STATE OF NORTH DAKOTA COUNTY OF BURLEIGH

IN DISTRICT COURT SOUTHCENTRAL JUDICIAL DISTRICT

T.D., by and through his parents, Devon Dolney and Robert Dolney, et al.,

Plaintiffs.

٧.

DREW H. WRIQLEY, in his official capacity as Attorney General for the State of North Dakota, et al.,

Defendants.

Case No. 08-2023-CV-02189

BRIEF OF AMICI CURIAE
AMERICAN ACADEMY OF
PEDIATRICS AND ADDITIONAL
MEDICAL AND MENTAL HEALTH
ORGANIZATIONS IN SUPPORT
OF PLAINTIFFS' MOTION FOR A
TEMPORARY RESTRAINING
ORDER AND PRELIMINARY
INJUNCTION

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STATEMENT OF INTEREST OF AMICI CURIAE

American Academy of Child Adolescent Psychiatry, the American Academy of Family Physicians, the American Academy of Nursing, the American Association of Physicians for Human Rights, Inc. d/b/a GLMA: Health offessionals Advancing GBTQ+ Equality, the American College of Obstetricians and Gynegoists, the American College of Osteopathic Pediatricians, the American College of Pibijans, the American Medical Association, the American Pediatric Society, the Association American Medical Colleges, Association of Medical School Pediatric Departmethatis, Inc., the Endocrinaciety, the National Association of Pediatric Nurse Practitioners, the Pediatric docrine Society, the Sincties for Pediatric Urology, the Society for Adolescentealth and Medicine, the Society Pediatric Research, the Society of Pediatric Nursespal the World Professional Association for Transgender Health (collectively, "amici"). 1

[¶2] Amici are professional medical and mental healthanizations seekintop ensure that all adolescents, including those wighender dysphoria, receive the impal medical anothental health care they need and deservamici represent thousands of healthacproviders who have specific expertise with the issue aised in this brief. The Court should consider mici's brief because it provides important expertise anaddresses misstatements abthruit treatment of transgender adolescents.

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¹ Amici affirm that no counsel for a pts authored this brief in whelor in part and that no person other than mici or their counsel made any monetary cibrottions intended tound the preparation or submission of this brief.

SUMMARY OF ARGUMENT

[¶3] Chapter 12.1-36.1 of the North Dakota CentOroyde (the "Healthcare Ban") prohibits healthcare providers from providing patients untobewith critical, medically necessary, evidence-based treatments for gender dysphôr Daenying such evidence-based dical care to adolescents who meet the requisite medical criteria putenthat risk of significant harm. Beloramici provide the Court with an accurate description of the vant treatment guideles and summarize the scientific evidence supporting the medical intentions prohibited by the Healthcare Ban for adolescents.

[¶4] Gender dysphoria is a clinical condition the saturated by distress due to an incongruence between the patient's gender iden (ity), the innate sense of one seed being a particular gender) and sex assigned at birth. This incongruence exact to clinically significant distress and impair functioning in many aspects f the patient's life. If not treated, or trated improperly, gender dysphoria can result in debilitating anxiety, despoin, and self-harm, at is associated with higher rates of suicide. As such, the efficiency treatment of gender dysphoria saves lives.

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² Subsection 12.1-36.1-02(1)(c) prolitishmedical treatments that exadministered for the purpose of treating gender dysphoria, including "pulyebolocking medication to stop normal puberty," "supraphysiologic doses of testosterone to flesh and "supraphysiologic doses of estrogen to males." As discussed in this brief, these three are medically necessary care for certain adolescents with gender dysphorithe law provides that a high care provide who "willfully" provides such care is "guilty of a class A misseleanor." Chapter 12.1-36.1-02(2)(b). A legacy clause provides that the penalty

The widely accepted recommendation of the medical community, including that of the respected professional organtizers participating here exemici, is that the standard of care for treating gender dysphoria "gender-affirming care." Gender-affirming cares care that supports an adolescent with gender sphoria as they explotted gender identity—incontrast with efforts to change the individual's gender identity to nhattod ir sex assigned at birth, which are known to be ineffective and harmfål. For adolescents with persistered dysphoria that worsens with the onset of puberty, gender-affirm care may include medicanterventions to align their physiology with their gender identities. Empirical evidence indicaters gender-affirming care, including gender-affirming

describes the professionally-accepted medical edgines for treating gender dysphoria as they apply to adolescents, the sciencially rigorous process by which the guidelines were developed, and the evidence that supports elificativeness of this care foot alescents with gender dysphoria. Finally, the brief explains how eth Healthcare Ban would irreparablarm adolescents with gender dysphoria by denying crucial cato those who need it.

- I. Understanding Gender Identity and Gender Dysphoria.
- [¶8] A person's gender identity is person's deep internal sensebællonging to a particular gender.

medical condition in which the patient experiences is it can distress that can lead to "impairment in peer and/or family relationships, scheen formance, or other aspects of their life. Gender dysphoria is a formal diagnosis of the American Psychiatri Association's Diagnostic and Statistical Manual (DSM-5-TR).

[¶10] Adolescents with gender dysphoria are not expetto identify later as their sex assigned at birth.¹6 Instead, "[I]ongitudinal stdies have indicated that themergence or worsening of gender dysphoria with pubertal onset is a stated with a very highlikelihood of being a transgender adult.³

[¶11] If untreated or inadequately treated, gendlen phoria can cause depression, anxiety, self-harm, and suicidality. Indeed, over 60% of transgender adolescents and young adults reported having engaged in self-harm during the preceding 12 months, and over 75% reported symptoms of generalized anxiety discerd in the preceding two weeks. Even more troubling, more than

¹⁴ AAP Policy Statemensupranote 4, at 3.

¹⁵ SeeAm. Psychiatric Ass'nDiagnostic and Statistical Manual Mental Disorders: DSM-5-TR at 512–13 (2022).

¹⁶ See, e.g. Stewart L. Adelson Practice Parameter on Gay, Lesbian, or Bisexual Sexual Orientation, Gender Noncommity, and Gender Discordance in Children and Adolescents. Am. Acad. Child & Adolescent Psychiatry 957, 964 (2020), https://pubmed.nchi.plm.nih.gov/22917211 ("In contraction gender variance with the desire to

https://pubmed.ncbi.nlm.nih.gov/22917211 ("In contrasten gender variance with the desire to be the other sex is present in adolescenced this e usually does persist through adulthood").

¹⁷ Stephen M. RosenthaChallenges in the Care of Transgender and Gender-Diverse Youth: An Endocrinologist's View 17(10) NATURE REV. ENDOCRINOLOGY 581, 585 (Oct. 2021), https://pubmed.rbi.nlm.nih.gov/34376826.

¹⁸ SeeBrayden N. Kameg & Donna G. NativiGender Dysphoria In Youth: An Overview For Primary Care Providers30(9) JAM. Assoc NursePrac. 493 (2018), https://pubmed.rbi.nlm.nih.gov/30095668.

¹⁹ SeeAmit Paley,The Trevor Project 2020 National Surv**ey** 1, https://www.thetrevorproject.o/wgp-content/uploads/2020/07//\vec{\Phi}-Trevor-Projet-National-Survey-Results-2020.pdf.

have worked with patients with gender dysphoria for many years.

[¶14]

biopsychosocial assessment" to adolescent patier. The HCP conducts this assessment to "understand the adolescent's strengths, vulneties ilidiagnostic profile, and unique needs," so that the resulting treatment plan is appropriately individualized. This assessment must be conducted collaboratively with the tient and their caregiver (8).

2. The Guidelines Recommend Only Non-Medical Interventions for Prepubertal Children with Gender Dysphoria.

[¶17] For prepubertal children with gender dysphothine, Guidelines provide for mental health care and support for threshild and their family²⁹. The Guidelines donot recommend that any medical interventions (such as medications orgency) be provided to prepubertal children with gender dysphori³⁰.

a sustained and persistent pattern of gender notomorphity or gender dysphost; (3) the adolescent has demonstrated the emotional accognitive maturity required toprovide informed consent for treatment; (4) any coexisting psychological, medical, or social problems that could interfere with diagnosis, treatment, or the adolescent's ability to consent have an addressed; (5) the adolescent has been informed of the reproductive ffects of treatment in the notext of their stage in pubertal development and discussed fethy illpreservation options; and) (The adolescent has reached Tanner stage 2 of puberty into titate pubertal suppression. Further, a pediate endocrinologist or other clinician experience in pubertal assessment must (Type with the indication for treatment, (8) confirm the patient has started topty, and (9) confirm that there are no medical contraindications?

[¶19] If all of the above criteria **e**rmet, and the patient and **e**th parents provide informed consent, gonadotropin-releasing hormone (GnRaht) logues, or "puberth lockers," may be offered beginning at the onset of puberty The purpose of puberty blockers is to delay pubertal development until adolescents are old enough and the enough time to make more informed decisions about whether poursue further treatments. Puberty blockers also can make pursuing transition later in life easier, be use they prevent irreversible dily changes such as protrusion of the Adam's apple or breast growth. Puberty blockers have well-known efficacy and side-

³² WPATH Guidelinessupranote 24, at S59–65.

³³ Endocrine Soc'y Guidelinesupranote 24, at 3878 tbl.5.

³⁴ WPATH Guidelinessupranote 24, at S61–62, S64; Endocrine Soc'y Guidelisæs, anote 24, at 3878 tbl.5; Martin Criminalization of Gender-Affirmin Care—Interfering with Essential Treatment for Transgender Children and Adoles cents ranote 7.

³⁵ WPATH Guidelinessupranote 24, at S112.

³⁶ SeeAAP Policy Statementsupranote 4, at 5.

effect profiles, and their effects argenerally reversible. In fact, pubertyblockers have been used by pediatric endocrinologistors more than 40 years for threatment of precocious puberty.

The risks of any serious adverse effects from three atments are exceedingly rare when provided under clinical supervision.

[¶20] Later in adolescence—and ifeteriteria below are met—hormotheerapy may be used to initiate puberty constent with the patients gender identity. Hormone therapy involves using gender-affirming hormones to land adolescents to develop commandary sex characteristics consistent with their gender identify. Hormone therapy is only prescribed when a qualified mental health professional shaponfirmed the persistence to the patient's gender dysphoria, the patient's mental capacity to consent to the times at, and that any coexisting problems have been addressed. A pediatric endocrinologist other clinician experience to pubertal induction must also agree with the indication, at the patient and their parents gurardians must be informed of the potential effects and side effects and give their informed coffs shall be used to

³⁷ SeeMartin, supranote 7, at 2.

³⁸ See id.

³⁹ SeeF. Comite et al.Short-Term Treatment of Idiopathic Procious Puberty with a Long-Acting Analogue of Luteinizing Hormone-Research Hormone — A Preliminary Reposto New Eng. J. Med. 1546 (1981).

⁴⁰ See, e.g.Annemieke S. Staphorsius et Aluberty Suppression and Executive Functioning: An Fmri-Study in Adolescents with Gender Dysph,αβi&SCYHONEUROENDOCRINOLOGY190 (2015), https://pubmed.ncbi.nlmih.gov/25837854 (no adverse impactexæcutive functioning); Ken C. Pang et al.,Long-term Puberty Suppression for a Nonbinary Teenathato(2) Pediatrics e20191606 (2019), https://watermark.silverchair.com/peds_20191606.pdf (exceedingly low risk of delayed bone mineralitian from hormone treatment).

⁴¹ Martin, supranote 7, at 2.

⁴² SeeAAP Policy Statementsupranote 4, at 6.

⁴³ Endocrine Soc'y Guidelinesµpranote 24, at 3878 tbl.5.

⁴⁴ See id

changes caused by hormone ther happyome irreversible after those secondary sex characteristics are fully developed, others are ripially reversible if the patient discontinues use of the horm of the horm of the function of puberty blockes and/or hormone therapy be coupled with educanti on the safe use of such meadions and closen onitoring to mitigate any potential risk. Decisions regarding the appropriate treatment for each patient with gender dysphoria are made in collection with the patient, the parents or guardians, and the medical and mental health care teal there is "no one-size-fits-all approach to this kind of care."

B. The Guidelines for Treating Gender Dysphoria Were Developed Through a Robust and Transparent Process, Employing the Same Scientific Rigor That Underpins Other Medical Guidelines.

[¶22] The Guidelines are the product of careful and bust deliberation following the same types of processes—and subject to the same types gorous requirement—as other guidelines promulgated by a mici and other medical organizations.

[¶23] For example, the Endocrine Society's Guiides were developed llowing a 26-step, 26-month drafting, commentand review process. The Endocrine Society impses strict evidentiary requirements based on the internationally reizenth Grading of Remomendations Assessment, Development and Evaluation (GRADE) system That GRADE assessment is then reviewed, re-

⁴⁵ SeeAAP Policy Statement supranote 4, at 5–6.

⁴⁶ SeeEndocrine Soc'y Guidelinesupranote 24, at 3871, 3876.

⁴⁷ Martin, supranote 7, at 1.

⁴⁸ See, e.g.Endocrine Soc'y Guidelinessupra note 24, at 3872–73 (high-level overview of methodology).

⁴⁹ SeeGordon Guyatt et alGRADE Guidelines: 1. IntroductionGRADE Evidence Profiles and Summary of Findings Tables J.CLINICAL EPIDEMIOLOGY 383 (2011),

reviewed, and reviewed again by multipliedependent groups of profession also Reviewers are subject to strict conflict interest rules, and there is pales opportunity for feedback and debate through the years-long review process. Further, the Endocrine Sinety continually reviews its own guidelines and recently determined that 20017 transgender care guidelines continue to reflect the best, most up-thate available evidence.

[¶24] First published in 1979, the WPATH Standards Cafe are currently itheir 8th Edition. The current Standards of Care are the resultrobust drafting, comment, a review process that collectively took five years? The draft guidelines went through rigorous review and were publicly available for discussion and bate, receiving a total of 2,688 comments 19 authors were ultimately involved in therfal draft, including feedback from properts in the field as well as from transgender individuals and their familities.

C.

published that investigated the use of published some adolescents with gender dysphoria, and nine studies have been published that shingwated the use of honone therapy to treat adolescents with gender dysphoria. These studies find positive notal health outcomes for those

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⁵⁶ See, e.g. Christal Achille et al., Longitudinal Impact of Geder-Affirming Endocrine Intervention on The Mental Health and Wellhoge of Transgender Youths: Preliminary Results Int'L J

adolescents who received puberty blockers or **boentherapy**, including statistically significant reductions in anxiety, depresion, and suicidal ideation.

[¶26] For example, a 2020 study analyzed survey data from 89 transgender adults who had access to puberty blockers while adolessnts and from more than 3,40@ntsgender adults who did not.

The study found that those who received pubertyshong treatment had lower odds of lifetime suicidal ideation that those who wanted puberty blocking treatment but did not receive it, even after adjusting for demographic variables and level of family support Approximatelynine in ten transgender adults who wanted berty blocking treatment but did not received reported lifetime suicidal ideation. Additionally, a longitudinal sudy of nearly 50 transgender adolescents found that suicidal was decreased by a statistical sugnificant degreafter receiving gender-affirming homone treatment. A study published in January 2023, following 315 participants age 12 to 20 who received genomerating homone treatment, found that the treatment was associated with decrease emptoms of depression and anxiety.

[¶27] As another example, a prospective two-yfedlow-up study of adolescents with gender dysphoria published in 2011 found that treatments would blockers was associated with

Transgender Adults

III. The Healthcare Ban Would Irreparably Harm Many Adolescents with Gender Dysphoria By Denying Themthe Treatment They Need.

[¶29] The Healthcare Ban denies adolescents weighthder dysphoria in North Dakota access to medical interventions that are designed to invertealth outcomes diralleviate suffering and that are grounded in science and endorsed by multiplical community. The medical treatments prohibited by the Healthcare Ban can be a cruposital of treatment for adolescents with gender dysphoria and necessary to preserve their health.

[¶30] As discussed above, research shows that adolescents with gender dysphoria who receive puberty blockers and/or hormortherapy experience less depositions, anxiety, and suicidal ideation. Several studies have found that hormography is associated with reductions in the rate of suicide attempts and signification provement in quality of life. In light of this evidence supporting the connection between lack of access to gender-affirming notable time suicide risk, banning such care can positions? lives at risk.

CONCLUSION

[¶31] For the foregoing reasons, those urt should grant Plainfits' motion for a temporary restraining order and preliminary injunction.

⁶⁸ SeeM. Hassan Murad et all-jormonal Therapy and Sex Reassigents A Systematic Review and Meta-Analysis of Quality ofLife and Psychosocial Outcomes 2(2) CLINICAL ENDOCRINOLOGY 214 (Feb. 2010), https://onlinelibrary.wiley.com/doi/10.1111/j.1365-2265.2009.03625.xsee alsoTurban, Pubertal Suppression For Tinsgender Youth And Risk of Suicidal Ideation supra note 56.

Dated: October 31, 2023 Spectfully submitted,

/s/Brenda L. Blaze

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