

Thursday, March 22, 2012

Full Day Schedule

7:00 am – 5:00 pm	Registration
8:00 – 9:00 am	Breakfast
9:00 – 10:30 am	PLENARY (Simultaneous Translation provided) <i>Improving the Health of Trans Communities: Findings from the TransPULSE Project</i> Séance plénière (service de traduction simultanée au besoin) <i>Améliorer la santé de la communauté trans : conclusions du projet TransPULSE</i>
10:30 – 11:00 am	Refreshment Break & Exhibit & Poster Hall
11:00 am – 12:30 pm	Concurrent Sessions
12:30 – 2:00 pm	Lunch & Exhibit & Poster Hall, Life Stages Networking Opportunities
2:00 – 3:30 pm	Poster Presentations & Refreshment Break
3:30 – 5:00 pm	Concurrent Sessions

PLENARY/SÉANCE PLÉNIÈRE

9:00 – 10:30 am

Improving the Health of Trans Communities: Findings from the Trans PULSE Project

Trans PULSE is a community-based research project exploring the impact of social exclusion and discrimination on the health of Ontario's trans communities. This presentation will focus on the initial results emerging from this 5-year collaboration between academic researchers, trans activists and community organizations. In a departure from the traditional research model, members of the trans-community have comprised the majority of the Trans PULSE team and have taken leadership roles in decision-making, including project goals as well as the selection of academic partners. With the goal of improving the health and well-being of trans communities through both process and outcome, Trans PULSE is committed to: building research capacity among members of the trans community; integrating anti-racist / anti-oppressive principles in our work; using the highest quality methods possible to ensure results have the maximum impact; and conducting respectful

research which is owned by trans communities. Trans PULSE has approached research as a response to marginalization, as an exercise in community building and as action for social change. This plenary session will provide an overview of the team's innovative community-based research model as well as the unique methods (Respondent-Driven Sampling) used in this study. Findings related to health care access, housing and employment discrimination, racism and transphobia, sexual health, HIV vulnerability, violence and suicide will be presented together with recommendations for policy, health and social service provision and the development of clinical programs. New developments in Trans PULSE will be discussed, including upcoming knowledge translation activities. Ultimately, this presentation seeks to initiate a conversation about the possibilities for real change to address urgent issues of access, health and social justice for trans people in this province.

Full Day Conference

Thursday, March 22

Panelists

Greta Bauer is an Associate Professor in Epidemiology & Biostatistics in the Schulich School of Medicine & Dentistry at The University of Western Ontario. Her research interests are in the health of lesbian, gay, bisexual, and transgender communities, and in viral sexually transmitted infections. She is a proponent of community-based epidemiology for work with LGBT and other communities.

Jake Pyne has worked in a variety of research and advocacy roles within the trans community in Toronto over the past 10 years. He is currently a research assistant with a study based at Concordia University exploring the social, educational and activist worlds of gender non-conforming children in Canada. Jake is also currently completing a Master of Social Work degree at Ryerson University with a focus on support for gender non-conforming children.

Robb Travers is an Assistant Professor in Community Psychology at Wilfrid Laurier University and a leader in the community-based research movement in Canada. He is involved in a number of community-academic research partnerships that focus on social exclusion and the health and well-being of trans communities and LGBT youth in Ontario. Dr. Travers is a Canadian Institutes of Health Research, New Investigator, and serves as Director of the Equity, Sexual Health and HIV Research Group at the Centre for Community Research, Learning and Action at Wilfrid Laurier University.

Nik Redman is an artist, activist and community worker who was born in Montreal, Canada. He is member of the GBQ Trans Mens' Working Group, part of Ontario Gay Men's Sexual Health Alliance; the MaBwana Community Advisory Committee, the Prisoners Justice Action Committee (PJAC) and the Trans Fathers 2B Parenting Course Project Team. Nik was one of the online facilitators for the province-wide HIV/AIDS-themed Stigma campaign. Nik currently works as a Grievance Officer with University of Toronto's Local 1998 United Steelworkers Union. In addition, he works doing Anti-Harassment and Human Rights Training for the Union. Nik volunteers with the LGBT Youth Line, Community One and is part of the programming committee and the Board of the Inside Out Film and Video Festival. He also serves on the Board of Black Coalition for AIDS Prevention (Black CAP). As a member of blackness Yes!, He has been instrumental in

programming the Blockorama stage at Pride Toronto. Nik is also an award-winning DJ, writer and radio programmer. He can be heard every Thursday 5-7 p.m. on www.CKLN.FM in Toronto.

Kyle Scanlon is a trans activist and researcher who strives for social justice and has a passion for community mobilization. As The 519 Church Street Community Centre's Training Education and Research Consultant, Kyle continues to provide expertise on trans access and equity to a range of service providers across Ontario.

Rebecca Hammond is a Toronto-based health researcher, clinician, educator, and student. Her work with Trans PULSE spans six years. Rebecca was also a founding member of the trans health working group (a partnership with RHO, CAMH, and other stakeholders) that has worked to expand Primary Health care options for trans people across the Province. In a similar vein, Rebecca's thesis work (n=21) is a qualitative exploration of the current organization of health care for trans people in Ontario and the published thesis is available for free download here: <http://goo.gl/cbJ3L>. Rebecca has an MSc in Epidemiology & Community Health and is completing her BScN in Nursing at the University of Toronto. Complementing her research work, Rebecca has been involved in front-line work for several years as a sexual health clinician and counsellor at Hassle Free Clinic. She has developed an anti-oppression framework in respect to trans education, transforming the staid "Trans 101" into groundbreaking "Anti-Cissexism" training modules.

Anjali K is a self-made woman, who lives in stealth, who believes in making a difference. Crossing barriers, I believe in allowing the world to understand the beauty and courage of the Trans communities, thereby making it easier for everyone. I make the best of my life, despite severe limitations of my identity, and believe there is a better tomorrow.

Améliorer la santé de la communauté trans : conclusions du projet TransPULSE

Trans PULSE est un projet de recherche communautaire qui explore les répercussions de l'exclusion sociale et de la discrimination sur la santé des communautés trans de l'Ontario. Cette présentation portera principalement sur les résultats initiaux d'une collaboration de cinq ans entre des chercheurs universitaires, des activistes trans et des organismes communautaires.

À partir d'un modèle traditionnel de recherche, les membres de la communauté trans ont inclus la majorité de l'équipe de Trans PULSE et ont dirigé la prise de décision, notamment pour la définition des objectifs des projets et pour la sélection des partenaires universitaires. Avec comme objectif d'améliorer la santé et le bien-être des communautés trans tant par les façons de faire que dans les résultats, Trans PULSE s'engage à mettre sur pied une capacité de recherche parmi les membres de la communauté trans, à intégrer à son travail les principes anti-racistes et anti-oppression, à utiliser les méthodes de la meilleure qualité possible pour garantir que les résultats génèrent le maximum d'effets et enfin, à mener des recherches respectueuses, qui demeureront la propriété des communautés trans. Trans PULSE aborde la recherche comme une réponse à la marginalité et comme un exercice de renforcement de la communauté et une mesure de changement social.

Cette séance plénière offrira un survol du modèle de recherche communautaire novateur de l'équipe, de même que des méthodologies originales (échantillonnage fondé sur les répondants) utilisées dans cette étude. Les conclusions relatives à l'accès aux soins de santé, au logement et à la discrimination en matière d'emploi, au racisme et à la transphobie, à la santé sexuelle, à la vulnérabilité au VIH, à la violence et au suicide seront présentées, en plus de recommandations pour des politiques, des services sociaux et des services de santé et pour l'élaboration de programmes cliniques. Les dernières nouvelles concernant Trans PULSE seront aussi abordées, notamment les prochaines activités de transmission du savoir. Enfin, cette présentation souhaite amorcer la discussion sur les possibilités d'un changement réel dans la prise en charge des problèmes d'accès, de santé et de justice sociale pour les personnes trans de la province.

Les panélistes

Greta Bauer est professeure associée en épidémiologie et biostatistiques de la Schulich School of Medicine & Dentistry de l'Université Western Ontario. Ses domaines de recherche sont la santé des communautés lesbienne, gaie, bisexuelle et transgenre et les infections virales sexuellement transmissibles. Elle fait pression pour une approche communautaire de l'épidémiologie dans le travail avec GLBT et les autres communautés.

Jake Pyne a travaillé à une variété de recherches et a occupé divers rôles dans la défense des droits de la communauté trans à Toronto au cours des 10 dernières années. Il est présentement adjoint de recherche d'une étude réalisée à l'Université Concordia de Montréal qui se penche sur les aspects sociaux, éducatifs et activistes des enfants d'un genre non conforme au Canada. Jake termine présentement une maîtrise en travail social à l'Université Ryerson de Toronto, dans le cadre de laquelle il se concentre sur les enfants d'un genre non conforme.

Robb Travers est professeur adjoint en psychologie communautaire à l'Université Wilfrid Laurier De Waterloo, en Ontario. Il est aussi un chef de file de la recherche communautaire au Canada. Il participe à un certain nombre de partenariats de recherche universitaire à caractère communautaire, sur des questions qui touchent principalement l'exclusion sociale ainsi que sur la santé et le bien-être des communautés de jeunes trans et GLBT en Ontario. Le Dr Travers est nouveau chercheur aux Instituts de recherche en santé du Canada et travaille aussi comme directeur du groupe de recherche sur l'égalité, la santé sexuelle et le VIH du Centre for Community Research, Learning and Action de l'Université Wilfrid Laurier.

Nik Redman est né à Montréal, au Canada. Il est artiste, activiste et travailleur communautaire et a été membre du Trans Mens' Working Group du GBQ, qui fait partie de l'Ontario Gay Men's Sexual Health Alliance. Il a aussi été membre du comité consultatif de la communauté MaBwana, du comité d'action Prisoners Justice (PJAC) et de l'équipe du projet Trans Fathers 2B Parenting. Nik travaille présentement comme agent de griefs au local 1998 du syndicat des travailleurs unis de l'acier de l'Université de Toronto et assure la formation en droits de la personne et contre le harcèlement au sein du syndicat. Nik est bénévole à la ligne jeunesse LGBT de Community One et membre du comité de programmation et du conseil d'administration de l'Inside Out Film and Video Festival. Il siège également au conseil de la Black

Coalition for AIDS Prevention (Black CAP). En tant que membre de l'organisme blackness Yes!, il a joué un rôle crucial dans la programmation de la scène Blockorama lors de l'événement de la fierté gaie Pride Toronto. Nik est aussi un DJ maintes fois primé, rédacteur et programmateur radio; il prend régulièrement le micro pour la station CKLN de Toronto.

Kyle Scanlon est activiste trans et chercheur. Il croit fermement en la justice sociale et est passionné de mobilisation communautaire. En tant que consultant en éducation et recherche au centre communautaire du 519 Church Street, Kyle continue d'offrir son expertise en matière d'accès égalitaire des trans à un éventail de fournisseurs de services partout en Ontario.

Rebecca Hammond vit à Toronto. Elle est à la fois chercheuse, clinicienne, éducatrice et étudiante. Elle travaille avec Trans PULSE depuis maintenant six ans. Rebecca est aussi membre fondatrice du groupe de travail sur la santé des transsexuels et transsexuelles (un partenariat avec Santé arc-en-ciel Ontario, le Centre de toxicomanie et de santé mentale et divers autres intervenants). Ce groupe a notamment travaillé à l'élargissement des choix en matière de soins de santé primaires pour les personnes trans de partout dans la province. Les travaux de Rebecca constituent une exploration qualitative de l'organisation actuelle des soins de santé pour les personnes trans en Ontario. La thèse qu'elle a publiée sur cette question peut être téléchargée gratuitement au <http://goo.gl/cbJ3L>. Rebecca détient une maîtrise ès sciences en épidémiologie et santé communautaire, et elle termine présentement un baccalauréat en sciences infirmières à l'Université de Toronto. En complément à ses travaux de recherche, elle participe depuis de nombreuses années à des travaux de première ligne en tant que clinicienne en santé sexuelle et conseillère à la Hassle Free Clinic de Toronto. Elle a développé un cadre de travail contre l'oppression en matière d'éducation de les personnes trans, en vue de transformer le module de formation « trans 101 », déjà très connu, en un module de formation avant-gardiste sur « l'anticissexisme ».

Anjali K. s'est prise en charge pour devenir une femme et vit tout simplement comme telle. Convaincue de pouvoir faire bouger les choses, elle travaille à éliminer les obstacles et les préjugés et pense que le monde peut comprendre la beauté et le courage des membres de la communauté trans et, de ce fait, rendre la vie plus facile pour tous. Elle a appris à profiter du meilleur de la vie, malgré les contraintes majeures qui limitent l'expression de son identité. Elle croit fermement en un avenir meilleur.

CONCURRENT SESSIONS 11:00 am – 12:30 pm**Thursday March 22**

(ST) D2: 25A *(Simultaneous Translation Provided/service de traduction simultanée au besoin)*

Format & Focus: Research Soundbyte 5, Policy & Discourse Analysis

Forme et thématique : capsules sur la recherche 5, analyse des politiques et du discours

(1) Gender, sexuality and the discursive representation of access and equity in health services literature: Implications for LGBT communities.

Presenters:

Andrea Daley, Assistant Professor, School of Social Work, York University, Toronto;

Judith MacDonnell, Assistant Professor, School of Nursing, York University, Toronto

This presentation will consider how health services access and equity documents represent the problem of access to health services and what the effects of that representation might be for lesbian, gay, bisexual and transgender (LGBT) communities. We conducted a critical discourse analysis on selected access and equity documents using a gender-based diversity framework as determined by two objectives: 1) to identify dominant and counter discourses in health services access and equity literature; and 2) to develop understanding of how particular discourses impact the inclusion, or not, of lesbian, gay, bisexual and transgender (LGBT) communities in health services access and equity frameworks. The analysis was conducted in response to public health and clinical research that has documented barriers to health services access for LGBT communities including institutionalized heterosexism, biphobia, and transphobia, invisibility and lack of health provider knowledge and comfort. A continuum of five discourses that characterize the health services access and equity literature were identified including two dominant discourses: 1) multicultural discourse, and 2) diversity discourse; and three counter discourses: 3) social determinants of health (SDOH) discourse; 4) anti-oppression (AOP) discourse; and 5) citizen/social rights discourse. The analysis offers a continuum of dominant and counter discourses on health services access and equity as determined from a gender-based

diversity perspective. The continuum of discourses offers a framework to identify and redress organizational assumptions about, and ideological commitments to, sexual and gender diversity and health services access and equity. Thus, the continuum of discourses may serve as an important element of a health care organization's access and equity framework for the evaluation of access to good quality care for diverse LGBT populations. More specifically, the analysis offers four important points of consideration in relation to the development of a health services access and equity frameworks.

Objectives:

1. To develop understanding of five specific discourses identified in the analysis of selected health services access and equity literature.
2. To develop understanding of how multiple and competing discourses operate in health services access and equity frameworks.
3. To develop understanding of how discourses operate to impact the inclusion, or not, of LGBT communities in health services access and equity frameworks.
4. To develop understanding of critical discourse analysis as method of examining assumptions, biases, and ideologies underlying organizational notions of health services access.

(1) Le sexe, la sexualité et la représentation discursive de l'accès et de l'équité en matière de services de santé dans la littérature : conséquences pour les communautés GLBT

Présentatrices :

Andrea Daley, professeure adjointe, école de travail social, Université York, Toronto; Judith MacDonnell, professeure adjointe, école de soins infirmiers, Université York, Toronto

Cette présentation examinera comment l'accès à des services de santé et les documents sur l'équité traduisent les problèmes d'accès à des services de santé et quels sont les effets de cette représentation pour les communautés lesbienne, gaie, bisexuelle et transgenre (LGBT). Nous avons mené une analyse critique du discours dans des documents choisis traitant sur l'accès et l'égalité en utilisant un cadre de référence fondé sur le sexe, en travaillant en fonction

de deux objectifs : 1) identifier le discours dominant et le discours alternatif dans les documents portant sur l'accès aux services de santé et sur l'équité; et 2) acquérir une meilleure compréhension des répercussions des discours particuliers sur l'inclusion ou l'exclusion des communautés lesbienne, gaie, bisexuelle et transgenre (LGBT) aux structures d'accès aux services de santé et à l'égalité. Cette analyse a été réalisée en réaction à la documentation, en santé publique et recherche clinique, des obstacles à l'accès aux services de santé pour les communautés LGBT, notamment en raison de l'hétérosexisme, de la biphobie, de la transphobie, de l'invisibilité ou du manque de connaissances des fournisseurs de soins de santé et de leur malaise. Elle a permis d'identifier un continuum de cinq discours dans la documentation portant sur l'accès aux services de santé et sur l'égalité : 1) le discours multiculturel; 2) le discours sur la diversité et les trois discours alternatifs; 3) le discours sur les déterminants sociaux de la santé; 4) le discours sur l'anti-oppression et enfin, 5) le discours citoyen et sur les droits sociaux. L'analyse offre également un continuum de discours dominants et de discours alternatifs sur l'accès aux services de santé et sur l'équité, dans une perspective fondée sur la diversité des identités sexuelles. Le continuum de discours offre un cadre de référence qui permet d'identifier et de rectifier les hypothèses organisationnelles et les engagements idéologiques liés à la diversité des genres et de diversité sexuelle, d'accès aux services de santé et d'équité. En conséquence, le continuum de discours peut constituer un important élément de l'accès aux soins de santé dans un organisme et de la structure d'égalité pour l'évaluation de l'accès à des soins de qualité pour les diverses populations LGBT. Plus précisément, l'analyse fournit quatre points importants à considérer en lien avec le développement de cadres de référence en égalité et accès à des services de santé.

Objectifs d'apprentissages :

1. Mieux comprendre les cinq discours particuliers identifiés dans l'analyse de l'accès à certains services de santé et dans la littérature sur l'égalité.
2. Acquérir une meilleure compréhension des discours multiples et concurrents qui peuvent circuler dans les structures d'égalité et d'accès aux services de santé.
3. Comprendre davantage comment ces discours ont des répercussions sur l'inclusion ou la non-inclusion des communautés GLBT dans les structures d'égalité et d'accès aux services de santé.
4. Comprendre l'analyse critique des discours en tant que méthode pour l'examen des hypothèses, des biais et des idéologies sur lesquelles reposent les notions d'accès aux services de santé.

(2) Challenging Diagnostic Notions: A Queer Community-Based Critical Anti-Oppressive Response to the DSM-5 Review

Presenters:

Nick Mulé, Associate Professor, School of Social Work, York University, Toronto; Andrea Daley, Assistant Professor, School of Social Work, York University, Toronto

This paper will provide a socio-political analysis as a consultative response to the American Psychiatric Association's (APA) Diagnostic and Statistical Manual of Mental Disorders (DSM) currently being revised for its fifth edition to be released in spring 2013. Two subsections in the Sexual and Gender Identity Disorders section will be focused on. Utilizing a queer lens that resists heteronormative and cisgender notions of sexuality and gender identity, the subsections on Gender Identity Disorders and the Paraphilias are interrogated based on social constructions of dominant race, sexuality, gender and class notions of normality. The lack of scientific evidence to substantiate the inclusion of a number of diagnoses and resulting negative implications of labeling individuals will be addressed. We argue that such diagnostic labels contribute to oppressive forms of hegemonic discourse that serve to further marginalize LGBT populations.

Objectives:

1. Apply a queer anti-oppressive analysis in deconstructing the white, heterosexual, male, middle class values that inform the sexual and gender identity diagnostic labels outlined in the APA's DSM.
2. Trouble the binary notions of gender throughout the DSM and the gender identity disorders in particular and how they contribute to normative notions of rigid gender roles and oppressive structural barriers such as state subsidies or public health insurance coverage.
3. Interrogate the paraphilias as warranting diagnostic status for being what is perceived to be outside of normative sexual activities.

(2) Remise en question des notions diagnostiques : réponse critique anti-oppression de la communauté allosexuelle face à la révision du DSM-5

Présentateurs :

Nick Mulé, professeur associé, école de travail social, Université York de Toronto; Andrea Daley, professeure associée, école de travail social, Université York de Toronto

Cet article propose une analyse sociopolitique à titre de réponse aux consultations mises en œuvre pour la révision de l'American Psychiatric Association's (APA) Diagnostic and Statistical Manual of Mental Disorders (DSM), présentement en cours et dont la cinquième édition sera publiée au printemps 2013. Il se concentrera sur deux sous-sections du volet sur les troubles de l'identité sexuelle et de l'identité. Dans une perspective allosexuelle qui diffère des notions hétéronormatives et cisgenres de la sexualité et de l'identité sexuelle, les sous-sections sur les troubles de l'identité sexuelle et sur les paraphilies sont remises en question en fonction des constructions sociales de race dominante, de sexualité, de sexe et des notions de catégorisation de la normalité. Le manque de faits probants pour appuyer l'inclusion d'un certain nombre de diagnostics et les conséquences négatives qui en résultent, notamment la catégorisation des individus, sera exploré. Nous estimons qu'une telle catégorisation des diagnostics contribue aux formes oppressives de discours hégémonique qui servent à marginaliser encore davantage les populations GLBT.

Objectifs d'apprentissages :

1. Appliquer une analyse allosexuelle anti-oppressive à la déconstruction des valeurs blanches, hétérosexuelles, masculines et de la classe moyenne qui alimentent les catégories de diagnostics en matière d'identité sexuelle dans le Manuel diagnostique et statistique des troubles mentaux (DSM) de l'Association américaine de psychiatrie (APA).
2. Remettre en question les concepts binaires de genre dans le DSM et les troubles de l'identité sexuelle en particulier, et voir comment ils contribuent à des notions normatives de rôles sexuels rigides et d'obstacles structurels oppressifs tels que les subventions gouvernementales ou la couverture d'assurance-maladie.
3. S'interroger sur les paraphilies en tant que facteur de garantie de diagnostic de ce qui est perçu comme extérieur aux activités sexuelles normales.

(3) Mieux comprendre les besoins de politiques de santé des personnes trans par l'entremise d'une analyse comparative.

Presenter:

Natalie Duchesne, doctorante, l'Université Concordia, Montréal

Dire que les politiques publiques sont omniprésentes dans la vie des personnes trans est une platitude. Il est tout aussi banal de dire que les politiques actuelles sont mal adaptées à leurs réalités et que cela a des effets néfastes sur leur santé. Mais alors que devons-nous faire? Par où commencer? Quelles sont les priorités? Les personnes trans divergent selon plusieurs facteurs, dont l'âge, le niveau d'éducation, la situation de vie, le statut légal, les liens communautaires et la géographie. Face à cette diversité, une réflexion sur l'impact des politiques publiques doit examiner le lien entre ces différences et les besoins en matière de santé des populations trans. L'étude qui sera présentée a adopté une stratégie d'analyse comparative pour tenter de répondre à ces questions. Dans ce résumé de recherche, nous nous servirons de données empiriques pour comparer différents segments de la population trans à Toronto, ainsi que pour comparer les populations trans torontoise et montréalaise. Cette deuxième piste s'avère particulièrement prometteuse pour faire des politiques de santé mieux adaptées aux besoins de personnes trans. En examinant les réalités linguistiques, culturelles et juridiques de ces deux villes ainsi que l'histoire de leurs communautés trans, nous pouvons contribuer aux dialogues communautaires sur les politiques publiques et permettre à ces mêmes populations de mieux militer pour des changements positifs.

Objectif d'apprentissages :

Démontrer l'utilité de l'analyse comparative pour le développement de politiques de santé adaptées aux besoins des personnes trans.

(3) Better Understanding of the Healthcare Policy Needs of Trans Persons, by Means of Comparative Analysis

Presenter:

Natalie Duchesne, doctoral candidate, Concordia University, Montreal

To state that public policy is omnipresent in the lives of trans persons is a platitude. It is as banal as saying that current policies are poorly suited to their realities and that this has a deleterious effect on their health. But in this case what to do? Where do we begin? What are the priorities? Trans persons are a divergent group, by factors of age, level of education, life circumstances, legal status, community connections and geographically. In the face of such diversity, reflecting upon the impact of public policy must examine the connections between these differences and the healthcare needs of trans populations.

The study to be presented took the comparative analysis approach to attempt to answer these questions. In this research summary, we will use empirical data to compare different segments of the trans population of Toronto, and to compare the trans populations of Toronto and Montreal. This second route appears particularly promising for developing healthcare policies that are better suited to the needs of trans individuals. By examining the linguistic, cultural and legal realities of these two cities, and the history of their trans communities, we can contribute to the community dialogue on public policy and help these same populations to better militate for positive change.

Objective:

Demonstrate the utility of comparative analysis in the development of health policies adapted to the needs of trans individuals.

D2: 26A

Format & Focus: Seminar, Trans Health
Mental Health Assessment for Transgender Clients: CAMH's new approach

Presenters:

Christopher McIntosh, Head, Gender Identity Clinic, Centre for Addiction and Mental Health, Toronto
Nicola Brown, Staff Psychologist, Gender Identity Clinic, Centre for Addiction and Mental Health, Toronto

This seminar will discuss an ethical framework employed in revising longstanding clinic policies in 2011. Mental health assessment for transgender clients is a challenging clinical area in which to work in the twenty-first century. It remains a highly valued resource for medical and surgical professionals involved in transgender health care. However, clients and transgender community advocates are often split as to its usefulness, some finding it very helpful, others seeing it as intrusive gatekeeping of the medical and surgical interventions they seek. The seminar will outline the new CAMH approach.

Objectives:

1. To consider an ethical approach to mental health assessment for transgender people.
2. Be aware of changes implemented at the CAMH Gender Identity Clinic in the past year.
3. Understand what is involved in a typical mental health assessment at the CAMH adult GIC.

D2: 27A

Format & Focus: Seminar, Seniors

Access, Equity, Capacity: LGBT Seniors' Inclusiveness Strategy

Presenters:

Sarah Singh, Senior Director of Community Services, Program Development and Outreach, Senior Peoples' Resources in North Toronto (SPRINT); Dick Moore, LGBT Seniors 'safe havens' Activist, Toronto

Ten percent of the general population is estimated to be lesbian, gay, bisexual or transgender/transsexual (LGBT) (Toronto Public Health, 2001). The seniors' population is expected to double in the next 16 years (Statistics Canada, Census 2006). Almost 80% of Ontarians over the age of 45 have a chronic condition, and of those, about 70% suffer from two or more chronic conditions. We know that marginalized groups and the poor experience a significant number of social and economic barriers. People in the LGBT community have faced much oppression and stigma. The majority of LGBT people 65+ have lived most of their lives in environments where homosexuality was a sin, a crime or a mental illness. LGBT seniors have significantly diminished support networks when compared to the general senior population. LGBT seniors are:

- Twice as likely to age as a single person and live alone (Rainbow Health Ontario)
- Five times less likely to access needed health and social services because of fear and discrimination (SAGE USA)

Many older adult care providers never stop to consider that their older clients may be lesbian, gay, bisexual, and transgender - and even those who do may not know how to provide services in culturally-sensitive ways. In consideration of the unique needs of the aging LGBT population, SPRINT (Senior Peoples' Resources in North Toronto) recognized that in order to offer support and services to meet these complex needs, the agency needed to ensure it is a welcoming and inclusive environment for LGBT seniors. SPRINT, therefore, put a special focus on LGBT inclusiveness in its 2010-13 three year strategic plan. This seminar will offer an overview of the organizational change process that SPRINT has been undertaking with its LGBT inclusiveness strategy, including organizational policies/ practices, LGBT awareness training for staff, risk management, outreach and communications.

Objectives:

1. To better understand the challenges that LGBT seniors face.

2. To understand what your organization can do to be more LGBT inclusive.
3. To become more aware of what you as an individual can do to be more LGBT inclusive.

D2: 28A

Format & Focus: Workshop, Education & Training
Deaf Access in Health Care

Presenters:

Jenny Blaser, Executive Directors, Signs of Support, Toronto; Ellen Hibbard, PhD Candidate, Communication and Culture Programme, Ryerson University, Toronto

This seminar will guide you through a series of awareness and skill building activities that will help to support and build an anti-oppressive holistic approach to working with Deaf identified individuals in a variety of health care settings. You will learn and practice different approaches to communication, explore oppression and how overlapping marginalized experiences can contribute to experiences with health care, and learn the basics of Deaf culture and community. Participants will be able to interact confidently with Deaf individuals at the end of this interactive workshop and have a better idea of the experience of Deaf individuals in the health care system.

Objectives:

1. Understand and begin to address systemic and individual experiences of oppression and marginalization within the Deaf community.
2. Understand the intersection of Deaf and Queer/Trans identities and how this affects access to health care.
3. Understand several basic approaches to communication with Deaf individuals.
4. Have basic understanding of legal requirements to accommodate Deaf clients/patients.
5. Be able to set up and maintain a Deaf friendly environment and office.
6. Understand Deaf culture, what it is, and how it affects their work with Deaf individuals.

D2: 29A

Format & Focus: Seminar, Sport, Physical Activity & Homophobia

Part 1

Addressing Homophobia in Sport and Physical Activity: Bridging the Generation Gap

Presenters:

Jennifer Birch-Jones, Program Lead, Addressing Homophobia in Sport Initiative, The Canadian Association for the Advancement of Women and Sport and Physical Activity, Ottawa

The Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) is a national not-for-profit organization that works to encourage all girls and women to participate and lead in sport and physical activity. Part of CAAWS' mandate is to promote participation in sport by girls and women. Homophobia in sport and physical activity is often an obstacle to participation, presenting barriers and challenges to individuals, both homosexual and heterosexual. In particular, many girls and women shy away from sport and physical activity out of fear they will be perceived as lesbians. CAAWS has developed a number of powerful resources as part of its strategy to reduce homophobia in Canadian sport and to make sport and physical activity an inclusive and safe place for all participants. In Canada, where homosexuals have full equality rights and where lesbian and gay issues are frequently discussed in mainstream society, the topic of homosexuality in sport and physical activity is rarely raised. Canada is a leader in promoting a sport environment that is safe and welcoming. Harassment, bullying, violence and homophobia, however, make sport exclusive and unsafe, and undermine the powerful potential of sport and physical activity to contribute to personal, social and community development. Physical Activity and Sport for Women Aged 55 to 70+ is another project created by CAAWS focussed on increasing sport and physical activity opportunities for women (ages 55 – 70+). The 55-70+ age group is one of the fastest growing populations in Canada and will be increasing substantially over the next 20 years. These women, although over age 55, do not consider themselves 'seniors' or 'older adults' as they feel they are far too young for that. These women are also looking to continue what they did or do (e.g. basketball or hockey) but they do not want to play with the younger women.

With this population growing steadily it is important that women 55-70+, the new 'young seniors', are able to participate in a host of activities designed with their needs in mind. By understanding the needs of women 55-70+, stakeholders (recreation, urban planning, public health, private industry, etc.) will better serve this diverse group at a time that it is so important for them to be active. In 2010-2011, CAAWS brought together the Addressing Homophobia in Sport Initiative and the Physical Activity and Sport for Women Aged 55 to 70+ Program by hosting focus group discussions with active and inactive LGBT women aged 55-70. The purpose of these focus groups was to gather the women's input about the barriers and facilitators they experienced with regards to being physically active and engaged in sport. The conversations provided important information and insight about physical activity strategies, resources, and programs that must exist to cater to the unique needs and experiences of LGBT women aged 55-70. The Addressing Homophobia in Sport and Physical Activity: Bridging the Generation Gap seminar will highlight the conversations and findings that stemmed from these focus groups and provide evidence in support of targeted sport and physical activity programs for LGBT women 55-70 years of age. A broader examination of the experiences of homophobia in sport and physical activity among other generations will also be provided. Finally, learnings from a local pilot project, aimed at engaging inactive LGBT women in sport and physical activity will be shared.

Objectives:

1. To shed light on how homophobia plays out in sport and physical activity amongst different generations, specifically focusing on women 55-70+.
2. To share findings from a local pilot project aimed at engaging inactive LGBT women 55-70+ in sport and physical activity.
3. To share information about other initiatives and available resources related to homophobia in sport and physical activity and increasing sport and physical activity opportunities for women aged 55 – 70+.

Part 2**Healthy TransActions: Creating Active, Healthy Living Opportunities for Trans/genderqueer Youth in Toronto****Presenter:**

Barb Besharat, Program Coordinator, The 519 Church Street Community Centre and Sherbourne Health Centre, Toronto

This is an opportunity to share our eHealthy TransActions (HTA) is a new active healthy living drop-in program for trans, gender queer, 2 Spirited and questioning youth at The 519 Church Street Community Centre. We engage youth in sports, social recreation and educational opportunities that are accessible both in terms of cost and safe space while ensuring the activities are fun and relevant to this specific community. This workshop will explore how we work to create opportunities for trans and gender queer youth to safely access physical activity and healthy food in their communities. This is an opportunity to share our experiences as service providers and community members, as those who have and those who have not found ways to live active healthy lives. This is also an opportunity to consider our own ideas around sport and physical activity for trans and gender queer youth and to work together to develop new ways of thinking about inclusion in sport spaces.

Objectives:

1. Demonstrate the importance of health promotion campaigns targeted at trans and gender queer youth, including outlining some of the challenges faced by trans and gender queer youth when trying to access physical activity and healthy food.
2. Recognise the ways in which sport and physical activity spaces work to uphold the gender binary, therefore marginalising LGBTQ youth, and develop strategies for creating inclusive sport and physical activity spaces.
3. Describe the Healthy TransActions program in terms of planning, implementation, delivery and evaluation paying particular attention to expected and unexpected hurdles and successes.

D2: 30A

Format & Focus: Workshop, LGBTQ Families
Creating Our Families: LGBTQ experience with adoption systems, fertility clinics and LGBTQ family planning services in Ontario

Presenter:

Rachel Epstein, Coordinator, LGBTQ Parenting Network, Sherbourne Health Centre, Toronto

The LGBTQ Parenting Network (a program of the Sherbourne Health Centre) and the Re:Searching for LGBTQ Health team (at the Centre for Addiction and Mental Health) have recently collaborated on two Ontario-wide studies exploring LGBTQ experiences with adoption systems and with assisted human reproduction (AHR) services (fertility clinics). Each study involved interviews with more than 40 individuals and couples who had been through these methods of family creation. The adoption project resulted in a brochure for LGBTQ people considering adoption, a booklet for adoption workers on improving the effectiveness of their work with LGBTQ people, articles in adoption and social policy journals and workshops for adoption workers across the province. The fertility clinic project will similarly lead to print resources for community members and professionals, journal articles, as well as interactive popular theatre workshops for community members and fertility clinic staff. This workshop will report on the key findings of these two province-wide studies, highlighting both the positive and the negative experiences described by participants, and summarizing the policy and practice recommendations stemming from each project. This will lead to a discussion/Q & A period which will encourage workshop participants to reflect on their own knowledge and experiences with local adoption systems and assisted reproduction services, as well as access in their communities to information and services related to LGBTQ family planning. Finally, we will strategize about how to improve access to and quality of adoption, AHR services and LGBTQ family planning information and services in local communities.

Objectives:

1. Learn about the results of two Ontario-wide studies, one on LGBTQ adoption and the other on LGBTQ experiences with AHR services.
2. Have an opportunity to reflect on the state of adoption, AHR and LGBTQ family planning services in their own communities.

3. Strategize with others on how to improve access to and quality of adoption, AHR and LGBTQ family planning information and services in local communities.

D2: 31A

Format & Focus: Panel, Racialized Groups A Journey Out Of Isolation

Presenters:

Shazad Hai, MSM Outreach Coordinator, Alliance for South Asian AIDS Prevention, Toronto; Rahim Thawer, Bathhouse Counsellor, AIDS Committee of Toronto; Farzana Doctor, Psychotherapist, Author and Activist, Toronto

“A Journey Out Of Isolation” is a presentation that will combine film, photography, and voices of queer South Asians who tell their individual stories and collectively reflect on the social and political contexts that have impacted their coming out processes and social activism over a period of time. This presentation will feature a panel of speakers comprised of participants from two documentaries—*Rewriting the Script* (2001) and *Brown Like Me* (2009)—as well as advocates who continue to do anti-homophobia work from Alliance for South Asian AIDS Prevention (ASAAP). The panel that will speak to the context in which their films were produced, present an analysis of a queer South Asian advocacy movement over a period of roughly 15 years in Toronto, and present/discuss an evocative image gallery that is entitled *Colour Me Queer* (2011) depicting common tropes that highlight the intersection of sexuality, culture, and racialized experiences. Fragments of the two documentaries will be presented and reflected upon throughout the presentation before looking at some of the newer artistic expressions of personal stories. *Rewriting the script: A love letter to our families* (2001) is a video produced by Friday Nite Productions, a Toronto based collective of South Asians. In the words of the collective, “This video is a gesture of love and appreciation for our families of origin. A gesture that attempts to create an opening within our communities in which our families may continue, the often silent, struggle against homophobia. This video is dedicated to shattering those silences that keep us apart and to inspiring strength and courage that bring us together.” *Brown Like Me* (2009) is a short documentary funded by Community One that captures the experiences of 6 queer-identified South Asian youth living in the Greater Toronto Area who speak candidly about identity labels, homophobia, coming out, pride, resiliency, and family.

Colour Me Queer uses photography to visually reflect the elements of ourselves and our identities that make us proud while also drawing attention to the challenging frameworks in which we live. Themes for this project were generated from the sentiments and issues brought up while facilitating ‘Dosti’, ASAAP’s social/support group for South Asian LGBTQ and straight identified men who have sex with men. ASAAP has partnered with Indian queer activist Arnab Banerji of Magic Lantern Photography in a unique initiative to create a South Asian LGBTQ visual space.

Objectives:

1. Create awareness about issues arising from racialized experiences and communities.
2. Reflect on the trajectory of queer South Asian movements; think about the future of outreach and advocacy work.
3. Promote the video and photography projects as useful outreach and workshop tools that can be used across the province by service providers.

POSTER DISPLAYS 2:00 – 3:30 pm

Thursday March 22

Poster Displays

A Mixed Methods Investigation of the Needs, Experiences and Fulfillments of Trans Persons Accessing Ontario Health Care Services

Objective:

To heighten awareness about the lack of intersectionality and mixed methods approaches in research focusing on trans persons and health care.

Presenter:

Shannon Coyle, PhD Student, Kinesiology and Health Studies, Queen's University, Kingston

Canadian Cancer Society's Outreach and Health Promotion Activities in Ottawa's LGBTQ Community

Objectives:

1. Become familiar with the LGBTQ outreach and health promotion efforts of the Canadian Cancer Society's Ottawa Unit.
2. Understand how the structure of the Ontario Division of the Canadian Cancer Society has promoted LGBTQ outreach.
3. Be aware of the LGBTQ-specific Canadian Cancer Society materials that are available to the public.

Presenter:

Kevin Linn, Outreach Coordinator, Canadian Cancer Society, Ottawa

Home Care and Older Lesbian and Bisexual Women in Ontario: Preliminary Data from an Ongoing Study

Objectives:

1. Present findings from a recent/ongoing LGBT health research project.
2. Inform audience about a potentially vulnerable

population (older lesbian and bisexual women) and their long term health and care needs.

Presenter:

Alisa Grigorovich, PhD candidate, School of Women's Studies, York University, Toronto

Queer Women and Mental Health 'Recovery'

Objectives:

1. Think about how some understandings of the 'recovery' vision for mental health may not be useful for particular women while others have liberatory potential.
2. Consider the importance of discerning and utilizing the language/narrative chosen by individual women while affirming their identities.
3. Recognize the need for gender/sexuality analyses of recovery discourses in Ontario.

Presenter:

Alisa Das, Student, Theology, Emmanuel College, University of Toronto

Queer/Mad/Religious Women's Intersecting Identities

Objectives:

1. Develop a deeper understanding of intersectionality by learning how women's queer/mad/religious identities or experiences may interact.
2. Reflect on the importance of 'pride' for queer/mad women and imagine alternative definitions that include varied experiences of embodiment.
3. Explore strategies for responding to experiences of oppression and resulting 'social exclusion' by understanding how some queer/mad/religious women navigate disclosure and find community.
4. Appreciate the value of alternatives to the medical model and thus the importance of researching queer/mad lives outside of healthcare systems and connecting people with supportive communities.

Thursday, March 22

Community Partnerships to Enhance LGBT Health Education at the Northern Ontario School of Medicine: Evaluation of a 1-day Educational Intervention for 1st and 2nd-year Medical Students

Objectives:

1. Examine evidence demonstrating the value of community-school partnerships in enhancing LGBT health education for future physicians.
2. Become familiar with specific educational approaches offered to medical students to enhance their knowledge of LGBT health and prepare them to become more effective practitioners.
3. Identify elements of the 1-day educational intervention that were particularly valued by students.
4. Develop an appreciation for how both mainstream curriculum and special events on LGBT health complement one another during physician training.

Presenters:

Stacey Ritz, Associate Professor, Northern Ontario School of Medicine, Sudbury; Kate Beatty, Director of Equity & Quality, Northern Ontario School of Medicine, Sudbury; Gaston Cotnoir, Healthy Sexuality Coordinator, Réseau Access Network, Sudbury

A Journey Out Of Isolation: Colour Me Queer

Objectives:

1. Create awareness about issues arising from racialized experiences and communities.
2. Reflect on the trajectory of queer South Asian movements; think about the future of outreach and advocacy work.
3. Promote the video and photography projects as useful outreach and workshop tools that can be used across the province by service providers.

Presenters:

Shazad Hai, MSM Outreach Coordinator, Alliance for South Asian AIDS Prevention, Toronto; Rahim Thawer, Bathhouse Counsellor, AIDS Committee of Toronto; Farzana Doctor, Psychotherapist, Author and Activist, Toronto

“Without this, I would for sure already be dead”: Suicide Protective Factors in Adult Trans Canadians

Objectives:

1. Sensitizing audience to high suicide attempt rates in trans communities.
2. As there are existing studies on suicide risk factors, this poster focuses on suicide protective factors with the goal of informing audience members of the reasons for living that participants have found important.
3. Imparting information to audience about participants’ strengths, for both participants who have experienced suicidal ideation and/or attempts and those who have not.

Presenter:

Chérie Moody, PhD Candidate, Counselling Psychology, McGill University, Montreal

Setting the Balance of Care for Sexually Diverse Seniors

Objectives:

1. Understand the current state of the research on home and community care for LGBT seniors as well as challenges associated with conducting research with this group and current gaps in our knowledge.
2. Understand how personal experiences of marginalization among LGBT seniors, both in the past and currently, impact on their use of home and community care services.
3. Understand the difference between institutional care versus care in the home, and what that means for marginalized groups such as LGBT seniors.
4. Outline the ways in which care for LGBT seniors can be improved at both the organizational and policy level.

Presenter:

Jillian Watkins, PhD Candidate, Health Policy, Department of Health Policy, Management and Evaluation, University of Toronto

Les usages santé d'Internet parmi les personnes trans au Canada

Objectifs d'apprentissage :

1. Présenter un portrait des usages santé d'Internet parmi les personnes trans (n=135) qui ont participé à une enquête en ligne pancanadienne (n=2187) s'adressant aux personnes LGBT
2. Comparer les usages santé d'Internet des trans avec le reste de l'échantillon
3. Dégager les déterminants de ces usages

Présentateur :

Jean Dumas, PhD CSSS Jeanne-Mance, Montreal

Health-related use of the Internet by trans people in Canada

Learning objectives :

1. Present a portrait of the health-related use of Internet among trans people (n=135) who have participated in a panCanadian online survey (n=2187) targeting LGBT people.
2. Compare the health-related use of trans people to the rest of the sample.
3. Identify the factors related to this usage.

Presenter:

Jean Dumas, PhD CSSS Jeanne-Mance, Montreal

CONCURRENT SESSIONS 3:30 – 5:00 pm

Thursday March 22

(ST) D2: 33P *(Simultaneous Translation provided)*Format & Focus: Seminar, Rural Youth
Building & Supporting LGBT Youth
Community in Rural Ontario**Presenter:***Melissa Deleary, Community Engagement Coordinator,
Lesbian Gay Bi Trans Youth Line, Toronto*

Lesbian Gay Bi Trans Youth Line has undertaken a 2-year project, which will increase LGBTQ visibility and community for youth in 4 Southern Ontario communities (Simcoe County, Renfrew County, Chatham- Kent County, and Kingston). Youth Line, in partnership with both youth and organizational entities, is supporting the local LGBTQ community with the development of safe, friendly and positive spaces and environments for LGBTQ youth. In each region, the youth decide what their needs are, decide what the project will be for their region and decide on the implementation process. The first project occurred in Simcoe County in 2011 over a 6-7 month time period, and from the beginning the community took ownership of the project, using the opportunity to involve local stakeholders and develop the foundations of a sustainable LGBT youth environment. Simultaneously, Simcoe County collaborated on the development and hosting of a one-day Art & Music Festival (with scavenger hunt) for LGBTQ youth on October 22nd, and undertook a Needs Assessment process and report on LGBTQ youth from across Simcoe County. The process included the formulation of a Youth Committee and Community Partners Committee to oversee and guide both projects to completion. Simcoe County project has resulted in the stimulation and uniting of the LGBTQ community of both youth and adults (health, social services, schools, businesses, organizations) around the creation of safe and positive spaces for LGBTQ youth. The development of a LGBTQ Youth of Simcoe County Needs Assessment Report will become the foundation in the development of LGBTQ youth programs and services, creating sustainable safe and positive spaces for LGBTQ youth.

Objective:

Examine the process used for community engagement of LGBTQ youth, adults and organizations, through the creation of project ownership.

(ST) D2: 33P *(service de traduction simultanée au besoin)*

Forme et thématique : Séminaire, les jeunes en milieu rural

Renforcer et appuyer les communautés
de jeunes LGBT dans les régions rurales
de l'Ontario**Présentatrice :***Melissa Deleary, coordonnatrice en engagement
communautaire, LGBT Youth Line, Ottawa*

La ligne d'aide Lesbian Gay Bi Trans Youth Line a mis sur pied un projet de deux ans qui vise à accroître la visibilité des LGTB et de leur communauté auprès des jeunes dans quatre collectivités du sud de l'Ontario (comtés de Simcoe, de Renfrew, de Chatham-Kent et de Kingston). La ligne d'aide Youth Line, en partenariat avec des organismes et avec les jeunes, aide les communautés LGTB locales pour la création d'espaces et d'environnements sécuritaires, accueillants et positifs pour les jeunes LGTB. Dans chaque région, les jeunes précisent leurs besoins, voient si le projet convient à leur région et décident du mode de mise en œuvre. Le premier projet a été réalisé dans le comté de Simcoe en 2011 et sa mise sur pied a exigé de six à sept mois. Dès le début, la communauté s'est approprié le projet et en a profité pour susciter la participation des intervenants et jeter les bases d'un environnement viable pour les jeunes LGBT. Simultanément, le comté de Simcoe a collaboré à la conception et à l'organisation, le 22 octobre, d'un festival d'art et de musique d'une journée (avec chasse au trésor) pour les jeunes LGTB, et a procédé à une évaluation et à un rapport sur les besoins des jeunes LGTB du comté de Simcoe. Le projet du comté de Simcoe a permis de stimuler et de solidariser les communautés LGTB, tant celle des jeunes que celle des adultes (santé, services sociaux, milieu scolaire, entreprises, organismes), pour la création d'espaces sécuritaires et positifs pour les jeunes LGTB. De plus, le LGBTQ Youth of Simcoe County Needs Assessment Report – le rapport sur les besoins des jeunes du comté de Simcoe – servira de base à l'élaboration de programmes et de services à l'intention de ces jeunes et permettra la création d'espaces sécuritaires et positifs à leur intention.

Objectif d'apprentissage :

Cette présentation traitera du processus utilisé pour susciter l'engagement communautaire des jeunes, des adultes et des organismes LGBTQA grâce à l'appropriation d'un projet.

D2: 34P

Format & Focus: Research Soundbyte 1, Mental Health & Addiction

(1) Sexual Minority Stress and Disclosure in Relation to Stress Hormones, Physiological Dysregulations and Psychiatric Symptoms

Presenter:

Robert-Paul Juster, PhD Candidate, Integrated Program in Neuroscience, McGill University, Montreal

Despite social progress, sexual minorities persistently experience stigmatization and chronic stress. Gay men, lesbians, and bisexuals - particularly those who have not disclosed their sexual orientation to others - are more vulnerable to developing psychiatric disorders. The present investigation of sexual minority stress applied a biopsychosocial approach to determine if stress hormone profiles (diurnal cortisol), physiological dysregulations (allostatic load), and mental health (self-reported symptoms of depression, burnout, PTSD, sleep quality) would differ (1) among sexual minorities versus heterosexuals and (2) among sexual minorities who had disclosed versus those that had not disclosed completely. Participants included 88 Montreal workers and/or students mean age 25. Diurnal cortisol sampled at five time-points was averaged over two days. Allostatic load was based on an algorithm incorporating 20 sub-clinically dysregulated biomarkers representing neuroendocrine, immune/inflammation, metabolic, and cardiovascular functioning. Well-validated questionnaires were also included. Between-group results revealed no differences in diurnal cortisol or mental health between sexual orientations, although perplexingly, heterosexual men had significantly higher allostatic load compared to homosexual/bisexual men. Within-group results revealed that individuals who were 'closeted' had significantly higher cortisol levels 30-minutes upon awakening, higher burnout symptoms, and poorer sleep quality compared to those who had 'come out'. Moreover, when covarying for factors like self-esteem, disclosure corresponded to lower allostatic load levels compared to heterosexual controls. While sexual minorities did not manifest more stress-related problems than

heterosexuals, developmental milestones like successfully disclosing might function as important coping processes that foster resiliency to stress. Our novel findings underline the role self-acceptance and disclosure has on positive health and well-being for sexual minorities.

Objectives:

Participants will be knowledgeable about recent developments in the stress-disease literature. Chronic stress, as measured psychosocially and biologically, corresponds to different health and well-being indices. While heterosexuals do not generally differ from gay men, lesbians, and bisexuals in our study, we do find interesting differences when comparing sexual minorities who have disclosed in comparison to those that have not completely and/or heterosexual controls. Such developmental milestones are important to consider in research on individual differences.

(2) (Non) Visible Identities in the Workplace: Gender Identity, Sexuality, Mental Health, and Well-Being at Work

Presenter:

Merrick Pilling, PhD Candidate, Women's Studies, York University, Toronto

This presentation will discuss the preliminary results of 40 qualitative interviews conducted with queer and/or trans people about mental health and everyday life experience in Toronto, Ontario, and Winnipeg, Manitoba. The larger project for which this data was collected explores the complex relationship that queer and/or trans people have to understandings of madness and mental health, and the impact of a diagnosis or self-understanding of madness or mental illness on various aspects of everyday life, including identity, community, health care, and work. The presentation will focus on interview data concerning employment and well-being at work. Using an intersectional approach, it will explore the concept of 'non-visible' social identities, and what that means for the research participants in terms of navigating issues regarding employment and the workplace. More specifically, it will challenge a binary understanding of visible versus non-visible identities, pointing to the potentially contingent and contextual nature of visibility, and the impact on accessing mental health related accommodations in the workplace. It will argue that the workplace is a space where processes of 'passing,' disclosing, and 'coming out' are intensified, as disclosure of mental health status is often required in order to access necessary accommodations. However, for those already experiencing homophobia, transphobia,

racism, classism, and ableism there is often a reluctance to disclose something that could lead to more judgement or oppression from coworkers and employers. The presentation will also discuss the impact of commonly held ableist beliefs about mental health on participants' well-being and life at work. It will argue that there is a need to think more about accommodation in the workplace in terms of the experiences of those in need of accessing mental health related accommodations, particularly those already dealing with the realities of identity-based oppression such as homophobia, transphobia, racism, classism, and ableism.

Objectives:

1. Deepen audience understanding of queer and/or trans experiences of accessing mental health care related accommodations in the workplace.
2. Explore some of the barriers to queer and/or trans well-being in the workplace as well as positive experiences (according to participants what works and what doesn't).
3. Think about identity intersectionally and how oppression/privilege function along multiple axes of social identity.

(3) Does Two Weeks Make a Difference?
A comparison of two psychoeducational harm reduction group models for LGBT people who are looking to change their smoking behaviour.

Presenters:

Christina Yager, Therapist, Rainbow Services, Addictions Program, Centre for Addictions and Mental Health, Toronto;

Stephanie Cohen, Therapist, Nicotine Dependence Clinic, Centre for Addictions and Mental Health, Toronto;

Rosa Dragonetti, Manager, Nicotine Dependence Clinic, Centre for Addictions and Mental Health, Toronto;

Jim Cullen, Clinic Head/Manager, Rainbow Service and the IGT Clinic-Concurrent Disorders Service, Centre for Addiction and Mental Health, and Assistant Professor, University of Toronto, Factor-Inwentash Faculty of Social Work

Lesbian, gay, bisexual and transgender (LGBT) people have a much higher prevalence of smoking than do heterosexual people. As smoking is considered to have pediatric onset and can continue throughout one's lifespan, smoking is a health concern for LGBT people of all ages. In order to address this issue in our communities, Bent on Quitting, an evidence-based

smoking cessation group was created. This 8-week psychoeducational group as well as a similar 6-week adapted version have recently been delivered at the Centre for Addiction and Mental Health. Group members were asked to complete questionnaires pre and post intervention and completed an 8 week follow up. This presentation will compare outcomes between both groups in order to provide evidence about the most efficacious length of group. This presentation will also emphasize the importance of a harm reduction focus as compared to a cessation focus. Implications for clinical practice with LGBT people who are looking to change their smoking will be addressed as well as the limitations to delivering these interventions.

Objectives:

1. Learn about the reasons for the increases in rates of smoking in our communities.
2. Learn about the Bent on Quitting intervention in order to hopefully implement in their own setting.
3. Learn about the efficacy of a 6 week versus 8 week intervention in order to help them advocate for length of interventions in their settings.

D2: 35P

Format & Focus: Research Soundbyte 9, Parenting & Children

(1) When Queer Enters Early Childhood and Family Support Programs

Presenters:

Zeenat Janmohamed, PhD Candidate, OISE, University of Toronto and Executive Director, Atkinson Centre for Society and Child Development, Toronto

This study explored the experiences of queer identified families utilizing early childhood education and family support programs in rural, small town and urban communities in Ontario. The methodology included text analysis and semi structured interviews with LGBTQ parents with young children between birth and 8 years. The narrative of queer families or queer identity is not common to early childhood research or practice. Nor is it common in professional preparation programs. The study found a profound absence of knowledge on the needs of queer families suggesting that professional training programs need to infuse queer perspectives in the curriculum. The study identified that the majority of parents interviewed experienced homophobia. Their stories provide lessons for researchers and practitioners to consider further.

Objectives:

1. To promote a broader understanding of LGBTQ parents with young children utilizing early childhood and family support programs to recognize the additional challenges that LGBTQ parents may experience.
2. To develop research initiatives with public health partnerships that include early childhood programs.

(2) Trans Parents: Struggles, Strategies and Stories of Transformation

Presenter:

Jake Pyne, Research Coordinator 2010-11, Transforming Family Research Project, LGBTQ Parenting Network, Sherbourne Health Centre, Toronto

In the newly established gender identity clinics of the 1960's, accepted practice was to advise trans people to sever contact with their established lives, often including relationships with their own children. Though this practice is no longer in use, the assumption that a child would be harmed by a trans parent lingers in family courts, in family planning policy and practice, and in public and professional opinion. The small amount of research which has focused on trans parents and their children has often assumed a deficit in these families, failing to explore the transphobic societal context in which these parents must raise their families. Unsurprisingly, the possibility of unique parenting strengths among trans parents has gone unexplored in research. Responding to these concerns, Transforming Family was a community-based research project exploring the impact of discrimination on trans parents and the strengths trans people bring to parenting. A partnership between the LGBTQ Parenting Network at the Sherbourne Health Centre and the Re:searching for LGBTQ Health team at CAMH, the goal of this project was to better position trans parents to respond to the policies impacting their families. In 2010, four focus groups were held with a total of 18 trans parents in Toronto and this presentation will discuss these findings together with key recommendations for service providers, fertility clinics, family courts and other stakeholders. In addition, this presentation will also outline community initiatives which have emerged from this project including a new documentary film about the experience of trans parents.

Objectives:

1. Understand the current societal context for trans parents including themes in existing research and literature.
2. Learn about the findings of this project including: experiences of transition and negotiating relationships

with children; barriers to child custody / access and establishing legal parenthood; the impact of transphobia on trans parents; and the strategies trans parents and their families use to respond to discrimination.

3. Be informed about relevant recommendations for service providers and emerging community responses to this project.

(3) Around the Rainbow, 6 Years of Creating Inclusive Spaces for Children in LGBTTTQ Families

Presenters:

Laurie Rektor, Director of Community Programs, Family Services à la famille Ottawa; Marnie Potter, Community Developer, Around the Rainbow Program, Family Services à la famille Ottawa; Megan Green, Counsellor & Community Developer, Around the Rainbow Program, Family Services à la famille Ottawa

The Around the Rainbow Program grew out of a grassroots initiative, in 2004. The mandate of the program is to create inclusive spaces for children in LGBTTTQ families. Around the Rainbow Program works to create family friendly spaces and to increase and improve the capacity of organizations to create inclusive spaces for LGBTTTQ children and their families; provides workshops to service providers, teachers, educators, and community members to create inclusive spaces in agencies and within the greater community; and runs community events for LGBTTTQ families, advocates on their behalf, as well as providing information and resources. One of the most recent pursuits is a partnership with Family Service Toronto's David Kelley Services, the Counselling Foundation and their internship project. Through this endeavour, a new counselling option for those who wish to work with an out and identified LGBTTTQ identified counsellor has been developed. This presentation will focus on the program's grassroots initiatives, the challenges that this type of program faces from within the agency and the greater community, the successes it has had, the tools used, as well as hopes for the future. Discussion will include how the needs of LGBTTTQ families have changed and how the program has adapted in response. Examples of lessons learned for those thinking of adding this type of program to their services will be provided.

Objective:

To learn about LGBTTTQ based community programming

D2:36P

Format & Focus: Workshop, Youth
 Creative Writing Strategies to Engage
 LGBTQ Youth: Experiences from Pink Ink
 Programming at SOY

Presenter:

Karine Silverwoman, Counsellor, Supporting Our Youth (SOY), Sherbourne Health Centre, Toronto

This workshop will showcase how creative writing can be used as an effective tool in working with LGBTQ youth and promoting community engagement. It will focus on the group Pink Ink, which is a program of Supporting Our Youth (SOY) and Sherbourne Health Centre. The workshop will mirror some of the interactive methods to engage youth through writing, and will feature video clips and dialogue about how expressive arts can be used as an effective strategy in promoting health for LGBTQ youth. Pink Ink has been a major component of SOY's artistic programming and is well known in the LGBTQ youth community in Toronto, the artistic community and beyond. Pink Ink attracts a diverse group of youth, some of whom are emerging artists and others who are greatly in need of queer and trans friendly spaces. It's a space where youth can develop their artistic skills while also using writing as a therapeutic process. In facilitating the Pink Ink group a variety of writing styles and facilitation techniques are incorporated to encourage youth participation and feedback at every level.

The workshop will also highlight the successful aspects of Pink Ink such as the annual creation of a collaboratively produced publication of the youth's writing culminating in a widely attended zine launch. The most recent zine launch was held at the Art Gallery of Ontario and had over 200 people in attendance. Through this process the youth are empowered to take responsibility for their craft, expand their circle of community involvement and gain access to professional spaces and community that they may not have encountered on their own. Writing and the arts have a long history of being useful entry points into engaging marginalized communities, but these practices are only starting to emerge within health and mental health fields in particular with youth and LGBTQ populations. The objective of this workshop is to provide tools for practitioners to engage with their communities through creative writing. Some of the skills shared in the workshop are introductory writing exercises as well as some of the guiding principles used in developing and implementing Pink Ink. The workshop will provide space

to exchange knowledge about expressive arts practices and any questions and challenges that practitioners have had in trying to use writing and the arts to foster community health and well-being will be addressed.

Objectives:

1. To teach a variety of creative writing tools and discuss effective ways of engaging youth through creative writing.
2. To develop alternative strategies in working with youth, and view the arts as a viable teaching and therapeutic tool.
3. To engage people with examples from the youth's writing and disrupt rigid notions about who can write and who is a writer.
4. To have discussions on effective ways to develop large scale community events for youth, negotiate collaborations with youth and to discuss issues around confidentiality, boundaries and maintaining safe and positive spaces.

D2:37P

Format & Focus: Workshop, Two Spirit & Aboriginal
 LGBTQ
 The Beat of Our Bloodlines: Urban
 Indigenous Traditions & Two-Spirited
 Liberation

Presenter:

Margaret Robinson, Project Coordinator of Risk & Resilience Among Bisexual People in Ontario, Centre for Addiction and Mental Health; Louis Esme Cruz, Advisor, Risk & Resilience Among Bisexual People in Ontario, Centre for Addiction and Mental Health, Toronto

Nearly half of the Aboriginal people of Canada live in large metropolitan centres, yet little research has focused on the urban Aboriginal experience. Community-based qualitative studies with two-spirited people have identified the need for health resources that are sensitive to culture, sex and gender. This interactive workshop explores the importance of access to aboriginal cultural institutions and examines cultural resources for two-spirited and LGBTQ-identified First Nations and Inuit people living in urban areas. Participants will learn about key health issues for two-spirited and LGBTQ-identified aboriginal people, and discuss the role of urban aboriginal culture as a resource for buffering the effects of intersecting oppressions such as homophobia, racism and colonialism. This workshop will contribute to participants'

ability to serve two-spirited and Aboriginal LGBTQ clients. Key findings will be presented about the health of two-spirited people from community-based research, needs surveys and health studies of urban Aboriginal people. Focusing on the impact of homophobia, racism and colonialism, she will outline the buffering effects of Aboriginal community belonging and access to supportive cultural and spiritual institutions. The ways that embracing urban Aboriginal culture can actively transform marginalization for urban Native youth, elders and two-spirited people will be explored, and the ways that Indigenous people have formed and transformed art, culture, spirituality and music that reflect the realities of urban Aboriginal people will be detailed.

Objectives:

1. Learn about key health issues for two-spirited and LGBTQ-identified aboriginal people.
2. Discuss the role of urban aboriginal culture as a resource for buffering the effects of intersecting oppressions.
3. Learn about urban cultural resources for two-spirited and LGBTQ-identified First Nations and Inuit people.
4. How to improve health service for two-spirited and Aboriginal LGBTQ clients.

D2: 38P

Format & Focus: Workshop, Trans
 Gender Journeys: a psycho-educational group for people considering transition

Presenters:

Ambrose Kirby, *Trans Programs Coordinator, Sherbourne Health Centre, Toronto*; Hershel Russell, *Private Practise Psychotherapist & Educator, Ontario Association of Psychotherapists*; Paula Cole, *Clinical Social Worker, Windsor Family Health Team*

“Group work...is the social mechanism perfectly competent people utilize to achieve their own ends”
 LeRoy Bowman 1935

“Gender Journeys” has been running three times a year at Sherbourne Health Centre since 2005, and has recently been initiated in Windsor as well as several other cities across the province. Local trans communities see this 11-week group as a friendly and useful “rite of passage”. Beyond and outside of medical/psychiatric spaces, Gender Journeys brings often isolated individuals together to explore and forge their own

unique approach to an overly prescribed process of becoming. Group members across the years identify the powerful experience of being in a room full of “other people like me”. Through guest presentations from former alumnae, trans community members and trans positive health professionals as well as through small group discussions, members build a momentum based in dignity, connection, information and a growing certainty about the next steps. Local physicians contemplating prescribing hormones feel confident that alumnae have received accurate, appropriate information to guide their “informed consent” to medical transition. Family members and friends invited to join the group for a session near the end leave with greater understanding and hopefulness for their trans loved ones. Community leaders have emerged from every session and contribute to developing local vigorous and richly diverse trans communities. This workshop will have a structure much like that of “Gender Journeys”. We will use video clips and lecturettes to introduce topics followed by structured small group discussions to lead participants into a deeper understanding of the topic and of their own experience of gender. Learn about how and why this group started, how it has grown and changed and the experiences of both trans and non-trans people who have facilitated this group.

Objectives:

1. Confidence to lead a similar group.
2. Thoughtful examination of own experience of gender.
3. Deeper connections to other practitioners

D2: 39P

Format & Focus: Workshop, Organizational Change, Equity & Diversity
 Moving Towards Organizational Change in an Agency Serving Children & Families

Presenter:

Krin Zook, *Coordinator, Out and Proud Program, Children’s Aid Society of Toronto*

“It gets dark, everyone’s asleep, and the kid who’s been labelled a fag gets beaten up,” Youth in care. “Most organizations don’t plan to exclude...they just don’t plan to INCLUDE,” Community member. It can be challenging for organizations to know how to create a safe, positive, affirming and equitable environment for the children, youth and families they serve. When issues of gender identity, gender expression and sexual orientation

arise, organizations typically are unclear about how to provide culturally competent services to LGBTIQ clients. Despite even the best of intentions, this lack of clarity can result in increased marginalization and poor health outcomes. As the largest Board-operated child welfare organization in Canada in the most diverse city, the Children's Aid Society of Toronto (CAS of Toronto) has embarked on extensive organizational transformation toward achieving equity and embracing gender and sexual diversity. This is a part of an organizational commitment to anti-oppression and anti-racism. Recently, CAS of Toronto has adopted practice guidelines for effectively serving LGBTIQ children, youth and families, entitled, *Out and Proud Affirmation Guidelines: Practice Guidelines for Equity in Gender, Sex and Sexual Orientation*. In this interactive workshop, the CAS of Toronto will introduce the *Out and Proud Affirmation Guidelines*. You will learn what approaches and practices work best to: (1) Support LGBTIQ children, youth and families, (2) Produce positive outcomes and (3) Create organizational change in this challenging environment. You will examine some of the roadblocks that service providers and organizations face in embracing gender and sexual diversity and supporting LGBTIQ children, youth and families. You will explore concrete ideas of how to engage in meaningful organizational transformation through policy, practice and accountability. Participants will share what directions they are pursuing within their own organizations in relation to gender and sexual diversity and what challenges they face. This is a unique opportunity to gain tools to enhance equity at both a direct service level as well as an organizational level.

Objectives:

1. Highlight strategies that have worked to create change in attitudes and practices within organizations.
2. Explore how policies and procedures can help shift an organizations culture of exclusion to inclusion.

D2: 40P

Format & Focus: Panel, Health Equity Policy Getting LGBT Communities onto Health Equity Agendas: A 'how to guide' from 3 policy experts

Presenters:

Loralee Gillis, Research and Policy Coordinator, Rainbow Health Ontario; Beth Jackson, Public Health Agency of Canada; Wendy Katherine, Ontario Ministry of Health;

Health Equity has become a priority for health policy makers in Canada and this may provide a timely and strategic opportunity to address health equity concerns of LGBT communities. Rainbow Health Ontario regularly hears from communities around the province that LGBT health is not routinely recognized within discussions of health equity, nor is it addressed in most policy or program initiatives. RHO Research and Policy Coordinator, *Loralee Gillis* brings together health equity policy experts to provide some insight into the process of health equity policy development: *Beth Jackson*, from the Public Health Agency of Canada, and *Wendy Katherine* from the Ontario Ministry of Health. These individuals will draw on their experience in implementing health equity agendas at the regional, provincial, and national levels to share some sage advice about challenges and opportunities in getting LGBT health issues included in health equity policy agendas at all levels of government.

Beth Jackson will speak about the role the Strategic Initiatives & Innovations Directorate plays in PHAC's efforts to address social determinants of health and health equity. This includes work on population health indicators (related to income distribution, health literacy, and discrimination), health equity impact assessment, and sex- and gender-based analysis, and applications of intersectional analysis.

Wendy Katherine will discuss how Ontario's Health Equity Impact Assessment (HEIA) tool is facilitating the integration of health equity considerations into decision-making. *Wendy* will also discuss how the Ministry, Local Health Integration Networks (LHINs), and service providers are currently implementing HEIA to mitigate negative health impacts and maximize positive impacts of a proposed decision or initiative on vulnerable and marginalized groups.