

TACT

*Trans Advocacy
& Care Team*

Trans folks helping
trans folks thrive



Our Mission

To champion the wellbeing of transgender and nonbinary individuals

Our Core Belief

Trans joy is possible when trans folks have access to the support networks they need to thrive.





Peer Counseling with a Gender Advocate

- Trans-identified volunteer peer counselors
- Resource navigation and compassionate support
- Free one-on-one support available across U.S.



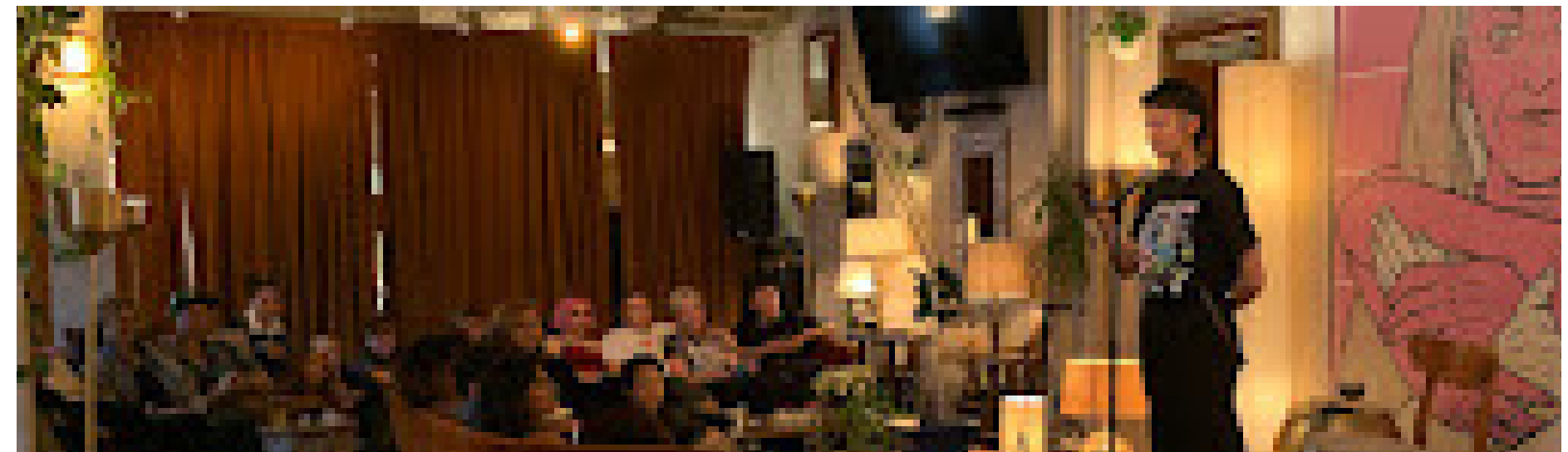
Support Groups

- Community connection and resource navigation
- Free virtual groups available across U.S.
- Multiple affinity spaces available



Equity Training

- Trans inclusion workshops to uplift gender diversity in the workplace
- Inclusivity assessments and consulting



Community Events

- Various in-person and online events
- Promote community and belonging

(Trans Grief + Joy Open Mic pictured above)

Meet Your Facilitator



Taj Smith

Partnerships & Education Coordinator

- He/him pronouns
- Transgender man (FTM)
- Started my transition in 2009
- Loves sci-fi and typewriters

Objectives



You will:

- Learn why trans inclusion matters to diversity, equity, and inclusion goals.
- Understand the importance of peer support to the overall wellbeing of trans and nonbinary individuals.
- Learn about TACT's peer support model and how we support thriving in trans adults across the US.



Over **1.3 million people** (18+) in the US
identify as transgender.

About 0.5% of the total US population.



Herman, J.L., Flores, A.R., O'Neill, K.K. (2022). How Many Adults and Youth Identify as Transgender in the United States?
The Williams Institute, UCLA School of Law

Figure 3. Race/ethnicity of adults who identify as transgender and of the U.S. population (ages 18 and older)

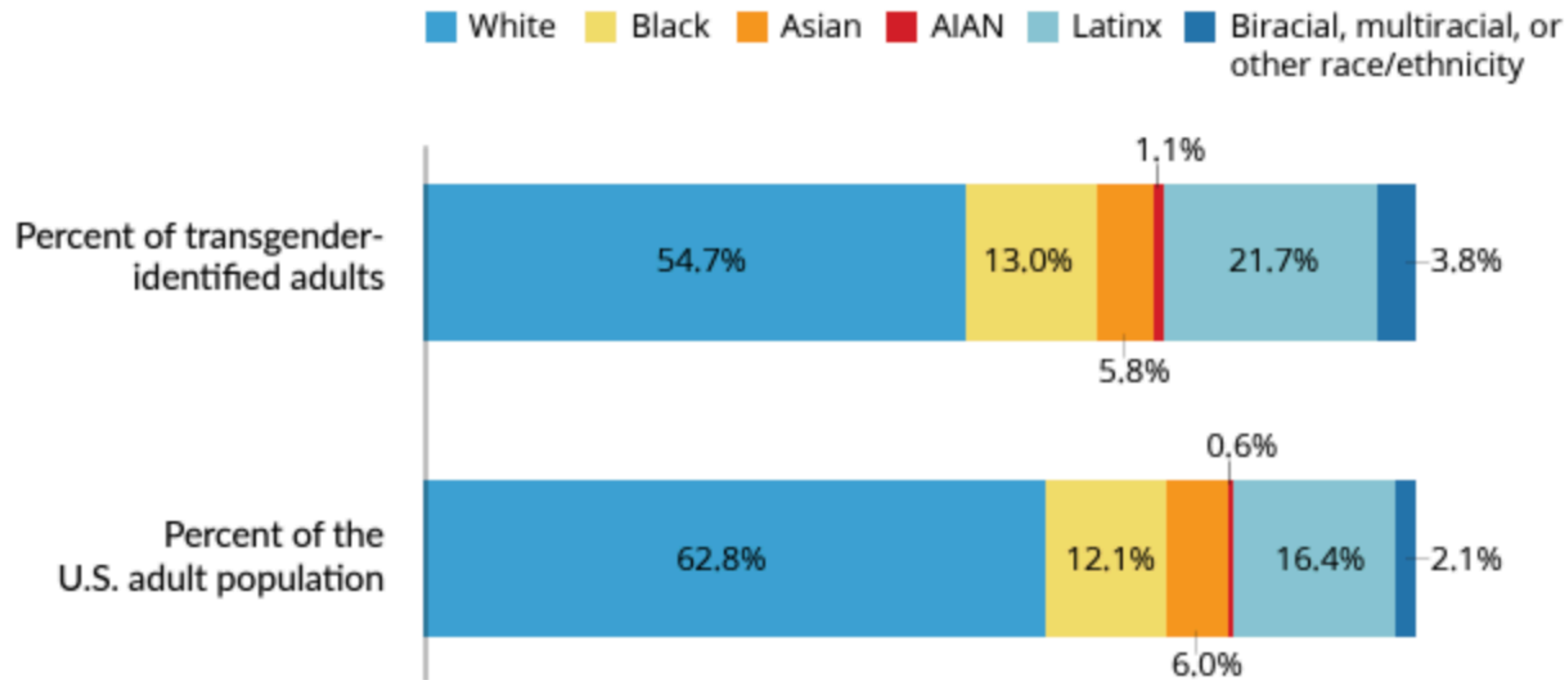
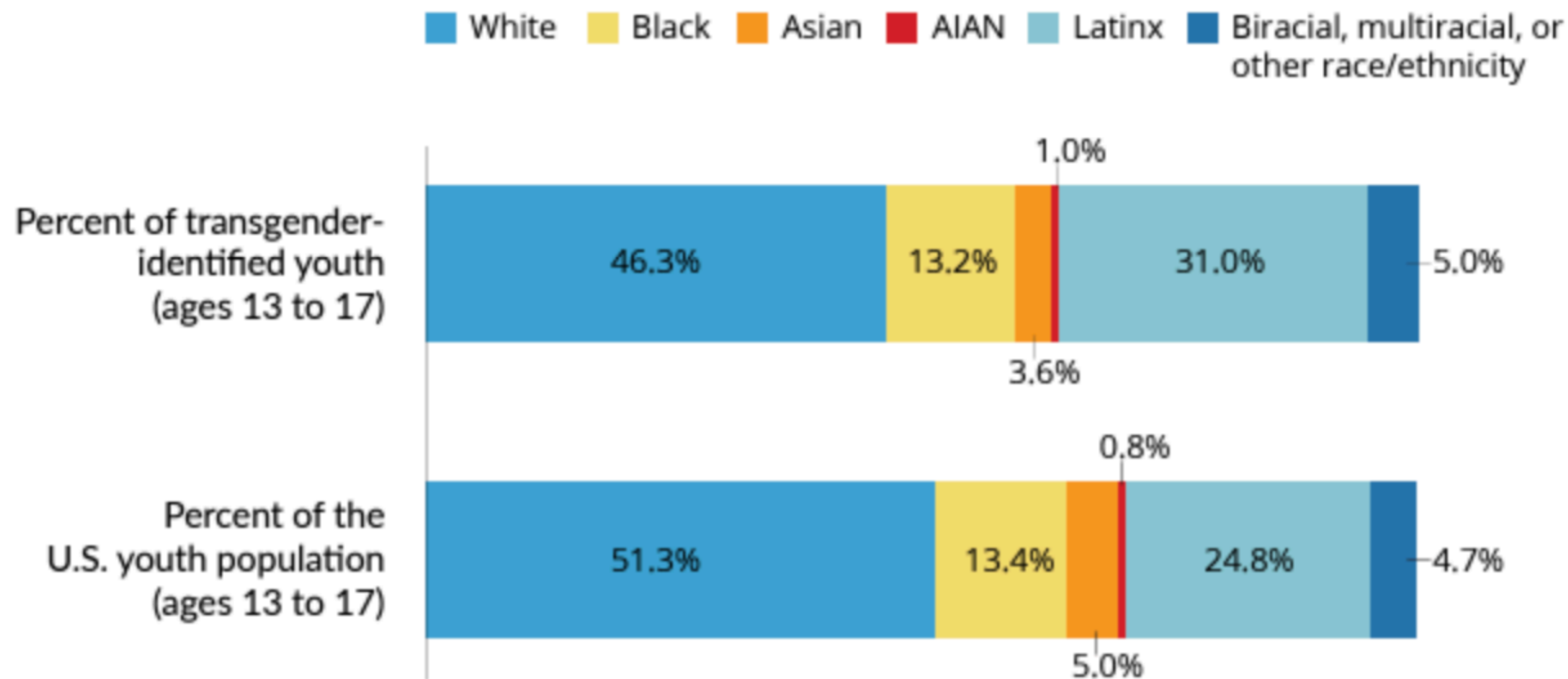


Figure 4. Race/ethnicity of youth who identify as transgender and of the U.S. population (ages 13-17)




 The New York Times

Oklahoma's Anti-Trans Law Draws Scrutiny After Nex Benedict's Death

The student, who did not identify as male or female, according to their family, died a day after an altercation in a school bathroom.

Feb 26, 2024

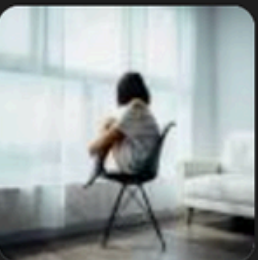


 Medical Xpress

Transgender, non-binary, gender-diverse people more likely to have a long-term mental health condition, says study

The risk of having a long-term mental health condition in England is roughly one in six for transgender men and women (16.4% and 15.9%...

Jan 31, 2024




 ABC News - Breaking News, Latest News and Videos

'Epidemic' of anti-transgender violence highlighted in new report

Thirty-three transgender and gender-nonconforming people have been killed in the U.S. since last year's Transgender Day of Remembrance,...

Nov 20, 2023




 The Guardian

Trans boy, 17, who killed himself on mental health ward felt 'worthless'

Inquest hears Charlie Millers struggled with self-worth for years before self-harming in understaffed Prestwich hospital ward.

3 weeks ago

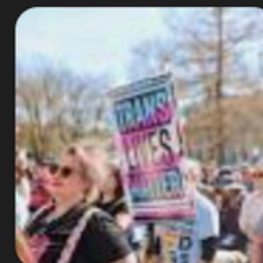


 PROMO Missouri

Missouri Lawmakers Aim to Erase Transgender People

On Wednesday, January 17, the Missouri Legislature will hear eight anti-LGBTQ+ bills in one day with two particularly egregious bills.

Jan 16, 2024




 U.S. News & World Report

Transgender People Face Much Higher Risk of Suicide, Landmark Study Shows

By Cara Murez HealthDay Reporter. HealthDay. WEDNESDAY, June 28, 2023 (HealthDay News) – New research has found that people who are...

Jun 28, 2023



 Healthline

36% of LGBTQ Youth Don't Believe They'll Live to the Age of 35

New research from The Trevor Project finds that many LGBTQ+ young people feel they have a low chance of living to age 35. Here's why.

Jan 23, 2024



 Fox News

UFC star Colby Covington rips USA Boxing's trans inclusion policy: 'This is disgusting'

UFC star Colby Covington appeared on OutKick's "Tomi Lahren is Fearless" and ripped USA Boxing's policies on trans inclusion in women's...

Jan 5, 2024





Discrimination and negative experiences with service providers keep trans people from accessing the care and services they need.

Trans Inclusion Matters

Survey results from the 2015 US Trans Survey revealed how compounding other forms of discrimination with trans identity impacts respondents:

3x

Trans people of color are more likely to live in poverty.

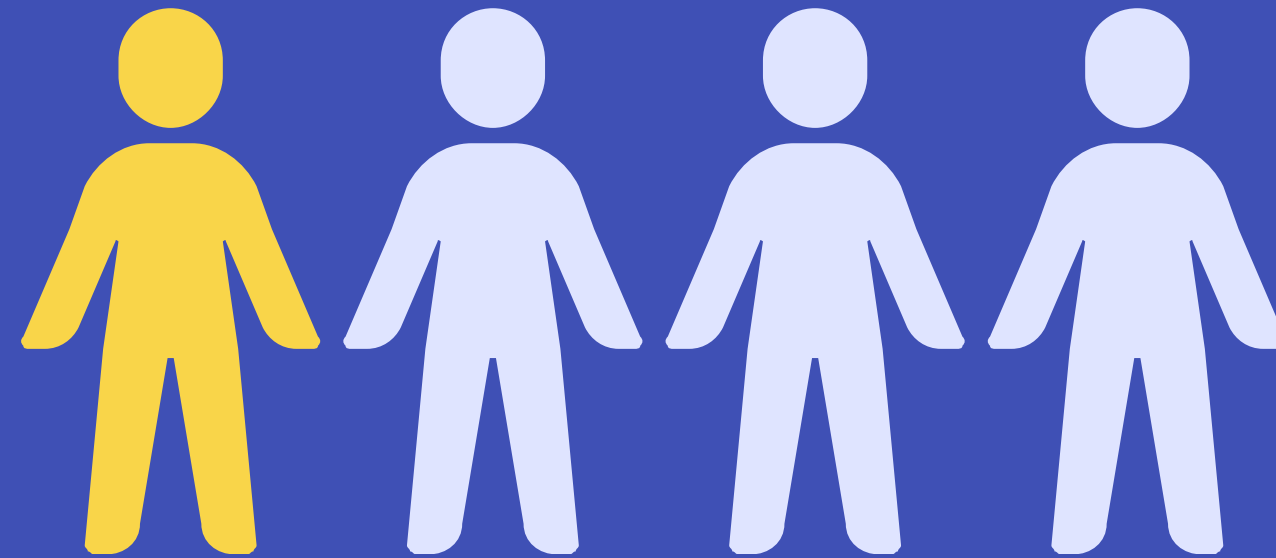
50%

of undocumented respondents have experienced homelessness.

59%

of trans people with disabilities reported serious psychological distress.

Trans Inclusion Matters



1 in 4 transgender respondents reported avoiding doctor's offices because of discrimination.

Trans Inclusion Matters

TABLE 2

Rate of violent victimization, by gender identity and type of crime, 2017–20

Type of crime	Rate per 1,000 persons age 16 or older		Standard error	
	Transgender ^a	Cisgender ^{*b}	Transgender	Cisgender
Violent crime ^c	51.5 †	20.5	13.33	0.70
Violent crime excluding simple assault ^d	19.0	7.4	8.07	0.36
Simple assault	32.5 ‡	13.0	11.00	0.54

Note: Categories of violent crime include threatened, attempted, and completed occurrences of rape or sexual assault, robbery, aggravated assault, and simple assault. See appendix table 4 for 95% confidence intervals, appendix table 5 for numbers of victimizations, and appendix table 9 for populations.

*Comparison group.

†Difference with comparison group is significant at the 95% confidence level.

‡Difference with comparison group is significant at the 90% confidence level.

^aAn individual whose gender identity is different from their sex assigned at birth. Includes respondents who reported identifying as transgender (54% of all transgender persons) or as a gender different from their sex assigned at birth (46%). See *Measurement of sexual orientation and gender identity in the National Crime Victimization Survey*.

^bAn individual whose gender identity is the same as their sex assigned at birth.

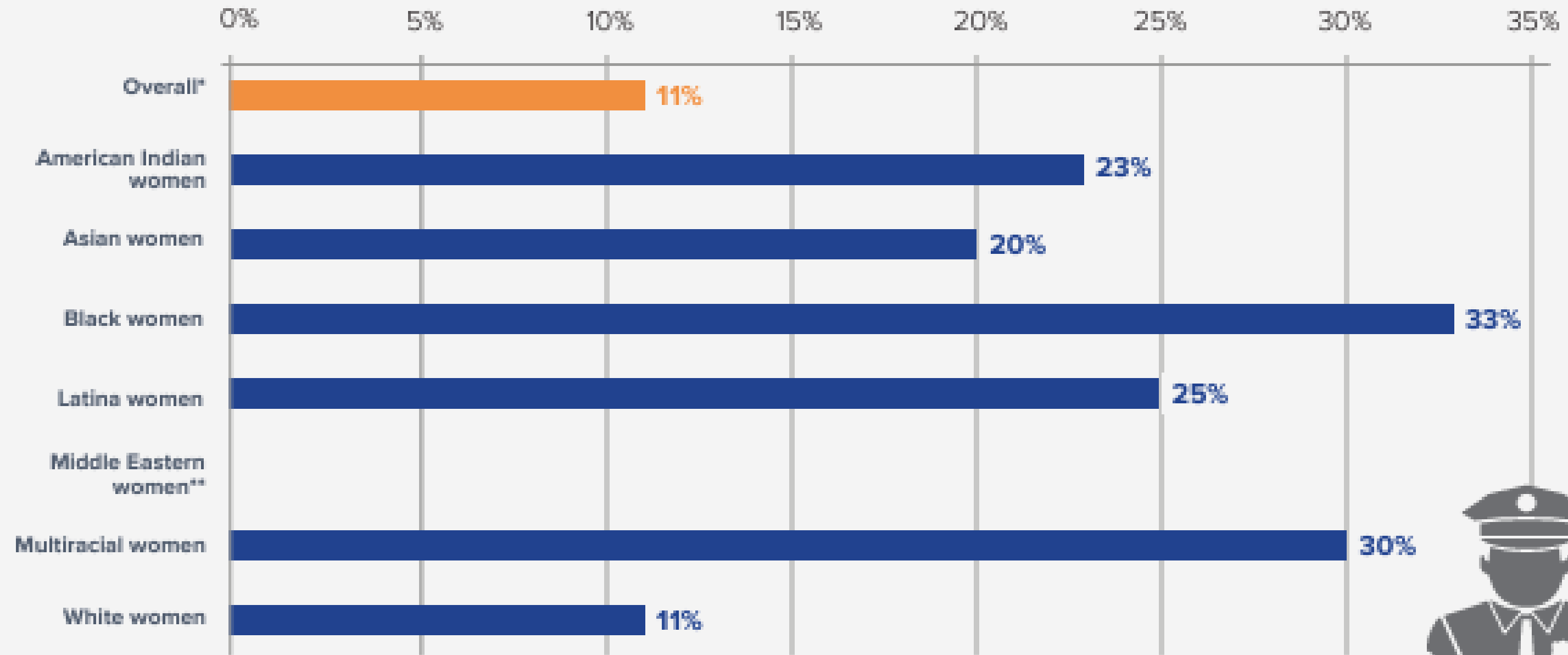
^cExcludes homicide because the National Crime Victimization Survey is based on interviews with victims.

^dIncludes rape or sexual assault, robbery, and aggravated assault.

Source: Bureau of Justice Statistics, National Crime Victimization Survey, 2017–20.

Transgender women reporting that police assumed they were sex workers in the past year
(out of those who interacted with officers who thought they were transgender)

RACE/ETHNICITY (%)



*Represents respondents of all genders who interacted with officers who thought they were transgender

**Sample size too low to report



The Challenge

- Isolation
- Social stigma
- Lack of support networks
- Barriers to affirming care

 Increased rates of psychological distress

Our Solution

- Foster belonging and connectedness
- Empower participants
- Provide resources
- Help access affirming care

 Improved wellbeing

Peer support is the **lifeline** our community needs.

We know that trans folks can live vibrant, happy lives when they have the support and connection they need.

Being trans doesn't inherently lead to suffering—living in a world that doesn't support you does.

While we can't shift the climate of hatred and bigotry against trans folks overnight, we can make sure that trans folks feel connected and supported when they need it the most.





We connect trans folks with trans peer counselors who can help them **shift the narrative** and awaken **trans joy**.

Studies show that peer support has **significant positive impacts** on mental health and wellbeing among trans individuals.*



*Barr, Budge, & Adelson (2016). Transgender community belongingness as a mediator between strength of transgender identity and well-being.

*Puckett, Matsuno, Dyar, Mustanski, & Newcomb (2019). Mental health and resilience in transgender individuals: What type of support makes a difference?



We connect trans folks with trans peer counselors who provide a **model of possibility** and help awaken **trans joy**.

Studies show that peer support has **significant positive impacts** on mental health and wellbeing among trans individuals.*



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Building a National Network to Change Trans Lives

TACT is creating a peer support network for trans and nonbinary individuals across the U.S. — one that's inspired, led, and facilitated by trans people themselves.

Our Services:

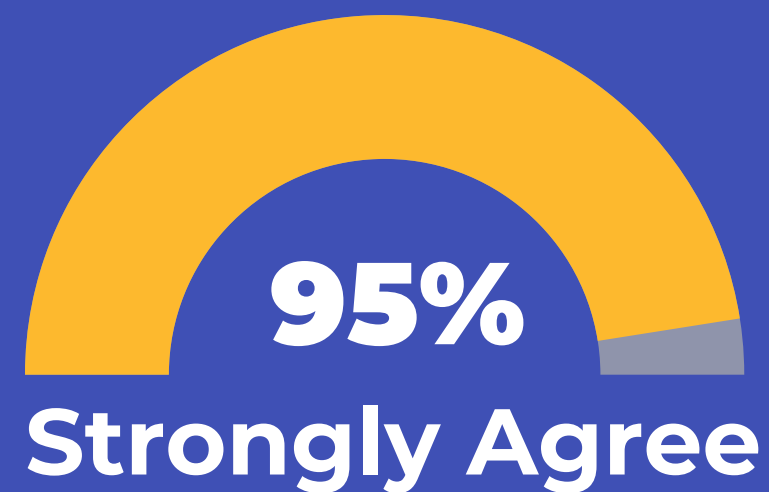
- Peer counseling
- Support groups
- Resource navigation
- Community events
- Equity training



Why Peer Support?

Our peer-counseling program improves trans individuals' overall wellbeing by:

- ↑ **Increasing** a sense of belonging and connectedness
- ↓ **Reducing** isolation and barriers to care



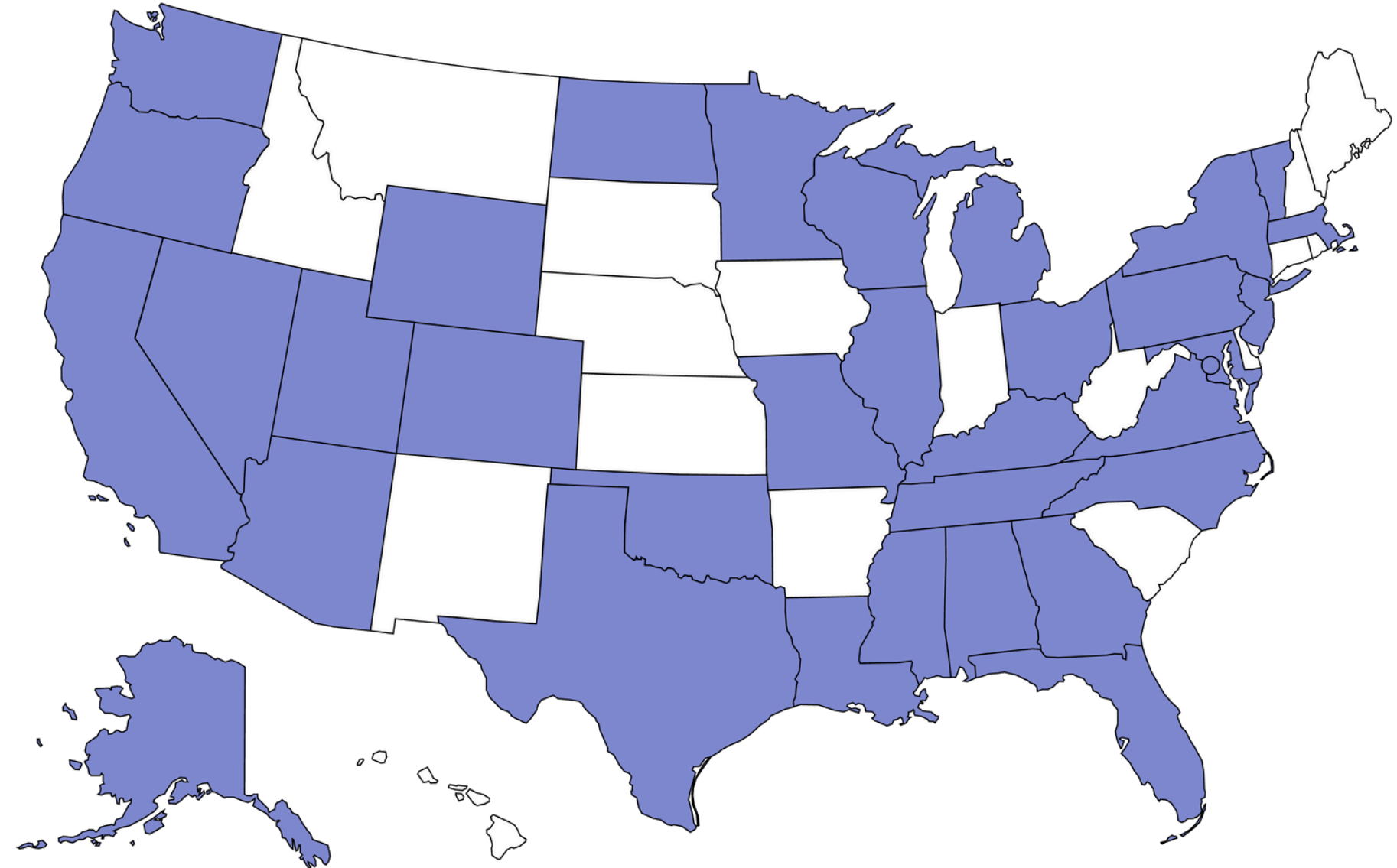
94.7% of our participants surveyed Strongly Agreed with the statement:
"My Gender Advocate helped me feel a sense of connection and belonging."



Our Reach



We served **233 trans participants** in
33 states in **2023**.




We aim to serve **8,000 trans participants**
in **50 states** by the end of **2026**.



Ongoing Peer Support is Preventative Care

We provide relational support and resource navigation over an extended period of time to reduce the likelihood that our participants reach a crisis state.*



*Pletta, D. R., Austin, S. B., Chen, J. T., Radix, A. E., Keuroghlian, A. S., Hughto, J. M. W., & Reisner, S. L. (2024). Lower levels of social support are associated with risk for future suicide attempts in a clinical sample of transgender and gender diverse adults.

DIY Peer Support Networks



Questions to Consider

- Who is already doing this work in my community?
- What are the overall goals of the program I want to create?
- How am I making this program safe for trans peer counselors and participants alike?
- Where are my blindspots? What information do I not know that I need to know?

DIY Peer Support Networks



Tips

- Build relationships with LGBTQ+ community centers and trans-led orgs.
- Find out who your local trans community trusts and work with them.
- Trans people need to be at the decision-making table when it comes to programs that involve us.
- Listen first, then plan.



Help Us Build a Better World for Trans People

We envision a world where trans people feel like they belong—and we need your help to make this a reality.

Together we can build a world in which individuals across the gender spectrum can thrive.



TACT

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Support trans wellbeing with TACT

- Share our services with your clients and community.
- Scan the QR code to join our mailing list.
- Follow and share on social media.
- Donate at www.yourtact.org.



@yourtact



TACT: Trans Advocacy & Care Team



/company/yourtact

Trans joy is possible

