



# Trans-Inclusive/Trans-Centered Harm Reduction Services

Thursday, December 17, 2020

# About NASTAD

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**WHO:** A non-profit, non-partisan national association founded in 1992 that represents public health officials who administer HIV and hepatitis programs funded by state and federal governments.

**WHERE:** All 50 U.S. states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, seven local jurisdictions receiving direct funding from the Centers for Disease Control and Prevention (CDC), and the U.S. Pacific Island jurisdictions.

**MISSION:** NASTAD's mission is to end the intersecting epidemics of HIV, viral hepatitis, and related conditions by strengthening domestic and global governmental public health through advocacy, capacity building, and social justice.

**VISION:** NASTAD's vision is a world free of HIV and viral hepatitis.

# Sasanka Jinadasa

Partner  
Reframe Health and Justice  
they/them



# Strategists for Healing-Centered Harm Reduction

- led by queer Asian & Latina femmes
- dedicated to non-punitive approaches to structural and interpersonal violence
- rooted in health and safety for people in the sex trade
- aligned with movements to defend and celebrate all Black lives

*Reframe  
Health+  
Justice*  
consulting

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**If I didn't define myself for  
myself, I would be  
crunched into other  
people's fantasies for me  
and eaten alive.**

- Audre Lorde

**Transgender  
Community Cultural  
Humility -  
2 minute intro**

# What does transgender mean?

- Everyone is assigned a “gender” at birth, based on an examination of physical sexual characteristics
  - Trans people do not identify with the gender they are assigned at birth
  - Cisgender people do identify with the gender they are assigned at birth
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# Cissexism/Transphobia

- Cissexism describes systems that prioritize cisgender people at the expense of transgender people
- Transphobia describes that systems developed around fear or hatred of trans people
- These systems inform public response to HIV, homelessness, domestic violence, transmisogyny

# Nonbinary, gender-non-conforming

- Not all people identify as “men” or “women - this is dependent on a system of binary thinking
- Some people identify as neither, both, fluid, flexible, or something else together
- This can affect people in how they fill out legal forms, accessing sex or gender segregated spaces, stigmatization

**What does this have to  
do with harm  
reduction?**

# Specific challenges to trans communities

- Transgender people are more likely to experience:
  - Homelessness
  - Unemployment
  - Intimate partner violence
  - Interpersonal violence (physical, sexual, emotional)
- Harassment, abuse, and transphobia within:
  - Shelters
  - Workplaces
  - Social services

# 3x

The rate of homelessness than the general population

# 70%

Of trans people trying to access a shelter report mistreatment (including harassment, assault, or getting kicked out due to being trans)

# 33%

Of trans people had negative experiences when seeing a healthcare provider

# 29%

## Lifetime use of illicit drugs

*Respondents who were currently working in the underground economy (26%) were nearly nine times as likely as those who were not currently working in the underground economy (3%) to have used illicit drugs within the past month.*

**What do trans  
communities need  
specifically?**

# Trans-Specific Harm Reduction

- Community assessment - don't assume
- Tailored supplies for specific substances
- Tailored supplies for trans people who are trading sex
- Safer hormone injection supplies
- Staff education on specifics of needs of local trans communities, as well as safer resources for linkage to care
- Knowledge of local underground economy and supply of hormones, silicone, other transition supplies
- Hire trans people into outreach AND leadership positions
- Staff cultural humility training & ongoing education to support a safe environment for trans staff members

**PANEL**



Jessica Martinez  
Methamphetamine Specialist,  
HIPS  
(she/her/hers, they/them/theirs)

Jessica Martinez is a DC resident trans woman who has dedicated her time to advocating for people both at home and abroad. Working on numerous political campaigns and as a member of the Democratic National Committee; Jessica has spent much of her time canvassing and campaigning for LGBT and economic equality. Receiving her bachelors in 2018 from George Washington University in American Studies much of her academic life has been spent understanding power hierarchies, race relations, LGBT identity, and state policies. Now working for HIPS, Jessica is working towards reducing harm to the Meth using community in DC as well as destigmatizing addiction, and behavioral health in the District of Columbia. In her spare time she's an avid gamer, as well as enjoys freestyling and photography.

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# Trans Inclusivity @



**HIPS**

**Honoring Individual Power & Strength**

**A training and conversation to better understand how to  
create space for trans individuals in harm reduction**

**Jessica K. Martinez**  
**(They/Them/Theirs; She/Her/Hers)**

# “We Are Who We Serve”

- ❖ At HIPS a majority of our staff identifies with the LGBTQIA+ community. A quick glance at our [staff](#) page will show we incorporate those that we serve. Roughly 35% of our staff identifies in some manner with the umbrella term “*transgender*.”
  - Note that this does **NOT** include our peers, volunteers, and secondaries where we also have transgender individuals providing harm reduction services.
- ❖ HIPS started off as a Sex-Worker focused outreach service. While not every trans identifying individual has done sex work roughly 10% of respondents to the [National Trans Demographics Survey](#) stated that they have engaged in some form of sex work, with trans feminine individuals being **twice** as likely to participate in the sex trade.<sup>1</sup>

<sup>1</sup>National Trans Demographics Survey: [https://www.transequality.org/sites/default/files/Meaningful%20Work-Full%20Report\\_FINAL\\_3.pdf](https://www.transequality.org/sites/default/files/Meaningful%20Work-Full%20Report_FINAL_3.pdf)

# Mandatory Volunteer / Staff Training

- ❖ Our staff must go through a mandatory 40 hour training which includes:
  - Gender and Sexuality 101
  - Sex Work 101
  - Meth 101
- ❖ One of these sessions is completely devoted to gender and sexuality. This means every volunteer, peer, staff member, and director must attend an eight hour informative session on this topic.
- ❖ Most of our grants written include deliverables so our staff is continually engaging in trainings involving different topics, but most importantly: gender.

# Services for Trans Folx

- HIPS provides free of charge hormone needles, and hormone prescriptions\* for all trans folks who are on HRT.
  - \*note that HIPS does not have a pharmacy so while we can provide free clinical care and hormone needles, the medication itself has to be billed through insurance. We will link people to insurance if they are lacking.
- HIPS also provides free transportation (via our mobile outreach van) to a hospital for trans clients or sex workers that have been assaulted.
- HIPS recognizes the struggle of our trans siblings. We always put on events for Trans Day of Remembrance, Pride, and have participated in events such as the [#BlackTransLivesMatter](#) march.

# HIPS TIPS: Hormone Injection

## Do you know...

What hormones do to your body?  
How to inject hormones?

This handout is for folks who are thinking about changing their bodies using hormones, who are already in the process, or who are interested in learning more.

### What are hormones?

Hormones are responsible for the masculine or feminine characteristics of your voice, body shape, facial hair and body hair. Common types of hormones are estrogen and progesterone, the "female" sex hormones, and testosterone, the "male" sex hormone.

### What do they do?

Estrogens tend to...

- Redistribute body fat to hips, thighs and breasts.
- Increase the softness of skin
- Reduce sex drive
- Decrease muscle mass

Testosterone tends to...

- Grow facial hair and increase body hair
- Increase muscle mass
- Increase sex drive
- Deepen the voice

### How do you take them?

There are different ways of getting hormones into your body:

**Orally:** by mouth, in pill form (however, oral testosterone can damage your liver)

**Transdermally:** through the skin as a gel, as a cream, or in a patch

**Injection:** into a muscle using a needle in your thigh or butt

## Things to remember...

1. It is always safest to get your hormones from a reputable source, like a doctor or a clinic. If you do not have a doctor, HIPS can refer you to clinics with doctors who specialize in providing health care to trans people.
2. Hormones have different effects on different people. Some bodies will change faster than others, and some bodies develop new characteristics more easily. Your results will vary depending on the age you start hormones, your health, and your genetics.
3. Take only the prescribed amount of hormones—taking more will NOT help you change faster, in some cases it might actually have the opposite effect and possibly slow down your transition. Extra doses can also be harmful to your body. Most doctor recommend injecting 1cc twice a month, but the amount may vary according to your needs
4. Use a new needle and syringe every time you inject, and always dispose of used needles in a sharps container. In addition to doing syringe exchange, HIPS also collects containers with used syringes and gives out new ones.

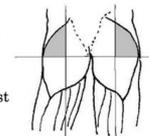


## How do I inject hormones?

Hormones are usually injected into the thigh or buttock muscle, or into the shoulder muscle. When injecting, be careful of nerves, veins and bones. After you inject into these muscles, they might be sore for a day or two. If you experience unusual pain, redness or swelling, please seek medical help to make sure you don't have an infection. The most common shots are 1cc of hormones injected with 21 gauge needles, either 1 or 1-1/2 inches long.

### To inject hormones, follow these steps:

1. **Wash your hands** with soap and water (if not possible, use hand sanitizer)
2. **Clean top of hormone vial** with an alcohol swab and let dry
3. **Twist needle to tighten it.** If using a bigger needle to draw hormones into syringe, twist off smaller needle and put the bigger one on the syringe
4. **Fill syringe with air** in the amount equal to the amount of hormones you will inject (e.g. 1cc of air for 1cc of hormones). It makes the shot easier to draw out.
5. **Insert needle into bottle.** Turn bottle upside down and push air into the bottle. Pull plunger back, drawing hormones up to the mark for your dosage. Tap syringe to make air bubbles rise. Push out air bubbles.
6. **Pull needle out of bottle.** If using a bigger needle to draw out, put needle to inject back on. Be sure to tighten injecting needle.
7. **Choose injection site carefully.** Good intramuscular (within the muscle) shot sites include: Upper outer thigh (not too high up if you have fat there), upper outer buttock (below the hip bone but well above where you sit), and the deltoid (shoulder area above bicep, BUT you must have a hefty muscle and use a shorter (1 inch) needle).
8. **Clean site with soap and water.** Swab your skin with alcohol back and forth. Then, using a new alcohol swab, start in the center of injection site and move pad in widening circles outward, making sure not to overlap wiped areas (wiping the same area twice just spreads the bacteria around). Let alcohol dry fully before injecting.
9. **Inject needle straight into site** (not at an angle). Once needle is inside, pull the plunger back a little. If there is no blood, slowly but firmly push the hormones in. If you see blood, it means you hit a blood vessel and you need to re-inject. (If that happens, pull needle out and choose another site). To avoid bacterial infection, twist on a cleaned or new needle every time you re-inject.
10. **Pull out needle** when you are done and apply pressure with a cotton ball if you see a bit of blood.



### To clean needles, follow these steps:

It is always safest to use new needles each time you inject, but if you must reuse your needles, follow these steps:

1. Take apart needle and syringe in cold water several times (hot water will cause blood to clot, making it harder to remove). Discard water you use to rise the

# HIPS

24-hour hotline:

1.800.676.HIPS

Address:

1309 Rhode Island Ave NE #2B  
Washington, DC 20018

Drop-in hours:

Monday-Thursday 11AM-4PM

Call our hotline for deliveries and pick-up!

Website: [www.HIPS.org](http://www.HIPS.org)

Blog: <http://hips-dc.tumblr.com>

Follow us on Twitter!  
@HIPSDC

"Like" us on Facebook



# How we affirm our trans siblings

- ❖ Acceptance is important. That's why in our "Mobile Services Resource & Referral Guide" we denote organizations that are kind to trans siblings, or are geared to serving trans individuals.
- ❖ Every employee at HIPS is recognized by their "given" or "preferred" name. Every staff member has an ID badge reflecting who they are, as well as pronouns, names, and gender identities are embraced with open arms. No if's and's or but's.
- ❖ Every time we have an interaction with clients we've updated our data sheets to include genderqueer, non-binary, and other gender identities.

# How our model is unique

- SSP that does sex worker and trans outreach
- Drop-in center, our clients find refuge there
- Many other SSPs are male dominated.

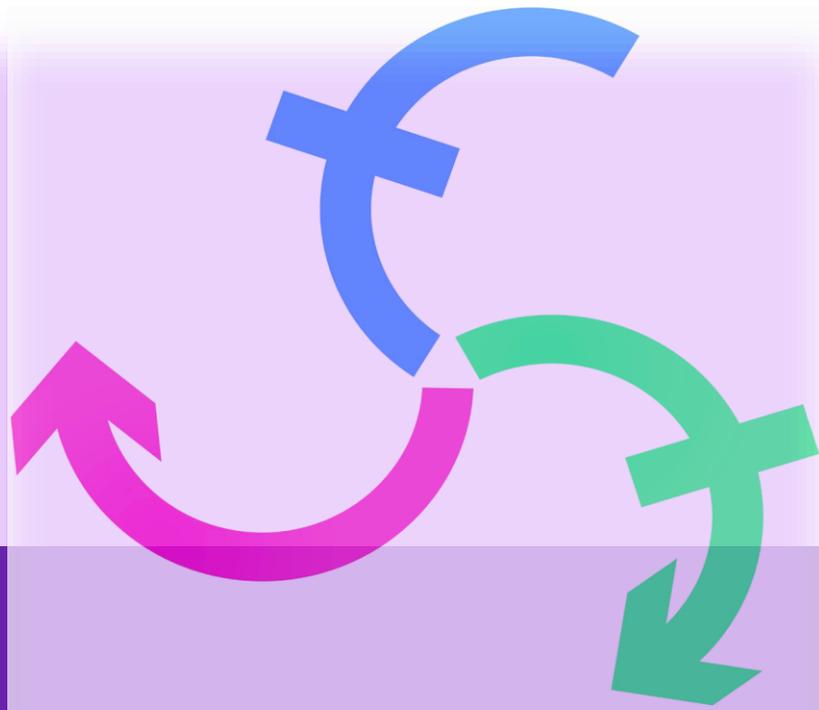
Links from HIPS to use:

1. <https://www.mypronouns.org/>
2. <https://docs.google.com/document/d/1iwnSNVnoEvzsIQkePLbQmXR3SWLYdeqt3tDkLi1awmk/edit>
3. <https://everydayfeminism.com/2014/05/separating-identity-expression/>



Rox Anderson  
Executive Director, Minnesota  
Trans Health Coalition  
(they/them/theirs)

Rox Anderson is an award winning community organizer and activist, who's been working in social service for more than 25 years. Anderson has received awards that include 2018 Bush Fellowship, 2016 Grand Marshal for Twin Cities Pride, University of Minnesota Community Excellence Award, The Beautiful Humans Award for outstanding broadcast journalism focusing on BIPOC LGBTQIA communities, Lavender Magazine's 100 Fab Community Organizer Award, Twin Cities Black Pride Community Service Award for Diversity and Inclusion. Rox has been featured in Rolling Stone Magazine, Curve Magazine, Lavender Magazine, Star Tribune, as well as several Radio and TV shows. Currently Roxanne is and on air DJ and Host for 2 local community radio stations KRSM and KFAI, helps run the Minnesota Transgender Health Coalition, and is the co-founder and director of RARE Productions, a multimedia arts and entertainment company focusing on producing and promoting trans and queer artists of color.



**MTHC**

## MISSION

The Minnesota Transgender Health Coalition's mission is to improve health care access and the quality of health care received by transgender and gender non-conforming people through education, resources, and advocacy.

# Minnesota Transgender Health Coalition

MTHC carries out its mission through a core group of transgender and allied community organizers, volunteers and health care providers working to improve the health care experiences of transgender, transsexual, queer, 2-spirit, intersex, genderqueer, and other gender non-conforming people in Minnesota.



## MTHC's Core Values

Racial, Social, and Economic Justice, Equal Access, and Quality health care for transgender communities and individuals. Our goals have always been to work for and recognize that we are part of a multi-issue movement that includes racial and gender equity.



# Core Programs

## Shot Clinic & Syringe Exchange

### SHOT CLINIC / SYRINGE EXCHANGE

Shot Clinic & Syringe Exchange Hours: Thursdays 3-5pm, Fridays 4-6pm, Saturdays 3-5pm  
injection assistance and / or free supplies

Shot Clinic is a group of concerned trans folks helping out other trans folks with their hormone shots.

- We can help folx administer shots
- Teach folx to do the shots themselves giving free training/guidance, needles and supplies.
- We offer a needle exchange, informational / support group time and case management.
- Referral to doctors, and law clinics and help you with different aspects of your transition

If you want to get your shot done at the shot clinic you will need to bring in your prescription, hormones and ID. Also you will need to sign a Medical Liability Form and fill out a demographic sheet.

The syringe exchange is open to anyone who is an Injection Drug User (IDU) regardless of gender or drug of choice. You do NOT have to be trans identified to use the exchange.



# Support Groups and Community Engagement

MTHC runs peer to peer support groups for different segments of the Transgender Community. MTHC has provided space for trans group to organize and meet like:

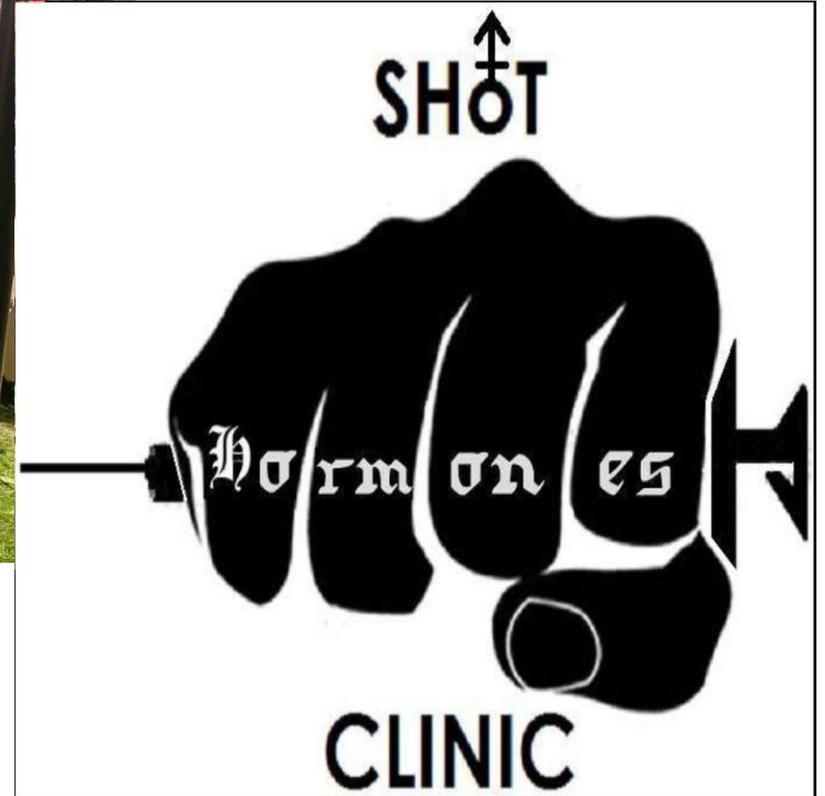
- The MN Two Spirit Society
- Transformation Church
- Reclaim For Youth
- GLBT Host Home Program
- TYSN (Trans Youth Support Network)
- The Free CeCe Campaign

We build and engage community through events like:

- Twin Cities Pride
- Trans Jam
- BBQ black,brown,queer all over
- POC Pride
- City of Minneapolis /Trans Equity Summit
- Workshops



Thank You!



# Minnesota Transgender Health Coalition

[www.mntransgenderhealth.org](http://www.mntransgenderhealth.org)

730 E 38th Street

Suite108

Minneapolis, MN 55407

Rox: [mntransdirector@gmail.com](mailto:mntransdirector@gmail.com)

General director@mntransgenderhealth.org



Milan Nicole Sherry  
Co-Director, House of Tulip  
(she/her/hers)

Milan Nicole Sherry (she/her/hers) is a New Orleans native and founding member of BreakOUT!, where she first became a youth organizer. In direct response to killings of Black transgender women, Sherry created the [#BlackTransLivesMatter](#) campaign and organized the first New Orleans Trans March, led by transgender and gender- nonconforming youths of color, and founded NOLA's Trans March of Resilience. Milan has also helped the Department of Justice reduce racial and gender profiling by the NOPD and has contributed to a Human Rights Watch report linking discriminatory policing to HIV transmission. Recipient of the 2013 NOLA Unity Award and the 2015 Rising Star Award, presented by EQLA Quality , Milan has been involved with the American Bar Association's Opening Doors Project and featured on PBS' In the Life and in Philadelphia Magazine. She's a national board member of Positively Trans served as the co- coordinator/outreach specialist at the Trans Equity Project in Philadelphia and now is the Co-Director of The House OF Tulip.

# PANEL Q&A

# RESOURCES

Principles of Healing-Centered  
Harm Reduction

<https://www.reframehealthandjustice.com/principles>

## HEALING CENTERED harm reduction

Recognizes that harm happens on both an interpersonal and an institutional level, and that holistic approaches seek to reduce the harm perpetuated by both.

*Reframe  
Health+  
Justice*  
consulting

# RESOURCES

Structural Competency

<https://structuralcompetency.org/>

“We envision a radical transformation in values and restructuring of institutions to support an inclusive, interconnected consciousness based on love, justice, compassion, responsibility, shared power and a deep respect for all people, places, and things.”

-Structural Racism Position Statement

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# RESOURCES

Additional Webinars

AIDS UNITED - Body Positive SSPs

<https://www.aidsunited.org/webinars/body-positive-syringe-exchange-best-practices-for-transgender-affirming-syringe-exchange-programs>

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# National Harm Reduction TA Center

The **National Harm Reduction TA Center** seeks to build on proven methods of harm reduction technical assistance delivery—programmatic resources, peer support and mentoring, demonstration and program models—to provide coordinated TA to new and established community-led harm reduction efforts, including syringe services programs (SSPs), across the United States and territories.

NASTAD will work with AIDS United and other partners to field and respond to requests for TA and programmatic support from SSPs and community-based harm reduction organizations.

## ASSISTANCE AVAILABLE THROUGH THE NATIONAL HARM REDUCTION TA CENTER INCLUDES:

- ✔ Consultation on program planning, design, and implementation
- ✔ Capacity building, workforce development and training
- ✔ Education and resource development
- ✔ Monitoring and evaluation, including best practices on data collection and synthesis
- ✔ Consultation on funding and grant writing
- ✔ Policy analysis and guidance



**Harm  
Reduction**  
TA CENTER

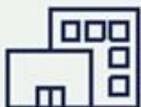
## FOR MORE INFORMATION:

- 🖱️ [NASTAD.org/druguserhealth](https://NASTAD.org/druguserhealth)
- ✉️ [DrugUserHealthTA@NASTAD.org](mailto:DrugUserHealthTA@NASTAD.org)

## TO REQUEST TECHNICAL ASSISTANCE:

- 🖱️ [NASTAD.org/HarmReductionTA](https://NASTAD.org/HarmReductionTA)

If you are seeking Drug User Health Technical Assistance, NASTAD has several different mechanisms to meet your TA needs dependent on your affiliation and organization.



### WHERE DO YOU WORK?



### HOW TO REQUEST TECHNICAL ASSISTANCE?



### WHO WILL RESPOND?

If you are working in a state, territorial, or CDC-funded Jurisdictional health department HIV program or a CDC-funded CBO in the US South\*

Capacity-Building TA System - CDC TA Request Platform

NASTAD's Prevention Team and Drug User Health Team

If you are working in a state, territorial, or CDC-funded Jurisdictional health department hepatitis program nationwide

HepTAC Platform

NASTAD's Hepatitis Team and Drug User Health Team

If you are working in a community-based or health department-run SSP or Drug User Health program nationwide

NASTAD's Drug User Health and National Harm Reduction TA Center

NASTAD's Drug User Health Team and AIDS United



# Thank you!

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