

**Testimony in Support of HB 283**  
Maryland Medical Assistance Program – Gender-Affirming Treatment  
Trans Health Equity Act of 2023  
Health and Government Operations Committee  
February 14, 2023

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Chair Peña-Melnik and Members of the Committee,

Thank you for the chance to testify in support of House Bill 283.

I believe that HB 283 is important because without gender affirming care, this small, but vulnerable, population would not be able to contribute to society to their fullest potential. I have two transgender teens and know that without gender-affirming healthcare, their mental health would suffer tremendously. Before coming out, my oldest often suffered from suicide ideation, depression and anxiety. Now that she is receiving necessary gender-affirming care, her episodes have greatly diminished. In addition, she has started to re-engage socially and academically. This would not be possible without healthcare that helps her live as her true self.

While my children have private health insurance and receive all necessary gender-affirming care, there are transgender Marylanders who do not have that essential provision. Transgender individuals who do not receive appropriate healthcare are at greater risk of depression, suicide, exploitation and more. But with care, they can go on to lead a healthy, productive life as an active Maryland citizen.

In addition, as a member of the steering committee for PFLAG Howard County, I am witness to a multitude of ways that transgender youth and adults suffer when they are not allowed to live their truth! Transgender individuals deserve healthcare that allows them to prosper and thrive, just as all Marylanders do. The benefit of supporting our transgender community far outweighs the small cost it will incur to enact this bill.

*Please do what you can to support this small, but vulnerable, community of Marylanders!  
I strongly urge you to support HB 283.*

Thank you for your consideration,

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