

Helping Transgender Youth in the Short-Term While They're Waiting for Gender Health Services

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Sarah Dahlgren Allen and colleagues from the University of Melbourne describe their experience, in an article early releasing in *Pediatrics*, with development of a First Assessment Single Session Triage (FASST) clinic. ([10.1542/peds.2020-042762](#))

The FASST clinic is staffed by clinical nurse consultants, who provide initial assessment (including a psychosocial assessment) and triage in a 90-minute visit. The patient and family are provided with information about resources, education, and support – and then, when appropriate, placed on the wait list for the multidisciplinary gender health clinic to receive additional clinical care.

The authors used both surveys and qualitative interviews to evaluate FASST.

They found that, after the single FASST session, there were improvements in depression, anxiety, and quality of life. Patients described an increased sense of agency, validation, and self-confidence. Furthermore, there was improved family functioning and increased parental understanding and support.

What a remarkable study! We know that the period spent waiting to be seen for gender-affirming treatment is a high-risk period for suicide for youth who are transgender. While the FASST clinic did not have positive effects universally, the difference is striking. Just having someone listen to you, validate your feelings in the presence of your parents, and provide helpful resources can have incredibly positive outcomes!

This highlights the importance of letting our patients who are transgender know that we are on their side.

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