

# Gender Affirming Clinical Consultation

**Gender-Affirming  
Clinical Consultation is  
available to professionals  
within the County of Santa Clara  
system and its network of partner  
agencies, who provide supportive  
services to community members  
in Santa Clara County.**

This service is so important because:

- Transgender, gender non-binary, and gender-expansive folx\* regularly face individual and institutional stigma, bias, and discrimination.
- Transgender, gender non-binary, and gender-expansive folx experience an increased risk of self-harm, mental emotional distress, and suicide risks.
- Community members, and providers, have expressed the desire and need for professional development opportunities to prepare and educate clinicians around gender specialty care.
- The Behavioral Health Services Department is committed to increasing the accessibility and quality of gender affirming clinical support.

(\*folx is used intentionally, to be inclusive of all marginalized groups, including people of color and all gender identities)



Consultation is provided by **Lida N. Vala, LMFT**, a Licensed Marriage & Family Therapist who works in private practice in Campbell, California. She identifies as a Persian-American transgender woman, and a philosopher by nature. She is a supportive figure for anyone on their gender journey. Her style of therapy emphasizes the importance and validation of a client's lived experiences. Lida provides advocacy for the transgender and non-binary community via training and consultation for professionals.

**Meet Lida here!** <https://youtu.be/YIKAdzVYNKs>

## Gender-Affirming Clinical Consultation is:

- Available now through confidential video or phone consultation (soon, in person)
- An opportunity for clinicians to discuss questions honestly and openly, and develop skills for working with trans, non-binary, and gender expansive folx
- An opportunity to learn about local resources for trans and non-binary folx
- An opportunity to gain an increased awareness of ways to best support trans and non-binary folx who consider medical interventions as a form of treatment
- A safe, space where mistakes can be made with the intention to learn from them



Request Clinical Consultation here:  
[www.surveymonkey.com/r/GenderAffirmingConsultation](http://www.surveymonkey.com/r/GenderAffirmingConsultation)

For questions, please contact The Q Corner  
([www.sccbhsd.org/theQCorner](http://www.sccbhsd.org/theQCorner)) at:  
[theqcorner@hhs.sccgov.org](mailto:theqcorner@hhs.sccgov.org) or 408-977-8800

