

2020: Inland Northwest Health Resource Guide for Transgender/Gender Non-Conforming Community

All providers on this list offer (Transgender/Gender Non-Conforming) TGNC affirming services. The providers included below were found in a variety of ways. Some came by word of mouth, or involvement with the project, while others were verified through web searches because they publicly advertise LGB and trans*specific support. Where known, entries will list transition-specific services, (e.g. hormone therapy, support letters, etc.) Inclusion in this guide is not meant as an endorsement of any provider or service. Any and all questions should be directed to the providers, including services, availability, or fees/insurance.

Providers are organized by general professions and listed alphabetically by name.

Aestheticians (Electrolysis) and Salons

- Aurora Health and Day Spa, all practitioners are trans-affirming
Owner and practitioner is Cheryl Salee, LMT
509-435-6728 or www.aurorahealthanddayspa.com
528 E. Spokane Falls Blvd, Ste B26, Spokane, WA 99202
 - Provides electrolysis, massage, facials, temporary hair removal (waxing and sugar), and cranial-sacral
- Osterberger, Kelly, CPE
Spokane, WA
509-879-4248 (call or text)
 - Provides electrolysis
 - www.kellyosterbergerelectrolysis.com
- Perrigo, Chere at Alexander York Salon and Barbershop
628 N Monroe, Spokane, WA 99201
509-624-4936
 - Provides electrolysis and hair services (cuts, coloring, etc.)
 - Other providers at this location are also trans-affirming and provide hair services only

Case Management

- Busch, Ashley, LICSW – Social Worker with Kaiser Permanente
509-241-7052
5615 W. Sunset Highway, Spokane, WA 99224
 - Provides case management services for Kaiser and Kaiser Gender Clinic
- Hendrickson, Raelean, LICSW – Social Worker with Kaiser Permanente
509-241-7914
5615 W. Sunset Highway, Spokane, WA 99224
 - Provides case management services for Kaiser and Kaiser Gender Clinic
- Hutlyer McCarty, Katie – Admin at Kaiser Permanente Gender Health
509-241-7985 or katie.m.hutlyer-mccarty@kp.org

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- Taylor, Alaina, MBA – LGBT Veteran Care Coordinator at Mann-Grandstaff VA Medical Center
509-434-7230
4815 N. Assembly St., Main Building 1, Room B-254 - Behavioral Health Services
 - Assists LGBT veterans to navigate systems, identify resources, and coordinate care within VA

Massage

- Salee, Cheryl, LMT
509-435-6728 or www.aurorahealthanddayspa.com
528 E. Spokane Falls Blvd, Ste B26, Spokane, WA 99202
 - Provides massage, electrolysis, facials, temporary hair removal (waxing and sugar), and cranial-sacral

Medical Care

- Bailey, James, MD – Physician at Artisan Primary Care
206-235-6171
185 W 4th Ave, Suite B, Post Falls, ID 83854
<https://www.jamesbaileymd.com>
 - Family Medicine; Provides hormone treatments, support documents and referrals for trans* patients
 - See website for practice/fee details, contact him for additional details on trans* care services; uses the membership model rather than insurance, has reduced rates for trans* patients
- Carey, Alexandra “Sasha”, MD – Physician at MultiCare/Rockwood
509-342-3150
400 E. Fifth Ave., Suite 1W, Spokane, WA 99202
 - Provides behavioral health, gynecological care, and hormone treatments for adolescents ages 12+
 - Will see patients aged 8-26 for transgender consult
- CHAS – Integrated Primary Care and Behavioral Health
509-444-8200 (Operators will direct patients to appropriate clinic for scheduling)
Multiple locations in Spokane Area
 - Integrated behavioral health/counseling available to support patients in their transition
 - Support with changing gender on legal documentation (i.e., passport form, DMV forms for change of gender marker)
 - Transgender hormone therapy for 18+
 - Referrals outside of CHAS to discuss transgender hormone therapy below age 18
 - Referrals/letters outside of CHAS for gender affirming surgery
- Cosma, Mihaela, MD – Physician/Endocrinologist at Providence Endocrinology
509-474-6525
Sacred Heart Doctor’s Building
105 W. 8th Ave. Ste 7010, Spokane, WA 99204
 - Provides hormone treatments and internal medicine
- Gore, Debra, MD - Physician at Kaiser Permanente of WA Riverfront Clinic
509-324-6464

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322 W North River Dr., Spokane, WA 99201

- Provides hormone treatments and general medicine

- Pakpreo, Ponrat, MD – Physician/Pediatrician at Providence
509-474-5445

1212 N Pines Rd., Spokane Valley, WA 99206

- Adolescent medicine; trans*affirming; currently refers out for HRT

- Planned Parenthood Health Centers
509-207-3017

Eastern Washington locations: Ellensburg, Kennewick, Moses Lake, Pasco, Spokane, Spokane Valley, Walla Walla, Wenatchee, Yakima, Sunnyside, Pullman

- Provides Hormones and general reproductive health services

- Pyrak, Crystal, MD – Physician at Kootenai Clinic Family Medicine
208-625-5995

1919 Lincoln Way Ste 315, Coeur d' Alene, ID 83814

- Provides Hormone treatments; general medical care

- Spokane Teaching Clinic, medical practice.
509-626-9900

624 E. Front Ave., Spokane, WA 99202

- Provides HRT to those 18+; gender-affirming; general medical care to children through adult

- Stiller, Geoffrey, MD - Cosmetic Surgeon at Stiller Aesthetics
509-747-5773

805 W. 5th Ave, Ste 619, Spokane, WA 99204

- Provides cosmetic surgery, Gender Affirmation Surgery (breast augmentation, bilateral mastectomy with chest contouring, vaginoplasty)

- Vargas, Ulysses (Lee), DDS – Dentist at South Hill Comprehensive Dentistry
509-747-8779

2700 S Southeast Blvd., Ste 101, Spokane, WA 99223

- Provides dentistry, cleaning, numbing for electrolysis, and oral implants

Mental Health Care

- Agrella, Casidhe, LMFT – Counselor at Imagine Counseling
509-822-3709, option 1

901 2nd Ave, Spokane, WA 99202

- Provides therapy for individuals, families, couples; children through adulthood; parent-support; poly friendly.

- Alderman, Dan, MSW, LICSW – Discovery Path Counseling
509-413-0067

1717 W 6th Ave Ste 2, Spokane, WA 99204

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- Provides therapy for teens through adults; advertises LGBTQ+ client focus on website; poly and kink friendly
- Anderson, Meredith, LMHC – Counselor at Kaiser Permanente, Riverfront campus
509-241-2575 or meredith.k.anderson@kp.org
322 W North River Dr., Spokane, WA 99201
 - Provides therapy with trans people of all ages; specializes in children/teens/families for general mental health concerns; provides letters; poly and kink friendly
- Asbell, Laura, PhD - Psychologist at Asbell Health Strategies
509-534-1731, <https://asbellhealth.com/>
Two locations:
 - The Fernwell Building, 505 W. Riverside Ave, Ste. 500, Spokane, WA, 99201
 - 17080 W Laura Ln, Post Falls, ID 83854
 - Provides letters; pre-surgical assessments; therapy to adults (individuals and couples)
- Hannigan, Stacey, MS, LMHC, NCC
509-218-8545 or stacey@hannigancounseling.com
123 W Cascade Way Suite D, Spokane, WA 99208
 - Provides individual therapy for adults 19+; writes letters; poly & kink friendly
- Hinz, Anna, MFT, LMHCA – Counselor at Well Mind Therapy Associates
509-593-9649 or annahinzmft@gmail.com
3101 East Boone Ave, Spokane, WA 99202
 - Provides therapy for children and adolescents only; writes letters; poly & kink friendly
- Kizer, Bobby, PhD - Psychologist in Private Practice
504-390-5782
4219 E. Prairie Ln Ct., Spokane, WA 99223
 - Advertises LGBTQ and Trans* specific services, including letters and pre-surgical assessments
 - Provides individual, relationship, and group therapy; child, teens, adults; long-term counseling
- Kraft-Purvis, Sommer, LMHC - Counselor at The Center for Family Development
509-744-1117
1404 11th Ave, Spokane, WA 99202
 - Advertises LGBTQ+ care; Provides individual and relationship therapy; works with adults and families (of all kinds)
- Liebing, Trevor LMHC, CMHS, SUDP – Counselor and Owner at Foundations Family Support
509-822-6777 (call or text)
922 Cowley St., Spokane, WA 99202
 - All Providers are LGBT+ affirming; Provides letters; Provides individual, family counseling; works with trauma and addictions
- Markham, Marybeth, LMHC - Counselor at Marybeth Markham Counseling

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509-795-6437

108 N. Washington #405, Spokane, WA 99201

- Advertises trans*services, including therapy, support, and letters; works with children through adult

- Miley, Erika, LMHC - Counselor at Erika Miley, Mental & Sexual Health Therapist
509-607-8026 or erika@erikamiley.com
 - Provides telehealth therapy sessions; coaching; couples/families, individual, groups; poly & kink friendly
 - Web-based service, from any location in Washington
- Mitchell, Shannon, LICSW
509-863-6822 or <https://shannonmitchellcounseling.com/>
707 7th Ave Suite 320A, Spokane, WA 99204
 - Advertises LGBT support; Provides letters; trauma-informed, therapy for individuals and couples, teen through seniors.
- Montgomery, Thompson, LMHC, NCC – Counselor at Northwest Counseling Center
509-474-1976
422 W Riverside Ave, Ste 518, Spokane, WA 99201
 - Provides individual therapy, children through adults; provides letters; trauma-informed, poly & kink friendly
- Morgan, Allison, MA, LMFT, LMHC – Therapist and Owner at Spokane Counseling, LLC
9 S Washington St. Suite 310, Spokane, WA 99201
509-593-0502 (call or text) or allison@allisonmorgancounseling.com
 - Provides therapy to individuals, couples, and families, advertises LGBTQ+ affirmative approach on website; writes letters; poly & kink-friendly
- Nickeson, Zita, LMHC, CST - Counselor and Sex Therapist at Northwest Sexual Counseling
509-868-3387
1212 N Washington, Ste. 104, Spokane, WA 99201
 - Advertises LGBT support; Provides letters; pre-surgical assessments; therapy for youth and adults, individual, relationship and family; poly & kink friendly
- Piper, Corrie, LMHC, LPC – Counselor at Kaiser Permanente, Riverfront campus
509-241-2575, option 1
322 W North River Dr., Spokane, WA 99201
 - Provides care primarily for the LGBT population, and children, teens or families.
 - Part of Gender Care Program at Kaiser
- Ribar, Jocelyn, LMHC, LMFTA, RYT
509-792-3530 or hello@jocelynrubar.com
400 S Jefferson St, Ste 451, Spokane, WA 99204
 - Advertises trans*friendly; Provides individual and couples' therapy; therapeutic yoga

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- Rogers, Emily LHMC - Counselor at Cor Counseling and Wellness
509-980-0016 or emily@corspokane.com
316 West Boone Ave, Ste 656, Spokane, WA 99201
 - Advertises Trans*support; Provides letters; Provides trauma-informed therapy for teens and adults; poly-friendly
- Sherve, Stephanie LMHC, CDP - Counselor at North Wind Counseling
509-487-2332
4407 N Division Street, Ste. 612, Spokane, WA 99207
 - Provides letters; Provides trauma-informed therapy, families and individuals, child-through adult; works with addiction.
- Shipley, Jodi LMHC - Counselor at Cor Counseling
509-992-6274
316 W Boone Ave, Ste. 577, Spokane, WA 99201
 - Provides trauma-informed therapy; advertised specialty with bisexual clients & women's issues; writes letters
- Sines, Audrey Ann LMHC, LCPC - Counselor in Private Practice
208-755-1119
Coeur d'Alene, ID 83814
 - Provides therapy, consultation, supervision; works with children and families; specializes in trauma & racial equity practices
- Stead, Macie, PhD, LMHC – Outpatient Therapist at Skybridge Counseling
509-964-5715 or macie.stead@gmail.com
 - Provides counseling to children, teens, adults, and couples; also works evenings and weekends
- Thompson, Meredith, LICSW– Counselor at Kaiser Permanente, Riverfront campus
509-241-2575, option 1
322 W North River Dr., Spokane, WA 99201
 - Provider primarily for the LGBT population, and children, teens or families.
 - Part of gender care program at Kaiser
- Willet, Emily, MA, LMHC, LPC – Counselor at Private Practice
509-290-1525 (call or text); emily@willetcounseling.com; www.emilywillet.com
905 W Riverside Ave, Suite 214, Spokane, WA 99201
 - Advertises LGBTQ+ focus; provides letters; therapy for children through adults; trauma-informed; kink and poly friendly
- Wright, Cheryl, LMHC, SUDP, MAC, NCC, at Creative Harmony Counseling
509-956-4891
521 N. Argonne Rd. Suite B-104, Spokane Valley, WA 99212
 - Advertises LGBTQ+ care; Provides therapy for children, adolescents, adults, families; also, Spanish speaking

Psychiatric Care (medication management &/or therapy)

- Aragon, Damaris ARNP
509-342-6592
140S. Arthur St., Ste 425, Spokane, WA 99202
 - Provides psychiatric medication management
- Fougere, Merry ARNP - Psychiatric Nurse Practitioner, at Armstrong & O'Brien LLP.
509-455-5546
The Flour Mill
621 W. Mallon St., Ste 503, Spokane, WA 99201
 - Provides psychiatric medication and Jungian psychotherapy
- Giuliani, Gianni ARNP - Psychiatric Nurse Practitioner, at Private Practice
509-319-1087
140 Arthur Street, Ste. 415, Spokane, WA 99202
 - Provides psychiatric medication management; letters; therapy for mental illness, substance abuse

Speech & Voice

- Eastern Washington University - University Speech and Hearing Clinic at Spokane Campus
509-828-1324
310 N Riverpoint Blvd., Spokane, WA 99202
 - Provides speech therapy and vocal coaching; trans* groups for vocal work
 - Voice Therapy Group on Tuesdays from 5-6pm, free for students, \$10/session, sliding scale available
- Norton, Lynette CCC/SLP at Norton Speech and Voice Works
509-279-2555
4407 N. Division, Ste.618, Spokane, WA 99207
 - Provides speech therapy and vocal coaching

Social/Political Groups

- Kaiser Permanente Gender Health Clinic
322 W North River Dr., Spokane, WA 99201
 - Offers free peer support group for the TGNC community and allies (open to all)
 - Every 2nd and 4th Tuesday of the month, 4:30-5:30pm, 1st floor conference room of the Kaiser Riverfront Campus Building
 - Email katie.m.hutlyer-mccarty@kp.org for more information
- North Idaho Pride Alliance - Advocacy & Support
 - Community organizing; networking; resource development; social activities- Idaho Panhandle
 - P.O. Box 862, Post Falls, ID 83854
 - Contact at 208-352-3518 or nipridealliance@gmail.com
- Peace and Justice Action League of Spokane (PJALS) - Social Justice Activism
 - Progressive Political Activism and Community Building
 - Contact at 509-838-7870. Website: <http://pjals.org/>

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- Respite
 - News aggregate data app for the trans community, will eventually be a part of Solace. Intended to prevent harmful/emotionally damaging click-bait, focusing on news that has either impact or precedence
 - “News, a curated feed with the most current stories affecting the transgender community, lightly annotated to let you know how each might affect you.” (quote taken from app description, About Us)
- Solace
 - Spokane-designed app intended to be “a safe, secure way for people looking to transition to find information about medical procedures, lifestyle changes and legal requirements based on where they live.” (quote taken from article: <https://www.spokesman.com/stories/2020/jan/03/spokane-developers-create-app-to-help-transgender-/>)
- Spectrum Singers- Social & Support
 - All-inclusive and intergenerational community choir, LGBTQ+ and allied singers
 - <http://spokanespectrumsingers.com/>
- Spokane PFLAG - Advocacy & Support
 - A national support, education and advocacy organization for all gender and sexually diverse people, their families, friends, and allies.
 - 509-593-0191 or support@spokanepflag.org
- Spokane Trans Map
 - An interactive app that provides feedback from the trans* community (based on personal experience) about whether or not businesses in Spokane are trans*-friendly
- Spokane Trans People - Advocacy & Support
 - Support group for individuals who identify anywhere under the transgender umbrella.
 - Website: <https://www.facebook.com/SpokaneTransPeople>

Youth Support (age served varies; contact for information)

- Odyssey Youth Movement - Youth, Social, Advocacy & Support
 - Spokane, WA
 - 509-325-3637
 - Website: <http://www.odysseyyouth.org>
- The Space
 - Yakima, WA
 - 509-574-4216
 - Website: <https://www.ynhs.org/programs/resources-for-youth>
- Triple Point
 - Walla Walla, WA

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- 509-529-2130
- Website: <https://www.childrenshomesociety.org/wallawalla>
- Washington State Trans* Network
 - This group is created for connecting, networking, socializing, and educating trans* individuals in the state of Washington. All welcome, regardless of their "label", transition status or intention.
 - Website: <https://www.facebook.com/groups/watransnetwork>

Miscellaneous

- Inland Northwest Business Alliance-LGBTQ+ Business Chamber of Commerce
 - LGBTQ+ Business Directory, covering the Inland NW
 - Website: inbachamber.org
- Pride Foundation
 - "Pride Foundation is building a better, safer, and more equitable world for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people and our families in the Northwest."
 - Offers scholarships to LGBTQ+ and allied student leaders in the Northwest (Alaska, Idaho, Montana, Oregon, Washington)
 - Website: pridefoundation.org
- Realself.com
 - Provides consumer reviews and photos of cosmetic surgeries, resource for questions
 - Must create account
- Sephora
 - Provides gender affirming makeup application tutorials
 - Located at River Park Square, Spokane
- Torrid
 - Some TGNC folks in our community have spoken highly of this store and affirmative treatment from staff
 - Located in Spokane Valley Mall
- Ulta Beauty
 - Provides gender affirming makeup application tutorials, skin and hair care
 - Located in Northtown & Spokane Valley Mall

