Dear Mental Health Clinician,

As you know, your patient is being seen in the Gender Management Service (GeMS) at Boston Children’s Hospital. We hope that this guideline will help you understand our program and assessment process, the attached Therapist Questionnaire and our collaborative approach.

Families and individuals who seek services for assessment and care in GeMS are now routinely scheduled for a series of 4 appointments. Mental health assessments are scheduled for the 1st, 3rd and 4th visits and an initial medical appointment is scheduled for the 2nd visit. The purpose of this shift in our care is to provide better continuity to the assessment, easier access to GeMS and ongoing support, resources and referrals.

**Between the 1st and 2nd mental health visit (approximately 6 – 8 weeks apart), we ask for your collaboration by completing the Therapist Questionnaire.** The 2nd mental health visit builds upon the initial assessment and your work with the patient/family, and often includes some gender measures. While our assessment process is substantial, we rely on you, who have been seeing the patient regularly, to provide a broader picture of the patient’s well-being. Please expect a call from the psychologist who met with your patient and their family. The 4th GeMS visit is feedback appointment is scheduled to discuss the ongoing assessment recommendations, goals of care and a timeline, and your input is greatly appreciated.

**Everyone in GeMS is asked to continue seeing their mental health clinician, with frequency of visits determined by you, during the course of treatment.** This ongoing relationship is essential to provide support as the patient explores their gender identity and expression; to discuss the impact of social and physical transition; to provide family guidance (or make appropriate referrals) and generally support robust mental health.

Thank you for your help! We consider you an integral member of the team, and rely on your clinical impressions to inform our work in GeMS. We look forward to collaborating with you to provide the best possible care for our mutual patients. Please do not hesitate to contact me if you have any questions or concerns.

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