



Breakout Session Summaries

Updated 2/11/19 – Information subject to change

Block 1
Monday, April 8, 2019
10:30am - 11:30am

Title: LGBTQ+ 101 - The Basics

Speaker(s): J Heinz

Organization: JustUs Health

Description:

Whether this is your first Opportunity Conference or just the most recent, it's critical to have a grounding in the basic terminology and concepts that are involved with LGBTQ health, HIV, and aging. What's the difference between sexual orientation and gender identity? What does the Q stand for? This session is designed for those who are unfamiliar with these terms or who want a refresher. The rest of the conference will make a lot more sense if you have these pieces in place!

Title: Fix Your Face: Scenario Role Playing to Provide Inclusive, Non-Judgmental Care for LGBTQ+ Folks

Speaker(s): Dylan Karsten, Brynn Rathjen, Rosa Topp MSN, RN-BC

Organization: Planned Parenthood

Description:

LGBTQ+ patients often present with questions or concerns that are new or unfamiliar to medical professionals. It is common for medical professionals to react with confusion or discomfort in these situations, which can be perceived as negative or judgmental by the patient. Research has shown that when patients feel judged, they are less likely to provide additional information and more likely to avoid future care, which contributes to existing health disparities for LGBTQ+ patients. This session will give medical professionals an opportunity to react to common questions and concerns in a safe space and receive feedback and coaching on how they may improve their facial and body language reactions.

Title: Building An Inclusive Healthcare Environment For Our Transgender And Queer Communities

Speaker(s): Mollie O'Brien

Organization: Allina Health

Description:

The collection of Sexual Orientation Gender Identity (SOGI) data can help health systems provide inclusive care that is responsive to the unique health needs of the LGBTQ community. As part of the 2019 Epic Upgrade, Allina Health has the capability to collect SOGI data from the patients it serves. Follow the journey of Allina Health as their LGBTQ Inclusive Care Committee as it supports the health system in developing

and deploying communication and education to build help create an inclusive care environment for the LGBTQ patients and communities it serves.

Title: Mental Health 101 In The LGBTQ Community

Speaker(s): Briana Libby

Organization: NAMI Minnesota

Description:

LGBTQ folks have higher rates of mental illnesses and suicide than the rest of the population, in part because of the double discrimination we face as members of two separate marginalized groups. The unique struggles of LGBTQ folks experiencing a mental illness go unaddressed due to a lack of mental health training for professionals working with these clients and a lack of accessible, tailored services.

Title: Seeking SOGI: A Large Healthcare Organization's Journey To Ask Every Patient About Sexual Orientation And Gender Identity: CHAPTER 2

Speaker(s): John Knudsen

Organization: Mayo Clinic

Description:

In 2018/2019 Mayo Clinic implemented a new EHR that allowed our organization to begin asking every patient to voluntarily disclose information about their sexual orientation, gender identity, and birth sex. We will present an update including completion rates, patient feedback, workforce issues, and integration of this information into downstream workflows and clinical workups.

Title: Navigating Senior Services For LGBT Older Adults And Older Adults Living With HIV

Speaker(s): Rajeane Moone

Organization: Training to Serve/JUH/etc

Description:

In this intermediate level session targeted to case managers, community health workers, social workers, nurses and others that assist people in finding resources, the "aging service system" will be mapped. Attendees will learn how aging services are organized, where important focal points in the community exist, and best practices in navigating services. Attendees will explore public financial benefits for older adults and family caregivers and the impact of "aging into" an older adult-oriented benefit system from a disability-oriented benefit system.

Block 2
Monday, April 8, 2019
1:00pm - 2:00pm

Title: Getting Over It: Effective Techniques For Taking A Sexual History

Speaker(s): Michael Ross

Organization: University of Minnesota

Description:

Because many LGBTQ individuals experience harassment or discrimination, which in turn can contribute to both health concerns as well as to a tendency to avoid seeking care for those concerns. Many practitioners express discomfort at asking these questions about a patient's sexual identity and sexual history, which has potential to reinforce a climate of silence. This session will explore why getting a sexual history can make a difference in providing excellent care to patients, and provide tips on how to break the silence and improve patient outcomes.

Title: WPATH Update: Report from Buenos Aires

Speaker(s): Eli Coleman, Katie Spencer

Organization: University of Minnesota Program in Human Sexuality

Description:

The Standards of Care published by the World Professional Association for Transgender Health (WPATH) are recognized globally as one of the leading resources for health providers, insurers, and policymakers as they provide care for transgender and gender-nonconforming youths and adults. WPATH recently held its annual congress in Buenos Aires, which was attended by professionals from around the world, committed to strengthening the Standards in the upcoming Eighth Version. This session will report back to the provider community and give a preview of issues that will be addressed in SOC 8.

Title: Gender Care Across The Lifespan: Special Issues And Considerations

Speaker(s): Adam Foss

Organization: Fairview- Eagan/Rosemount

Description:

Approach to gender care must be lifelong. In the pediatric population, there are special considerations to undertake when considering puberty blocking therapy. The general approach to evaluation for puberty blocking medication will be discussed. As transgender individuals age, special considerations to hormone therapy must be considered. The general approach to hormone care with aging will be discussed.

Title: Who Uses PrEP in Minnesota?

Speaker(s): Jacob Maxon

Organization: Hennepin County Public Health Department

Description:

Positively Hennepin is Hennepin County government's strategy to end its HIV epidemic. Released on World AIDS Day 2016, the county created Positively Hennepin using President Obama's National HIV/AIDS Strategy as a foundation. This strategy aims to double the number of Hennepin County residents using Pre-Exposure Prophylaxis (PrEP) with 2016 as a baseline. National data also illuminates that one community whom HIV hits particularly hard—young black men who have sex with men. This presentation will increase our understanding of who uses PrEP in Hennepin County and across Minnesota.

Title: Dismantling Barriers To Equitable Healthcare For Patients Who Are Transgender

Speaker(s): Morgan Rock

Organization: Park Nicollet

Description:

An overview of the barriers patients who are transgender face in the current healthcare system will lay the foundation for the exploration of some methods and strategies that have been effective in dismantling or overcoming them. The role of the Care Navigator in achieving progress toward equitable care will be addressed. Discussion of successes and struggles with barriers will aid participants in considering new approaches to those that may currently seem insurmountable.

Title: Bisexuals At The White House: Federal To Local Public Policy Advocacy

Speaker(s): Heron Greensmith

Organization: Political Research Associates

Description:

Over the past two decades, the lesbian, gay, bisexual, and transgender (LGBT) movement has experienced substantial growth of public policy advocacy aimed at expanding rights for LGBT people and same-sex couples and reducing discrimination and other disparities. This advocacy has yielded tremendous advancements in both expanded rights and reduced discrimination. The workshop is based on a chapter in the new book: the Routledge Handbook for LGBTQIA Administration and Policy.

Block 3
Monday, April 8, 2019
2:15pm - 3:15pm

Title: HIV Outreach And Advocacy In Minnesota's Communities Of Color: Report From The Underground Railroad

Speaker(s): Cree Gordon et al.

Organization: Youth & AIDS Project

Description:

After discussions among a few Black Queer friends about the HIV needs of the Black same-gender-loving (SGL) male community, the oversaturation of targeted testing of this population, and the need for – and obstacles to – frontline staff of HIV-focused organizations in the Twin Cities working together to reach the population, critical staff of these organizations came together, wanting to explore ways to collaborate effectively by sharing good conversations, strategies of working together, and, of course, laughs. In this session we will discuss the challenges of targeted testing of Black MSM, strategies of working in a collective to reach a targeted group, and how these efforts can go beyond HIV. You will hear from the original organizers and a panel of current members of the “Underground Railroad.”

Title: Voices Of Health: Report - Back From The 2018 LGBTQ Community Health And Wellness Survey

Speaker(s): Dylan Flunker

Organization: JustUs Health

Description:

Voices of Health, a model for LGBTQ community health research, is an annual LGBTQ health and wellness survey that offers valuable insight into the health access and experiences of LGBTQ people in Minnesota – one of the few such resources in the state. The results of this annual survey have been used to advocate for policy, systems, and environmental changes throughout the state. Come get a first look at the 2018 data and hear about how the research, education, and advocacy it informs are critical to serving the communities we care about.

Title: Local Health Department & LGBTQ+ Health Advocacy

Speaker(s): Rachel Goldberg

Organization: Public Health Madison & Dane County

Description:

In 2016, Public Health Madison & Dane County (PHMDC) conducted a county-wide LGBTQ+ community needs assessment. Sixteen community partner interviews were conducted to inform a LGBTQ+ Health and Wellness Profile. The profile highlights the inequities that people who identify as LGBTQ+ face throughout life, as well as the gaps in care and access that exist more locally. Since releasing the profile publicly, PHMDC has developed and facilitated six Health Equity trainings, which have filled to capacity by city/county staff.

Title: Using New Statewide Data to Implement Data-Driven Tobacco Cessation Programming

Speaker(s): Mara Aussendorf

Organization: Public Health Management Corp

Description:

Data reflective of LGBTQ serves as a point of social justice. Programming for LGBTQ populations cannot be fully effective without information provided by them and for them on the barriers they face. The Pennsylvania Department of Health partnered with a collection of public health agencies, including Health Promotion Council (HPC), in an effort to improve data on LGBTQ people.

This presentation will describe key findings from the PA LGBTQ Needs Assessment and describe how HPC responds to the needs of LGBTQ people in their region, specifically related to tobacco.

Title: Support Networks of Transgender and Gender Non-Conforming Older Adults

Speaker(s): K Abel Knochel

Organization: University of Minnesota Duluth

Description:

Transgender and gender non-conforming (T/GNC) people face challenges to their social, emotional, and material supports when they socially and/or physically transition. They will navigate changes in their relationships with family and friends. T/GNC people often lose important pieces of their support system or gain new sources of support as they transition. These changes take on added significance in older adulthood and may make the difference between aging well or struggling to meet basic physical, emotional, and material needs.

Title: Treatment Approaches For Transgender And Gender Diverse Youth

Speaker(s): Angela Kade Goepferd

Organization: Children's Minnesota

Description:

This presentation is designed for clinicians who want to learn more about medical treatment approaches and protocols for treating transgender youth. Clinicians who attend this workshop will be able to learn treatment guidelines and considerations unique to medical therapy for transgender youth that would allow them to take the next steps toward providing hormone therapy in their own practices. Approaches to pubertal suppression, gender affirming hormones (transmasculine and transfeminine) as well as other medications used to aid transition in youth will be identified.

Block 4
Monday, April 8, 2019
3:30pm - 4:45pm

Title: IN•cluded: Inclusive Healthcare - Youth and Providers Empowered

Speaker(s): Caitlin O'Fallon

Organization: PPMNS

Description:

IN•cluded: Inclusive Healthcare — Youth and Providers Empowered is a ground-breaking educational program that addresses the sexual health disparities LGBTQ youth experience across the United States. This presentation will provide an overview of the IN•cluded program, as well as provide participants with a sampling of a few of the activities included in the full 3 hour IN•cluded Health Center Workshop. Participants will be provided with a sampling of related tools and tips for providing LGBTQ inclusive health care for youth that are distributed during the full training program.

Title: On The Frontier: Next-Generation Legal Issues In Trans Health

Speaker(s): Phil Duran, Courtney Baga

Organization: JustUs Health, Faegre Baker Daniels

Description:

As a result of much local, state, and federal advocacy, many of the long-standing barriers to transgender health coverage have been falling in recent years. However, in some cases, barriers have “reappeared” in procedures to get coverage, disputes about necessity, and access to competent providers, creating additional challenges to getting care. Nonetheless, advocacy efforts continue to both find ways around these barriers, and break new ground in expanding coverage to procedures such as facial gender confirmation surgeries, minors’ access to care, and more. This session will bring participants up to date on the latest reports from the front lines of this effort and provide guidance on how to respond to roadblocks in getting coverage.

Title: Flooding the LBGTQ and POC Communities with Poison: An Interactive Overview of the Tobacco Industry’s Tactics and Local Regulation of Products

Speaker(s): Natasha Phelps

Organization: Public Health Law Center

Description:

Smoking remains the leading cause of preventable disease and death in the United

States, killing approximately 480,000 people each year. This crushing health burden falls disproportionately and recent data shows that large disparities remain. Menthol cigarettes are used at higher rates by vulnerable populations including youth and young adults, African-Americans, and LGBTQIA. This presentation will discuss the targeted marketing and disproportionate use of menthol tobacco products in the LGBTQ community, as well as policy options that addresses the sale of these deadly products.

Title: Enhancing Lesbian, Gay, Bisexual, and Transgender Cultural Competencies in Healthcare Settings

Speaker(s): Denise Felsenstein

Organization: Ursinus College

Description:

This interactive workshop will provide the audience with a hands-on learning activity addressing the process of how to integrate lesbian, gay, bisexual, and transgender (LGBT) cultural competencies into a healthcare setting. Aspects that will be addressed include environment, intake questions, and staff educational interventions. Workshop attendees will work in groups to create a plan for a LGBT cultural competence system change for various healthcare settings.

Title: Emerging Issues in the LGBTQIA Community

Speaker(s): Wallace Swan et al.

Organization: Walden University

Description:

This workshop will address cutting edge issues facing the LGBTQIA community, including the role of demographics, adult/senior homelessness, and senior issues. The writer of this proposal will be recruiting multi-culturally diverse speakers who have been authors in "The Routledge Handbook of LGBTQIA Administration and Policy".

Title: Considerations in Hormone Therapy and the Primary Care Needs of the Aging Transgender Population

Speaker(s): Deborah Thorp

Organization: Park Nicollet

Description:

The aging LGBTQIA community highlights the need for clinicians to develop best practice standards for healthcare that incorporates the effects of gender transition-related treatments. Many patients have been on hormone therapy for years, and others are starting cross-gender hormone therapy later in life. A facilitated discussion of current research and best practices among clinicians currently caring for patients who are older and transgender will follow.

Block 5
Tuesday, April 9, 2019
9:00am-10:00am

Title: Transgender Voice and Communication: Holistic Therapy for the Whole Client

Speaker(s): Marilyn Fairchild

Organization: University of Minnesota

Description:

Transgender individuals seeking to modify their voices are often concerned about elevating or lowering their pitch, but they may not be aware of the other elements that may "gender" our voices or affect their vocal health. This presentation offers an explanation of the many factors that affect voice perception, including vocal health, pitch, resonance, inflection, articulation, semantics, and nonverbal communication. Observations of clients who express how their voice has affected their transition, self-esteem, and day-to-day lives will also be discussed.

Title: Experiences Of Discrimination And Impact On Health Among LGBTQ Populations In Hennepin County

Speaker(s): Amy Leite Bennett

Organization: Hennepin County Public Health Department

Description:

The Survey of the Health of All the Population and the Environment (SHAPE) is a Hennepin County effort to better understand critical aspects of its residents' health. It gathers data on a broad range of factors, including sexual orientation, gender identity, and discrimination. SHAPE is a nationally recognized health assessment, first implemented in 1998. In 2018, SHAPE surveyed nearly 9,000 adults living in Hennepin County.

Title: Lavender Linguistics & HIV Discourse: How Do Gay AIDS Generational and Millennial Men Talk About HIV?

Speaker(s): David Anderson

Organization:

Description:

The term "lavender linguistics" was coined by William Leap in the early 1990's. This term was used to define how LGBT people communicate. Few studies about lavender linguistics and HIV discourse exist. Many of the existing ones have found differences in how gay AIDS Generation (born 1945-1974) and late Millennial (born 1989-2000) men discuss HIV. This qualitative research study was performed in 2018 in the Minneapolis/St. Paul metro area.

Title: Becoming Who They Are: Providing Supportive Primary Care To Transgender And Gender Diverse Youth

Speaker(s): Angela Kade Goepferd

Organization: Children's Minnesota

Description:

This presentation will provide an overview of gender identity development in children and youth, and help differentiate cisgender children experimenting with gender roles from transgender children. Stages of medical support and transition for children and youth will briefly be covered. Most of the session will focus on how clinicians and allied health professionals can create a supportive care environment in clinics and medical care settings for transgender and gender diverse youth and their families.

Title: Adult Sex Ed: Beyond Procreation and STIs

Speaker(s): Megan Mueller

Organization: JustUs Health

Description:

Understand the current state of sex education in Minnesota. This includes conversations about how the state-funded curriculum in Minnesota is abstinence only, procreation focused, heteronormative, and fear-based. We will talk about the harm of fear based education and talk about different LGBT specific STI transmission facts. Session will include the different types of risk reduction related to sexual practice and how individuals should be empowered to choose their own informed path.

Title: We Do Good Work And We Know It: Why Do I Hate Program Evaluation?

Speaker(s): Doug Moon

Organization: bibo Consult Services

Description:

While we may agree that serving the diversity of LGBT & Queer communities is important, telling others what your program is and does is a critical element of its success and effectiveness. Community-based organizations (CBOs) in the US generally lack the capacity to conduct high-quality evaluations of their own programs. This skill-building session facilitates participatory discourse on the variety of approaches of framing program evaluation issues among non-profit CBOs.

Block 6
Tuesday, April 9, 2019
10:15am-11:15am

Title: Attachment Theory and the LGBTQ+ Community

Speaker(s): Rick Laska

Organization: JustUs Health

Description:

Attachment theory has been a staple in mental health training, but it's historically been left at just a theory. Research shows the LGBTQ+ community disproportionately experiences mental health issues. LGBTQ+ clients can experience ruptures in developmental relationships, leaving them with deep attachment wounds: they may be rejected by their families; their gender developmental needs may be neglected; or they may experience violence from their communities. This session will assist providers in operationalizing attachment work to heal developmental wounds.

Title: Health Professional Education For Equity: What Are Students Learning About LGBTQ+ Health, And How Can We Do Better?

Speaker(s): Jeanne Barkey

Organization: Metropolitan State University

Description:

Social and economic disparities lead to educational and health disparities. Students, educators, preceptors, clinician-leaders, and community members are seeking changes in health professional education. What is going well, and not-so-well, in educating health professionals on LGBTQ+ health? What is being taught and learned? How can we educate for equity? How can we create environments where students and clinicians bring their whole selves to the table?

Title: LGBTQ&A: Results And Implications From An Aging LGBTQ Needs Assessment

Speaker(s): Kelly Rice

Organization: Howard Brown Health

Description:

The health care disparities among people who identify as LGBTQ are well documented, but the disparities widen as patients age and health care needs increase. Disparities include barriers to services, gaps in available resources, and lack of culturally competent care. By 2030, the older adult population in the United States aged 55 years and older is expected to increase to 130 million individuals. Paralleling this growth, the LGBTQ older adult population is expected to double to about five million.

Title: Insuring Equity: Changing The Health Insurance Industry To Better Serve The Transgender Community

Speaker(s): Ani Koch

Organization: BCBSM

Description:

In 2016, the largest health insurer in Minnesota kicked off an innovative project with an aim to provide more inclusive and equitable care and service for transgender Minnesotans--one of many marginalized groups that experience inequitable care and service within the health care system. The Transgender Consumer Experience Project was a unique combination of community engagement and cross-enterprise action learning with a core team of staff.

Title: Chemical Health & HIV

Speaker(s): Megan Mueller

Organization: JustUs Health

Description:

This session is designed for individuals seeking to learn more about HIV and the intersection of chemical health and sexual health. Because sexual behaviors are often linked to a person's chemical, mental, and physical health, addressing these issues is important for both individuals who are living with HIV and those who are unaware of their status. This training will help attendees feel prepared to discuss HIV, STIs, and sexual health with their clients, understand their role in creating a safe, non-judgmental practices for clients that have HIV, and more.

Title: Preemption: What It Is and Why It Matters for LGBTQ+ Health

Speaker(s): Julie Ralston Aoki

Organization: Public Health Law Center

Description:

This table topic session will alert participants to the legal issue of "preemption," how it's being applied to thwart public health progress across a range of social determinants of health, including LGBTQ+ status, and tools and resources to counteract preemption efforts in their states. The negative public health effects of preemption have been felt most acutely by certain priority populations, such as persons of color, those in lower socioeconomic groups and the LGBTQ+ community.

Block 7
Tuesday, April 9, 2019
2:00pm - 3:00pm

Title: Reparative “Therapy” – Undoing The Harm To LGBTQ Youth

Speaker(s): Cat Salonek

Organization: OutFront Minnesota

Description:

In recent years, over a dozen states across the country have moved to ban the use of so-called “reparative therapy” as a means to attempt to change a person’s sexual orientation or gender identity, responding to evidence of both inefficacy and harm. This session will explore what actually is involved in this practice, review the experiences of other states, update participants on the status of discussions in Minnesota, and identify ways people can get involved in these efforts.

Title: Understanding Medical Aid in Dying

Speaker(s): Rebecca Thoman, M.D., Manager, Doctors for Dignity

Organization: Compassion & Choices

Description:

The medical aid-in-dying movement and the LGBT rights movement are deeply intertwined, helping each other achieve monumental progress over the years. From passing the nation's first Death with Dignity law to allowing same-sex partners to act as healthcare proxies for one another, the two movements have decades of crossover. Currently, seven states and the District of Columbia authorize medical aid in dying whereby a terminally ill adult may ask for and receive a prescription medication for a peaceful death. Twenty more states have introduced similar legislation. In this presentation, you'll learn about the clinical criteria and protocol for medical aid in dying, data from authorizing states, ethical arguments and status of legislation in Minnesota.

Title: Mark's HIV Time Machine

Speaker(s): Mark King

Organization: myfabulousdisease.com

Description:

Join internationally recognized writer and activist, Mark S. King, for a journey through the history of the AIDS epidemic, how society and science have changed over time and their implications on how we move forward to end HIV. Diagnosed with HIV in 1985, Mark’s personal journey tells the story of thousands of gay men surviving HIV and AIDS. His session builds and expands on information presented in his keynote address.

Title: Beyond the Turkey Baster - Preconception Counseling and Fertility Care Redesigned

Speaker(s): Janine Stiles

Organization: Mandala Midwifery Care

Description:

LGBTQ people grow their families in a variety of ways – adoption, surrogacy, conception, fostering, etc. Using one's body to conceive a baby is one of these many ways and clinicians and alternative care providers can find themselves unsure of how to counsel their lesbian, bi and transgender patients as they begin this process. We will review additional preconception guidance and counseling that can be provided to queer identified folks as they begin their conception journey and seek insemination services.

Title: Our Words Matter

Speaker(s): Yvon Lonning

Organization: Youth and AIDS Project

Description:

Living and working in a hetero- and cis-normative culture, often silently influences the words we use with clients. Counselor language and word choices reflect individual awareness of personal and cultural values, role hierarchies, and behavior expectations for individuals, couples, and groups (Blumer, 2013). Linguistic choice often further defines interactions with limited space to accept identity or expression. It's time to deliberately move beyond awareness of a potentially invalidating experiences and meanings with words.

Title: Treating Post Induction Trauma in Gender Non-conforming Individuals

Speaker(s): Troy Weber-Brown

Organization: CentraCare Sexual and Gender Medicine

Description:

Trauma experienced by Transgender, Transsexual, and Gender Non-conforming clients is often times compound and under identified. Trauma can disrupt development, ability to make informed consent for medical and surgical procedures, and post-surgical recovery. This session will review trauma commonly experienced within the gender non-conforming communities, signs and symptoms of having experienced trauma, and difficulties in cognitive and emotional development due to relational trauma.