July 2018. During this time, she has completed consults for inpatients at other Cincinnati Children's facilities (such as mental health facilities at Cincinnati Children's College Hill Campus and Lindner Center of Hope.) Her administrative time is now fully devoted to the development and expansion of the transgender program. She has improved clinical protocols, completed interdisciplinary research studies with other investigators to improve outcomes for transgender patients, and worked to educate faculty and

staff outside of the Division of Adolescent Medicine on this important topic.

Because of your generous gift, Dr. Conard was available to lead the Sexual Orientation and Gender Identity (SOGI) changes to the Electronic Medical Record system at Cincinnati Children's. She and Dr. Charla Weiss have promoted a cultural shift with education around the SOGI upgrades. This project, which makes sure transgender and gender expansive patients are treated appropriately has been a top priority for Human Resources this year. Employees are interested in learning about how to provide this care, and we are already seeing fewer concerns from families.

In 2016, the Living with Change Center convened an interdisciplinary team to discuss complex cases, refine treatment protocols, and identify research questions. The team consists of specialists in adolescent medicine, pediatric endocrinology, pediatric gynecology, Ethics, pastoral care, social work, psychology, psychiatry and nursing. This team was a vital element to our success as we rolled out the clinic, especially given the new and ever-growing field of transgender medicine.

As of June 2019, we put these formal meetings on hold as we determine how to best move forward in developing a surgical program. We will instead focus on a day-long Transgender Health Team retreat in September 2019, with plans to restart the formal interdisciplinary team again in early 2020. We are also planning to start a quarterly evening meeting with our colleagues who provide transgender care throughout the city/region to discuss updates and complex cases in transgender health.

The education of other health care professionals continues with invited lectures and presentations and assistance in planning the medical provider track of the 2019 Midwest Regional Transgender Symposium. Please see the publications and presentations listed later in this report.

Transgender Health Learning Network

After numerous internal meetings, including intensive consultation with Cincinnati Children's Anderson Center for Health Systems Excellence (the department that leads all hospital Learning Networks), we have determined that our efforts would be better spent by starting first to create a Multi-site Transgender Research Collaborative.

We are still planning on convening multiple transgender health clinics, but for joint research rather than a learning network. The Divisional Research Director, Dr. Tanya Mullins, and the Division Director, Dr. Jessica Kahn, have reviewed the transgender research portfolio with Dr. Conard, and together they have developed research objectives for the program that focus on improving health outcomes for transgender youth.

The team will continue to support Dr. Conard in developing the research collaborative and developing a research program that transforms the health of transgender youth and that is independently funded.

Cincinnati Children's is planning a kickoff meeting of the Research Collaborative to be held on September 13, 2019.

Invitees include:

- Indiana University Bloomington
- Indiana University/Purdue University at Indianapolis (Riley Hospital for Children)
- Ohio State University (Nationwide Children's Hospital)
- University of Pittsburgh (Children's Hospital of Pittsburgh of UPMC)
- University of Cincinnati (Cincinnati Children's Hospital Medical Center)

Living with Change Center Data July 2013-June 2019

	Mean	Biological Female	Biological Male
Patient Age (Year Range)	19.74 (6-25)	18.6 (5-25)	18.3 (5-25)
Total Number (Percent)	1461 (100%)	959 (66.1%)	483 (33%)

Your support helps others see the impact we're making together

Our work has been recognized not just locally but nationally and globally as well.

Two prestigious awards were bestowed on the Living with Change Center and staff in 2018 and 2019. Without your support, this work would not be possible.

Living with Change Center Awards and Honors

Top Doctors 2019

Dr. Lee Ann E. Conard

Cincinnati Magazine

The Dennis & Judy Shepard Family Values Award 2018

International Council representing the United States, Canada and Mexico



Allison Kurtz, a patient in the Living with Change Center, was featured on a local newscast in June 2019 where she told her story.

"Without Cincinnati Children's, I would not have been able to do it."

Our work with Allison Kurtz, a transgender teen, was featured on WCPO's newscast.

Allison's mother, Kelli Kurtz, told WCPO, "She struggled with being comfortable in her own skin, even though we didn't know what that was about at first."

Allison and her family went together to the Children's Hospital Living with Change Center, where experts explained to her parents what she hadn't been able to articulate herself.

"Without Children's, I would not have been able to do it," she told WCPO. "Obviously, they provide medical support with hormones and stuff, but a less talked-about thing is that they provide emotional support

in that they know how to explain to people who don't understand. They were able to talk to my parents and talk to them in a way that they got it."

More than 1,400 patients have been seen at the clinic, for both consultative and primary care. This makes the clinic one of the largest in the Midwest. Allison received talk therapy with her entire family, including her parents and two brothers, and eventually hormone treatment to help her make a physical and social transition.

"Everything in life was an effort before," Allison told WCPO. "Now everything in life is like a gift, and I'm having fun every day discovering who I am more and more because I'm kind of late to the game on that."

Research and scientific contributions

Publications

We are proud of our team's contributions to the scientific evidence base for care of transgender and gender expansive youth. Some of these are listed below.

Supporting and caring for transgender and gender expansive individuals in the dental practice.

Schwartz S, Conard LAE

Journal of the American Dental Association

Menstrual suppression and contraceptive choices in a transgender and young adult population.

Kanj RV, Conard LA, Corathers SD, Prasad S, Trotman GE

International Journal of Transgenderism

“I Couldn’t See a Downside”: Decision-Making About Gender-Affirming Hormone Therapy.

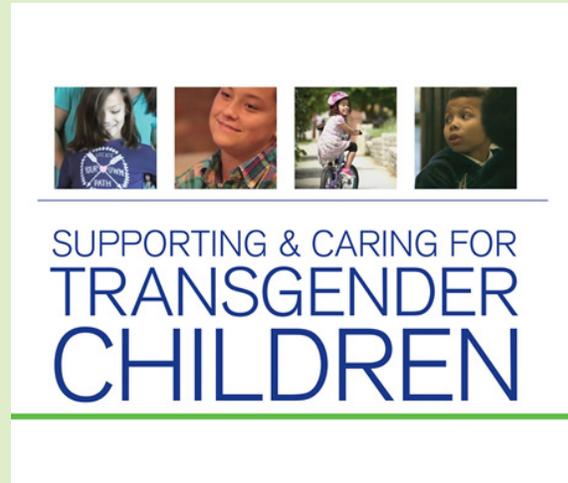
Daly T, Grosseohme D, McGuire J, Corathers S, Conard LA, Lipstein E

Journal of Adolescent Health

Psychological Maltreatment and Medical Neglect of Transgender Adolescents: The Need for Recognition and Individualized Assessment.

Armand H. Matheny Antommara, Robert A. Shapiro, and Lee Ann Conard

The American Journal of Bioethics



Cover page for Human Rights Campaign document co-authored by Lee Ann Conard, RPh, DO, MPH.

Caring for Transgender and Gender-Nonconforming Youth.

Conard LA, Corathers SD, Trotman G.

Current Pediatric Reports

Documenting an epidemic of suffering: low health-related quality of life among transgender youth.

Yuanshu Z, Szczesnik R, Teeters A, Conard LA, Grosseohme DH

Quality of Life Research

Spiritual Care of The Transgender Person.

Hirschman J, Walker-Cornetta E, Jelinek S.

Transgender Medicine (Book) Springer, 2019

Collaboration is key to developing effective hormonal treatment paradigms for transgender youth.

Corathers SJ

Journal of Adolescent Health

Sharing our work with others in the community and beyond

Together we are engaging in talks and presentations that help even more people learn about our work and the needs of kids, youth and families in our community. A list of some of those events are below.

DATE	LOCATION	PRESENTATION TITLE
July 6, 2018	Akron Children's Hospital	Pediatric Grand Rounds:
July 24, 2018	ARC Committee	Defending Yr 3 funding of ARC Grant
July 24, 2018	UC Infectious Diseases Conference	Providing Care to Transgender and Gender Non-Conforming Patients
August 2, 2018	Trans Wellness Conference Philadelphia	Caring for TBNC Youth
August 8, 2018	CCHMC Nursing Grand Rounds	Providing Care to Transgender and Gender Non-Conforming Patients
Sept. 12, 2018	Plastic Surgery Group	Providing Care to Transgender and Gender Non-Conforming Patients
Sept. 16, 2018	Living with Change Conference	Caring for TBNC Youth
Sept. 28, 2018	UPMC: Pittsburgh	PERSAD Conference: Interdisciplinary Case Review
October 2, 2018	Pediatric Dental Society	Providing Care to Transgender and Gender Non-Conforming Patients
October 9, 2018	The Plastic Surgery Group	Providing Care to Transgender and Gender Non-Conforming Patients
October 12, 2018	Nationwide Children's Hospital	Providing Care to Transgender and Gender Non-Conforming Patients
November 1, 2018	CCHMC/Board of Trustees	TG Program updates and review for 2018
November 17, 2018	University of Miami	Trans 101: Community as Partner
November 19, 2018	UC College of Nursing	Transgender 101: Community as Partner
January 9, 2019	Women's Dental Society	Providing Care to Transgender and Gender Non-Conforming Patients
February 21, 2019	CCHMC/ASR Training	Providing Care to Transgender and Gender Non-Conforming Patients
March 5, 2019	CCHMC SOGI Training	SOGI Training/Presentation to MPS and FLOW Coordinators
March 11, 2019	CCHMC SOGI Training	SOGI Training/Presentation to MPS and FLOW Coordinators
April 2, 2019	CCHMC YA Grand Rounds	Supporting Transgender and Gender Non-Conforming Youth
April 12, 2019	Ohio Northern University	Caring for Transgender and Gender Expansive Persons in College Health Center
April 16, 2019	CCHMC SOGI Training	SOGI Training/Presentation to Eating Disorder Team
April 18, 2019	CCHMC Translational Researchers	Providing Care to Transgender and Gender Non-Conforming Patients
May 14, 2019	CCHMC Plastic Surgery	Q&A for TG patient needs
June 5, 2019	CCHMC Research Teams	SOGI review for researchers involved in recruiting
June 14, 2019	CCHMC TG Team	Lunch and tour of THC with Dr. Goepferd and guest
June 25, 2019	P&G's HR/Benefits team	Discuss insurance coverage options

About Cincinnati Children's

At Cincinnati Children's, we believe that we are ALL caregivers. Making, and keeping children happy and healthy, takes the talent, teamwork and dedication of many—including friends like you.

Founded in 1883, Cincinnati Children's is one of the nation's most respected pediatric hospitals. Families travel from across the country and around the globe to have access to the world-renowned specialists and innovative care we provide right here in Cincinnati.

Committed to innovation and leadership in pediatric research, patient care, education and transformational improvement, Cincinnati Children's is:

- Consistently ranked as one of the top three children's hospitals in the country by *U.S. News & World Report*
- Partnering with community agencies to transform the delivery of healthcare to at-risk children and addressing non-medical issues that contribute to child health
- Recognized worldwide for our pioneering research and leadership in quality improvement and safety initiatives

But we can't do it alone.

All that we've achieved, and will achieve, has been in partnership with those who share our passion and our vision for improving child health. We're changing the outcome together.

Our Beliefs

We believe that **we are all caregivers**—making children well is everyone's business.

We believe that **science and compassion** are equally important.

We believe that **small acts** have tremendous impact.

We believe in **each other**—colleagues, patients and families. We have the power to save lives through collaboration.

We believe in **sharing our ideas, our discoveries and our advancements** so that children in Cincinnati and around the world can thrive.