

**The Importance of Family Support for Transgender Youth and Young Adults**  
**June 23, 2021 at 12:00 to 1:00 pm**

**Presenter Bio**

**Gerald Montano, DO, MS**

Assistant Professor, Department of Pediatrics  
University of Pittsburgh School of Medicine  
Medical Director, Gender and Sexual Development Program  
Center for Adolescent and Young Adult Health  
UPMC Children's Hospital of Pittsburgh  
Pittsburgh, PA

Dr. Montano received his bachelor's degree in Anthropology-Zoology from the University of Michigan in Ann Arbor, MI and went on to receive his Doctor of Osteopathy degree at Kansas City University of School of Medicine. He also received a Master of Science in Clinical Research at the University of Pittsburgh School of Medicine.

Dr. Montano is currently a licensed adolescent medicine physician at UPMC Children's Hospital of Pittsburgh, where he serves as the medical director of the Gender & Sexuality Development Program, which provides gender-affirming care for teens and young adults in the Western Pennsylvania, Western Virginia, and Eastern Ohio regions. His research and clinical interests include expanding healthcare access for transgender and gender-diverse youth and empowering parents of transgender and gender-diverse youth to advocate for their children.

**Dana Rofey, PhD**

Director of the Pittsburgh Obesity, Weight,  
and Emotion Research for Gender Diverse Youth (POWER-G) Lab  
Associate Professor, Department of Psychiatry, Pediatrics, Psychology, and CTSI  
University of Pittsburgh Medical School  
Pittsburgh, PA

Dana L. Rofey, PhD, is an Associate Professor in the Department of Psychiatry, Pediatrics, Psychology, and Clinical and Translational Science Institute. She brings a strong background in clinical care and research focused on the relationships among weight and eating, psychological well-being and health, especially in minority adolescents and young adults.

Dr. Rofey earned a bachelor's degree in psychology at Bucknell University and her clinical psychology degree at the University of Cincinnati. She completed her pre-doctoral internship at the VA Pittsburgh Healthcare System and UPMC Children's Hospital of Pittsburgh and her postdoctoral training at Children's Hospital and UPMC Western Psychiatric Hospital.

Dr. Rofey has conducted studies that focus on psychosocial aspects of adolescent and young adult health, with an emphasis on regulatory processes in diverse populations. Recently, she has spent her time working on federally- and foundation-funded grants focusing on: Developing group-based care models for transgender youth; devising more user-friendly actigraphy for adolescents with obesity, substance use, and partner violence; community-partnered, stakeholder-engaged obesity work within primary care; developing an evidence-based transition program for adolescents moving from pediatric to adult care; ameliorating obesity and depression in adolescents with PCOS and diabetes; increasing health promotion in high-risk adolescents; and investigating the effect that pediatric weight management can have on cognitive, functional, and structural brain-based changes in adolescents with and without diabetes. Most recently, she has received foundation support to develop support groups for transgender adolescents, as well as groups for parents and children who are gender fluid and gender expansive with a focus on optimizing mental and physical health. She is the author and co-author of numerous articles that have been published in peer-reviewed

scientific journals. She is a reviewer for several journals and serves on boards for the Academy for Eating Disorders, the Association for Behavioral and Cognitive Therapies, and The Obesity Society.

**Name and Narrative Description of your Presentation**

**The Importance of Family Support for Transgender Youth and Young Adults**

This presentation will include a discussion regarding the difficulties some parents/caregivers have in accepting youth and young adults who are transgender, and how providers can better navigate this situation in therapy.

**Three (3) learning objectives**

By the completion of this session, participants should be able to:

1. Identify the importance of family support for transgender youth
2. Identify ways to facilitate conversation in families that are not immediately embracing of their child identifying as transgender
3. Improve intervention skills to use in bringing parents alongside LGBTQ+ youth

**Three (3) current (within the past 10 years) peer-reviewed publications that support the evidence base for the content of your presentation**

1. Olson KR, Durwood L, DeMeules M, McLaughlin KA. Mental health of transgender children who are supported in their identities. *Pediatrics*. 2016 Mar 1;137(3).
2. Simons L, Schrager SM, Clark LF, Belzer M, Olson J. Parental support and mental health among transgender adolescents. *Journal of Adolescent Health*. 2013 Dec 1;53(6):791-3.
3. McConnell EA, Birkett M, Mustanski B. Families matter: Social support and mental health trajectories among lesbian, gay, bisexual, and transgender youth. *Journal of Adolescent Health*. 2016 Dec 1;59(6):674-80.
4. Klein A, Golub SA. Family rejection as a predictor of suicide attempts and substance misuse among transgender and gender nonconforming adults. *LGBT health*. 2016 Jun 1;3(3):193-9.