

The Gender Clinic at Barbara Bush Children's Hospital

We are dedicated to supporting the health and wellbeing of transgender, gender diverse, and questioning youth in Northern New England. We offer treatment to children and their families from childhood through adolescence and young adulthood (up through age 26).

Our team is focused on the entire wellbeing of each patient. We focus on medical care (Pediatric Endocrinology and Adolescent Medicine) and mental health (Child & Adolescent Psychiatrists and Clinical Social Workers). We also work with members of the hospital's Clinical Ethics and Spiritual Care teams on a regular basis.

Services we offer

We work with each person to decide on the different services they may need. We do not believe all patients will benefit from the same services. If a patient is already working with a therapist, we will talk with that therapist about treatment.

We offer these services to our patients:

- Mental health evaluation
- Brief individual & family therapy
- Parent/guardian support groups
- Consultation with psychiatry
- Consultation with spiritual care (Chaplain)
- Ongoing consultation between mental health and medical providers (related to gender)
- Menstrual suppression (stopping unwanted periods)
- Puberty blockers (ways to stop puberty hormones)
- Gender affirming hormone therapy (estrogen or testosterone)
- Surgical consultation (mental health letter of referral)

Our treatment philosophy

We support each child and young adult by accepting them without judgment and letting their gender identity and expression unfold over time. We have a gender affirmative approach to treatment. We do not approve of any kind of conversion therapy. We believe that trying to change a person's gender identity is harmful.

We work with children, young adults, and their families to build strength, gain better understanding, and offer ongoing support while they are with our clinic. Our treatment is different for every person and our whole team uses evidence-based treatments.

How can I get a referral?

The first step to working with The Gender Clinic is to ask your primary care provider (or your child's pediatrician) to make a referral to The Gender Clinic through the Pediatric Specialty Care department. You will then be scheduled for a 1-hour telehealth orientation appointment. You will learn about our program and have opportunities to ask questions before you have a formal evaluation in the program.

Understanding gender and commonly used terms

Transgender describes people whose gender identity or expression differs from their assigned sex at birth. A transgender person may identify as male or female, or they may have a non-binary gender identity.

Non-binary describes people who do not identify (or do not exclusively identify) as "male" or "female" or "man" or "woman." They may identify as no gender, as a gender other than male or female, or as more than one gender. Non-binary can also be an umbrella term that includes identities such as agender, bigender, genderqueer, or gender fluid. Not all non-binary people identify as transgender.

Sex is decided based on anatomy, hormones, and DNA. Sex is often assigned at birth and is usually decided based on appearance of outside genitalia as male or female. Sometimes we refer to 'sex' as 'natal sex' or 'sex assigned at birth.'

Gender identity is a person's internal sense of gender, or what a person feels their gender is. It may match their sex assigned at birth, or may be different. Sometimes gender identity is confused with gender expression. Gender expression is different, it is how a person looks on the outside (clothing, hair, voice, behavior, interests).

Contact us

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