



LIVING with CHANGE

LIVING WITH CHANGE MAGAZINE

Issue No.1 | Fall 2021

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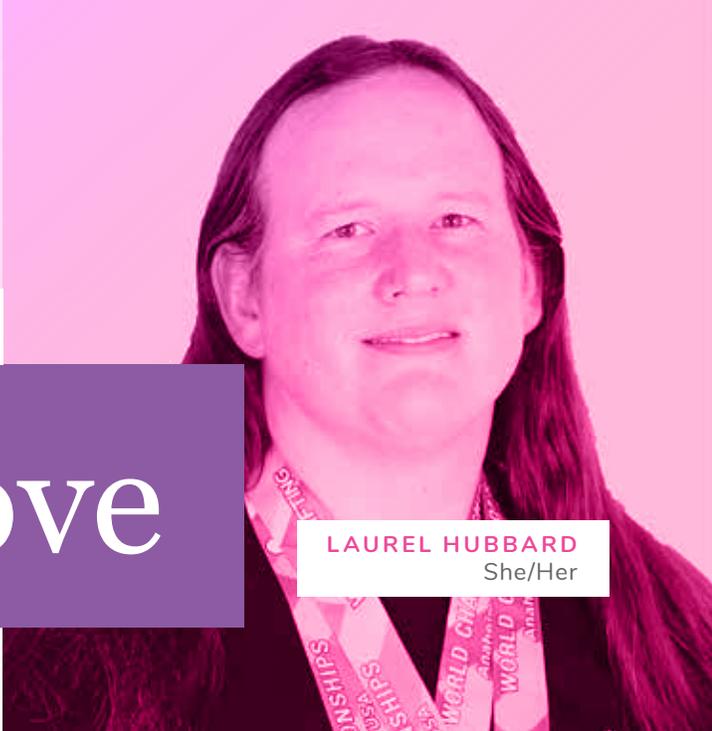
ELLIOT PAGE
He/Him



KATALUNA ENRIQUEZ
She/Her



ZAYA WADE
She/Her



LAUREL HUBBARD
She/Her

Your Support is
Paving the Way

#SayYesToLove

A Look Inside

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FEATURED

FILLING THE GAPS

The future of IDs and Birth Certificates



FEATURED

ROCKSTAR ACTIVISTS

Public figures sharing their powerful stories



FEATURED

LWC 2022 GALA

Join us and make a lasting impact





A note from our founders...

Chris & Jessica Cicchinelli

As the Founders of Living With Change, we would like to extend a warm welcome to the first edition of Living With Change magazine!

When our child came out as transgender, there was adversity and uncertainty as we embraced our new, unknown reality. When we founded Living With Change in 2018, we vowed that we would not only fight for our transgender child but all transgender children. Our desire to create a world in which all transgender children would be able to live as their true, authentic selves grounded us in our mission. As a result, we have gained a deep empathy for parents of transgender youth and we want to lead by example when it comes to supporting them and their experiences. We've initiated the Living With Change magazine as a way to engage more donors, advocates, transgender youth, and their families with relevant, helpful, and timely content all in one spot.

Although COVID-19 stalled a lot of organizations, Living With Change was certainly affected, but not deterred. We've learned from our own experiences and put programs in place to better assist transgender youth and their families. Through our Name Change program, we were able to accomplish nearly 20 name changes in 2021, with help from our partnerships with Equality Ohio and TransOhio. We've also kept the community connected through our Online Virtual Support Network on Discord.

To many people, being transgender is a complex concept. But we believe that with conversation and a willingness to listen, come change and understanding. With education comes empathy. As humans, the more we learn about one another, the more empathetic we become. If we open our minds, we can open our hearts and create a more accepting and inclusive world for everyone. We want to encourage conversation, while promoting our efforts to educate, advocate for and support the transgender community. You are a welcomed part of that conversation!

We have big plans for the future. We believe living with change isn't enough; we must fight for change to make our world better than the way we found it. We want to expand our reach to other states, assist in more name changes, birth certificate gender marker changes, and much more. With the help of our supporters, we vow to take a greater stance on fighting legislation and anti-inclusion laws that limit the rights of transgender children.

Please, keep connecting with us. Follow us on social media, join our support group, and, of course, look for your quarterly updates through the Living With Change magazine.

Handwritten signatures of Chris and Jessica Cicchinelli. The signature on the left is 'CC' and the signature on the right is 'jessica cicchinelli'.

Board of Advisors



SAM BRINKER ESQ

He/Him/His

Sam is an attorney at Dinsmore, an ordained minister, writer and resident of Dayton, OH. Sam has a new blog, 'Becky with the Good Beard,' in which he describes his journey as a proud transgender man.

DR. LEE ANN CONARD

She/Her/Hers

As the founder and director of Cincinnati Children's Hospital's Living With Change Center for Gender Health, Lee Ann practices adolescent medicine and provides care for transgender and gender-nonconforming youth.



MR. JOE DESCH

He/Him/His

Joe founded PrintManagement in 1999 and led it to become one of the leading print marketing companies in the Tri-State area. Joe sold PrintManagement to private equity firm ICV Partners in 2016 and volunteers on a number of charitable boards. Joe serves as Treasurer for the LWC Board.



Other support for this magazine provided by:

- Tori Tromblay, she/her/hers
Marketing Manager
- Laura Berkemeier, she/her/hers
Co-Editor of Living With
Change Magazine
- Olivia Wilson, she/her/hers
Co-Editor of Living With
Change Magazine



GAYLE FRANKENBACH

She/Her/Hers

Gayle is a Ph. D scientist, inventor, innovator and entrepreneur. Gayle is a Procter & Gamble retiree. In her new career she co-founded and operates B.UR.SLF LLC with her son Elliott Wilkinson. She also provides product design/expert witness services through Frankenbach Consulting.

MRS. ALEXANDRA QUINN

She/Her/Hers

Alexandra happily resides in the Indian Hill area with her husband and kids and is extremely committed to creating inclusive and equitable spaces in our schools and places of work.



CHARLA WEISS PH.D

She/Her/Hers

Charla is the interim Manager at the Office of Cultural and Language Diversity at Cincinnati Children's Hospital. She is the past Executive Director for several San Francisco/East Bay organizations.

MS. SARA VANCE WADDELL

She/Her/Hers

Sara is the owner and President of SMV Media, a community advocate, a philanthropist and an accomplished art collector.



Our History

2013
2018

Cincinnati Children's Hospital Transgender Clinic Opens

June
Cicchinellis Donate \$2M to CCHMC

December
Transgender Clinic sees 322 new patients in 2018

Transgender Clinic has seen over 913 patients since 2013

2019

June
"Every Journey Matters" First LWC Gala

July
Cicchinellis Create an Endowment at CCHMC

December
Transgender Clinic sees 310 new patients in 2019

Transgender Clinic has seen over 1,223 patients since 2013

2020

January
Casey Barach becomes Executive Director

April
LWC Revises Mission For Better Focus and Impact

August
LWC Partners with Equality Ohio & TransOhio on Name Change Scholarship Program in Hamilton County

October
Transgender Clinic Renamed Living With

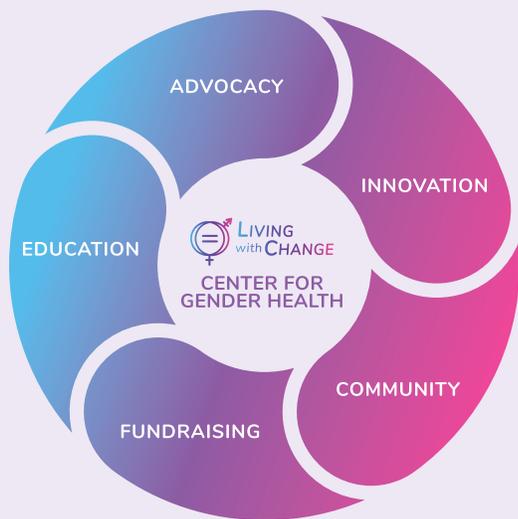
Change Center For Gender Health

November
First Trans Youth Name Change Takes Place Using LWC Scholarship

Elliott Wilkinson becomes Strategy and Operations Manager

December
LWC Center sees 313 new patients in 2020

LWC Center has seen over 1536 patients since 2013



Living With Change is a lifeline for those who need it most.

“Transgender and nonbinary youth who reported having pronouns respected by all of the people they lived with attempted suicide at half the rate of those who did not have their pronouns respected by anyone with whom they lived.”

— National Survey on LGBTQ Youth Mental Health 2021

History of Living With Change

Founded in 2018, Living With Change is a 501(c)3 nonprofit organization dedicated to supporting transgender youth and their families by providing education, resources, advocacy, and support, while fostering confidence and acceptance through change.

The organization takes its name from the process transgender youth and their families go through when a child comes out as trans—learning to adapt to a new normal and accept the child for who they are. Founders Chris and Jessica Cicchinelli

realized how necessary it was to start Living With Change after experiencing first-hand the uncertainty and adversity many parents of transgender children face. While seeking care and treatment for their oldest daughter, the Cincinnati couple recognized many families didn't have that same luxury. Some trans youth were going without puberty-delaying treatments and others were being placed on wait lists hundreds of patients long. Chris and Jessica created the organization hoping it would serve as a stop gap for those families with transgender children in need of relevant medical care, transgender programs, and more. They started with a \$2 million donation

2021

January

LWC Center's service expansion using telemedicine

LWC Center's patient coverage expanded to West Virginia, Indiana & Kentucky

LWC Center expanded to 5 physical sites in Cincinnati region

Mobile Care Center launched

March

LWC Expands Name Change Scholarship Program To All 88 Ohio Counties Board training by of Transgender Resource Center of New Mexico

April

LWC's Monthly Online Support Group Launches on Discord

June

LWC joins Centerlink, National LGBT Community Center Program

July

LWC Joins Partnership with Equality Ohio, Equitas Health, OCTOPUS, LLC and TransOhio for Birth Certificate Marker Change Scholarship Program

LWC Center on track to see 354 new patients for the year

LWC Center on track to see over 1,713 since 2013

Q4

LWC Launches Podcast LWC's Monthly Online Support Group For Parents

Q1

LWC Plans to Re-Launch In-Person Support Groups

2022

to Cincinnati Children's Hospital Medical Center which paved the way for the *Living With Change Center for Gender Health*.

Now, Chris and Jessica hope to lead the charge toward a change in perspective and awareness to make our communities a safer, more inclusive place for transgender children. To accomplish this, Living With Change engages with schools, businesses, and communities to help ensure transgender youth are protected and accepted, while working with lawmakers to change existing policies, prevent discriminatory ones, and promote initiatives that help transgender youth thrive in a more inclusive and equitable future.

Living With Change Goals and Strategy

Our strategy and goals are separated into two facets - medical and community.

Medical

Our primary focus in the medical arena is on the financial support and the work of the Living With Change Center for Gender Health at Cincinnati's Children's Hospital Medical Center. This focus breaks down into three areas:

- Growing the capacity of the center
- Creating a learning network
- Educating healthcare providers

Community

In the community, we are focusing on the work that impacts trans youth directly. This focus breaks down as follows:

- Advocacy – Fighting legislation that discriminates against trans youth.
- Innovation – Developing innovative products, services, and events that support, improve, and uplift the trans youth community.
- Community - Supporting programs, events, and centers that create social interactions and serve the needs of the trans youth.
- Fundraising – While the founders, Chris and Jessica Cicchinelli, provide generous personal financial support to LWC, an Annual Gala offers an opportunity for giving by the community.
- Education – Education is critically important, and LWC uses the education programs of its partners to ensure an educated community.

Filling the Gaps

The Power of Partnerships

Living With Change focuses on building partnerships with organizations that work across the LGBTQIA+ spectrum to find and fill gaps in the trans youth community. Often these partnerships include sponsoring important training and education programs that will support and better the lives of trans youth.

Assisting Trans Youth in the Name Change Process

Only 11% of transgender people have an ID that matches their preferred gender, according to the National Center for Transgender Equality (NCTE). Every time they use an ID that doesn't match their preferred gender or name, they risk discrimination, harassment, or even violence.

Living With Change partners with Equality Ohio and TransOhio to financially support transgender residents going through the legal name change process. This process involves paperwork, fees, and legal expertise. Afterwards, other identity documents often have to be corrected, including their Social Security card, driver's license or state ID, financial insurance, etc.

This year, LWC helped 19 people change their name and contributed more than \$3,750 to help with court fees.

You can only get financial assistance for court filing and publication fees by working with the free Equality Ohio Legal Clinic. Get assistance by calling 855-LGBT-LAW or visit their website, equalityohio.org.

“TransOhio is honored to work with Equality Ohio and Living With Change to help members of our community realize one of their dreams and needs. That dream is to simply have their name, gender marker and legal documents match their identity. TransOhio is so grateful to be able to work with wonderful community partners to reach even more people and help them live their best lives.”

— Diane Brennan,
Treasurer of TransOhio

According to the Human Rights Campaign

68%

of trans people say none of their records match their correct name and gender





“Transgender and nonbinary youth who were able to change their name and/or gender marker on legal documents, such as driver’s licenses and birth certificates, reported lower rates of attempting suicide.”

— National Survey on LGBTQ Youth Mental Health 2021

Updating Gender Markers on Ohio Birth Certificates

So that transgender people can be their most authentic self and be safe in society, they should be able to have a birth certificate that matches their gender identity. Living With Change partners with Equality Ohio, Equitas Health, OCTOPUS LLC, and TransOhio to hold statewide virtual Name & Gender Marker Change Legal Clinics on the second Wednesday of every month. LWC recognizes that court fees can be a difficult barrier in getting the gender marker changed, we are also funding support for associated court fees for eligible individuals.

Future Goals

Living With Change is also excited to announce the launch of our Online Parents Support Group (via Zoom). The first session will take place in October 2021 and will be moderated by a Cincinnati-based mental health professional. For updates on this new group, please visit LivingWithChange.org or join our social community.

"I am seeking the name change so that my legal name finally aligns with my identity. I have been living as a transgender woman for years, and it is increasingly difficult to answer to a masculine name. The financial assistance provided by Living With Change is huge—my job does not pay me enough to afford the court filing fees. I simply would not be able to proceed with the name change if not for the funding assistance."

— Equality Ohio Client, Age 21

Fighting Legislation



Advocacy – Fighting Anti-Trans Youth Legislation

One of the goals of Living With Change is to identify legislative trends and track legislation. We are vocal advocates in the community and are a part of the broad team fighting anti-transgender bills while promoting pro-transgender legislation.

Despite the pandemic, anti-trans legislation persisted and in 2021, a record number of in anti-trans bills were filed across America. In fact, over 100 bills were introduced in state legislatures with damaging restrictions to trans rights. And in Ohio, there were four anti-trans discriminatory legislative actions introduced.

Current Legislation

There has been a national trend in 2021 of discriminatory legislation being introduced in the states, including Ohio, which would be devastating to the LGBTQIA+ community if passed.

The types of legislation we are seeing introduced are anti-trans sports bans, anti-trans medical care bans, prohibiting discussion of LGBTQIA+ issues in classrooms, barriers to updating gender on birth certificates, prohibiting transgender students from using school restrooms consistent with their gender identity, and religious protections for discrimination against LGBTQIA+ people.

While the actions of the states are distressing for the LGBTQIA+ community, President Biden has been working to preserve protections and create additional protections. In June, the U.S. Department of Education expanded its interpretation of federal sex protections to include LGBTQIA+ students. This action is an effort to stand up to state actions to ban transgender youth from participating in school sports. The new policy will treat discrimination based on a student's sexual orientation or gender identity as a violation of Title IX. Passed in 1972, Title IX is a federal law that protects against sex discrimination in education.

Living With Change at the Ohio Statehouse

In the past few years, there have been a wave of discriminatory bills introduced throughout the nation and in our own state. Living With Change is closely monitoring any discriminatory bills being introduced in Ohio, such as House Bill 61 and Senate Bill 132. We are also engaging in legislation that would support transgender youth, such as the Ohio Fairness Act.

Require Single-Sex Sports Team - Save Women's Sports (HB61 and SB132)

House Bill 61 (HB61) was introduced by Representative Jena Powell (R - District 80) and Representative Reggie Stoltzfus (R - District 50). Both bills would prohibit transgender girls and women from playing sports in high school and college. HB61 had received sponsor testimony and proponent testimony, but had not yet had any other hearings, including an opportunity for opponent testimony.

On June 24, 2021, during the last days of session and prior to break, despite the early stages of this bill, Rep. Powell brought HB61 to the House floor as an amendment to Senate Bill 187 (SB187), an unrelated and bi-partisan bill. There were many legislators that spoke against the amendment, including members of our local delegation, Representative Brigid Kelly and Rep. Cathy Ingram. However, there were also many that vocally supported the amendment.

Ultimately, the House voted to add HB61 to SB187. Senate Republicans criticized the addition of HB61 to SB187 and, ultimately, this bill did not move forward in the amended form. Instead, Governor DeWine stepped in. The original form of SB187, regarding NCAA players receiving compensation for their likeness, moved forward as an Executive Order issued by the Governor, without the discriminatory HB61 language.

Governor Mike DeWine issued a statement following the action by the House, "This issue is best addressed outside of government, through individual sports leagues and athletic associations, including the Ohio High School Athletic Association, who can tailor policies to meet the needs of their member athletes and member institutions."

While HB61 did not come for a final vote prior to the summer legislative break, HB61 and SB132 are not going away. Living With Change will continue to engage in these bills and will be offering opponent testimony to these bills.

Ohio Fairness Act (HB208 and SB119)

The Ohio Fairness Act has been introduced and reintroduced for many sessions. This bill would prohibit discrimination on the basis of sexual orientation or gender identity, therefore adding needed employment and housing protections for protected classes. The bill was reintroduced this session but has not seen movement since March 2021. The bill has widespread support from the business community, including the Ohio Chamber of Commerce. Living With Change has and will continue to champion the Ohio Fairness Act. Your voice matters. If these bills are important to you, we encourage you to engage with your legislators.

"These bills target transgender and nonbinary people for discrimination, such as by barring or criminalizing healthcare for transgender youth, barring access to the use of appropriate facilities like restrooms, restricting transgender students' ability to fully participate in school and sports, allowing religiously-motivated discrimination against trans people, or making it more difficult for trans people to get identification documents with their name and gender."

— American Civil Liberties Union (ACLU)

Connect With Us

Social media is a great opportunity to educate and raise awareness about transgender issues. That is our goal on all our platforms. We post transgender triumphs, current legislation, and the latest studies about mental health. We hope that by giving these issues a platform, we can make a difference and connect transgender youth and their families with the resources they need for a brighter future.



INSTAGRAM
@LWC_Organization

FOLLOWERS: **2,103**

AGE RANGE:	GENDER:
18-24: 3.6%	WOMEN: 91.4%
25-34: 38.1%	MEN: 8.6%
35-44: 36.8%	
45-54: 16.8%	
55-64: 3%	
65+: 1.4%	



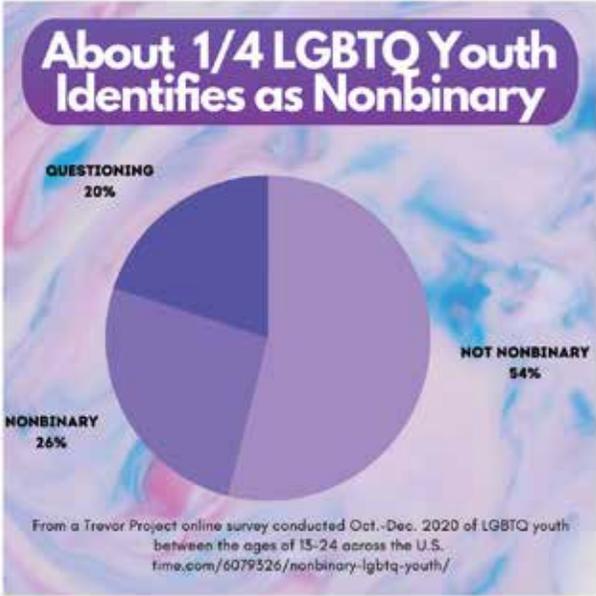
FACEBOOK
@LWCOrganization

JULY 30, 2020 PAGE FOLLOWS:	JULY 30, 2021 PAGE FOLLOWS:
4,019	4,803



TWITTER
@Living_W_Change

FOLLOWERS: **630**



lwc_organization

lwc_organization "More and more people are taking control of their gender identity, and finding language and terms that resonate with them."

The Trevor Project released new research showing 26% of LGBTQ youth identify as nonbinary.

How can you make someone who identifies as nonbinary more comfortable? Respect their pronouns! The Trevor Project found this small step decreases attempted suicide and increases quality of life and mental health for young people.

This is great news ahead of International Nonbinary People's Day (July 14)! How are you celebrating?

@trevorproject #lgbtq #lgbt #lesbian #gay #bisexual #transgender #queer #gayrights #gender #genderfluid #genderqueer #trans #transrights #aromantic #asexual #nonbinary #pansexuality #demisexual #intersex #internationalnonbinaryday

51 likes · JUL 13

Log in to like or comment.

From a Trevor Project online survey conducted Oct.-Dec. 2020 of LGBTQ youth between the ages of 13-24 across the U.S.
time.com/6079526/nonbinary-lgbtq-youth/

Education. Resources.
Advocacy. Support.

Living With Change
@Living_W_Change

Did you hear the news? Living With Change is partnering with Equality Ohio's and TransOhio Legal Clinic to help transgender youth go through the legal name change process and pay fees in Hamilton County, Ohio. Check out this article to learn more: <http://ow.ly/8lvH50BQqZr>

New Partnership Legal Name Change Scholarship!

EQUALITY OHIO

Living With Change
June 16 · 🌐

Important reminder!

Tonight is our Virtual Support Group and we are tackling an important topic: changing your birth certificate marker. Equality Ohio's Legal Director Maya Simek will be joining us to talk about the process of changing your birth certificate.

In a collaborative partnership among Equality Ohio, Equitas Health, OCTOPUS LLC, and TransOhio, there are statewide virtual Name & Gender Marker Change Legal Clinics held the 2nd Wednesday of every month. We are offering financial support to trans youth and families who need it.

Living With Change VIRTUAL SUPPORT GROUP

JUNE TOPIC
Changing the Gender Marker on your Ohio Birth Certificate.
Speaker: Maya Simek, Legal Director at Equality Ohio
Join us on June 16th at 7:00PM (one night only this month)
Questions - elliott@livingwithchange.org

lwc_organization
Cincinnati

lwc_organization We're prepping for #cincypride2021

@steeletate dropped this wisdom when talking with transgender teens in our Virtual Support Group. How are you participating in #pride?

#lgbtq #lgbt #lesbian #gay #bisexual #transgender #genderfluid #gender #genderqueer #gayrights #trans #transrights #aromantic #asexual #nonbinary #pansexuality #demisexual

11w

kravencomics 🍌🍌🍌🍌

101 likes
MAY 19

"Pride is the only time some of these kids that come truly get to be themselves. We want to make that one day a year as memorable as possible."
- Brooklyn Steele-Tate -

LIVING WITH CHANGE

Rockstar Activists

On our cover, we have featured several influential transgender activists. By sharing their stories, these public figures are promoting transgender conversations on an international platform.



ELLIOT PAGE (He/They)

@elliotpage

Juno, Inception, My Life as a Zucchini - these are just a few films you may recognize starring Elliot Page. He found stardom at a young age and has now become one of the most recognized trans role models in the world.

"I love that I am trans. And I love that I am queer. And the more I hold myself close and fully embrace who I am, the more I dream, the more my heart grows, and the more I thrive," Elliot said about his journey.

From coming out in an open, honest Instagram post less than a year ago to now, he has become a voice for everyone going through this journey and is raising awareness about anti-transgender bills in statehouses across the United States.

KATALUNA ENRIQUEZ (She/Her)

@mskataluna

Kataluna Enriquez, the crowned 2021 Miss Nevada USA, is cementing her role as a trailblazer for the LGBTQIA+ community. Wearing a rainbow sequin gown she designed herself in honor of Pride Month, Kataluna became the first openly transgender woman to win the pageant. She'll also be the first to compete in the Miss USA pageant in November.

To celebrate her monumental win, she said, **"Huge thank you to everyone who supported me from day one. My community, you are always in my heart. My win is our win. We just made history."**

While competing in pageants, Enriquez has always made a point to advocate for transgender rights, diversity, and visibility. Way to go, Kataluna!



ZAYA WADE (She/Her)

@zayawade

14-year-old Zaya Wade knew her gender identity for nine years before coming out at the age of 12. At just three years old, Zaya knew she wasn't living as her authentic self. Born the child of one of the best professional basketball players in the United States, Dwayne Wade, Zaya's journey has been one of hope, strength, and education.

"Zaya has allowed us gracefully to be her support system. She's the strong one in this family. She's the hero," said Wade.

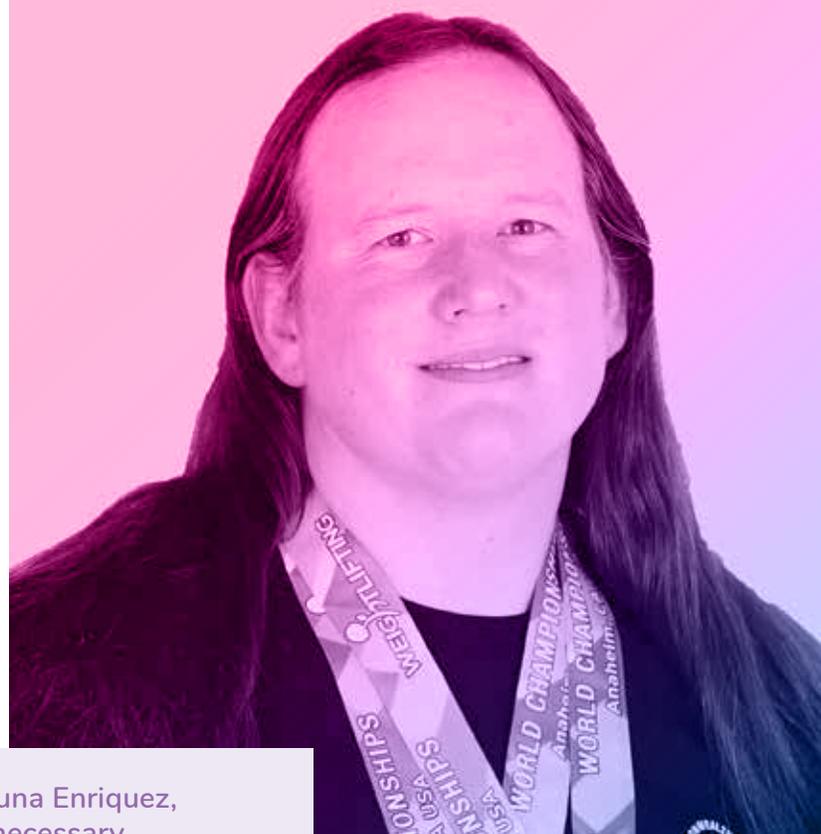
Zaya is also making an impact for teens everywhere. From iconic appearances to her LGBTQIA+ advocacy efforts through the Wade Family Foundation, at a young age Zaya has become a leader in the LGBTQIA+ community.



LAUREL HUBBARD (She/Her)

Welcome to The Olympic Games, Laurel! Making history as the first openly transgender athlete, Laurel competed at the 2021 Tokyo Olympics. Hailing from New Zealand, the 43-year-old took the Olympic stage to show off her weightlifting talents. Although the outcome wasn't what she desired, she will always be remembered as the athlete who broke barriers! Representation is so important, which is why Hubbard's presence in the Olympic Games had a profound effect had on transgender people, particularly young adults.

"I would particularly like to thank the IOC (International Olympic Committee), for I think really affirming its commitment to the principles of Olympism and establishing that sport is something for all people, that it is inclusive and is accessible," Laurel Hubbard said after the event.



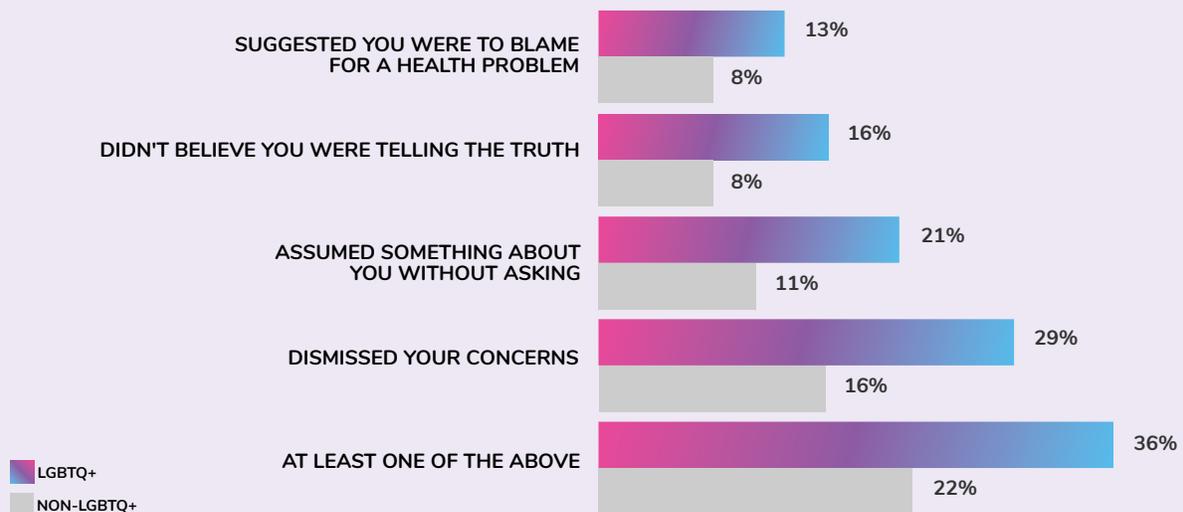
We are honored to celebrate Elliot Page, Kataluna Enriquez, Zaya Wade, and Laurel Hubbard for sparking necessary conversations to advocate for the trans community!

Cincinnati Children's Hospital

Living With Change Center for Gender Health

According to a KFF survey

In the last two years, has your health care provider...



An Interview with Dr. Lee Ann Conard, founder and director of Cincinnati Children's Hospital's Living With Change Center for Gender Health

Tell us about the Living With Change Center for Gender Health at Cincinnati Children's Hospital.

The Living With Change Center for Gender Health opened in 2013 with myself, Dr. Lee Ann Conard, a social worker, and a nurse. We had a single half day session per month. We now have myself, two other physicians, two nurse practitioners, two social workers, a care navigator, and three nurses. We also have an Adolescent Medicine Clinical Fellow, whose focus is transgender care. We work 8-10 ½ day sessions of the clinic each week. We see patients at the main campus and our satellites

in Liberty, Fairfield, Green Township, and Northern Kentucky. I do inpatient consults at College Hill and the Lindner Center of Hope. We started a training program for child and adolescent psychologists to provide care in this area and have a group of 16 therapists within Cincinnati Children's. When we started, we had one pediatric endocrinologist and one pediatric gynecologist and now we have two of each. We provide training for adolescent medicine, gynecology and endocrinology fellows, pediatric residents, medical students, nurse practitioner students, and social work students. Prior to COVID-19 restrictions, we also provided educational opportunities to trainees at other institutions.

What difference has Living With Change Made for the LWC Center?

The Living With Change donation provided me the ability to direct and grow the center, while providing patient care. This allowed me to work on making Cincinnati Children's a safe environment for transgender, gender diverse, and non-binary youth by improving the electronic medical record (EMR) and downstream devices to make sure that patients are called the correct name and pronouns, while providing culturally competent care in a safe manner. I work with other medical centers to help them improve their EMR and the Human Rights Campaign routinely directs people to us as an example of how to improve care. I can also provide education to groups and units within the medical center and the local community. I also develop and host several multidisciplinary conferences around the care of transgender youth. We've also recruited Dr. Rachel Snedecor, my practice partner, and Dr. Colby Smith, our current Transgender Track Adolescent Medicine Fellow. We hired a care navigator, who connects families to resources, helps with forms, and monitors our social media. Living With Change allowed us to increase the research we are doing with the transgender population, through the Midwest Regional Transgender Research Collaborative. We are working with The Ohio State University, Indiana University, and the University of Pittsburgh to answer research questions.

What are the critical needs of the center currently? (i.e. more funding, people, awareness)

The LWC Center, as with other centers in the US, has seen an exponential growth in the number of new patients. Our greatest need is to make sure we have the resources to serve every child and adolescent that comes to us. Donations help ensure that we have the resources to manage and expand the program, train new clinicians, provide appropriate support for patients and families, and gather other care providers to share

best care practices. Another top priority is providing time for quality improvement work to improve patient outcomes, achieving efficiency in medical care, and reducing healthcare costs. Also, word of mouth is an amazingly helpful tool – many families with gender non-conforming children aren't aware of our us. The more educated our community is, the better.

What role do donors play in the success of the LWC Center?

Donors are key to the success of the clinic. You directly contributed to our ability to meet the growing needs of transgender, gender diverse, and non-binary youth. We are able to provide expert clinical care, education of trainees, and complete research and quality improvement projects. This amazing program attracts highly qualified physicians, nurse practitioners, nurses, social workers and trainees, which increases our visibility. As this is a nascent field of medicine, our generous donors help us to impact the way care is delivered and how it will be delivered in the future. Donors talking about the LWC Center with their friends and colleagues also increase our visibility.

What are the plans for the future of the LWC Center?

The LWC Center plans to continue to provide excellent, culturally competent care. Once the pandemic has abated, we hope to develop a patient and family advisory board to inform our operations. We will develop strategies to decrease wait time for a new visit. I will be completing an Advance Quality Improvement Methods Course, and we will be using this science to improve our care. We will continue to develop our training program, so there are more providers who are competent to provide care for transgender youth. We will also be ramping up our research collaborations with the Midwest Regional Transgender Research Collaborative. We are planning a 10-year anniversary conference in 2023.

Suggested Resources

We have assembled a helpful list of resources for you. Scan the QR codes below to learn more!

GLSEN
For more information on transgender students in our schools:



HRC
For resources on transgender youth and the issues they face, including expert advice:



The Trevor Project
If you—or your children—need someone to talk to, visit The Trevor Project, 24/7.



TransOhio
Legal questions and documentation FAQ support:



Equality Ohio
Get to know your state and federal rights in Ohio:

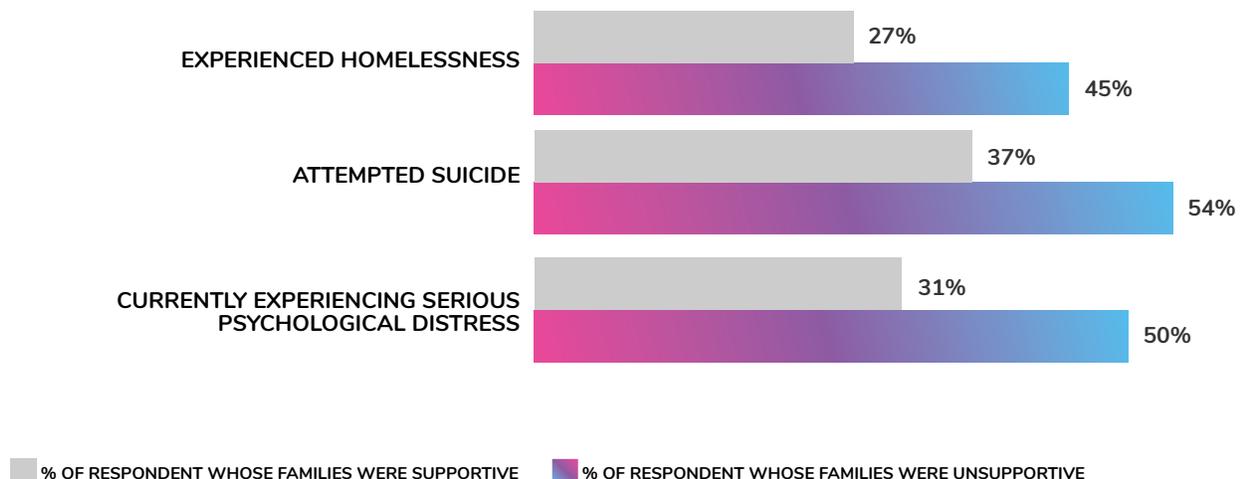


Equitas Health
Your health guide to gender affirming care:



According to the 2015 U.S. Transgender Survey

Negative experiences among those with supportive and unsupportive families.



Staff Spotlight

ELLIOTT WILKINSON

Operations and Strategy Manager



Hello! My name is Elliott Wilkinson. I am a member of the Cincinnati trans community. Some people know me as the co-founder and product designer of B.UR.SLF, a chest binder company I started with my mother. Others know me as the Operations and Strategy Manager for Living With Change. Being trans encompasses everything I do.

I'd like to take you on my journey of self-discovery and tell you what it was like for me and my family. If you find yourself in a similar situation as a trans person, or a parent of a trans person, there is a loving community and a support system waiting for you.

My journey with gender started at 17 years old, about a decade ago. I was already well aware that I was a part of the wider LGBTQIA+ community. I had been identifying as bisexual for almost 6 years, but I was never really exposed to the trans community. I just assumed I was a tomboy and I moved on, which is pretty common for a lot of people. It wasn't until a

friend came out as trans, that I started researching what that meant, so that I could support him. Wouldn't you know it, it just took someone else's self-discovery experience to figure out my own.

I didn't jump in headfirst. It took me months to define even a loose version of my new self. Thankfully, I didn't do it alone. I had friends who were willing to make adjustments and help me along on the journey. Once you have a more defined version of yourself, it's usually only a matter of time before you tell your loved ones.

My sister was the first family member I told. This was six months after I told my friends. I feared the worst-case scenario, like many children when coming out of a closet. She was already in the wider LGBTQIA+ community, so I figured she would have my back.

She did!

My sister was incredibly adaptive. She immediately took to my new name and pronouns when we were in private, but she was always good about keeping up appearances before I fully exited my cocoon of comfort. That comfort gave me the courage to tell our parents a year later. With my mother, it was a conversation on the couch at home. With my father, it was a noisy lunch rush at a Mexican restaurant. The important part of each conversation: they fully welcomed who I had become and they've been by my side through my journey since.

In 2016, my mother helped me navigate the insurance from her workplace, so I could start medically transitioning. In 2017, my dad got to answer silly questions like, "what's the selective service?" when I got a draft card in the mail after changing my driver's license marker. Even through some weird questions and tough conversations, they kept supporting me.

To my family, it was never a question of, "what did we do for him to get screwed up like this," or "how could this happen?" It was always a question of, "what can we do to help him find his place," or "how can we make things just a little bit easier?" I was incredibly lucky in that sense. That's why I've always strived to be open about my experience, so that anyone who feels nervous, be it child or parent, can understand that it won't always be the worst-case scenario. And although not every family may be as supportive or awesome as mine, eventually, new families are built to support you. We would love to be a part of that family for you.

Elliott

How Can You Help?

Each day, we are closely monitoring local, state, and federal legislature because, unfortunately, we see many bills introduced which seek to exclude transgender children from everyday activities to basic human rights. We are diligent in our quest to deter negative practices and support positive changes. But we can't do it alone.

Here's what you can do:

You've already done the first, critical step, by reading this magazine. You're seeking to understand and educate yourself. We encourage you to continue that educational journey by staying up to date on current issues and paying attention to anything concerning.

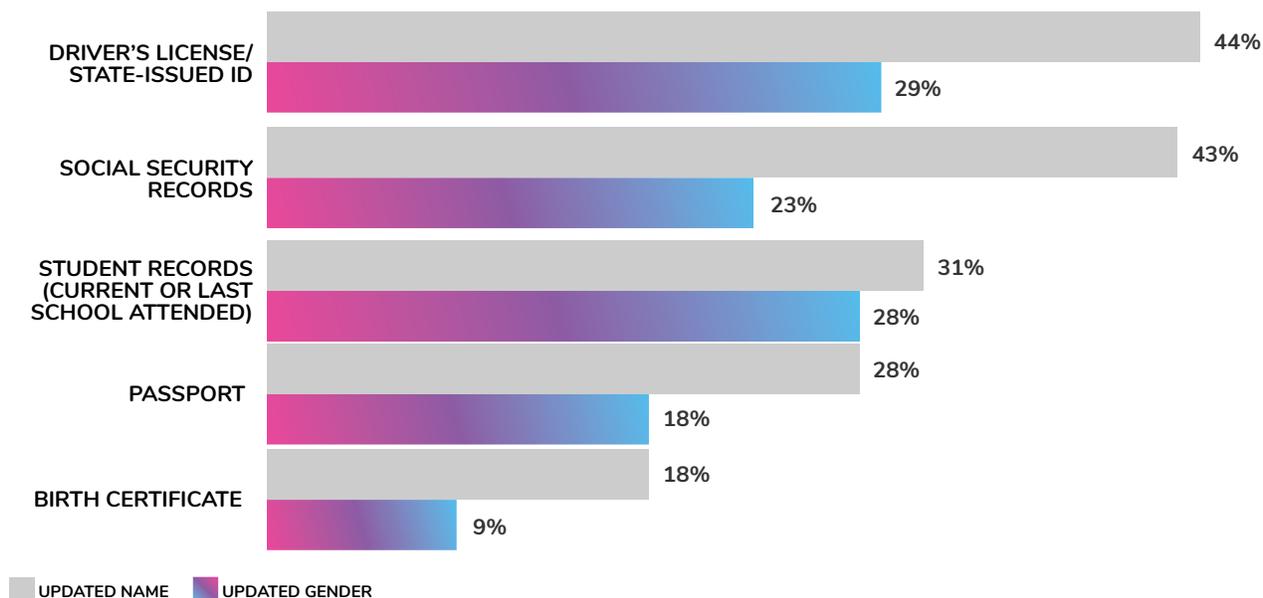
Go a step further and follow us on social media where we update you on legislation, current events and celebrate trans victories. To find even more information, follow organizations like The Human Rights Campaign, or the Trevor Project. Normalize the usage of preferred pronouns by listing yours on social media and in email.

Take it to the next level and call your representatives, talk to school districts, speak out against the injustices you witness. We **need** your advocacy.

Lastly, and most importantly, let transgender children and others in the transgender community know that you are an ally and that they are loved, unconditionally. Support gender identities respectfully by using preferred pronouns and names.

According to the 2015 U.S. Transgender Survey

Updated Name or Gender ID OUT OF THOSE WHO HAD ID AND WANTED TO UPDATE IT (%)



Living With Change 2022 Gala

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Are you interested in being a sponsor? All gala sponsorship levels include recognition in event signage, related social media posts, printed materials, and on the Living With Change website. Other sponsorship levels include complimentary tickets, on-stage recognition, and more. For details or to purchase tickets, contact Jessica Cicchinelli at Jessica@livingwithchange.org. LWC hopes to return to our traditional date of the third Saturday of June (Pride Month).

— JUNE 18TH, 2022 —

Why Donate?

How can you make a difference in the lives of trans youth?

When you make a monetary gift to Living With Change, your support will make a lasting impact.

Any gift, large or small, will allow us to champion crucial healthcare, critical support, and essential inclusion initiatives. Make a difference in the lives of trans youth today.

To give online, please visit livingwithchange.org or scan the QR code on the back cover of this publication. If giving by check, please send your gift using the envelope at the center of this magazine. Sponsorship opportunities are also available. For more information, please contact casey@livingwithchange.org.

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