



COMMUNITY DAY, SATURDAY APRIL 18, 2020

Policy plenary session

At a crossroads: public policy and our health

The past years have offered a complex mix of steps forward and backward for people concerned with LGBTQ health and HIV. There are opportunities and challenges at the state, local, and national levels – how can we make the most of these circumstances? This facilitated discussion among thought leaders at *JustUs Health*, *OutFront Minnesota*, *Planned Parenthood*, and *Gender Justice* will help us understand more where we stand, and where we can go from here.

Breakout Sessions Content Key:

-  Content relevant to LGBTQ aging
-  Content for general LGBTQ health
-  Content relevant to people living with HIV and/or AIDS or HIV prevention
-  Content relevant to Transgender health

Current breakout session topics:

Fiercely Advocating for Trans Youth: A Primer

As legislation gets introduced across the country attempting to ban the provision of care to trans youth, Minneapolis and Duluth have banned so-called “conversation therapy” designed to “fix” trans kids and the Minnesota Department of Human Services is now covering medications for trans minors. From schools to identity documents and more, trans youth are visible – and under attack – as never before. Learn more about the opportunities and threats, and ways to make a real difference in young people’s lives!





Trans Aging Report 2.0: Growing Older with Integrity

JustUs Health, in conjunction with the University of Minnesota – Duluth, has been working on an update to the recent Trans Aging Report. The first version tended to paint a pretty mixed portrait of what it means to age as a transgender person, often dependent on questions of geography and race/ethnicity. What does the upcoming second version of the report add to the discussion? How can we together improve trans older adults' experience of aging?



Aging Within the LGBT Community: The Top Three Questions & Answers

- What home and community-based services are available to me and/or my loved one?
- Where do I go for services to help me live an independent, safe, and dignified life in my own home?
- How do I take care of myself, as a caregiver, when I am caring for my loved one as he/she/they age?

As you prepare for growing old, or maybe you are already there, the answer to these questions can be a lifesaver. In this session, we will share the answers.



10 Warning Signs of Alzheimer's Disease & LGBT Caregiver Concerns

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. The Alzheimer's Association® developed the 10 Warning Signs of Alzheimer's education program to help people recognize common signs of the disease and know what to watch for in the community, partners, themselves and others. This session details the difference between normal aging and Alzheimer's warning signs, inclusive of the information on risk factors, health disparities, and LGBT caregiver concerns.



Putting it Down on Paper: Planning for Older Adulthood

As we age, it becomes ever-more important that we document our wishes in terms of things like health care, disposition of remains, and distribution of any estate we may have. Some things can be relatively simple, others – less so. This session will explore the basics of the most common steps people can take to express their wishes on these critical topics, including strategies for making sure the right people know what to do if the time comes.





PrEP: Separating Facts from Myths

In recent years, the increasing availability of PrEP (Pre-Exposure Prophylaxis) as a treatment option for those at risk of HIV infection has made a real difference in the lives of many – assuming they have access, and assuming they know about it. This session will explore the current landscape of PrEP, including possible developments on the horizon in Minnesota, and will debunk misunderstandings and myths associated with the medication. You will leave prepared to make informed decisions and share solid information with others!



In this Together: Peer Support and Combating HIV Stigma

HIV emerged as a crisis in this country nearly four decades ago, and one might imagine by now, people have overcome the initial fears they often associated with the virus and with AIDS. And yet, in the 2020s, HIV+ people and those at risk still confront stereotypes and stigma despite solid progress in treating HIV infection. Join peer support leaders Belinda Charleston-Green and Johan Baumeister for a frank conversation about strategies to defuse and overcome these challenges.



HIV Alphabet Soup

What is U=U? Is that good or not? What is TasP? Will that hurt? Do we still say AIDS? The language and concepts surrounding HIV continue to evolve rapidly with expanding treatment options and new understandings of the virus and the disease. It can be hard to keep up! This session will bring participants up to speed on the latest developments in HIV care, prevention, and treatment, and demystify some of those acronyms!



Talking About LGBTQ Women's Health

Studies show that lesbian, bisexual, and trans women experience notable health disparities compared to heterosexual and cisgender peers. Yet there is often less public attention paid to these disparities, and few strategies to respond to them. And how do nonbinary individuals fit in with such a discussion? Please join us for a conversation about the research, and the lived experience of women in LGBTQ+ communities. What would a call to action about LGBTQ+ women's health in Minnesota look like?





Mental and Chemical Health 101

How do you find a therapist? How do you find the right therapist? How do you find a therapist you can afford? If you're worried about your substance use, how can you work on getting help? How do you access the services you want as an LGBT+ person, a person living with HIV, an older person, a person of color, or a person living with disabilities? What do all these acronyms like DBT and EMDR mean? What if you're concerned about your friend? How can you help them get help? In this educational workshop, learn the basics about what mental and chemical health services are available to you and how you can get started with your healing journey!



Advocacy Bootcamp

Fired up and ready to advocate? Great! This session will dig deeper into the processes of meaningfully engaging with one's elected representatives and others to make progress on the issues of greatest concern. These are not times to sit back, and there are many, many ways to make a difference, even with limited time or resources!

