

RPT Minutes

September 8th 2026, 6–8 pm Eastern

Zoom Link: <https://us02web.zoom.us/j/85245681506>

Meeting ID: 852 4568 1506

RPT Members In Attendance: Ryan, Karen, Lisa, Natasha, Seb, O.G., Rae, Aysa, Erik, Tammy
Support roles in Attendance: Blue, Laura, Rutendo

Regrets: Holly, Jesse

Quorum: Yes

1. Welcome and Opening Items

- Approve the June minutes
 - Moved: Karen
 - Seconded: Natasha
 - Approved: Y
- Approve the September agenda
 - Moved: Erik
 - Seconded: Karen
 - Approved: Y

2. Table Updates and Welcome to New Member

- The table welcomed Tammy Pulfer, Director of Surgical Outpatient Care at The Ottawa Hospital, as an alternate organizational representative. The new gender-affirming surgical program falls within her portfolio. Members introduced themselves and reflected on the RPT's collaboration and community leadership.
- Table updates included:
 - Jesse Pyne is returning to the RPT after leave.
 - CAT recruitment interviews are complete and a new member has joined the table.

3. Community and CAT Updates

- Laura shared the September CAT updates, including a new Ottawa Trans Mutual Aid Resource Navigation Working Group that has begun running events.
- Laura reported that a GreenShield plan used by some Canadian universities increased lifetime gender-affirming care coverage from approximately \$10,000 to \$50,000, with no cap on individual procedures.
- O.G. is working to revive the by and for trans youth group SAEFTY (Support and Education for Trans Youth). Interested members can contact O.G.
- Surgical referrals and wait times:
 - The CAT raised reports that The Ottawa Hospital's vaginoplasty wait-list was closed and questions about phalloplasty referrals.
 - A community update reported that CHEO's top-surgery wait-list was closed, with some patients directed to GRS.

- Tammy will email clarification of The Ottawa Hospital's referrals, wait-list status and expected wait times.
- Eating disorders and access to gender-affirming care:
 - The CAT raised a young person's reported difficulty accessing care with an eating disorder on file.
 - Seb clarified that an eating disorder does not automatically prevent care. Individual circumstances, including malnutrition's effect on capacity to consent, are considered.
 - O.G. stressed the need for clear explanations and raised concern that young people might avoid eating-disorder treatment for fear of delaying gender-affirming care. O.G. will follow up with the young person.

4. System Planning and Work Plan Updates

- OHT engagement: Fall sessions are being arranged with the five OHTs overlapping the Champlain region, including a French-language session. Increased interest means some sessions will be combined.
- Hospital connections: The RPT remains available to support The Ottawa Hospital's gender-affirming care pathway. Connections with Kemptville District Hospital continue.
- Policy and medical directives: Few examples were found beyond HIVE in Guelph. laura will reduce search time and shift effort to other priorities, revisiting this work if members identify useful materials or contacts.
- Newcomer support: Holly is connecting Kind Space and CCHC to better reach trans newcomers.
- Community event: A community-led event is being considered for February or March, with ideas including a clothing swap, human library and service information tables.

5. Provider Navigation Tool

- A searchable Excel database for providers is being developed with CCHC, ACO and MAX Ottawa, with connections to Ottawa Inner City Health and YSB. It will include health, mental health and social services.
- Karen will email category and resource suggestions; Erik offered Excel support. O.G. is interested in reviewing the structure and wording.
- O.G. cautioned against organizing resources mainly through binary gender categories or surgical pathways. Service tags and eligibility wording need careful review.
- laura will involve Karen, O.G. and Erik in reviewing the prototype, columns and missing resources, likely in late September or early October. A broader table review may follow in November or January.

6. Member Contributions to the 2026–27 Work Plan

- Members were invited to contribute connections, knowledge and practical support:
 - laura will circulate funding opportunities and connect project ideas with interested organizations for collaborative applications.

- Members can share policy examples, medical directives and OHT contacts. No new organizational commitments were confirmed.
- Erik anticipates returning to the RPT for feedback on The Ottawa Hospital's health-equity framework and work plan later in the fall or early winter.

7. October Joint CAT/RPT Meeting and Next Steps

- October 6, 2026, 6–8 pm, at The Ottawa Hospital's Civic Campus, with a hybrid option. There will be no separate CAT meeting.
 - Natasha will bring desserts. holly is seeking snack funding and plans to bring an air purifier. Allergy information will be collected in advance.
 - Members can contact laura confidentially about access or travel support. Ride sharing will be coordinated; some community-member parking is covered through Tammy.
 - laura will email the venue and parking map, food details, allergy request, ride-sharing and accessibility information.
- Work plan follow-up:
 - Blue will ask about members' work-plan interests and possible contributions in the minutes email. The table will revisit this next meeting.