

4 October 2021

## **Treatment progression statistics for the Knowing Our Identity Service**

Please could you provide the following information in regards to the Knowing Your Identity service for transgender children and adolescents.

- 1. The total number of referrals to the service per year since the service began.**

407 referrals from 2014 when service began.

2021/21:	59
2019/20:	61
2018/19:	62

- 2. The total number of referrals per year who went on to receive puberty blockers as part of their treatment through the service.**

From 2014 – 2021: 52 went on to receive puberty blockers

- 3. The total number of referrals per year who went on to receive gender-affirming hormones (i.e. testosterone or oestrogen hormone replacement therapy) as part of their treatment through the service.**

From 2014 – 2021: 34 went on to receive gender-affirming hormones

- 4. The total number of referrals per year who were subsequently referred for CBT (cognitive behavioural therapy).**

All young people referred to KOI will be open to a CAMHS practitioner in their generic CAMHS team who offer a range of psychological interventions which include CBT, systemic psychotherapy, and talking therapies depending on the presentation. This information will be held by each regional generic CAMHS team.

- 5. The total number of referrals per year who were subsequently referred for talking therapies or counselling.**

As above

- 6. The total number of referrals per year who were subsequently referred for other psychological interventions not including CBT or talking therapies (please list the nature of these interventions).**

**4 October 2021**

All young people referred to KOI will be open to a CAMHS practitioner in their generic CAMHS team who offer a range of psychological interventions which include CBT, systemic psychotherapy, and talking therapies depending on the presentation. This information will be held by each regional generic CAMHS team.

**7. The total number of referrals per year who were referred for CBT, talking therapies, or any other psychological intervention IN LIEU OF hormone therapy.**

KOI does not make referrals for these therapies as they are referred from CAMHS and therefore already accessing these treatments. KOI offers support for psychological interventions and advice through consultations to CAMHS clinicians and to young people and their families.