

# L G B T Q I A +

**PITTSBURGH  
RESOURCE  
GUIDE/2020**

DEVELOPED BY THE UNIVERSITY OF PITTSBURGH SCHOOL OF MEDICINE,  
DIVISION OF ADOLESCENT AND YOUNG ADULT MEDICINE  
IN PARTNERSHIP WITH PERSAD CENTER



# LGBTQIA+ PITTSBURGH RESOURCE GUIDE 2020

This list is intended to be a list of resources for LGBTQIA+ people in the Pittsburgh area to reference in order to access services and advocate for themselves effectively. This list is not exhaustive, but we hope that it can be helpful to anyone looking for resources in the areas stated here.

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## FOR THOSE TRANSITIONING

### **HAIR REMOVAL**

- UCFS has a guide to the two primary permanent hair removal methods, laser hair removal and electrolysis. It explains each process and addresses the pros and cons of each method. <https://transcare.ucsf.edu/guidelines/hair-removal>
- Read FAQ from the Pennsylvania Society of Electrologists regarding electrolysis for trans folks. [www.electrolysispa.org/hair-removal-for-transgender.html](http://www.electrolysispa.org/hair-removal-for-transgender.html)

### **MAKEUP CLASSES AND SERVICES**

- Sephora has recently started a makeup class especially for trans and non-binary people to “learn about techniques and products to fit and empower your beauty.” Classes are taught by “trans-sensitive instructors.” The webpage notes that this class is focused on skincare/complexion and is not a full-face class.

Search upcoming Classes for Confidence: Bold Beauty for the Transgender Community in your area by visiting [www.sephora.com/happening/home](http://www.sephora.com/happening/home) and input your zipcode. Click on the button that says Classes for Confidence about halfway down the page. You can also find these events on Facebook, but the Facebook event page will prompt you to register on Sephora’s website.

### **VOICE COACHING**

- Dr. Leah Helou at the University of Pittsburgh Voice Center has a voice coaching program for trans folks. Their Transgender Voice Therapy Program has been “helping transgender people find their voice, both literally and figuratively, since 2011.” To make an appointment, call University Ear, Nose, & Throat Specialists (Oakland) at 412-647-5310. <http://otolaryngology.pitt.edu/centers-excellence/voice-center/services-we-provide>

## TEEN OUTREACH GROUPS

Resources available to LGBTQ teens in the Pittsburgh area include a variety of youth groups and teen outreach programs.

- The Pittsburgh Equality Center located in Shadyside on Ellsworth Avenue holds a “Youth Night” for ages 14-18. Please contact for dates and time. More information on the resources that they offer can be found at [www.pghequalitycenter.org/volunteer/](http://www.pghequalitycenter.org/volunteer/).
- Dreams of Hope supports queer youth arts. This program includes the theatriQ Youth Ensemble that creates and performs an original production each year. [www.dreamsofhope.org](http://www.dreamsofhope.org)
- The PERSAD Center located in Lawrenceville has a program called The Drop, which is free to young adults ages 14-21 who can go any time after 3pm on Tuesdays, Wednesdays, and Thursdays to meet other queer youth, learn more about community resources, and even get help a resume or finding a job. Information about the variety of youth programs offered by the PERSAD Center can be found at [www.persadcenter.org](http://www.persadcenter.org).
- Proud Haven is located on the North Side and provides LGBTQ youth experiencing homelessness and housing instability with support, resources, and housing options. [www.proudhaven.org](http://www.proudhaven.org).
- Hugh Lane Foundation Affirm Groups, 14-21 yrs old Registration required. 925 Brighton Road, Pittsburgh, Pennsylvania 15233. 412-973-5053. [www.hughlane.org](http://www.hughlane.org)

## FOOD INSECURITY RESOURCES

Food insecurity is a serious issue that a disproportionate amount of LGBTQIA+ people experience. The Pittsburgh area offers a variety of resources to combat food insecurity.

- The Greater Pittsburgh Community Food Bank helps food-insecure households through a variety of resources that include assistance in finding a food pantry or food distribution event near you, guidance for applying to the Supplemental Nutrition Assistance Program (SNAP), and other programs. [www.pittsburghfoodbank.org/get-help/](http://www.pittsburghfoodbank.org/get-help/)
- Just Harvest offers a Fresh Access program where shoppers that spend five dollars in SNAP benefits are given two dollars to spend on fruits and veggies at any of the 21 participating farmers markets throughout Pittsburgh. [www.justharvest.org/fresh-access/](http://www.justharvest.org/fresh-access/)
- PERSAD has a small Food Pantry that anyone can access Monday 9am-7pm and Friday 9am to 6pm. [www.persadcenter.org](http://www.persadcenter.org)

## FAMILY BASED RESOURCES

People of the LGBTQIA+ community deserve support and acceptance from their family members.

- PFLAG is an organization that helps LGBTQ people build a foundation of understanding with their family by providing access to publications, blogs, and other resources for those looking to learn more about how to support their LGBTQ loved ones. [www.pflag.org](http://www.pflag.org).
- COLAGE is an organization whose goal is uniting people with lesbian, gay, bisexual, transgender, and/or queer parents through networking, community events, and programs to provide support and empowerment. [www.colage.org](http://www.colage.org).
- The Straight Spouse Network provides support to those discovering their spouse isn't straight with resources such as support groups, videos, reading materials, personal stories, a support blog, and more. [www.straightspouse.org](http://www.straightspouse.org).

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## FAMILY BASED RESOURCES (CONT.)

- The Atticus Circle fosters the advancement of equal rights for the LGBTQ community, including partners, parents, and their children, through the education and advocacy of straight allies. The Atticus Circle runs a t-shirt campaign called "gay? fine by me" that friends and supporters of the LGBTQ community participate in. [www.atticuscircle.org](http://www.atticuscircle.org)
- The Pittsburgh Rainbow Families Facebook page is continuously posting fun and inexpensive events for parents and caregivers of the LGBTQ community. [www.facebook.com/pghrainbowfam](http://www.facebook.com/pghrainbowfam)
- Queer Parents of Pittsburgh is another Facebook group that provides support and resources for parents of the LGBTQ youth. [www.facebook.com/QueerfamiliesofPittsburgh](http://www.facebook.com/QueerfamiliesofPittsburgh)

## YOUTH CURRENTLY IN FOSTER CARE OR AGING OUT

- KidsVoice and the 412 Youth Zone promote a positive environment for foster care children to become independent and self-sufficient adults. KidsVoice, an organization that helps youth of the foster care system ages 14-24 to develop life skills and transition into adulthood. [www.kidsvoice.org/independent-living](http://www.kidsvoice.org/independent-living)

KidsVoice refers foster care youth ages 16-24 to the 412 Youth Zone, which is a center for those eligible for independent living services.

[www.auberle.org/the-412-youth-zone](http://www.auberle.org/the-412-youth-zone)

- Additionally, The PERSAD Center's adoption and foster care program works in accordance with Allegheny County to help adults seeking to become foster parents as well as find homes that are accepting of LGBTQ youth. [www.persadcenter.org/pages/foster-care](http://www.persadcenter.org/pages/foster-care)



## HOUSING RESOURCES

- LGBTQ young adults that are experiencing housing instability can reach out to ProudHaven and SisTers PGH for help and resources. ProudHaven serves youth ages 18-25 that are experiencing homelessness in the Pittsburgh area and provide access to housing as well as referrals for things like shower and laundry facilities, food stamps, clothing, and job support. [www.proudhaven.org](http://www.proudhaven.org)

SisTers PGH is an organization that serves black and brown, trans and nonbinary people through outreach programs, provision of shelter and low-income housing, and community education. [www.sisterspgh.org](http://www.sisterspgh.org)

- True T Option-U is a trans-focused LGBTQIA+ emergency housing program that creates a safe space for individuals to obtain stable housing while achieving personal and professional goals. [www.truetpgh.com/option-u](http://www.truetpgh.com/option-u)
- The Allegheny County Services for Individuals and Families Experiencing Homelessness offers a variety of housing options that include emergency shelter, permanent housing, and other supportive services. [www.alleghenycounty.us/Human-Services/About/Contact/Allegheny-Link.aspx](http://www.alleghenycounty.us/Human-Services/About/Contact/Allegheny-Link.aspx)

## LEGAL RESOURCES

### ***THE NAME CHANGE PROJECT, TRANSGENDER LEGAL DEFENSE & EDUCATION FUND***

TLDEF's Name Change Project provides pro bono legal name change services to low-income TGNCNB (transgender, gender non-conforming, non-binary) people through partnerships with some of the nation's most prestigious law firms and corporate law departments.

Income guidelines and residency restrictions apply. Visit the webpage linked below and/or email [namechange@transgenderlegal.org](mailto:namechange@transgenderlegal.org) with any further questions.

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## LEGAL RESOURCES (CONT.)

### ■ **Step 1: Fill out the online intake form.** [http://tldef.org/work\\_show.php?id=7](http://tldef.org/work_show.php?id=7)

Scroll halfway down the page to the subheading “Step 1” and fill out the intake form linked. A TLDEF staffer will review your intake form and respond to you via email on a first come, first served basis. They typically respond within 15–20 business days.

### ■ **Step 2: TLDEF determines whether you meet criteria for assistance.**

There are 3 possible responses: Decline, Request for More Information, or Scheduling a Phone Intake.

- *Decline:* Unfortunately, The Name Change Project is unable to help everyone who applies. If they determine that you are ineligible, they will inform you via email
- *Request for more information:* Sometimes information is missing from an intake form. In this case, a TLDEF staffer will contact you via phone or email.
- *Scheduling a phone intake:* After you fill out the intake form and it is reviewed by TLDEF staff, those seeking name change assistance will have a second, longer intake via phone conducted by TLDEF. \*TLDEF notes that completion of the intake process does not guarantee representation.

### ■ **Step 3: Referral to attorney.**

If you complete your phone intake with TLDEF staff and are deemed eligible for representation, you will be placed on a waiting list for referral to an attorney for name change representation.

### ■ **Costs associated with legal name change**

You may qualify for in forma pauperis (“IFP”) status, which will waive all court costs, except newspaper publication fees. Publication may cost upwards of \$150. Therefore, some law firms cover the cost of publication for clients who are IFP status, making the entire name change process free of charge for them. When scheduling your first appointment with the attorney, ask about filing for IFP status. Depending on your circumstances and the attorney’s policies, the entire process could cost \$0 to \$518.50 or more.

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The potential costs include:

- Certified Pa. Birth Certificate: \$20 per copy (Optional in Allegheny County)
- Fingerprint card: \$40 (Free if done at State Police barracks in Moon Twp.)
- Filing fee for name change petition: \$155.50 <sup>11</sup>
- Publication in Pittsburgh Legal Journal: \$104 <sup>12</sup>
- Publication in Pittsburgh Post-Gazette: \$124
- (Alternative) Publication in Pittsburgh Tribune Review Neighborhoods: ~\$50
- Judgment Search fee: \$25 <sup>13</sup>
- Certified copy of name change order: \$10 per copy, recommend 3-5 copies

### ■ Initial meeting with the attorney

The attorney assigned to you will make an appointment to initiate the process. The attorney will ask you to bring the following to the appointment:

- ID as required by their office's security
- Birth certificate, if available\*
- Fingerprint card, if available
- If relevant:
  - Financial records if you are considering pursuing IFP status. This includes income and debt information such as current amounts in bank accounts, rent, car information, credit card debt and monthly payments, and other information;
  - Immigration documents
  - Criminal records (e.g., rap sheet, certificates of disposition if available)
  - Bankruptcy-related documents
  - Documentation regarding judgments, liens, or current lawsuits
  - Documents regarding prior attempted name changes
  - Family-related documents, such as a divorce order

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## LEGAL RESOURCES (CONT.)

- Your calendar for the next four months
- Addresses for the last 5 years
- How long you have lived in Allegheny County

*\*A birth certificate is not required for a name change petition in Allegheny County, but it is recommended as a best practice.*

There is a legal precedent in Allegheny County and Pennsylvania that a judge cannot deny you a legal name change based solely on the fact that you are trans. Pennsylvania has a "strong, liberal policy regarding change of name requests." In re Miller, 824 A.2d 1207, 1214 (Pa. Super. Ct. 2003).

- Check out the Name Change Project Attorney Handbook for Allegheny County, PA if you want to learn more about the legal process of a name change.  
[www.transequality.org/sites/default/files/docs/id/TLDEF%20Name%20Change%20Project%20Attorney%20Handbook%20%28Allegheny%20County%20PA%29%20revised%204.23.2018.pdf](http://www.transequality.org/sites/default/files/docs/id/TLDEF%20Name%20Change%20Project%20Attorney%20Handbook%20%28Allegheny%20County%20PA%29%20revised%204.23.2018.pdf)
- For those who may not meet income guidelines or would prefer to pay a name change attorney out of pocket, contact:
  - Kathleen D. Schneider, Attorney/CPA or Diane E. Clark, Attorney  
Law Offices of Kathleen D. Schneider  
Regent Square Professional Building  
1227 S. Braddock Avenue, Pittsburgh, PA 15218  
Phone: 412-371-8831  
Fax: 412-247-4037  
[www.kdschneiderlawoffice.com](http://www.kdschneiderlawoffice.com)
  - Sam Hens-Greco  
429 4th Avenue, Pittsburgh, PA 15219  
Phone: 412-391-0800  
[samhensgreco@gmail.com](mailto:samhensgreco@gmail.com)

## LEGAL RESOURCES (CONT.)

### OTHER LEGAL RESOURCES

- Learn about the Criminal Records Expungement Project through the Pittsburgh Pro Bono Partnership. [www.pittsburghprobono.org/Public\\_Legal\\_Services/Criminal\\_Records\\_Expungement\\_Project.asp](http://www.pittsburghprobono.org/Public_Legal_Services/Criminal_Records_Expungement_Project.asp)
- Lambda Legal offers a resource guide for changing documents and can offer guidance to trans people needing to change their gender markers or names on identity documents. [www.lambdalegal.org/know-your-rights/article/trans-changing-your-documents-resources](http://www.lambdalegal.org/know-your-rights/article/trans-changing-your-documents-resources)

## SCHOOL BASED RESOURCES

- **PPS Policy 102.3:** In June of 2016 Pittsburgh Public Schools Board of Directors unanimously approved “a new Transgender and Gender Expansive Students policy that articulates how schools can support the District’s transgender and gender expansive students,” titled Policy 102.3. NONDISCRIMINATION—TRANSGENDER AND GENDER EXPANSIVE STUDENTS. This policy addresses restroom usage, bullying and harassment, privacy and confidentiality, names and pronouns, medical treatment, dress code, transitions and more. Policy 102.3 asserts gender expansive students’ rights in these areas. [www.pghschools.org/cms/lib/PA01000449/Centricity/Domain/4/Transgender%20Gender%20Expansive%20Students%20policy.pdf](http://www.pghschools.org/cms/lib/PA01000449/Centricity/Domain/4/Transgender%20Gender%20Expansive%20Students%20policy.pdf)
- **Gender Support Plan:** A student and their parents can use the Gender Support Plan template from Gender Spectrum as a guide to facilitate a meeting with school staff and administration to navigate details of a student’s daily life at school such as confidentiality, preferred pronouns, use of facilities, etc. [www.dropbox.com/s/77o8wjynji8psdn/Student\\_Gender\\_Support\\_Plan.030215.pdf?dl=0](http://www.dropbox.com/s/77o8wjynji8psdn/Student_Gender_Support_Plan.030215.pdf?dl=0)
- Another helpful FAQ from Gender Spectrum offers resources for gender non-conforming teens and young adults. [www.genderspectrum.org/resources/teens-2/](http://www.genderspectrum.org/resources/teens-2/)

## RESOURCES FOR OLDER ADULTS

- Western Pennsylvania SAGE at PERSAD: SAGE is the largest and oldest organization in the US that dedicated to improving the lives of lesbian, gay, bisexual, and transgender older adults. It was founded in 1978 and headquartered in New York City. SAGE offers supportive services and consumer resources for LGBT older adults and their caregivers. They also advocate for public policy changes that address the needs of LGBT older people. The Western PA chapter at PERSAD offers many services including:
  - *Resource Referrals*
  - *Coffee & Conversation:* This is a weekly gathering for LGBT Seniors and Boomers age 50+ at PERSAD Center. Free coffee and Danish are provided and a safe, comfortable space to older members of the LGBT community to gather and socialize.
  - *Events and Programs:* PERSAD also has other fun and educational events for LGBT older adults.
  - *Friendly Visitor Program:* For those who are unable to get to PERSAD center, their friendly visitor program can send a friendly visitor to bring needed services to you.
  - *Training Programs for Senior Service Workers and Agencies*

To access these services, contact senior specialist Kathi Boyle at 888-873-7723 ext. 310 or email [kboyle@persadcenter.org](mailto:kboyle@persadcenter.org).  
[www.persadcenter.org/pages/older-adult-services](http://www.persadcenter.org/pages/older-adult-services)



## ADOPTION FOR LGBTQIA+ FAMILIES

- Pennsylvania state law permits single LGBT individuals to adopt, same sex couples to jointly petition to adopt, and a same sex co-parent to petition to adopt a partner's child or child of the relationship. Considering Adoption has additional information about LGBT parent adoption. [www.consideringadoption.com/adopting/can-same-sex-couples-adopt](http://www.consideringadoption.com/adopting/can-same-sex-couples-adopt)
- You can also search for a lawyer that specializes in LGBT adoption; there are many in the Pittsburgh area. Considering Adoption offers a guide to adopting in the Pittsburgh area. [www.consideringadoption.com/adoptions-by-state/how-to-adopt-in-pennsylvania/pittsburgh-adoption-foster-care-resources](http://www.consideringadoption.com/adoptions-by-state/how-to-adopt-in-pennsylvania/pittsburgh-adoption-foster-care-resources)
- The ACLU has a form where you can report discrimination within the adoption process (or any other discrimination). [www.aclu.org/issues/lgbt-rights/lgbt-parenting](http://www.aclu.org/issues/lgbt-rights/lgbt-parenting)
- PERSAD Center's Foster Care Program works with all children but acknowledges that LGBTQ youth often experience family rejection and homelessness. They are dedicated to ensuring their health, safety and welfare. Their services help families create home environments "defined by love, dignity, and respect."

PERSAD works with married, single, or partnered people to help them become foster parents, also sometimes called resource families. Certification typically takes 2-3 months. You will need to meet certain requirements such as being 21+, demonstrate proof of income, criminal background and child abuse background checks, and pre-service training and certification. They also require that you are accepting and affirming of LGBT identities.

Orientation sessions are held at PERSAD Center the first Wednesday of each month, from 6-7 pm. To begin the process, contact Coley Alston at 412-441-9786 ext. 358 or [calston@persadcenter.org](mailto:calston@persadcenter.org). [www.persadcenter.org/pages/foster-care](http://www.persadcenter.org/pages/foster-care)

## TRAUMA SUPPORT RESOURCES

- AHN's Center for Traumatic Stress in Children and Adolescents is a leader in the research and treatment of traumatic stress in children and adolescents. They employ evidence-based treatments such as Trauma Focused CBT to help those affected by trauma. To get started, contact the intake coordinator at 412-330-4328. [www.ahn.org/specialties/mental-health/ctsca](http://www.ahn.org/specialties/mental-health/ctsca)
- This safety planning guide from Forge Forward for transgender and gender non-conforming people experiencing intimate partner violence can be used to help ensure one's safety when leaving or planning to leave an abusive situation. [www.forge-forward.org/wp-content/docs/safety-planning-tool.pdf](http://www.forge-forward.org/wp-content/docs/safety-planning-tool.pdf)
- Center for Victims is an organization whose mission is "Healing trauma, supporting victims and creating social change for a more peaceful community." Call their 24-hour crisis hotline at 1-866-644-2882. Anyone can call the hotline seeking help for themselves or others. For a comprehensive list of services, visit [www.centerforvictims.org/services/victim-services/](http://www.centerforvictims.org/services/victim-services/).

## DISABILITY RESOURCES

- This group, that meets once per month, is for LGBT identifying folks with a disability 16 and up "to meet in a safe place and learn more about who they are and how they can live as safely and successfully as possible." A referral form and intake paperwork must be completed. Contact Shawn McGill at 412-781-3829 or visit [www.shawnmcgillmsw.com/groups/lgbt/](http://www.shawnmcgillmsw.com/groups/lgbt/) for more information.
- Disability Rights PA helps Pennsylvanians with disabilities who are having problems or have questions related to their disability. They have a chapter in Pittsburgh at 429 Fourth Ave. There is a toll free, live telephone intake line at 800-692-7443 hours are Monday through Friday 9am to 3pm. There is also an online intake form. For more information, call the Pittsburgh office at 412-391-5225 or visit [www.disabilityrightspa.org/get-help/](http://www.disabilityrightspa.org/get-help/).
- The Pittsburgh Center for Autistic Advocacy is a grassroots self-advocacy group run by Autistic people for Autistic people. They are focused on building an Autistic Community, educating service providers, empowering Autistic leaders, and advocating for inclusive police. [www.autisticpgh.org](http://www.autisticpgh.org)

## RESOURCES FOR LGBTQIA+ VETERANS

- The VA has a webpage about navigating the VA healthcare system as a LGBT person. This webpage has helpful information such as services provided, information on changing your sex and/or name in your medical record, and more. [www.va.gov/pittsburgh-health-care/lgbt-veteran-care/](http://www.va.gov/pittsburgh-health-care/lgbt-veteran-care/)

## RESOURCES FOR ASEXUAL AND/OR AROMANTIC PEOPLE

- There is a Meetup group in Pittsburgh Asexual and/or Aromantic people. It is a closed group, so you must make an account and request to join. More information and a link to the webpage for the group can be found here: [www.meetup.com/Pittsburgh-Asexuality-Aromantic-Meetup-Group/](http://www.meetup.com/Pittsburgh-Asexuality-Aromantic-Meetup-Group/).
- Campus Pride has a webpage with information on what it means to be asexual or aromantic. [www.campuspride.org/resources/introduction-to-asexual-identities-resource-guide/](http://www.campuspride.org/resources/introduction-to-asexual-identities-resource-guide/)
- The Asexual Visibility and Education Network (AVEN) is the world's largest asexual community. A link to their webpage can be found here: [www.asexuality.org](http://www.asexuality.org)

## HEALTHCARE RESOURCES

- **Guide to health insurance marketplace for trans people:** When buying health insurance through the [Healthcare.gov](http://Healthcare.gov) marketplace, use this guide when making your choices to ensure that the plan you select is in line with your needs. [www.out2enroll.org/out2enroll/wp-content/uploads/2018/11/PA-Transgender-Guide.pdf](http://www.out2enroll.org/out2enroll/wp-content/uploads/2018/11/PA-Transgender-Guide.pdf)
- **How to appeal an insurance company decision:** Guidelines on how to appeal a decision by your health insurance company should you ever need to, such as if you are denied coverage for surgery by your health insurance provider. [www.healthcare.gov/appeal-insurance-company-decision/?utm\\_campaign=20161107partnersLGBT](http://www.healthcare.gov/appeal-insurance-company-decision/?utm_campaign=20161107partnersLGBT)

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## HEALTHCARE RESOURCES (CONT.)

- **PrEP Pittsburgh:** PrEP, or “Pre-Exposure Prophylaxis,” is a pill that can reduce your chances of becoming infected with HIV by over 90%, if taken daily. PEP, or “Post-Exposure Prophylaxis,” is 28 days of HIV medication that can be taken to protect you from getting HIV and needs to be taken within 72 hours after a suspected or known exposure to HIV. The PrEP Pittsburgh page has information on PrEP and PEP in Pittsburgh, including where to get these medications, questions to ask at your appointment, and more. In addition, anyone can text questions regarding PrEP and PEP to 412-773-1120. [www.preppgh.com](http://www.preppgh.com)
- **Project Inform’s PrEP flow chart** may come in handy for consumers and health navigators to use regarding accessing services and covering medical costs related to PrEP. [www.projectinform.org/wp-content/uploads/2019/01/PrEP\\_Flow\\_Chart-1.pdf](http://www.projectinform.org/wp-content/uploads/2019/01/PrEP_Flow_Chart-1.pdf)
- **Project Silk:** Project Silk is an organization with goals to provide “a safe, healthy, supportive community environment for LGBT youth of color to grow, celebrate, and express themselves.” They serve black and latinx gay men ages 13–29 as well as trans people, and focus on providing free HIV/STI screening and referrals to treatment. [www.chscorp.org/project-silk](http://www.chscorp.org/project-silk)
- **GLMA Provider Search:** Use the Gay and Lesbian Medical Association’s provider search tool to find LGBT friendly providers in your area. [https://glmaimpak.networkats.com/members\\_online\\_new/members/dir\\_provider.asp](https://glmaimpak.networkats.com/members_online_new/members/dir_provider.asp)
- **Physicians and Medical Resources list from Garden of Peace:** Resource list from Garden of Peace with gender affirming and LGBT friendly medical providers in Pittsburgh. [www.gardenofpeaceproject.org/physicians-and-medical](http://www.gardenofpeaceproject.org/physicians-and-medical)
- **Allegheny County Health Department** has a free, anonymous STI and HIV-AIDS Clinic where one can obtain STI screening free of charge. It is a walk-in clinic that operates on a first come, first served basis. For more information including what to expect at your visit, types of testing offered, and directions visit [www.alleghenycounty.us/Health-Department/Health-Services/STD-and-HIV-AIDS-Program/index.aspx](http://www.alleghenycounty.us/Health-Department/Health-Services/STD-and-HIV-AIDS-Program/index.aspx).

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## HEALTHCARE RESOURCES (CONT.)

■ **Central Outreach Wellness Center** is a “holistic multicultural, LGBTQIA, and HIV & Hep C health organization” that “strives to be the leading provider of culturally competent care in Allegheny County.” They provide comprehensive gay health care, culturally competent care, comprehensive transgendered health care, HIV primary care, Hep C primary care, PrEP & PEP HIV prophylaxis, suboxone/needle Exchange. Case management services are also available to improve access to medication and pharmacy coverage, lab testing, health insurance, and housing services. [www.centraloutreach.com](http://www.centraloutreach.com)

- *NORTH SHORE LOCATION*

127 Anderson Street, Suite 101, Timber Court Building, Pittsburgh, PA 15212

Phone: 412-322-4151

Fax: 844-389-1405

Hours: Monday and Thursday: 9am–7pm; Tuesday, Wednesday, Friday: 9am–5pm. Walk-ins accepted during normal business hours.

- *WASHINGTON, PA LOCATION*

95 Leonard Avenue, Suite 203, Washington, PA 15301

Phone: 724-249-2517

Fax: 844-389-1405

Hours: Monday: 11am–7pm; Tuesday–Thursday: 9am–5pm; Friday: 12–5pm. Walk-ins accepted during normal business hours

- *BEAVER COUNTY, ALIQUIPPA, PA LOCATION*

2360 Hospital Drive, Aliquippa, PA 15001

Phone: 724-707-1155

Fax: 844-389-1405

Hours: Monday: 11am–7pm; Tuesday–Thursday 9am–5pm; Friday: 9am–12pm (Walk-ins only); 12–5pm (Appointments only). Walk-ins accepted during normal business hours.

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## HEALTHCARE RESOURCES (CONT.)

■ **Metro Community Health Center** is a 501(c)(3) non-profit organization, serving Swissvale, Wilkinsburg and neighboring regions, to provide comprehensive health care to all individuals regardless of their ability to pay. Metro Community Health Center is staffed with physicians who specialize in family practice, geriatrics, women's health, HIV and LGBTQ+ comprehensive care, and integrated behavioral health. [www.metrocommunityhealthcenter.org](http://www.metrocommunityhealthcenter.org)

- 1789 S Braddock Ave #410  
Pittsburgh, PA 15218  
412-247-2310  
Hours: Monday, Thursday, and Friday: 8:00am–4:30pm; Tuesday and Wednesday: 8:00am–7:30pm

■ **Center for Young Adult and Adolescent Medicine** is a UPMC/Children's Hospital Pittsburgh clinic for adolescents, providing primary care, specialty care, gynecology, behavioral health, and gender care. Youth and young adults up to age 26 can be seen here. [www.chp.edu/our-services/aya-medicine](http://www.chp.edu/our-services/aya-medicine)

- UPMC University Center  
120 Lytton Avenue  
Mezzanine Floor, Suite M060  
Pittsburgh, PA 15213  
412-692-6677

■ **What to expect when initiating gender affirming healthcare:**

- When making an appointment for gender affirming healthcare, ask specifically for "gender care."
- The first appointment will likely be about establishing care (getting to know you and assessing your needs.)
- For those under 18 years of age, parental consent is needed to start hormones. However, if you are under 18 and feel your parent or guardian may not be willing to consent, your provider can help you talk with your family or connect them with other families for support.

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## HEALTHCARE RESOURCES (CONT.)

- The provider will likely order a blood test to be sure prescribing hormones is safe. Typically for the first year, blood work will be ordered every 3 months to be sure your blood levels of Estrogen or Testosterone are stable and where they should be. Nervous about getting blood drawn? See below for tips on how to make the experience easier.
- Everyone's transition looks different. It's about affirming YOUR gender. You get to choose what that looks like. The provider will work with you to see what your needs are and what you're hoping the transition process will do for you.
- To obtain a letter from a mental health provider for surgery, the provider may want to see you for a few sessions to make sure they know you enough to write the letter if you have not already established care with them. When finding a new therapist, if you think you will need this letter at some point in the future you should ask them if they are comfortable providing this for you. Most LGBT friendly therapists will be comfortable with this.
- Testosterone will give you male secondary sex characteristics such as deeper voice, facial hair growth, muscle growth, redistribution of body fat away from hips and breasts, etc.
- Estrogen will help you develop female secondary sex characteristics such as less body hair, breast growth, redistribution of body fat toward hips and breasts, etc. Your provider also may prescribe you a testosterone blocker, spironolactone.
- These medications have some mild side effects but can also have some severe but rare side effects such as stroke or heart attack. This is why your provider will ask for a detailed (as best you can) medical and family history.

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### ■ Nervous about getting your blood drawn?

The thought of getting blood drawn can make people uncomfortable or anxious, especially the first time. Here are a few things you can do to manage your anxiety and discomfort during your blood draw:

- Stay hydrated with water. Some bloodwork requires that you don't eat or drink anything containing nutrients, calories, or sugar for a period of time before the blood draw. Water contains no nutrients, fat, or sugar. For a few days before the blood draw and the day of, be sure to drink enough water. Recommended daily water intake is half your body weight in ounces. Doing this will make your veins "fuller" and easier to find.
- Be honest with the person taking your blood if you are nervous, if you are prone to fainting, or if it is your first time. Being aware of these things will help the person taking your blood make it easier and safer for you.
- Remember to breathe! Don't hold your breath when having your blood drawn. Holding your breath can make you feel more faint if you are prone to fainting. You can practice a simple breathing technique like "box breathing."
- To practice box breathing... 1. Inhale for four counts, 2. Hold for four counts, 3. Exhale for four counts, and 4. Repeat four times.
- Look away. Don't watch your blood being drawn, especially if the thought of it makes you queasy. Watch television, read a book, or even fixate on another object in the room.
- Ask for a "countdown" from the person drawing your blood if you think this will be helpful.
- Listen to music with headphones to distract yourself
- Sit still and don't fidget. Moving will make it harder for the person to find your vein, possibly resulting in more pokes if they can't find one.
- Ask if you can bring a friend or family member to hold your hand while having your blood drawn.



# GENDER AFFIRMING AND LGBTQIA+ FRIENDLY THERAPISTS

## ■ PERSAD Center

5301 Butler Street, Pittsburgh, PA 15201

412-441-9786

[www.persadcenter.org](http://www.persadcenter.org)

## ■ Adaptive Behavioral Services

6031 Broad Street, Suite #201,

Pittsburgh, Pennsylvania 15206

412-661-7790

[www.adaptivebehavioralservices.com](http://www.adaptivebehavioralservices.com)

Accepted Insurance: Not listed

Therapy Models: Not listed

## ■ Dr. Todd Raymond Avellar, PsyD

2345 Murray Avenue, Suite #305, Pittsburgh, Pennsylvania 15217

878-201-6937

[www.avellarwellness.com](http://www.avellarwellness.com)

Accepted Insurance: Blue Cross Blue Shield, Highmark, UPMC

Therapy Models: Acceptance and Commitment Therapy (ACT), Coaching,

Contemplative Psychotherapy, Culturally Sensitive, Humanistic, Mindfulness-

Based Cognitive Behavioral Therapy(MBCT), Multicultural, Person-Centered,

Relational, Somatic

## ■ Neta Bar, LSW, PhD

5725 Forward Avenue, Suite 100, Pittsburgh, Pennsylvania 15217

878-313-2271

[www.chartecenter.org/about](http://www.chartecenter.org/about)

[Psychology Today listing](#)

Accepted Insurance: Aetna, BlueCross and BlueShield, Highmark, Medicaid,

Medicare, UPMC, UnitedHealthcare

Therapy Models: Cognitive Behavioral Therapy (CBT), Mindfulness, and Family Systems

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## GENDER AFFIRMING AND LGBTQIA+ AFFIRMING THERAPISTS (CONT.)

### ■ **Stephanie Baverso, LCSW**

Metro Community Health Center  
1789 S. Braddock Ave, Suite #410, Pittsburgh, PA 15218  
412-342-4057

[www.metrocommunityhealthcenter.org](http://www.metrocommunityhealthcenter.org)

Accepted Insurance: Medicaid (CCBH, VBH), Medicare, UPMC, Highmark, Aetna, United, Cigna, sliding scale fees for self-pay available – based on need, proof of income required

Therapy Models: Solutions Focused Therapy, Cognitive Behavioral Therapy (CBT), Motivational Interviewing, Interpersonal Psychotherapy, Problem Solving Therapy, and Exposure Therapy

### ■ **Taffie Bucci, LCSW**

425 N. Craig Street, Suite #302, Pittsburgh, PA 15213  
412-432-9629

[www.taffiebuccilcsw.com](http://www.taffiebuccilcsw.com)

[Psychology Today listing](#)

Accepted Insurance: Aetna, Blue Cross, Blue Shield, BlueCross and BlueShield, Cigna, Highmark, Medicaid, Medicare, MultiPlan, Optum, POMCO, UPMC, UnitedHealthcare

Therapy Models: Eye Movement Desensitization and Reprocessing (EMDR), Humanistic, Interpersonal, Multicultural, Person-Centered, Psychodynamic, Strength-Based, Trauma Focused

### ■ **Amy K. Bucciere, LCSW, CST**

425 N Craig St, Suite 302, Pittsburgh, PA 15213  
724-871-3085  
724-544-4857

[www.amykbucciere.com](http://www.amykbucciere.com)

Accepted Insurance: Aetna, BlueCross and BlueShield, Highmark, Medicaid, Medicare, UnitedHealthcare, UPMC

Therapy Models: Attachment-Based, Culturally Sensitive, Family / Marital, Family Systems, Feminist, Narrative, Person-Centered, Psychodynamic, Trauma Focused

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## GENDER AFFIRMING AND LGBTQIA+ AFFIRMING THERAPISTS (CONT.)

### ■ **Mary Burke, PhD**

321 S. Lange Ave, Pittsburgh, PA 15208

315-317-5766

Accepted Insurance: All insurances

Therapy Models: Relational, Depth-Oriented, Psychodynamic approach

### ■ **Amana Carvahlo, PsyD**

The Psychological Coop at Malec, Herring and Krause

195 Crowne Avenue, Mars, PA 16046

724-772-4949 Ext 107

[www.malecherringandkrause.com](http://www.malecherringandkrause.com)

[Psychology Today listing](#)

Accepted Insurance: Highmark Blue Cross/Blue Shield, Anthem and Empire BC/BS, Cigna, UPMC (unfortunately not UPMC for you)

Therapy Models: Assertiveness/Self-Advocacy training, Cognitive Behavioral Therapy (CBT), Eclectic, Emotionally Focused, Existential, Feminist Therapy, Humanistic, Integrative, Interpersonal, Mindfulness-Based (MBCT), Relational, Solution Focused Brief (SFBT), Trauma Focused

### ■ **Vered Cohen, MD**

The Via Center, PC

3055 Washington Rd, Suite #101, McMurray, PA 15317

724-260-0550

[www.theviacenter.com/services.html](http://www.theviacenter.com/services.html)

Accepted Insurance: UPMC and Highmark, Self-pay options

Therapy Models: Not listed

### ■ **Lauren Cormier, MAAT, LPC**

6315 Forbes Ave, Suite L120, Pittsburgh, PA 15217

412-715-8713

[Psychology Today listing](#)

Accepted Insurance: Blue Cross, Blue Shield, CHIP, Highmark, UPMC, UPMC for Kids, UPMC partners, out of network

Therapy Models: Art Therapy, Cognitive Behavioral (CBT), Compassion Focused, Dialectical (DBT), Expressive Arts, Family Systems, Interpersonal, Trauma Focused

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## GENDER AFFIRMING AND LGBTQIA+ AFFIRMING THERAPISTS (CONT.)

### ■ **Rich Cummings, MSW, LSW**

401 Shady Ave, Suite D106b, Pittsburgh, PA 15206

412-537-1127

Accepted Insurance: All but Blue Cross/ Blue Shield

Therapy Models: Not listed

### ■ **Holly Dean-Hill, PhD**

4 Allegheny Center, 8th Floor, Pittsburgh, PA15212

412-330-3231

[https://doctors.ahn.org/Hollie-K-Dean-Hill?](https://doctors.ahn.org/Hollie-K-Dean-Hill?ga=2.49318438.1269512970.1564512854-904119756.1564512854)

[ga=2.49318438.1269512970.1564512854-904119756.1564512854](https://doctors.ahn.org/Hollie-K-Dean-Hill?ga=2.49318438.1269512970.1564512854-904119756.1564512854)

Accepted Insurance: Medicaid, Medicare, Highmark, Aetna, Optum, United, and Tricare (just not UPMC).

Therapy Models: not listed

### ■ **Patty Delaney, LCSW**

5655 Bryant Street, Pittsburgh, PA 15206

773-865-3354

[www.nuincenter.com/practitioners/patty-delaney-lcsw/](http://www.nuincenter.com/practitioners/patty-delaney-lcsw/)

Accepted Insurance: Highmark BCBS, UPMC, United, Value Options

Therapy Models: Cognitive Behavioral Therapy(CBT), Psychodynamic, Hypnotherapy and Family Systems

### ■ **Dr. Erin Donnelly, PsyD**

135 Cumberland Road, Suite 110, Pittsburgh, PA 15237

913-370-7041

[www.drerind.com/about-the-practice.html](http://www.drerind.com/about-the-practice.html)

[Psychology Today listing](#)

Accepted Insurance: Not listed

Therapy Models: Acceptance and Commitment Therapy (ACT), Attachment-based, Cognitive Behavioral Therapy (CBT), Compassion Focused, Culturally Sensitive, Emotionally Focused, Emotionally Focused Couples Therapy, Existential, Feminist, Integrative, Interpersonal, Mindfulness-Based Cognitive Behavioral Therapy (MBCT), Motivational Interviewing, Psychodynamic, Psychological Testing and Evaluation, Relational, Strength-Based, Trauma Focused

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## GENDER AFFIRMING AND LGBTQIA+ AFFIRMING THERAPISTS (CONT.)

### ■ **Deana Ekas, LCSW**

CHP Center of Adolescent and Young Adult Medicine  
120 Lytton Avenue, Pittsburgh, PA 15213  
412-692-6677

All insurances accepted.

Patients will first establish with our medical team to become a patient of the clinic and be referred to the therapists if appropriate.

### ■ **Mike Elliot, MSPC, NCC, LPC**

Elliot Counseling  
6315 Forbes Avenue, Suite L119D, Pittsburgh, PA 15217  
412-212-6909

[www.elliottcounseling.com](http://www.elliottcounseling.com)

Accepted Insurance: Highmark BC/BS

Therapy Models: not listed

### ■ **Mark Friedman, PhD, LSW**

401 Shady Avenue, Suite B207, Pittsburgh, PA 15206  
412-478-0265

[Psychology Today listing](#)

Accepted Insurance: UPMC

Therapy Models: not listed

### ■ **Judy A. Gettle, Ph.D**

4716 Ellsworth Avenue, Suite 105, Pittsburgh, PA 15213  
412-242-8707

[www.judygettlephd.com](http://www.judygettlephd.com)

Accepted Insurance: Most insurances accepted

Therapy Models: not listed

### ■ **Nancy L. Hammond, LPC, LLC**

4716 Ellsworth Avenue, Suite #116, Pittsburgh, PA 15213  
412-682-2573

[www.nancyhammond-lpc.com](http://www.nancyhammond-lpc.com)

Accepted Insurance: UPMC, Highmark, United Healthcare/Optum

Therapy Models: Not listed

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## GENDER AFFIRMING AND LGBTQIA+ AFFIRMING THERAPISTS (CONT.)

■ **Angela J Hartman, PsyD**

128 N Craig St, Pittsburgh, PA 15213  
412-265-3912

[www.drahartman.com](http://www.drahartman.com)

Accepted Insurance: Highmark/Blue Cross Blue Shield, Aetna, MHNet, Health America, Tricare, Devon Health PPO

Therapy Models: Cognitive Behavioral Therapy (CBT), Humanistic, Interpersonal, Feminist/Empowerment, Multicultural, and Solution-Focused (SFBT)

■ **Robert Hawkins, LPC**

226 Paul Street, Suite 203, Pittsburgh, PA 15211  
412-488-7832

[www.roberthawkinslpc.com](http://www.roberthawkinslpc.com)

[Psychology Today listing](#)

Accepted Insurance:

Therapy Models:

■ **Lathe Haynes, PhD**

401 Shady Avenue, Suite C107, Pittsburgh, PA 15206  
412-361-6336

Accepted Insurance: Highmark BC/BS, UPMC, Coventry, Aetna

Therapy models: not listed

■ **James Huggins, PhD**

401 Shady Avenue, Suite A106, Pittsburgh, PA 15206  
412-362-9388

[www.aasect.org/find-professional/listing/1/3860](http://www.aasect.org/find-professional/listing/1/3860)

Accepted Insurance: Highmark and UPMC only

Therapy Models: Psychodynamic (short and long-term) and Strategic Family Therapy

■ **Kim Henry, LCSW**

PERSAD Center  
5301 Butler Street, Suite 100, Pittsburgh, PA 15201  
412-441-9786

[www.persadcenter.org](http://www.persadcenter.org)

Accepted Insurance: Not listed

Therapy Models: Not listed

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## GENDER AFFIRMING AND LGBTQIA+ AFFIRMING THERAPISTS (CONT.)

### ■ **Jeb Jungwirth, PhD**

Allegheny Therapy & Wellness  
808 Western Avenue, 1st Floor, Pittsburgh, PA 15233  
412-530-5712

[www.alleghenytherapypgh.com](http://www.alleghenytherapypgh.com)

Accepted Insurance: Highmark BCBS, UPMC  
Therapy Models: Cognitive, Humanistic, Relational, and Psychodynamic techniques utilized

### ■ **Loving Me Solutions**

401 Shady Avenue, Suite 201-C, Pittsburgh, PA 15206  
Call Ms. Anne Forrest, LPC  
412-923-4494

[www.anneforrest.com](http://www.anneforrest.com)

[Psychology Today listing](#)

Accepted Insurance: Not listed  
Therapy Models: Gestalt Therapy

### ■ **Cynthia Magistro, PhD**

6315 Forbes Ave, Suite #120, Pittsburgh, PA 15217  
412-345-5512

[www.cynthiamagistro.com](http://www.cynthiamagistro.com)

Accepted Insurance: Highmark only  
Therapy Models: Existential Psychotherapy, Interpersonal Process, Cognitive Behavioral, Mindfulness, Narrative, Structural and Strategic Family Systems, Emotionally Focused Couples Therapy, Relationship Enhancement Skills Training, and/or Acceptance and Commitment Therapy (ACT)

### ■ **James Manzella, LCSW, MA**

2250 Mary Street, Suite 307, Pittsburgh, PA 15203  
412-532-1589

[Psychology Today listing](#)

Accepted Insurance: Highmark Blue Cross/Blue Shield, UPMC, Aetna, Compysch  
Therapy Models: Cognitive Behavioral Therapy (CBT), Existential, Family / Marital Therapy, Humanistic, Motivational Interviewing, Psychodynamic, Relational, Solution Focused Brief (SFBT)

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## GENDER AFFIRMING AND LGBTQIA+ AFFIRMING THERAPISTS (CONT.)

### ■ Michael Marshal, PhD

Center for Mental Health and Wellness, LLC  
401 Shady Avenue, Suite A205, Pittsburgh, PA 15206  
412-456-7890

<http://box2010.temp.domains/~centesx7/>

[\*Psychology Today listing\*](#)

Accepted Insurance: Allegheny HealthChoices, CHIP | Children's Program, UPMC MyCare Advantage HMO and PPO/EPO, UPMC Tower, UPMC Partner Network Plans - HMO and EPO Plans, UPMC Premium Network Plans - PPO and EPO Plans, UPMC Standard Network Plans - HMO Plans, UPMC for Kids; UPMC for You  
Therapy Models: Coaching, Cognitive Behavioral (CBT), Emotionally Focused, Interpersonal, Person-Centered, Positive Psychology, Strength-Based

### ■ Tracey S. McCarthy, MEd, BCC, LPC, BC-TMH

Arcadia Counseling & Consulting Services, LLC  
6736 Reynolds Street, 2nd Floor, Pittsburgh, PA 15206  
724-908-0060

[www.arcadiaccs.com](http://www.arcadiaccs.com)

[\*Psychology Today listing\*](#)

Accepted Insurance: Not listed

Therapy Models: Eye Movement Desensitization and Reprocessing (EMDR)

### ■ Stephanie McCracken, MSPC

The Counseling and Wellness Center of Pittsburgh  
830 Western Avenue, Pittsburgh, PA15233  
412-322-2129

[www.revivingmindstherapy.com](http://www.revivingmindstherapy.com)

Accepted Insurance: Highmark BC/BS, Aetna, Cigna and out-of-network sliding scale

Therapy Models: Not listed

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## GENDER AFFIRMING AND LGBTQIA+ AFFIRMING THERAPISTS (CONT.)

### ■ Michael Mignogna, MS pre-licensed professional

520 Brookline Boulevard, Pittsburgh, PA 15226  
724-246-6699

#### [Psychology Today listing](#)

Accepted insurance:

Therapy Models: Art Therapy, Compassion Focused, Eye Movement Desensitization and Reprocessing (EMDR), Existential, Expressive Arts, Gestalt, Multicultural, Psychodynamic, Trauma Focused

### ■ Nicole Montelone, MA, LPC, NCC

The Counseling and Wellness Center of Pittsburgh  
830 Western Avenue, Pittsburgh, PA 15233  
412-322-2129

[www.counselingwellnesspgh.com/counseling-pittsburgh-monroeville/nicole-monteleone/](http://www.counselingwellnesspgh.com/counseling-pittsburgh-monroeville/nicole-monteleone/)

Accepted Insurance: Highmark BC/BS, Aetna, Cigna and out-of-network sliding scale

Therapy Models: Cognitive Behavioral Therapy (CBT), Expressive Arts Therapy, Humanistic, and Mindfulness-Based Stress Reduction

### ■ Dennis M. Nigra, LPC

901 Western Avenue, Suite 204, Pittsburgh, PA 15233  
412-419-2184

#### [Psychology Today listing](#)

Accepted Insurance: Medicaid, Highmark BC/BS, UPMC, Gateway, MHNNet/Coventry

Therapy Models: Behavioral Therapy, Cognitive Behavioral (CBT), Existential, Family Systems, Humanistic, Mindfulness-Based (MBCT), Narrative, Play Therapy, Pragmatic, Rational Emotive, Behavior Therapy (REBT), Solution Focused Brief (SFBT), Strength-Based

### ■ Kara Peters, LCSW

CHP Center of Adolescent and Young Adult Medicine  
120 Lytton Avenue, Pittsburgh, PA 15213  
412-692-6677

All insurances accepted.

Patients will first establish with our medical team to become a patient of the clinic and be referred to the therapists if appropriate.

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## GENDER AFFIRMING AND LGBTQIA+ AFFIRMING THERAPISTS (CONT.)

### ■ **Andi Pilecki, LPC, NCC**

The Nuin Center

5655 Bryant Avenue, Suite 106, Pittsburgh, PA 15206

412-216-7507

[www.andipilecki.vpweb.com](http://www.andipilecki.vpweb.com)

Accepted Insurance: Highmark Blue Cross/Blue Shield, UPMC

Therapy Models: Psychodynamic

### ■ **David Prybock, PhD**

134 S. Highland Ave, Suite 17, Pittsburgh, PA 15206

412-952-5348

[www.pittsburgh-therapists.com](http://www.pittsburgh-therapists.com)

Accepted Insurance: Highmark and UPMC

Therapy Models: Gestalt Therapy, Physical Process, Cognitive Behavioral Therapy (CBT), Person-Centered/Humanistic Therapy, Mindfulness-Based Therapy and Stress Reduction, Eye Movement Desensitization and Reprocessing (EMDR)

### ■ **Raymond T. Ramos, MSW, LCSW**

401 Shady Avenue, Suite A-106, Pittsburgh, PA 15206

724-887-3181

Accepted Insurance: Highmark, UPMC, Aetna

Therapy Models: Not listed

### ■ **Dana Rofey, PhD**

Children's Hospital of Pittsburgh, UPMC

120 Lytton Ave, Pittsburgh, PA 15213

412-383-8136

[www.chp.edu/CHP/Rofey,+Dana+L.,+PhD](http://www.chp.edu/CHP/Rofey,+Dana+L.,+PhD)

Accepted Insurance: Not listed

Therapy Models: Not listed

Experience working with young trans children

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## GENDER AFFIRMING AND LGBTQIA+ AFFIRMING THERAPISTS (CONT.)

### ■ **Lindsey R. Rogerson, LPC**

Chrysalis: Mental Health & Trauma Specialists, LLC  
36 Wabash Street, Pittsburgh, Pennsylvania 15213  
412-889-2142

[www.rtpgh.com/Therapists.html](http://www.rtpgh.com/Therapists.html)

Accepted Insurance: Aetna, Blue Cross/Blue Shield, GEHA, Highmark, MHNet, United Behavioral Health (UBH), UMR, UPMC (commercial policies only)  
Therapy Models: Eye Movement Desensitization and Reprocessing (EMDR), Rational Emotive Behavior Therapy (REBT), Impact Therapy, Transactional Analysis (TA), Reality Therapy, and Adlerian Therapy.

### ■ **Allison J. Spinneweber, LCSW**

6315 Forbes Avenue, Suite B14, Pittsburgh, Pennsylvania 15217  
412-467-6042

[www.eastendtherapists.com](http://www.eastendtherapists.com)

Accepted Insurance: Highmark (BC/BS), Aetna, and Cigna  
Therapy Models: Cognitive Behavioral Therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR)

### ■ **Nick Summa, LMFT**

150 Robins Station Road, Suite 8, Irwin, Pennsylvania 15213  
412-238-7274

[www.nicksummamft.com](http://www.nicksummamft.com)

Accepted Insurance: UPMC commercial, Blue Cross Blue Shield, Optum, sliding scale self-pay  
Therapy Models: not listed

An aerial photograph of Pittsburgh, Pennsylvania, showing the city skyline with numerous skyscrapers, several bridges crossing the Allegheny River, and a highway interchange in the foreground. The image is overlaid with a semi-transparent black box on the right side containing text.

## ACKNOWLEDGEMENTS

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[www.rocketartpgh.com](http://www.rocketartpgh.com)

Photos: Wasin Pummarin