



Central Outreach Wellness Center

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Preparation for the approval of Gender Affirmation Surgery

-In order to receive an approval from a Licensed Mental Health Professional certain requirements and expectations need to have been met before you can proceed with setting up an appointment for gender affirmation surgery.

1. Take the time to research and receive information from a trusted professional organization about the types of top surgeries, bottom surgeries, cost/expenses, and post surgery recovery expectations that happen when you schedule for the surgery to take place.
2. Call your insurance to find out how much expenses they will cover for gender affirmation surgeries and how many letters you will need for each type of surgery you are interested in completing (**Some surgeries REQUIRE more than one letter**).
3. Have a defined plan of saving money aside for additional expenses that may or may not occur and/or may not be covered by your insurance.
4. Have a stable living environment that will allow you to recover for 1-2 months after surgery.
5. Have a stable employment and/or partner that will approve your recovery period time off **AND** help you during your recovery period. People in domestic violence cases or other interpersonal conflicts (defined by a therapist) will not be subject for approval for gender affirmation surgery as to consider your safety as priority before secondary needs.

6. ***Planned to have 6months to 1 year of therapy or psychiatric care to help develop positive coping strategies and techniques to help reduce symptomatology to a place where you are able to manage your mental health with these learned coping tools ***
7. Schedule virtual or in-person consultations with the Physicians to help make a sound decision on the person who will conduct the gender affirmation surgery (If approved, the letter will **ONLY be submitted** via fax to the doctor once you have completed a consultation).
8. The minimum requirement for an evaluation by a mental health professional is two appointments. However, additional appointments may be needed based upon the assessment from the mental health professional if they believe there are other factors to consider and address before beginning the request of the gender affirmation surgery.
9. ***Please understand that some evaluations and follow up appointments for gender affirmation surgeries can take multiples months to complete, it is important to give the licensed professional the time to evaluate your mental health, wants and needs and assess for any additional concerns that may cause a hindrance to your mental health and further causing disruptions in other important areas of life including transitioning. As well as have time to help give you coping strategies and help you develop ways to gain stabilization. ***