



**PROFESSIONAL DAY, MONDAY APRIL 20, 2020**



KEYNOTE:

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### **Call to Action: Resisting Unprecedented Attacks on LGBTQ and HIV Health Equity**

Though the current federal administration is publicly committed to ending the HIV epidemic, the proportion of National Institutes of Health funding related to HIV drops year to year, while funding for other LGBT health research increases. Nonetheless, critical LGBT health issues remain under-resourced in terms of research and care, such as chronic disease, including cardiovascular disease, and diabetes (related to sedentarism, obesity, nicotine and other addictions). Behavioral health issues are of vital importance, and research shows higher rates of disability in our communities, and our lower rate of parenting has huge implications for elder caregiving, how we will experience elder congregate living, and aging in general. What is the future of HIV-related services if either funding is diminishing, or the epidemic is indeed ended? What are the most pressing health concerns facing LGBTQ communities, and what opportunities or threats do changes in public policy provide? How do practitioners, community organizations, and of course consumers best work together in a dramatically shifting environment?

The Fenway Institute, based in Boston, is a national thought leader in these and other areas; through a combination of policy research, education and training, and expanding older-adult services, Fenway drives this conversation across the country. JustUs Health is fortunate to be able to welcome Sean to the Twin Cities as we, also, grapple with these questions.

#### **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



### **HIV and Aging Network in Minnesota**

In 2016, nearly half of people in the United States living with diagnosed HIV were aged 50 and older, but many of the specific needs of this growing population are unknown. The HIV and Aging Network was formed in 2019 to increase awareness and understanding of the unique needs of People Living With HIV or AIDS (PLWHA) who are age 50 and older. The vision for the Network is that all people with HIV and/or AIDS who are 50 and older have the opportunity to access the services they need to live a quality life in the community.



### **Race and Money: A Fresh Look at Who Uses PrEP in Hennepin County**

Abstract: Nationwide, there are clear racial trends in who uses Truvada as Pre-Exposure Prophylaxis (PrEP). Two-thirds of the 1.1 million Americans who could potentially benefit from PrEP are African American or Latino. Yet, people from these communities account for only four percent of all Americans who use PrEP. Does this trend hold at the local level?

With fresh data, Jacob Maxon presents an evaluation of racial trends in PrEP use among Hennepin County residents, a methodology for how racial trends in PrEP use can be evaluated statewide, and an estimated cost of maximum PrEP use among Minnesotans who are at high-risk of HIV infection.



### **TelePrEP MN: Increasing the Ease and Access to PrEP for all Minnesotans**

TelePrEP MN will improve access to PrEP from Grand Marais to Albert Lea and everywhere in between. This new TelePrEP MN program will allow patients to see a PrEP provider from the comfort of their homes through an easy to use app. Patients will receive culturally competent services without the burden of travel or taking time away from work. Join us to learn more about this exciting new prevention service!





### **M Health Fairview: One Clinic's Commitment to Multidisciplinary Care for Transgender People**

The University of Minnesota/M Health Fairview's Comprehensive Gender Care program will present the current and future state of our coordinated multidisciplinary approach to transition related care through a variety of specialties including primary care, mental health, sexual health, plastic surgery, urology, gynecology, ENT and speech-language pathology. Surgical services will be discussed in detail to help providers become more familiar with current surgical approaches. The goal of this presentation is to discuss how a multidisciplinary approach across specialties, providers, institutions and organizations can help optimize health outcomes for Trans and non-binary individuals.



### **Taking the Lead: Blue Cross Breaks New Ground in Access to Gender-Affirming Care**

Since 2016, Blue Cross and Blue Shield of Minnesota (BCBSM) has been taking an intentional look at its role in delivering equitable care and service for transgender and nonbinary people, continually working to improve its service and consumer experience. To date, BCBSM's initiative has involved learning from community organizations and providers, listening to consumers, reviewing internal process, and implementing new policies and procedures. This session, which will incorporate the perspectives of multiple areas of the company (including care management, public health, and medical policy) will focus on BCBSM's lessons learned over the four years of this project, where its work is currently, and its future. Specifically, presenters will describe the necessary components to making a business case for supporting a transgender health focused initiative, share model policies, and respond to questions from participants.



### **Supporting Sexual Pleasure and Satisfaction in Transfeminine People Following Vaginoplasty and Vulvoplasty**

Genital surgery carries significant implications for transgender people's sexuality, and more transfeminine people are undergoing vaginoplasty and vulvoplasty than ever. However, thus far no evidence-based, manualized protocol has ever been developed to support sexual functioning, pleasure, and satisfaction in transfeminine individuals following genital surgery.

Our clinical experience as sex therapists working primarily with trans and non-binary clients has indicated a significant need for such resources, as a lack of information about postsurgical sexual pleasure is frequently reported by transfeminine sex therapy clients. This symposium will present a series of sex therapy interventions specifically tailored to transfeminine clients using a pleasure-oriented positive sexuality framework.





### **Letters of support: tips and tactics for helping trans patients achieve their medical goals**

Clinicians often receive requests for a letter of support in their work with clients. Therapists are asked to advocate for their clients in a number of ways through these letters: for gender-affirming surgery or hormones for trans clients, emotional support therapy letters, and myriad other requests. Join clinicians from RECLAIM and the University of Minnesota to discuss how to provide support with clients—not just for writing letters—but how to explore necessary areas of therapy to assist clients with what they are requesting of clinicians. This workshop will provide sample letters, and attendees will leave with a full understanding of the necessary components of letter writing. It is recommended that attendees have a general understanding of gender and sexuality 101 and are competent around trans care in clinical settings prior to attending this training, as we will not be covering that foundational work.



### **Practicing Cultural Humility & Understanding Youth Who are Trans, Intersex, or Gender Non-Conforming**

This workshop endorses advancing health equity and removing the social injustices that are experienced by people who are trans, intersex, or gender non-conforming. Terminology, the concepts behind cultural humility, and the importance of organizational change and policy will be presented, and there will be time for discussion. The following will be emphasized: define cultural humility and recognize how advocacy and systems change provide an affirming environment for youth who are transgender, intersex, or gender-nonconforming.



### **Listening Lessons from Listening Sessions**

If we want people to visit our clinics, programs, spaces we must first listen. Family Tree Clinic, with the goal to increase access to HIV education and testing for communities most affected, initiated a 'listening session' project to engage Black and LGBTQ communities about health access. This strategy is a necessary first step down the journey to mending relationships with Black and LGBTQ communities and in turn affecting health equity. Results were AMAZING - we knew this information would be valuable but had no idea what would come of this process. Hearing the hopes, dreams, and expectations shared by Black and LGBTQ communities is leading us to intentionally shift Family Tree Clinic culture to better meet the needs of the people. How can community-focused healthcare providers see listening sessions as an opportunity to weave our values and programming around these principles, with the hopes of being more relevant and positive to potential patients?





### **LGBTQ Content in Healthcare Provider Education - Where Do We Begin?**

According to a number of studies, most healthcare provider education programs do a poor job preparing future doctors, nurses, and other healthcare providers to understand the unique needs and health risks in LGBTQ populations. Curriculum change can happen, often at the urging of students and staff. Join us for a discussion on expanding LGBTQ healthcare content in pre-practice education, what's worked and hasn't worked, and how can we work together to ensure providers are appropriately prepared to serve LGBTQ patients when they graduate.



### **Minnesota's LGBTQ and HIV Resource Hub - Everything You Need to Know!**

Join us to hear about the exciting new changes that have been made to the MN Resource Hub, a resource for LGBTQ people and people living with HIV to find healthcare resources and providers. You'll hear from members of our interdisciplinary advisory board of providers and practitioners about the work they've done in the past year and a half to develop the *MN LGBTQ Resource Hub* into a tool for both healthcare providers and LGBTQ people, and learn how to sign up to list yourself as a provider.



### **When Science meets Culture: Meth meets Men**

Growing up as a gay man can expose a person to competing value systems - what are the expectations of the broader culture? What are the expectations of "gay culture" - and which gay culture? It is not news that many gay men will turn to substances such as alcohol or chemicals to help navigate the challenges; in recent years, the drug of choice is increasingly meth. Indeed, there are those who feel that meth "stimulates our culture" - but the price to be paid is high. This session will examine the neuroscience of stimulants, and specifically meth, and will examine case studies that will inform our work with our clients.





### **Recognizing and Addressing Religious Trauma and its Impact on Client Mental Health**

Religious and spiritual beliefs can be a source of comfort, empowerment, and community for many, but can also be utilized as a tool of power and control. The idea that such beliefs can be a source of trauma is often surprising, but a lack of knowledge of potential harm can isolate or invalidate a client's experience and damage therapeutic relationships, further stigmatizing an issue that is intertwined with client identity, community, and family experiences in all communities, and especially the LGBTQIA+ community. This training will equip you to recognize religious trauma, spiritual abuse, and adverse religious experience in your work with clients, and aid in destigmatizing this topic both in the mental health field and client experience.



### **Religious Refusals, the Administration, and the Courts**

From working to dilute discrimination protections in the *Affordable Care Act* and employment law, to using health care as a rationale for excluding transgender people from the military, we live in an era of deep concern with numerous challenges. But all is not lost! Join the Legal Director and the Senior Staff Attorney of Gender Justice for a discussion about the legal battles taking place in Minnesota that impact the rights of LGBTQ folks; this session will cover religious refusals, the rights of transgender students and athletes, and access to safe and comprehensive health care, among other topics. Presenters will also describe how Minnesota cases fit in to the larger national fight for LGBTQ rights.



### **It's Time to Talk: 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. This session will focus on a moderated 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?





**Sex Ed for Adults and Professionals: Megan Mueller, MPH & Hannah McNamee, MPH**

Back by popular demand! Learn about the current state of sexual health education in Minnesota, what it lacks, and what we should all be learning. We will explore sexual health through a non-hetero focused, risk-reduction, pleasure-focused lens that goes beyond procreation. Considerations for specific populations will also be covered, including talking about sex with trans individuals.





### **An Interdisciplinary Conversation on Transgender Aging**

As more transgender people come out at all stages of life, unique challenges and concerns are emerging for transgender older adults. Join us for a facilitated panel discussion on emerging issues in transgender aging and how to best provide care to transgender older adults. Panelists will highlight some specific considerations around mental health, physical health, social connections and support, and end of life care for transgender people. We will end with an open discussion on what practical steps attendees can take in their work to better serve transgender older adults.



### **Understanding Alzheimer's And Dementia - An LGBTQ & HIV Lens**

The Alzheimer's Association® Understanding Alzheimer's and Dementia education program covers the basics of Alzheimer's and dementia to provide a general overview for people who are facing a diagnosis as well as those who wish to be informed. Professionals will gain greater information and resources to interact and serve the aging and diverse LGBTQ community. The session will identify the difference between Alzheimer's dementia and HIV dementia, including coverage of the risk factors, health disparities, 10 Warning Signs, and LGBT caregiver concerns.



### **New Developments in Regulation of Assisted Living Facilities in Minnesota**

In 2019, Minnesota lawmakers passed landmark legislation that expanded protections for seniors and vulnerable adults and established a new regulatory framework that will govern Minnesota's assisted living settings starting in August of 2021. The Minnesota Department of Health has been charged with an aggressive timeline to complete rulemaking that will implement these new laws and has begun discussions with a stakeholder advisory committee to develop those proposed rules. Attend this session to understand the background to the new regulatory regime, what led to the legislation, the status of the rulemaking process, and how these changes will impact seniors, families and providers alike.

