



THRIV

Transgender Healing and Resilience Initiative for Survivors of Violence

A Program of the Center for Transgender Medicine and Surgery at Mount Sinai (CTMS)

MISSION

THRIV aims to increase access to trauma-focused, gender-affirming therapy for transgender and gender nonconforming survivors of interpersonal violence and trauma.

SERVICES

Individual Therapy

THRIV specializes in trauma-focused therapy for transgender and gender nonconforming individuals who have experienced interpersonal violence, ages 13 and over. Services are tailored to the client's needs and can range from short-term psychoeducation/ skills training to more long-term past-focused processing of traumatic experiences, including sexual and intimate partner violence, childhood sexual abuse, trafficking, hate crimes and community violence. **Therapy at THRIV is completely free of charge.**

Group Therapy

THRIV clients are eligible to participate in one of two trans-specific trauma-focused therapeutic groups to begin in summer/fall 2020. The first group will be a drop-in open format therapeutic support group and the second group will be a structured closed group focusing on skill-building.

Psychiatric Services

Clients of THRIV will have access to psychiatric services through CTMS.

Medical Care

Clients of THRIV will have access to primary care services, HIV care, hormone replacement therapy, endocrinology, gynecology, urology and plastic surgery through CTMS.

Community Referrals

Clients of THRIV can access community resources including legal advocacy and housing support.

ACCESSING SERVICES

Clients can self-refer or be referred by any community service provider or agency. The THRIV program coordinator will conduct a brief phone screen and schedule an intake at the Center for Transgender Medicine and Surgery located at 275 7th Ave on the 12th floor.

TRAINING

THRIV provides presentations and workshops on the following topics:

- Building transgender-affirming practices and skills for health and social service providers
- Supporting the development and implementation of trauma-informed practices in trans health and community spaces

**To access the program or to ask any questions, please contact the
THRIV Program Coordinator at 332-215-3001 or alison.sharp@mountsinai.org**