



Living with Change Center

Cincinnati Children's is a trusted destination for families who want the best care for their children—whether that is an unplanned visit to our emergency department or seeing specialists to make sure their kids thrive.

For families with kids who are transgender, we offer that same exceptional care at our Living with Change Center.

Understanding and expressing gender identity can be confusing and scary for kids. Transgender youth are much more likely to be victims of bullying and assault and to suffer from anxiety and depression. They have higher rates of homelessness, discrimination, substance abuse, suicide attempts—and sadly many succeed.

Transgender kids are less likely to see a doctor because they're afraid they won't receive the support or care they need. That's why we opened this specialized center in 2013. We provide a safe environment and services for transgender and gender nonconforming patients from 5-24 years old.

Since its opening, the center has grown into one of the largest transgender health clinics in the Midwest. We're a leader in this fast-paced, ever-changing field of medicine and we're proud to provide innovative patient care and family support.



Our Living with Change Center meets the unique medical and emotional needs of patients, like Zeek, and families—making sure all kids are living authentically.

Compassionate and Comprehensive Care

Housed in the Division of Adolescent and Transition Medicine, our center offers holistic care for these kids, including health services, psychosocial support and resources, referrals to specialists and more.

Our center schedules appointments at four locations, making care accessible to the entire region. A team of specialists, including a social worker, provide interdisciplinary support and referrals for services.

Cincinnati Children's is known for our commitment to family-centered care and that's especially true at the Living with Change Center. We help parents and caregivers listen to and understand their child.

Driven by Discovery

We're advancing research in medicine and mental health to find the best ways to provide immediate and life-long care for transgender youth. Because this is an emerging field of medicine, there is a great need for studies and evidence-based information to make sure we're meeting the unique needs of our transgender kids.

At Cincinnati Children's, we embrace an all teach-all learn philosophy. Our current goal is to start a research collaborative so we can share with other programs and become better—collectively. Our aim is to make sure patients everywhere are receiving care informed by evidence and best practices.

Education Empowers Acceptance

In a national study, 50 percent of transgender patients reported having to teach their providers about their unique health needs. We need to do better, so we are taking the lead in training doctors in transgender care.

Schools are also requesting more information and education around transgender issues, so our staff engages in comprehensive community outreach to support kids in making schools safer and more accepting.

Partnership Matters

The Living with Change Center at Cincinnati Children's partners with many community organizations to provide a system of care and support for kids and families navigating gender identity.

However, there's much more to be done—and we can't do it alone.

While the center is growing to meet the needs of our patients, philanthropic support is vital to maintain and expand the services we provide. As a nonprofit organization, we depend on the support of friends who share our vision to be the leader in improving child health.

Together, we're building something great in Cincinnati. With your help, we can do even more to help transgender and gender nonconforming kids grow and thrive into and throughout adulthood.

We're changing the outcome together.

For more information, contact **Jennie Parker** at jennie.parker@cchmc.org or **513-636-1118**.

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.