

Tending the Roots is a Community of Practice established by Central Toronto Youth Services. We are service providers across Turtle Island that are seeking to improve the support of families of 2SLGBTQIA+ children. We unite to pool resources and knowledge across groups and agencies to create, implement, and test promising interventions to support necessary changes inside families and across communities. We hope this literature review will support your knowledge in servicing 2SLGBTQIA+ youth and caregivers.



Nurturing Inclusivity: Key Insights and Recommendations for Trans-Inclusive Care for Youth and Caregivers

Focusing on trans-inclusive care for gender-diverse youth, this brief from comprehensive literature review serves as a guiding beacon for practitioners and caregivers. Drawing on various studies, the review illuminates critical insights and offers practical recommendations to create affirming environments for transgender, non-binary, and gender-diverse youth.

Key Insights Targeted for Holistic Care



The literature review begins by navigating the trans-inclusive school policies in Canada. Key insights highlight the delicate balance required between policy implementation and parental sovereignty. Practitioners are urged to comprehend the familial dynamics influencing the well-being of transgender students and advocate for comprehensive policies that foster a safe and inclusive educational environment.

Healthcare Experiences for gender-diverse youth: Delving into healthcare, the review spotlights the challenges faced by trans youth and care givers in healthcare. Practitioners are encouraged to cultivate awareness and humility, creating healthcare spaces that acknowledge and accommodate the diverse needs of trans youth and families. By understanding and addressing these challenges, healthcare providers can contribute to a more inclusive and supportive care environment.

Intersectionality: Practitioners and caregivers are urged to move beyond a singular focus on gender identity or sexual orientation. Instead, they are encouraged to recognize and address the intricate interplay of multiple identities, fostering a more nuanced and inclusive approach to care for trans youth. All forms of inequality are mutually reinforcing and must therefore be analysed and addressed simultaneously. Embracing intersectionality enhances the effectiveness of interventions and policies, ensuring they resonate with the diverse and intersecting experiences of transgender and gender-diverse individuals.

Addressing Substance Use and Mental Health: A crucial facet of trans-inclusive care for youth involves addressing substance use and mental health concerns. The literature review emphasizes the importance of screening, brief intervention, and referral to treatment, particularly tailored and affirming for adolescents. Practitioners are urged to adopt a nuanced approach, recognizing the unique challenges faced by these populations and tailoring interventions to suit their specific needs.

Navigating the Impact of isolation on gender diverse youth: The ongoing COVID-19 pandemic has exacerbated challenges for vulnerable communities, including trans youth. The literature underscores the pivotal role of online support, especially for those facing unsupportive environments at home. Practitioners are encouraged to leverage digital platforms to provide a lifeline for gender diverse youth during these challenging times.

Parental Journeys and Elementary School Settings: The review delves into parental acceptance journeys, offering insights into fostering supportive familial environments for gender-diverse and trans children. It sheds light on challenges faced by trans and nonbinary children in elementary school settings, emphasizing the need for improved policies and practices. Practitioners in educational settings are urged to create inclusive environments where every child feels seen, valued, and supported.

The Power of Parental Support: Reiterating the significance of parental support, the literature highlights its positive impact on the mental health and well-being of trans and gender-diverse youth. Practitioners are called upon to engage parents as allies, providing resources and guidance to enhance familial support structures. Focusing on the family structure and attending to ruptures can feel healing to youth.

Key Recommendations for Practitioners

1. **Comprehensive School Policies:** Advocate for and implement comprehensive trans-inclusive school policies that address the nuanced needs of transgender students while navigating parental concerns.
2. **Cultivate Inclusive Healthcare Spaces:** Healthcare providers should cultivate awareness and sensitivity, creating inclusive healthcare environments that acknowledge and accommodate the diverse needs of trans youth and families.
3. **Intersectionality:** Practitioners are urged to acknowledge the interlocking systems of oppression that create unique dynamics impacting the reality of gender-diverse youth.
4. **Tailored Interventions for Substance Use and Mental Health:** Adopt tailored interventions for screening, brief intervention, and referral to treatment, recognizing the unique challenges faced by LGBTQ+ youth, including adolescents and caregivers.
5. **Leverage Online Support Platforms:** Practitioners should leverage online platforms to provide crucial support for LGBTQ+ youth, particularly those facing unsupportive environments during isolation.
6. **Create Inclusive Educational Environments:** Educators should work towards creating inclusive environments in elementary schools, ensuring that policies and practices recognize and support the diverse identities of trans and nonbinary children.
7. **Engage Parents as Allies:** Practitioners should actively engage parents as allies, providing resources and guidance to enhance familial support structures for trans and gender-diverse youth.
8. **Nuanced Family-Based Interventions:** Adopt nuanced family-based interventions, considering the unique dynamics of each family and tailoring support accordingly.

This literature review encapsulates a wealth of insights and practical recommendations for practitioners and caregivers navigating the landscape of trans-inclusive care for gender-diverse youth. By implementing these recommendations, practitioners can contribute to fostering affirming environments, ultimately enhancing the well-being and mental health of transgender and gender-diverse individuals.

Resources Reviewed

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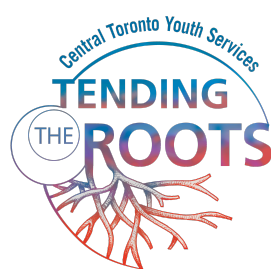
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