



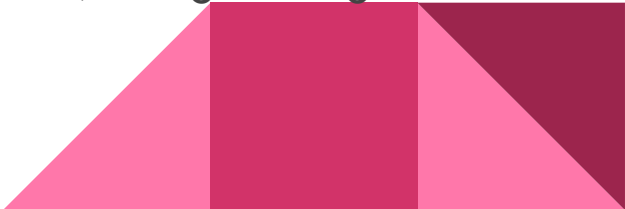
How to Trans Your Gender in PGH

By the Ginkgo Collective

COMMUNITY AGREEMENTS

1. **Respect the privacy of the space** - don't take pictures or videos of other people without their consent.
2. **Assume** people come in good faith until shown otherwise.
3. **Step up, step back** - participate and engage if you're comfortable, and make space for others to as well!
4. **NO TERFs, NO SWERFs, NO racism, NO ableism, NO bigotry of any kind!!!**
5. **Mask up** when not eating or drinking.
6. **DO NOT call the cops!**

If we notice you egregiously violating the community agreements, we will ask you to leave. *We want this to be a space for all of us to learn, share, and grow together.*



WHO ARE WE?

The Ginkgo Collective is a group of trans people in Pittsburgh dedicated to **providing the skills, knowledge, and resources needed to increase trans autonomy within medical transition**. We believe in full bodily autonomy for every trans person - regardless of the gatekeeping imposed upon us by the medical establishment, WPATH, and transphobic doctors. In a time of ever-increasing fascist repression of trans healthcare and gender expression, we need to be building networks of trans people to provide ***for ourselves by ourselves***.



ANONYMOUS QUESTION BOX


- **online:** <https://form.jotform.com/251714112710039>



- **in person:** the question “box” is in the back corner by the zines!



LEGAL UPDATE/STATE OF CARE

- Since the Trump EO's, all major clinics in Pittsburgh have stopped GAC to under 19's (Central, Metro, Allies, UPMC, etc.)
 - There is a **class action** if you have been **denied care at UPMC!**
 - You can also **file a discrimination claim** with **the Allegheny County HRC!**
 - PA has **three very concerning bills** introduced: **SB 213**, **SB 843** and **HB 1033**
 - It's still legal both federally and statewide to offer GAC to minors. This is purely compliance in advance to the (unenforceable as of right now) threat to take away 340B funding. Skrmetti falling would mean any ban is constitutional
 - OBBB will *bar Medicaid from funding gender affirming care* (passed House)
 - **If you are 19+, the legal status of care in PA is safe...ish**
 - **City will introduce deprioritization and a mechanism for filing a healthcare discrimination claim on the 24th.**
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NAME CHANGE

- **What's new?** As of January 20th, 2025, Executive Order 14168 now prevents you from changing your gender marker on all federal documents, including passports, and social security card. You can still update your name on federal documents. You can still update your name and gender marker on PA state documents.
- **Our recommendations:**
 - Change your **name & gender marker** on *your PA identification/birth certificate*.
 - Change your **name** on *your social security card*. Cannot change gender marker.
 - **Do not update your passport** unless it will expire soon.
 - Carry a copy of your name change order when travelling

Transgender US Passport Holders Granted Temporary Relief in Challenge to Trump Gender Marker Policy

Case: [Orr v. Trump](#)

Affiliate: [ACLU of Massachusetts](#)

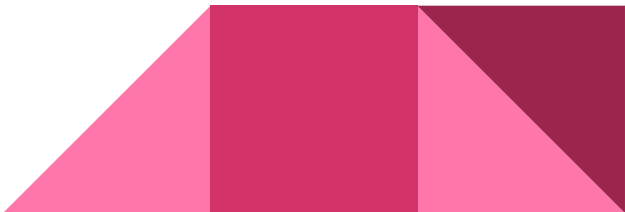
June 17, 2025 5:57 pm

Today's ruling from the court means that a passport with a sex designation that aligns with one's gender identity or with an "X" sex designation should be made available to anyone applying to:

- Obtain a new passport,
- Change the sex designation or update their name on their current passport
- Replace a lost, stolen, or damaged passport, or
- Renew their passport within one year of its expiration.

Do not apply yet, wait to see how state complies with order

NAME CHANGE

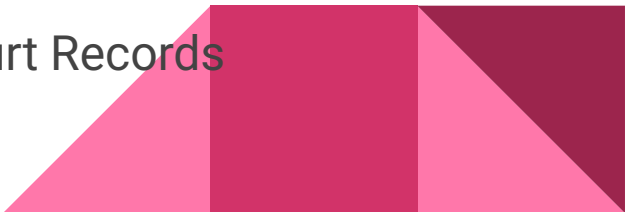
- **Step 1**: Get a name change order in PA or your home state
 - **Requirements**: lots if you DIY, or get a pro-bono lawyer
 - **Step 2**: Use order to update name on PA ID
 - **Step 2.5**: Use form DL-32 to update gender on PA ID
 - You don't need an order to update your gender marker, you can do this whenever.
But update all documents at the same time.
 - **Step 3**: Use order + driver's license to update your name on Social Security
 - **Step 4**: Use order + driver's license + letter from provider to update PA birth certificate
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NAME CHANGE: NAME CHANGE ORDER IN PA

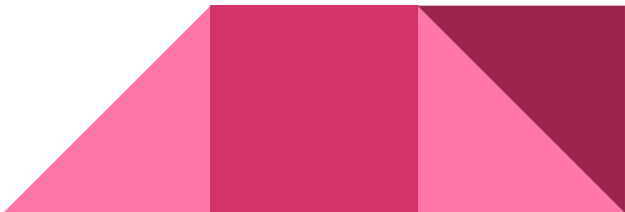
Recommendations:

- Get a pro-bono lawyer/legal help!
 - TLDEF (applications resume later this summer)
 - Hugh Lane (waitlist around two months)
 - Stefan Dann: stefan.dann@dentons.com

Requirements:

- Request and fill out name change petition forms
 - Get a fingerprint card
 - File the petition, and get a background check
 - Schedule a court hearing
 - Request a judgement check from Department of Court Records
 - Attend court hearing
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NAME CHANGE: RECOMMENDATIONS SUMMARY

1. Reach out to a pro-bono lawyer
 - a. TLDEF (applications resume later this summer)
 - b. Hugh Lane (waitlist around two months)
 - c. Stefan Dann: stefan.dann@dentons.com
 2. In the meantime...
 - a. Get a letter from your hormone provider stating that you're receiving gender affirming care (for changing sex of birth certificate)
 - b. Get fingerprints if you're able to (cost: free to \$50)
 3. If you can afford it, fill out your Petition to Change Name and file it (\$170.25 filing fee, plus cost of envelopes/stamps/transit)
 4. Wait for lawyer response or continue on your own
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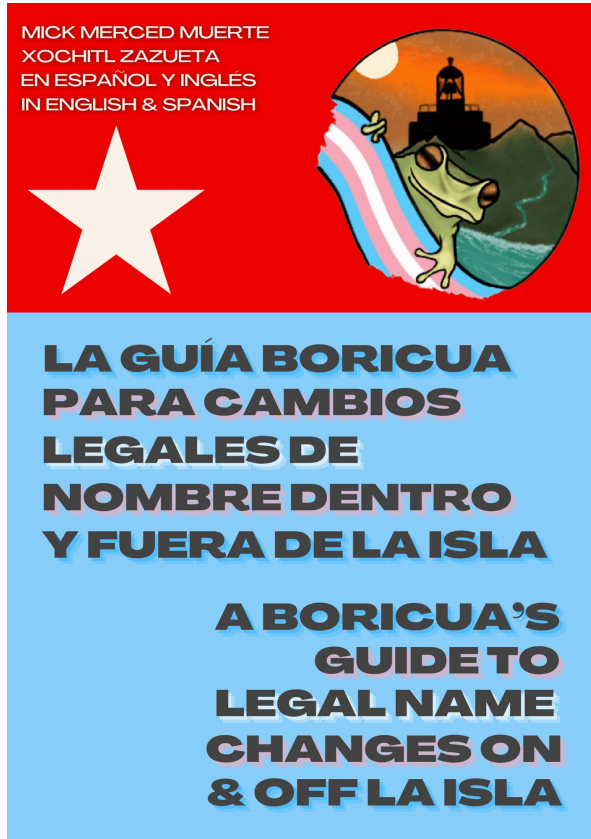
NAME CHANGE: OUR GUIDE



<https://ginkgocollective.noblogs.org/post/2025/06/18/how-to-change-your-name-in-pittsburgh/>



NAME CHANGE: OUR GUIDE



<https://ginkgocollective.noblogs.org/post/2025/06/21/a-boricuas-guide-to-legal-name-changes-on-and-off-la-isla/>



CLINICS IN WESTERN PA

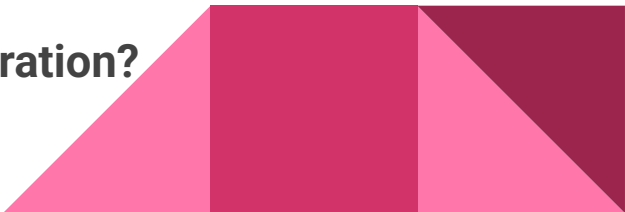
(Gentle heads up: as always, things are subject to change :))

Clinics	Free Consultations?	Avg. Wait Time	Housing Services?	HRT Requirements?	Capable Providers?	Insurance Coverage	Reports of Bigotry?	Other Notes
Planned Parenthood	Sliding Scale (free labs and visits if below 138% of FPL)	1 month	Can provide referrals	Informed Consent, 18+	Uneducated providers. Follows WPATH.	\$15 copay if insured for consult visits.	Some reports of overt racism. Often fatphobic (will not believe certain symptoms).	Beware of going to PP for long-term HRT under the current administration's increased surveillance of trans care.
Central Outreach	No, but accepts some insurance.	3 weeks		Informed Consent, 18+	Average amount of knowledge. Follows WPATH.		Reports of overt racism, HIPPA violations, medical gaslighting.	Private clinic (less legal protection). Advertises as BIPOC friendly, but isn't the best. Popular clinic for trans care.
Allies for Health and Wellbeing		1-2 months		Informed Consent				Short-staffed, but recently hired a new provider so that may improve.
Metro Community Health Center	Free / Reduced cost for low-income patients	1-2 weeks, some same-day consults		Informed Consent, 19+ (if under 19 must have pediatric referral)			Reports of fatphobia (assigning health conditions to just being fat)	Nchima Chibaye is a highly recommended provider for Black and POC patients seeking trans and reproductive healthcare.
Allegheny Reproductive Health Center								
UHS @ CMU	Free Consults for students	<2 weeks	None. They will refer you endlessly and waste your time.	Informed Consent, 18+	Many reports of inadequate hormone levels. Follows WPATH.	\$25 lab copay with CMU SHIP. Takes other insurances.	Reports of overt racism, fatphobia, xenophobia, and lack of physical boundaries (inappropriate touching).	Extremely exhausting as a trans POC, but very affordable with CMU SHIP. Be prepared to advocate for autonomy.
UPitt Health Clinic	If out-of-network will refer to UPMC providers who are.	> 3 months		Informed Consent, 18+, Mental Health Evaluations	Started providing HRT to students very recently, so might not be the best.	Student health insurance covers visits.		Reports from students saying healthcare was delayed for over a year due to slow mental health evaluations.
Allegheny Health Network				Informed Consent				

NAVIGATING A FRUSTRATING C/S-STEM

- Doctors historically served as gatekeepers of medical transition care!
 - We used to have to fit a cishet normative stereotype to convince doctors to allow us to transition.
 - Transsexualism was listed in the DSM until 1994 when it was replaced by “gender identity disorder” which finally changed to gender dysphoria in 2013.
 - Diagnoses allow us to get medical insurance coverage (haha, used to!) at the cost of being stigmatized.
- You should view your doctor as a tool to get what you need. If the tool doesn't work, get a new one. You wouldn't share your innermost gender ruminations with your pocket wrench 🤔
 - You must vet your provider as much as you can and be willing to leave if there are other options.
- We know more about transition care and our trans bodies than most (if not all) doctors who don't specialize in trans healthcare.
- ***Advocate for the hormones you need!***

VETTING YOUR PROVIDER

- What medications do you prescribe and are there any you typically avoid?
 - Which set of guidelines do they reference for hormone levels?
 - Transline
 - UCSF (University of San Francisco)
 - WPATH (World Professional Association for Trans Healthcare)
 - How do you use the guidelines? Strict vs nonstrict adherence, how they balance your personal experience with their professional guidelines, etc.
 - Are you willing to order the medication as **Single Use** or **Dispose after Use**?
 - After each dose for testosterone or every 28 days for estrogen
 - DO NOT TAKE A NO FOR THIS
 - If they agree to order what you need, make sure to ask what other barriers there may be
 - Insurance Authorization, how long authorization usually takes
 - What is your dose in **milligrams**, **milliliters**, and **concentration**?
 - Have them write it all out if that helps!
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NAVIGATING STARTING CARE

- General Interview
 - The provider generally asks about your experience with gender
 - History and Physical
- Establishing Goals of Transition
 - Often times the guidelines and interview question are written with passing being the goal
 - Emphasizing this can be useful in getting the hormones you need even though this is not everyone's goal
- Self Advocacy
 - Bring a buddy who can help you advocate
 - Emphasize that care is life saving
 - Do your research so you can better fight to get the care you need!



THE BUDDY SYSTEM

- A Buddy can provide an outside perspective on how things are going
 - “Hey, it sounds like they are being dismissive of your concerns”
 - “You should get clarification for that”
 - Reminders to ask specific questions/voice concerns
 - A buddy can take notes
- Go over things ahead of time
 - Practice how you will advocate for yourself
 - Help you organize your thoughts ahead of time
 - Questions and concerns
 - Family and personal medical history
- Medical trauma is often ignored and diminished
 - Support through this difficult process can be life saving
 - An outside perspective on how a provider is treating you can be extremely helpful



OTHER RESOURCES IN PGH

- Auto Body Shop
- Prevention Point Pittsburgh
- Transitional Characters
- Hugh Lane
- Trans YOUNiting
- SisTers PGH



LET'S DISCUSS!!! :-D

What **questions/thoughts/ideas** are coming up for you?

What **transition-related needs** do you have or anticipate having?

What kinds of **support/skills/materials** would you like to contribute?

What could **alternatives to government funded modes of transition** look like?

