



Open Door Gender Affirming Health Care Program

Regardless of gender identity or gender expression, Maine Family Planning provides compassionate and non-judgmental medical care to Maine's wonderfully diverse transgender community. We are committed to improving the way transgender people receive gender affirming and reproductive health care, wherever they are on the gender spectrum.

Gender affirming services at Maine Family Planning include:

- Hormone replacement therapy (HRT) and monitoring for trans folks 18 years old and up.
- Referrals to specialty providers and community resources.
- Onsite & virtual training for hormone injections.
- Other reproductive health services including STI testing, birth control, pap tests, pre-exposure prophylaxis (PrEP) for HIV prevention, vasectomy, intrauterine insemination (IUI), abortion care.

At Maine Family Planning, we use the informed consent model of providing hormonal therapy for transgender people. We do not require that everyone must have a letter from a therapist to start hormone therapy.

- We will assess each person's ability to understand the risks and benefits of starting hormones. Transitioning is such a huge decision involving social, economic, and medical risks that we want to make sure that each patient is sure and secure in their decision to transition.
- Our providers do an in-depth intake process and do not routinely require that a person see a therapist as a requirement to start hormone therapy.
- Depending on the situation, we may require that the patient have an ongoing relationship with a therapist during transition if we feel that is necessary.
- While it may not always be required, having an ongoing relationship with a therapist can be very beneficial as transitioning is such a huge time of change it can be stressful not only for the patient transitioning but also for the people close to them. If you do not already have a therapist, we have an extensive list of therapists who enjoy working with trans folks.

Service Sites

AUGUSTA:	43 Gabriel Dr.	Finn Wilder, FNP
BELFAST:	147 Waldo Ave	Lindsey Piper, NP
FORT KENT:	139 Market St	Christina Theriault, NP
LEWISTON:	179 Lisbon, St	Amber Berube, NP; Sara Hayes, FNP; Meredith Hunt, NP

Park on the 4th level of the Centerville Parking Garage, directly behind our building. The 2nd left hand walk way on the 4th level takes you directly into our building. As of 12/2022 parking is free here. Street parking is limited and they ticket freely.

NORWAY:	9 Marston St.	Sara Hayes FNP (Thursdays)
PRESQUE ISLE:	5 Martin St	Christina Theriault, NP
SKOWHEGAN	188 Madison Ave	Rachel Card, NP
THOMASTON:	41 Buttermilk Drive	Vanessa Shields-Haas, FNP
WATERVILLE:	18 Silver St.	variable
Coming soon:	Bangor, Rumford, Farmington	

If one of those offices is not close to where you live, we can do a visit from wherever you are, using telehealth technology.

PAYING FOR SERVICES

Your cost for this visit is based on insurance eligibility or on our fee structure. These options will be discussed with you when you call to make your appointment.

Because we get no other funding for our OPEN DOOR program, fees for medical visits must be paid for at the time of the visit. Labwork is generally billed to insurance or the patient directly from the lab. A sliding fee scale is available for folks with no insurance.

IF YOU ARE HAVING PROBLEMS PAYING FOR MEDS, VISITS, OR LABWORK, please let us know. We may be able to help.

APPOINTMENTS

Before your first appointment and once you have been invited to our PATIENT PORTAL, please fill out your medical history online if you haven't already been in for a visit with us. Please go to our website, www.mainefamilyplanning.org

- ***click on the PATIENT PORTAL button***
- ***please go in and fill out your medical history.*** This will save us all time which we can then use to talk and get your questions answered.
- ***Review the consent for hormone treatment on our website.*** You may print it out if you want. We have them here as well. <https://mainefamilyplanning.org/our-services/lgbtq-healthcare/>

Your First Medical Appointment

At the first medical appointment, we will get to know you and your medical history. In this session a psychosocial history will be taken with special focus on gender identity development and role expression through your life, including past transition experiences. We will discuss the medical considerations, risks and benefits for beginning or continuing their transition hormonally and discuss treatment options. Sometimes we will order bloodwork, the results of which will be discussed at the next visit.

STARTING HRT:

Depending on the situation, you may be able to start HRT right after the first appointment or we may need to wait until we get some baseline labs results.

If you are using injectable hormones, Maine Family Planning offers self-injection lessons in person or via telehealth, whichever you are most comfortable with. We also have a video on subcutaneous injections on our website which we strongly recommend you watch before doing your first injection. [Self-injection instructions - YouTube](#)

On-going Medical Care

We generally check in with patients, usually through the portal, about a month into hormone therapy. If all is going well, we will see our patients about 3 months after starting HRT and about every 3 months during the first year of their therapy.

Contact us

If you need to change your appointment, please contact us asap by calling 207-922-3222 or you can do this through the [PATIENT PORTAL](#).



We really encourage your use of the patient portal for keeping in touch.

It is very easy to send and receive messages over the portal and it is much easier for both the patients and providers as we don't have to play "phone tag" with each other.