

# Starting to Transition at the Oklahoma City VA

1

STEP

## LGBTQ+ Care Coordinators

Talk to the LGBTQ+ Care Coordinators (Dr. Anna Craycraft and Neeley Snyder, LCSW) about your interest. This can be done by calling 405-456-3646.

2

STEP

## Psych Consultation

The Care Coordinators will request a consult for you to complete a Hormone Readiness Evaluation - This is an evaluation conducted by a healthcare professional to determine patient support needs before beginning gender-affirming hormone therapy.

3

STEP

## Endocrinology Consultation

Once you've completed your Hormone Readiness Evaluation, a consult will be sent to our Endocrinology clinic. They will run bloodwork and an additional evaluation to ensure that there are no additional risks. They will also discuss with you, your different hormone options.

4

STEP

## Join Our Support Group

If you're needing additional support at any point during your transition process, come join our Transitions Group. This group is weekly on Thursdays at 1:00 pm.

5

STEP

## For More Resources

We are proud of you for taking the steps to support yourself.

For more information, visit:

<https://www.va.gov/oklahoma-city-health-care/health-services/lgbtq-veteran-care/>



U.S. Department of Veterans Affairs

Veterans Health Administration  
Oklahoma City VA Health Care System