

GENERAL

Support Groups

Kansas City

EQUAL Trans Support Group

- Typically every 3rd Thursday of the month at The Kansas City Center for Inclusion
- Facebook Group
(<https://www.facebook.com/groups/EQUALTransSupport/>)

Transformations (KC)

- Serves TNGC youth and young adults
- Virtual and outdoor meetings
- transformationskc.org
- contact@transformationskc.org

Wichita

Wichita Phoenix

- Serves adults
- Facebook Group
(<https://www.facebook.com/WichitaPhoenixSupport/>)
- wichitaphoenix@gmail.com

The Center (Wichita)

- Serves LGBTQ+ youth
- Get Connected group meets Fridays at 6 pm
- <http://www.thecenterofwichita.org/>

WSU-Spectrum (Wichita)

- LGBTQ+ and allies
- Meet via Zoom on Thursdays at 7 pm
- https://www.wichita.edu/student_life/organizations/other_groups/spectrum/

Anti-violence

FORGE

- Support groups for transgender survivors of sexual assault, domestic and dating violence, and stalking
- <http://forge-forward.org/>

Families and Allies

Gender Spectrum

<https://genderspectrum.org/articles/gender-spectrum-groups>

PFLAG

www.pflag.org

Guide for Schools

<https://www.aclu.org/report/schools-transition>

Pride

Kansas City Pride Alliance (KC)

<https://kcpridealliance.org/>

Wichita Pride (Wichita)

Wichita Pride

800 N Market St.

Wichita KS, 67214

Phone: 316.530.5428

Email: info@wichitapride.org

<https://www.wichitapride.org/>

Community Resources

World Professional Association for Transgender Health

<http://www.wpath.org/>

Provider directory, educational and medical resource documents.

Kansas City Center for Inclusion (KCCI)

[3740 Broadway Blvd #2W,](#)

[Kansas City, MO 64111](#)

Phone: (816)-753-7770

Email: info@inclusivekc.org

<https://www.inclusivekc.org/>

Meeting spaces, book group, binder exchange program.

Wichita LGBT Health Coalition

www.WichitaLGBTHealth.org

Provider directory, insurance resources.

Technology

TransasCity Blog

<http://transascity.org>

Deadname Remover Extension

<https://chrome.google.com/webstore/detail/deadname-remover/cceilgmnkeijahkehfcgfalepihfbcag>

Radio Station: The Tenth Voice

Saturdays at 1pm on KKFI (90.1FM)

LGBTQ+ interviews, info, music, news, features

Sports

Stonewall Sports

<https://stonewallkansascity.leagueapps.com/>

MENTAL HEALTH

Suicide Prevention

Trans Suicide Hotline

1-877-565-8860

The Trevor Project

www.thetrevorproject.org

Suicide prevention education and workshops

Chat, call, or text access to counselors

Counseling

Kansas City

LGBT-Affirming Therapist Guild

lgbtguild.com

Ryan Cox, PhD

816-404-5770

Zoom meetings available

Theresa B Rose, PhD

816-636-9500

\$140-150/session; sliding scale model

Colleen Fagan, PhD

816-694-0200

Evaluations for gender affirming hormones or surgeries; teletherapy

Christina McDowell, PhD

\$130/session; therapy and letter services

Megan Monrow, LCSW

816-435-2829

meganmonroemsw.com

\$50/30 min session, \$160/90 min session

Wichita

Aaron Lybrand

(316) 512-1881

aaron@aaronlybrand.com

Ash Wickell

316-351-8083

AsherJ@ashwickell.com

Colin Fee LCSW

807 N. Waco, Suite 11 Wichita, KS 67203

316-776-4360

colinfeetherapy.com

Crystal Horsch at Healing Steps

111 S. Whittier, Suite 1500

316-361-6856

Heidi Owens at COMCARE

4035 E. Harry St. Wichita, KS 67218

316-660-1100

Lindsey Norton

Medicaid and Medicare only

Lori Haas at Peace Love and Therapy

(316) 302 4453

Dr. Rachel Pearson, at ICT Therapyworks

5745 E. Central Ave. Wichita, KS 67208

(316) 260-6889

LEGAL

Attorneys

Lambda Legal

- Contact for larger cases of discrimination
- lambdalegal.org
- 212-809-8585

Douglas County Legal Aid Society

- Lawrence, KS
- 785-864-5564

Shook, Hardy & Bacon L.L.P

- 2555 Grand Blvd. KCMO
- 816-474-6550

Grant A. Brazill

- 300 North Mead Street, Suite 200
Wichita, KS 67202
- (316) 262-2671
- gbrazill@morrislaing.com

Notary

Brenda (Wichita)

- brenjuway64@hotmail.com
- mommabnotary.com
- \$12 or \$6 with a referral

KU Medical-Legal Partnership

- Name Changes and Gender Marker Change
 - We start the process in clinic!
 - Tell your SP you are interested in pursuing legal name and gender marker changes.
 - Confirm a phone number that the Medical Legal Partnership can contact

- Your SP and the attending physician will write a note declaring your gender identity and we will send the referral to the medical legal partnership.
- Wait for a phone call in 7-10 days.

NON-MEDICAL APPEARANCE RESOURCES

Binders

www.underworks.com

www.gc2b.co

<http://www.t-kingdom.com/index.php/product>

KCCI Binder Exchange Program

<https://docs.google.com/forms/d/e/1FAIpQLSdyUK31Fe8HsdPMk4fuWL9hfEMCdIHUpWfB9hfiOGGNMpGCQ/viewform>

Voice Training

Via Christi-Angela (Wichita)

- 316-719-3030
- Pattern of speech, articulation, and pitch adjustments

NatFem

- <https://natfemvoice.com/>
- \$100 for a 45-minute session

TruVoice Lessons

- truvoicelessons.com
- \$45/30 min, \$70/60 min, \$25/group

Haircuts

Him.her.them Hair Studio (KC)

- Price range: \$\$
- 332 West 75th Street KCMO
- 816-503-6848

Ebonie @ ROCA Salon (KC)

- Price range: \$\$\$\$
- Free consultations
- 1300 W 39th St, Kansas City, MO 64111
- 816-531-8018

Wig Store

Bravadas (KC)

- Free Consultations
- 11004 Metcalf Ave, Overland Park, KS 66210
- 913-608-5170

Nail Salon

Foxy Nails (Grandview, MO)

- 816-859-5789

Makeup

Darla (KC)

- 816-420-7627

Skincare

The Derm Review (online)

<https://thederreview.com/transgender-skin-care-guide/>

INVASIVE/APPEARANCE RESOURCES

Electrolysis/Hair Removal

Tina Rodrigues (KC)

aboutfacekc.com

Body Smooth Electrolysis (KC)

Theresa Morgan

816-807-8511

Esthetics and Electrolysis on 39th (KC)

Angela

1001 W 39th street Suite 5 KCMO 64111

Carol Gurley (Newton)

511 N Poplar Street Suite 1 Newton, KS 67114

Individually Yours (Wichita)

128 N Oliver Street Wichita, KS 67208

Rubi Electrolysis

7700 Shawnee Mission Pkwy Suite 212
Overland Park, KS 66202

Laser Hair Removal (for dark hair only)

Mirabile MD (Overland Park)

\$150/session

mirabilemd.com

Milan (Wichita)

8338 E 21st St N, Wichita, KS 67206

(316) 215-8339

Fertility Preservation

Cryochoice

- Home collection kits for privately banking sperm
- 800-619-7869

The Center for Reproductive Medicine (Wichita)

- 316-687-2112

Hair Implantation and Restoration

Dr. Kenneth Buchwach (KC)

- Cost: \$\$\$\$
- 913-491-1400
- Leawood and Lee's Summit

OTHER RESOURCES

The Transgender Institute

- <https://transinstitute.org/>
- 816-305-0943
- Multiple services
 - Support group for Trans Women
 - Virtual, 1st and 3rd Wednesday of every month
 - Therapy
 - Individuals and families
 - \$150/hour; sliding scale available
 - Feminine Immersion Program for Trans Women
 - 1-2 week complete immersion program
 - \$2000/week
 - Scholarships available
 - Vocal feminization
 - 8 weeks
 - \$400; sliding scale available

AFTER JAYDOC - OTHER CLINICS

Planned Parenthood

- Kansas City, Wichita, Overland Park
- Uninsured:
 - Initial visit: \$300-400
 - Follow-up: \$130-207
- Informed consent model
- No minors
- Call 816-756-2277 ext. 4
- plannedparenthood.org

KU Transgender Clinic

- Fertility preservation, HRT, surgery
- Uninsured:
 - 80-90% of visits are via telehealth
 - \$120 / visit
 - Follow up in 3 months
 - Yearly thereafter if not any problems
 - Labs done at Quest or KU (separate cost) or with PCP
 - Abnormal labs: follow up with specialist
- Insurance:
 - Do not take MO Medicaid (like all KU Clinics)
- JayDoc will get this set up for you; wait for a phone call or email!

Heartland Lawrence

- Safety Net Clinic (average cost for one year = \$343)
- Will see minors
 - Thorough psychological evaluation required w/ supportive guardians
- 785-841-7297

AFTER JAYDOC - OTHER PROVIDERS

Endocrinologists

Dr. Kurt Midyett (Overland Park)

- 10550 S Quivira Rd Suite 520, Overland Park, KS 66215
- 913-310-0482

Dr. Salma Makhoul (Wichita)

3311 E. Murdock, 316-274-8989

Routine Hormone and Primary Care

Dr. Donna Sweet at KU Internal Med (Wichita)

- 1001 N. Minneapolis Wichita, KS 67214
- 316-293-1840

Kayla Del Rio, APRN at KU Internal Med. (Wichita)

- Primary care, HRT, PrEP, PEP, HIV, sexual health, gynecological care, Nexplanon removal
- 1001 N. Minneapolis Wichita, KS 67214
- 316-293-1840

Mary Gonzales, APRN at KU Internal Med. (Wichita)

- Primary care, HRT, PREP, PEP, HIV, sexual health, gynecological care, Nexplanon removal
- 1001 N. Minneapolis Wichita, KS 67214
- 316-293-1840

Amanda Mogoi, APRN at M-Care Healthcare (Wichita)

- Primary care, HRT, PREP, PEP, sexual health, low libido, gynecological care, Nexplanon placements/removal, IUDs, BHRT
- 941 W. 27th St. S Wichita, KS 67217
- 316-461-0339

Kathryn Thiessen, APRN at M-Care Healthcare
(Wichita)

- Primary care, HRT, PREP, PEP, HIV, sexual health, low libido, gynecological care, Nexplanon placements/removal, IUDs, BHRT
- 941 W. 27th St. S Wichita, KS 67217
- 316-461-0339

Mid Kansas Women's Center (Wichita)

- Hormones, exams, STD checks, etc
- East location:
 - 9300 E. 29th St N. Ste 201
 - 316-685-1277
- West location:
 - 2131 N. Ridge Rd
 - 316-721-3122

Pelvic Rehab and Physical Therapy

Dr. Michelle Cortese with Breathe Physical
Therapy (Wichita/Telehealth)

- Physical therapist specializing in pelvic floor work. Can assist with sexual arousal/orgasm, endometriosis-related pain, persistent IBS/digestive symptoms, lingering post-op pain or problems with sensation after things like a LEEP procedure or hysterectomy, problems with continence, general unresolved abdominal pain.
- <https://breathept.com/>
- Can do telehealth visits.
- 9415 East Harry Street Suite 706
Wichita, Kansas 67207
- 316-796-3272

Anne Clark (Derby)

- NovaCare Rehab
- 234 W. Greenway St. Derby, KS 67037
- 316-788-6734/316-788-4529

AFTER JAYDOC - SURGERY

Potential surgeries to alleviate gender incongruence:

Feminizing track:

- Genital affirmation surgery
 - Orchiectomy (remove testes)
 - Vaginoplasty (create neovagina)
 - Breast augmentation surgery
 - Chondrolaryngoplasty (tracheal shave for Adam's Apple)
- Voice feminization surgery
- Facial feminization surgeries
 - Rhinoplasty
 - Forehead and chin implants
 - Minimally invasive facial contouring
 - Injectable botulinum toxin (Botox) to soften facial muscles
 - Soft tissue fillers
 - Thread lifting (with polydioxanone sutures)
 - Energy-based tightening devices
 - Micro fused ultrasound skin tightening

Masculinizing track:

- Chest masculinization surgery
- Metoidioplasty
- Phalloplasty
- Scrotoplasty
- Hysterectomy
- Oophorectomy
- Non-surgical
 - Botox
 - Flatten and strengthen brow
 - Injectable fillers
- Refine more prominent and angular zygoma, mandible, and chin

REQUIREMENTS FOR SURGERY

Preoperative requirements optimize our patient outcomes and prepare for the safest surgery possible. KU Transgender Clinic adheres to the World Professional Association for Transgender Health Standards of Care (SOC). The criteria for initiation of surgical treatments for gender dysphoria were developed to promote optimal patient care.

1. 2 psychology letters in support of gender-affirming surgery:
 - a. Letter 1 needs to be from a mental health provider with a PhD or MD.
 - b. Letter 2 needs to be from a mental health provider with at least a master's degree.
2. Age of majority for sterilization.
3. If significant medical or mental health concerns are present, they must be well-controlled.
4. 12 continuous months of hormone therapy as appropriate to gender goals.
5. 12 continuous months of living in a gender role that is congruent with gender identity.
6. Before and after surgery it is recommended patients also have regular visits with a mental health or other medical professional.
7. BMI must be less than or equal to 30 kg/m².
8. Patient must be a nonsmoker.

Jaydoc may be able to connect you with a free or reduced price PhD letter for surgery. Talk to your SP if you are interested in this.

Surgery Scholarship

KCCI offers a scholarship to provide TGNC youth and adults (aged 18+) within the Kansas City metro who need assistance paying for gender affirming surgeries or associated costs a \$1,000 scholarship/grant.

<https://www.inclusivekc.org/kcci-resources>

Bottom Surgery

Dr. Meredith Gray (KC)

- Coordinator: Judy Gay 913-588-8553

Dr. Satish Ponnuru (KC)

- can do top surgery too
- Coordinator: Judy Gay 913-588-8553

Dr. Joshua Broghammer/Dr. David Duchene

- 3901 Rainbow Blvd, Kansas City, KS 66103
- Phone: (913) 588-2229 or (913) 588-6982
- Coordinator: Judy Gay 913-588-8553

Surgeons (General/No Plastics)

Dr. Diane Hunt & Dr. Christina Nicholas (Wichita)

- Kansas Surgical Consultants
- (316) 685-6222

OBGYN/Hysterectomy

Mid Kansas Women's Center (Wichita)

- Dr. Rhea Rogers
- Please know that insurance does pay for hysterectomy with medical reasons such as painful periods, heavy bleeding, etc.
- 316-685-1277 East or 316-721-3122 West

Plastics & Mastectomy:

Dr. Federico Gonzalez (Olathe)

- Mastectomy/facial reconstruction/Brazilian butt lift/breast implants
- Olathe, KS
- (913) 782-0707

Dr. Carol Aylward (KC)

- Mastectomy/facial reconstruction/Brazilian butt lift/breast implants/botox (\$10/unit)
- Truman Medical Center 2101 Charlotte St #100 KS City, MO 64108
- (816) 876-2919

Dr. Wojciech Przylecki, Dr. Richard Korentager, & Dr. Ponnuru (KC)

- Mastectomy/top & bottom surgeries
- The University of Kansas Health System
- (913) 588-1227

Dr. Nataliya Biskup & Dr. Amy Sprole (Wichita)

- Top surgery/mastectomy/breast implants/facial reconstruction/brazilian butt lift/Botox (\$12/unit)/fillers/laser hair reduction
- Plastic Surgery Center
- Wichita, KS
- (316) 688-7500

Dr. Matthew Conrad (Wichita)

- Top Surgeon/Mastectomy/Breast implants
- 1700 N. Waterfront Pkwy BLDG 200 Wichita, KS 67206
- (316) 681-2227

Dr. Poogi (Wichita)

- Mastectomy/fillers/facelifts/laser hair removal (Cutera)
- 3510 N. Ridge Rd. Suite 100 Wichita, KS 67205
- (316) 269-3223

Dr. James Shaw (Wichita)

- Top Surgeon/Mastectomy/Breast implants
- 3595 N. Webb Rd. Wichita, KS 67226
- (316) 440-9801

Special Thanks to Kayla Del Rio for providing many of these resources.