

## **Health Equity for Transgender and Gender Diverse People: Lessons Learned from Inpatients Receiving Care at the Institute of Living**

presented by

### **Gretchen Diefenbach, PhD**

Dr. Diefenbach is a Senior Research Scientist and Coordinator of Research Operations at the Anxiety Disorders Center at the Institute of Living, and Adjunct Assistant Professor of Psychiatry at Yale University School of Medicine. Dr. Diefenbach earned her Ph.D. from Louisiana State University and completed her internship and post-doctoral fellowship at the University of Texas Health Sciences Center at Houston Medical School. Her research program broadly aims to improve the efficacy and accessibility of psychiatric treatments, particularly those utilizing cognitive-behavioral therapy. Dr. Diefenbach has collaborated on treatment development and outcome studies for a variety of psychiatric conditions and patient populations. She has published over 90 scientific journal articles and has served as a Principal or Co-Investigator for grants from the National Institute of Mental Health and the American Foundation for Suicide Prevention.

### **Laura Saunders, PsyD, APP**

Laura M. I. Saunders, Psy.D. ABPP is a staff psychologist working at the Institute of Living/Hartford Hospital. She is also Board Certified in Clinical Psychology. She is the Director of the new initiative, the Center for Gender Health at Hartford Healthcare. In 2015, Dr. Saunders was named the Employee of the Year for Hartford Hospital. In 2019, Dr. Saunders was the recipient of the Ned Graffagnino Award for distinguished service in the areas of community-oriented work and collaboration with other mental health professionals. CT Voice magazine awarded Dr. Saunders, in 2024, the Health Equity award for being a visionary leader within the LGBTQ community. Areas of expertise include LGBTQ mental health, child psychopathology, parent training and family therapy. She appears regularly in local TV news to provide psychological commentary on topics relevant to youth and families and currently has two weekly segments called "Checking In" on WFSB/Ch.3, the Great Day CT show, related to child and family mental health.

### **Jessica Stubbing, PhD**

Jessica Stubbing, PhD. Clin Psych (she/her) is a child and adolescent psychologist at Cambridge Health Alliance and a former postdoctoral fellow at the Anxiety Disorders Center at the Institute of Living. Jess's research focuses on improving understanding of and response to suicidal thoughts and behaviors. She completed her doctorate in clinical psychology at the University of Auckland and her clinical internship at Starship Children's Hospital, both in New Zealand. She holds faculty appointments at the University of Auckland and Harvard Medical School.

**4/3/2025 12:00:00 PM**

<https://hartfordhealthcare.zoom.us/j/95508959235>

**Learning Objectives:** *As a result of participating in this Live Activity, participants should be able to:*

- 1. List three behavioral health care inequities experienced by transgender people.*
- 2. Describe three ways to create an affirming inpatient behavioral health care stay for transgender people.*
- 3. Explain the role of social connection/disconnection in suicide risk and treatment for transgender people.*

**Accreditation:** In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

**Physicians:** Hartford HealthCare designates this Live Activity for a maximum of **1.25 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses:** This activity is designated for a maximum of **1.25 ANCC contact hours**.

**Psychologists:** Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

**Social Workers:** As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive **1.25 general** continuing education credits.

**Other Learners:** All other learners will receive a Certificate of Participation for **1.25** hours of education. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for **AMA PRA Category 1 Credit™** from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

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- Jessica Stubbing, PhD : Nothing to disclose - 03/14/2025

