



Brought to you by Virginia's own  
Transgender Task Force

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# Transgender Health

## Fan Free Clinic's New TG Clinic Raises the Bar for Trans Healthcare in Richmond

One year and three months ago, Fan Free Clinic set a new standard in HIV STD detection, education, and treatment, with the inception of their new TG clinic. The clinic is designed to offer primary care as well as HIV prevention services and HIV & STD testing to the transgender community of Central Virginia. Clinics are on Tuesday evenings from the hours of 6 pm - 9 pm. All the services that the clinic offers are totally free to clients, although clients do have to pay the cost of the hormones.

The enrollment process is fairly simple; all a person has to do is call (804)358-6343 ext.143 and speak with Zakia McKensey, the clinic coordinator, and set an appointment to receive a psy-

chosocial assessment. The assessment is done by either Dr. Tony Mangiafico or Dr. Tarynn Witten. Once a client receives approval, they are scheduled for an intake appointment, where they get education on hormone replacement treatment and the side effects and risks that may be involved with the medications. The next step is to schedule them to see Linda Kendall, the nurse practitioner for the TG Clinic. At the first clinical appointment, numerous tests are done through lab work, run in order to determine if the client may receive their prescriptions for hormone therapy.

As an added perk to the clients accessing the clinic, Zakia offers name change assistance to those inter-

ested. To date, the clinic is seeing about 40 clients, both M-F & F-M, ranging in age from 18 to 50 years old. The clinic currently has a support group for F-M's that meets on the second and fourth Tuesdays of every month. This support group is proving to be such a great asset for the TG clinic that another support group is starting for M-F individuals, which began on Thursday, October 13, 2005, from 6 pm - 9 pm. Transgendered people face many unique obstacles every day, and the TG Clinic is trying to find more innovative ways to serve this population. Some of the major problems encountered are substance abuse issues and employment difficulties, and the clinic

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### Inside: 5 Different ways YOU can get involved:

- Write a letter to the Editor or an article for the Transgender Health Newsletter! See p. 3 for more info.
- Attend the Transgender Health Initiative Training in December! See p. 3 for more info.
- Volunteer for the HIV HCPC! See the article to the left.
- If you're trans, earn \$15 by taking the Transgender Health Initiative Survey! See p. 2.
- Add your event to the to the new Upcoming Events section on p. 3!

## Virginia's HIV Community Planning Committee Looking for Volunteers

By Ami Gandhi

Community planning is a way for people of various backgrounds, expertise, and life experiences to come together as one to aid in preventing the spread of HIV/AIDS in Virginia. It is an opportunity for those

from the community and others that are affected by HIV to have their voices heard. The Virginia HIV Community Planning Committee (HCPC) was created in April 1994 to do just this in order to provide guidance to the Virginia Department of Health for distributing re-

sources and prioritizing HIV prevention programs and activities in Virginia.

The committee is representative of the HIV/AIDS epidemic in Virginia and involves those living with HIV as well as those affected by

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## VA HCPC Looking for Volunteers

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HIV in making decisions about HIV prevention programs and funding. The committee has between 25 to 35 members, being balanced for geography, HIV risk factors, and life experiences. Thus, transgender persons are an essential part of the community planning process. Members of the committee are asked to make a two-year commitment to the community planning process. The full committee meets eight times a year in Richmond for daylong meetings, with subcommittees meeting periodically at

various locations. Reimbursement is available for travel expenses, meals, and lodging. Honoraria are also available for individuals on disability, persons who lose wages from their jobs, and those who must pay child care expenses in order to attend the meetings. The only stipulations are that members cannot be executive directors of any agency that receives prevention funds from the Virginia Department of Health and that members must work or reside in Virginia. The



confidential application process is an ongoing process and there is no deadline for submission. Application forms are kept for two years and are considered as vacancies arise.

If you or anyone you know is interested in applying to the Virginia HCPC or has any questions, feel free to contact Ami Gandhi at (804) 864-8002 or at [Ami.Gandhi@vdh.virginia.gov](mailto:Ami.Gandhi@vdh.virginia.gov).

## Fan Free Clinic's New TG Clinic

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would like to find ways to assist transgender individuals with these kinds of problems in a culturally sensitive manner. Zakia feels the clinic's success is due to the warm reception the clients get when they enter the building, the respect they receive from all the individuals at Fan Free Clinic, openness of communication, and the presence of sensitive and caring providers.

Zakia's hope for the future is that the work the TG Clinic has already done

**"Zakia's hope for the future is that the work the TG Clinic has already done will progress to where it facilitates the beginning of other programs..."**

will progress to where it facilitates the beginning of other programs needed to improve the health and well-being of transgender people in Central Virginia through such things as culturally-appropriate substance abuse programs, employment opportunities, and housing for this population as well as education for social services agencies and police

departments on the particular needs of this community. This population is one that is very interesting, creative, and loving, and which needs to be understood and respected in order to exhibit their full potential.

Anyone with questions about the TG clinic can call Zakia McKenney or Linda Kendall at 804-358-6343.

## T.H.I.S. Is On for Virginia!!!

The Virginia Transgender Task Force proudly announces the beginning of the Transgender Health Initiative Survey (T.H.I.S.). The survey is available online at <http://www.srl.vcu.edu/THIS/>, or call Mert, Survey Manager, at 804-827-6760 or Jessica, Study Coordinator, at 804-828-7933.

The purpose of this study is to learn about the health needs and concerns of transgender people living in Virginia. This statewide survey includes

questions about individual's health status, their ability to get health care, and life experiences such as violence, substance abuse, housing, employment, and HIV/AIDS. The findings from the survey will be used to train providers, increase access to information regarding services, and increase community-based services for the transgender community in Virginia.

**THIS IS IT!**

The Survey Logo

Participants must self identify as transgender and be Virginia residents. They can be paid \$15 for completing the questionnaire. Please spread the word! The more people who take the survey, the better we can use it to demonstrate the need for better services for transgender people in Virginia.

# From the Editor: A Vision for the Transgender Health Newsletter...

By Ted Heck

This newsletter has a huge amount of potential. It can be a means for transgender people in Virginia to learn about issues that affect us, to share information about our local events and activities, to share information about local resources, and to educate ourselves about important health issues.

As the current editor of the newsletter, I have a number of ideas about future issues, and I'd like to share them with you.

- Starting with the next newsletter (scheduled to come out in January), each newsletter will focus on a particular topic. Some of these topics will include hormones, various specific health issues, stress manage-

ment, safety, and body image. If there's a topic related to transgender health that you'd like to see covered, let me know! Even better, if you'd like to write an article, let's talk!

- I'd like to have an editorial section and include letters to the editor as well as opinion pieces, but I'll need help from you, our esteemed readers, in submission of letters as well as opinion pieces. These can be letters in response to things you've read in this newsletter or responding to things you've seen in other publications or local and national events that would be rele-

vant to those reading this newsletter.

- Starting with *this* edition, I'll be including a list of local resources that may be of interest to those receiving this publication (see page 4). If you have a resource you'd like to see here, let me know about it!

This newsletter is for the community, and it will serve the community best by having community involvement. I look forward to hearing from you!

*Please see the Contact Info section at the top of page 4 to talk to Ted about the newsletter.*



A cool symbol for transgender people found on the web.

## Upcoming Events:

- November 20 — is the 7th annual **Day of Remembrance**. Check out this website for local event listings: <http://www.gender.org/remember/day/>
- December 2 — Virginia Department of Health, Division of HIV, STD, and Pharmacy Services will be releasing the **Virginia Transgender Resource and Referral**, to be available as a hard copy printout, and a web-based version will follow soon after. If you would be interested in being listed through this publication, or if you would like a copy, please contact Ted Heck at 804.864.8012 or [Ted.Heck@vdh.virginia.gov](mailto:Ted.Heck@vdh.virginia.gov).

- December 13 — 14 is the **Virginia Transgender Health Initiative Training Conference**. This training will be similar to the one offered in 2004, but more in-depth. Ten-



This is the logo used by Kasey Landrum last year for the 2004 Trans Health Initiative Training Conference.

tative speakers include Jaci Adams of Philadelphia FIGHT!, Dr. Robert Winn of Philadelphia's Mazzoni Center, and Samuel Lurie a nationally known trainer on transgender awareness. Call or email Ted Heck for information: 804.864.8012 or [Ted.Heck@vdh.virginia.gov](mailto:Ted.Heck@vdh.virginia.gov)

- March 2 — 4, 2006 is the 5th Annual **Trans-Health Conference** in Philadelphia. The theme this year is "Trans-Evolution". For more information: <http://www.trans-health.org/>.

- ▶ **Would you like to see an upcoming event listed here? Contact Ted Heck at 804.864.8012 or [Ted.Heck@vdh.virginia.gov](mailto:Ted.Heck@vdh.virginia.gov). The deadline for the next newsletter is December 15, 2005!**

**Brought to you by  
Virginia's own  
Transgender Task  
Force**

For more info or to get involved, contact Ted Heck:

109 Governor Street, Rm. 326  
Richmond, Virginia 23219

Phone: 804.864.8012  
OR

▶ [Ted.Heck@vdh.virginia.gov](mailto:Ted.Heck@vdh.virginia.gov)



The Virginia HIV Community Planning Committee identified transgender persons in Virginia as a priority population. To identify the health related needs of transgender persons, focus was turned to conducting research, increasing understanding and knowledge of transgender communities in Virginia and developing transgender sensitive and specific HIV interventions and health care. From this, the Transgender Health Initiative was born with leadership from the Transgender Task Force (comprised of CPG members, transgender individuals, community members and researchers). The goals of the Task Force are to:

- 1) Inform effective training to promote culturally competent health care to the transgender communities;
- 2) Develop a statewide resource guide to be distributed across the state to facilitate increased access to care for Transgender individuals;
- 3) Develop and implement HIV prevention programs for the transgender community.



## Community Resources

*To have your resource listed here, contact the Transgender Health Newsletter at the number or email address listed above on this page.*

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| <p><b>TG Clinic at the Fan Free Clinic</b> — Free Transgender-specific healthcare for anyone in Virginia, including hormone therapy, HIV testing, and primary care services.</p>   | <p>-----</p> <p>Every Tuesday 6 pm to 9 pm, 1010 N. Thompson St., Richmond, VA (804) Call (804) 358-6343 and ask to speak to Linda Kendall or Zakia McKensey for more info.</p>                      |
| <p><b>Richmond Transformers</b> — A peer-facilitated social and support group in the Richmond, Virginia area for anyone on the FTM spectrum.</p>   | <p>-----</p> <p>2nd and 4th Tuesday of each month, 7 pm — 8:50 pm at the Fan Free Clinic, 1010 N. Thompson St., Richmond, VA Call (804) 358-6343 for directions or other info.</p>                   |
| <p><b>MTF Support Group</b> — A peer-facilitated support group in the Richmond, Virginia area for anyone on the MTF spectrum.</p>  | <p>-----</p> <p>2nd &amp; 4th Thursdays, 6 pm — 8 pm at the Fan Free Clinic, 1010 N. Thompson St., Richmond, VA Call Zakia at (804) 358-6343 for directions or other info.</p>                       |
| <p><b>TS Ladies Talk</b>— A peer-facilitated support group for MTF transsexual women in the Tidewater area. For more info, call Vega at (757) 575-7690 or Mocha at (757) 237-8884.</p>   | <p>-----</p> <p>Every Monday, 6 pm — 8 pm at Tidewater AIDS Community Task Force, 9229 Granby St., Norfolk, VA Call (757) 583-1317 for directions or other info.</p>                                 |
| <p><b>Sophisticated Ladies</b> — A peer-facilitated support group for all MTF transgender persons in The Tidewater area.</p>   | <p>-----</p> <p>Every Monday 7 pm — 9 pm in Suffolk. Call Avantis at (757) 573-1113 for more info about location or about the group.</p>   |
| <p><b>DC Area Transmasculine Society (DCATS)</b> — A peer facilitated social and support group in the D.C. area for anyone on the FTM spectrum. For more info, go to <a href="http://www.dcatsinfo.com/">http://www.dcatsinfo.com/</a></p> | <p>-----</p> <p>2nd Sunday of each month 5 pm — 7 pm at the Whitman-Walker Clinic, 1407 S Street, N.W., Washington, D.C. Call (202) 745-6171 for directions.</p>                                     |
| <p><b>i.kon.tact</b> — Peer-facilitated support group in Charlottesville, VA for all gender variant persons.</p>   | <p>-----</p> <p>Meetings once a month based on participant schedules. Contact K'ai at 434.979.7714 x238 or <a href="mailto:k.smith@aidservices.org">k.smith@aidservices.org</a> for information.</p> |