

CPATH Pre-Conference Program

Wednesday, October 25th and Thursday, October 26, 2017

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PRE-CONFERENCE TRAINING SESSIONS

7:45 – 8:45 am Breakfast
9:00 am – 12:30 pm (Break 10:00 – 10:30 am)

Children & Youth 1:

1. Supporting Trans and Gender Diverse Children and Families

This session will provide participants with an understanding of how to support young trans and gender diverse children and their families using an affirmative, child/family-centred approach. The session will include an introduction to children's gender diversity, a review of emerging evidence and knowledge related to affirmative care, and a discussion of best practices to support younger children and their families. The team of presenters will highlight ways to bring families, schools, and communities into the conversation to build support for gender diverse, gender-questioning and trans children. The second part of the presentation will focus on supporting children and youth regarding mental wellness and supporting parents/caregivers and siblings across cultures.

Faculty:

Dr. Stephen Feder, MDCM, MPH, is an Assistant Professor at the University of Ottawa, the Division Chief of Adolescent Medicine, Medical Director of the Regional Eating Disorders Program of Eastern Ontario and Co-Director of the Diversity Clinic at the Children's Hospital of Eastern Ontario (CHEO). He is an active member of CPATH and WPATH.

Ally Jamieson, MSW, is currently a sessional instructor at Douglas College for Child and Youth Care Counselling. With a combination of neuropsychology education and over 15 years of early childhood and adolescent youth work, Ally intertwines social service practice techniques and contemporary neuroscientific findings into educational course work. The overarching objective of her work is to promote resolution of early childhood traumatic stress through stable relationship experiences between children and their caregivers.

Dr. Julie Temple Newhook is a Professional Associate with the Janeway Pediatric Research Unit, Faculty of Medicine, Memorial University. She founded the Trans Health Research Group at Memorial, which recently completed the TransKidsNL Study, and works closely with the newly established Gender Wellness Clinic at the Janeway Children's Health and Rehabilitation Centre in St. John's. In 2014, Dr. Temple Newhook founded Canadian Parents of Gender Creative Kids/Parents d'enfants transgenres Canada and Parents of Gender Creative Kids - Newfoundland and Labrador (PGCK-NL), the national and provincial peer support groups for parents of trans and gender diverse children. PGCK-NL is connected to the Trans Youth Group, for young people between 12 and 18 years of age, and the Gender Creative Kids Playgroup for children between 5 and 11 years. The parent and youth groups are located in St. John's and linked to families throughout the province.

Dr. Wallace Wong is a registered Clinical Psychologist who has been working with children and youth with a variety of sexual issues for over sixteen years. He has published several papers, book chapters, and books on transgender children and youth. He has also spoken at various national and international conferences and workshops addressing the clinical issues of transgender children and youth.

Trans Introduction:

2. Introduction to Gender-Affirming Practice

Gender diversity has existed throughout human history and remains part of the rich make-up of human experience across the world. As there will never be 'one trans story', it is integral that service providers remain open to the diverse identities, choices, health care and support needs that our clients and patients self-identify.

If you are newer to this work and/or looking to brush up your trans cultural awareness, this session will prepare social service providers, clinicians and their support staff with foundational knowledge aimed at enhancing the inclusive, accessible, safer and gender-affirming elements of their practice. Content covered will include foundational concepts, language and questions, policies and forms, trans-accessible space, and gender-affirming practice approaches.

Learning Objectives:

This training will provide participants tools to assess and enhance the accessibility of their practice through developing multi-prong approaches that support service users, providers and their staff in the delivery of gender-affirming care.

Faculty:

Riel Dupuis-Rossi, MA, MSW, RSW, is a Two Spirit person of Kanien'kehaka (Mohawk), Algonquin and Italian descent and currently resides in Vancouver, BC, on the unceded traditional territories of the Coast Salish Peoples. Since 2011, Riel has worked as a Counsellor at the Aboriginal Wellness Program providing culturally-centered individual, family and group psychotherapy and volunteered as a Trans Wellness Counsellor for the Catherine White Holman Center in 2012. Riel has previously worked as a Counsellor in community based Indigenous and LGBT organizations in Montreal, QC and Los Angeles, CA.

Gwen Haworth is a trans-feminine gender diversity advocate currently working as the Education Project Manager with Trans Care BC. She has European settler roots; born, living and an uninvited guest on unceded Coast Salish Territory. Prior to her current role, Gwen worked for five years as the LGBT2Q+ educator with Prism Services, Vancouver Coastal Health, and also worked front line for nearly a decade with RainCity Housing and Support Society, focusing on harm-reduction, self-determination, and low barrier access to housing, shelter and services. Gwen has volunteer stints with the Vancouver Parks Board's Trans Inclusion Working Group, the City of Vancouver's LGBTQ advisory committee, the Trans Alliance Society, and the Catherine White Holman Wellness Centre. Gwen is likely best known outside of Vancouver for her past film work, primarily her feature documentary *She's a Boy I Knew*, which screened internationally at over 100 film festivals and continues to be used in curriculum at post-secondary institutions across North America.

Jenn Matsui De Roo, MA, RCC, is a genderqueer, Japanese Canadian, mixed race settler living and working in Vancouver, BC on unceded Coast Salish territories. Jenn is a registered clinical counsellor in private practice, and also volunteers as the clinical counselling supervisor for the Catherine White Holman Wellness Centre. Jenn's work is grounded in anti-oppression and feminist theory and practice, with a focus on supporting trans and gender diverse individuals. Areas of interest include healing from trauma and abuse; sexual health, wellness and pleasure; living with chronic pain and illness, and thriving in intercultural and queer relationships.

Nursing Part 1:

THE UNIVERSITY OF BRITISH COLUMBIA

School of Nursing

3. Gender Affirming Primary Health Care for Nurses in Community Settings

Objective: This pre-conference training session will provide nurses with information to enhance their ability to care for transgender, Two-Spirit and gender diverse clients in primary care settings, including Community Health Centres, sexual health and STI clinics, youth clinics, school nursing, and home care nursing.

Context: Transgender, Two-Spirit and gender diverse (trans) people have the right to respectful and dignified primary health care in their home communities. Nurses working in primary care settings are uniquely positioned to provide gender-affirming care to trans clients. Choosing to enhance your practice skills include the provision of gender-affirming care can have a profound impact on the health of trans people in your community.

Nurses that attend this session will learn about:

- gender diversity, transgender and Two-Spirit cultural competency;
- gender-affirming approach to providing care;
- how to support and address fears/concerns of parents & guardians of gender-creative children;
- how to support schools & families to create safer spaces for gender-creative children;
- barriers that people experience when trying to access gender-affirming care;
- how to support people experiencing mental health issues that stem from transphobia and past negative experiences in the health care system, including resources, advocacy and re-building therapeutic relationships;
- supporting people through social, medical and surgical aspects of transition;
- how to make safer referrals;
- how to provide safer and more inclusive physical assessments and sexual health screening;
- how to facilitate referrals to gender-affirming medical and surgical care;
- how to advocate for trans people and their families across the lifespan and in different clinical settings;
- how to provide basic post-operative care to clients after gender-affirming surgery;
- how to liaise with local trans health care services

Faculty:

Fin Gareau is a trans and Two-Spirit nurse originally from Prince Albert, Saskatchewan, who fully embraces the importance of community reciprocity. He began his queer and trans activism in the early 2000's facilitating the Safe Spaces youth group in the Kootenays, and delivering trans workshops to rural social service agencies. He then began volunteering with the Trans Youth Drop-in and coordinated the program for over 8 years.

He has worked with gender diverse and questioning youth and their families for over 15 years. Fin is nearly completed his Master of Nursing, Family Nurse Practitioner degree and has a strong passion for working with gender diverse and Two-Spirit people. Recognizing the need to create more trans specific and inclusive health care services, Fin was a founding organizer of the Catherine White Holman Wellness Centre. Providing trans visibility and 'first contact' with isolated trans youth is an experience that continues to resonate with and motivate Fin, today.

Lauren Goldman is a registered nurse whose practice has focused on increasing access to low-barrier, gender affirming care. She is particularly passionate about sexual health and teaching clinicians how to create health care experiences that are considerate of gender, orientation, kink practices, bodies and ability. Lauren has been privileged to work with the Catherine White Holman Wellness Centre, the STI/HIV Clinic at the BC Centre for Disease Control, Options for Sexual Health, Insite and the Sexual Assault Service. As the Nurse Educator for Trans Care BC, Lauren works with the Education Team to develop educational resources for care providers that promote comprehensive, affirming health services for trans individuals across BC. Lauren is a queer woman of Middle Eastern and European descent, currently living in the unceded Coast Salish Territory of Vancouver. She has a cheeky dog named Arthur, loves hot sauce, and is always on the lookout for foods that remind her of home.

Sandy Gunderson is a Surgical Coordinator nurse and cis-gender ally with Trans Care BC and part of the Care Coordination Team. Her work has taken her to remote northern communities as well as urban and inner city locations where she has had the privilege of working with diverse communities. Before finding her way to Trans Care BC, she worked in a remote health centre in Nunavut, with the Sexual Assault Service, Sheway, Vancouver Native Health and Three Bridges Primary Care where she worked with many gender diverse clients. Sandy is excited to be able to continue supporting gender diverse people through her role at Trans Care BC. Sandy is passionate about accessible and competent health care for all British Columbians, and is currently enrolled in a Masters of Public Health program through the London School of Hygiene and Tropical Medicine. Sandy was born and raised in the Lower Mainland and in her spare time likes to watch scary movies and dog videos on Facebook.

1:30 – 5:00 pm

(Break 3:00 – 3:30 pm)

Children & Youth 2:

4. Pre-puberty/Puberty: Addressing On-coming Puberty (Part I)

This pre-conference training will allow participants to build on their current knowledge and practice with an aim to provide concrete clinical content that will enhance clinician's skills in working with gender creative and trans youth, children and their families.

This workshop is part one of two that will focus primarily on medical intervention and supports for transgender youth. For trans young people who are showing the earliest physical changes of adolescence, puberty blockers can delay the development of physical changes, which may allow a young person time to consolidate their gender identity, make decisions about subsequent medical intervention and/or avoid puberty-related changes altogether. Puberty blockers have been demonstrated to improve psychosocial outcomes in transgender youth.

This session will focus on young people who are approaching adolescence or who are in early puberty and will cover clinical care of these clients and families focusing on the importance of mental health support and the timely use of puberty-blocking agents such as Lupron. The presenters will provide skills-building content designed to support newer clinicians to move towards more advanced practice with younger youth.

Faculty:

Dr. Ingrid Cosio, MD, studied medicine at UBC and completed her residency training in Family Medicine at UBC- Prince George site in 2005. She is clinical faculty of the UBC Family Practice Residency Program in Prince George and shares an office in one of the teaching clinics. She is also the site lead faculty for Behavioural Medicine for the Residency Program. Obstetrics and in-patient care are important parts of her practice. Dr. Cosio has gained experience in Transgender health over the last 10 years, through work with an increasing number of gender diverse patients from Prince George as well as other communities in the North. In August 2015, with the support of the Northern Health Authority, the Prince George Division of Family Practice and the Blue Pine Clinic, the Northern Gender Clinic was started in order to provide multidisciplinary care to gender diverse people in the North.

Dr. Margaret Lawson is a pediatric endocrinologist at the Children's Hospital of Eastern Ontario and Professor of Pediatrics at the University of Ottawa. She has been providing hormone therapy to trans youth since 2006, is the co-director of CHEO's Diversity Clinic, and a member of the Ontario Advisory Committee for the Independent Children's Project, Rainbow Health Ontario. Margaret has a Master's in Clinical Epidemiology and more than 20 years

experience designing and conducting pediatric clinical trials. She is the Co-PI and Clinical Lead on Trans Youth CAN! Margaret is very excited to be working with the multidisciplinary Trans Youth CAN! Research Team, which will be gaining and translating knowledge about best practices for trans youth, families and health professionals.

Dr. Dan Metzger is a Clinical Professor of Pediatrics at the University of British Columbia, and a Pediatric Endocrinologist working on the Endocrinology & Diabetes Unit of BC Children's Hospital. Dr. Metzger and his staff, working with mental-health colleagues at BCCH and in the community as a "clinic without walls", began seeing transgender kids in 1998. They have now seen over 300 kids, with one of the busiest clinics in Canada. In 2014, they published one of the first North American reports on the results of their experience caring for trans and gender-questioning children and youth.

Dr. Wallace Wong is a registered Clinical Psychologist who has been working with children and youth with a variety of sexual issues for over sixteen years. He has published several papers, book chapters, and books on transgender children and youth. He has also spoken at various national and international conferences and workshops addressing the clinical issues of transgender children and youth.

Two-Spirit:

5. Decolonizing Your Practice of Providing Gender Affirming Care

Many conference attendees have worked with and provided care for gender diverse populations before, however, not everyone has had the chance to fully reflect on ways that they can enhance their practice when working with and for Indigenous communities. While some Two-Spirit people may have similar gender goals as those who identify as transgender, the way culture, spirituality, and intergenerational trauma intersect when it comes to health care differ vastly from those who are non-Indigenous. When we are providing care for Indigenous individuals and communities, it is imperative that we understand the impact of colonization on the wellbeing of Two-Spirit people and what is required of the healthcare field in terms of moving forward together in a good way. The first part of this pre-conference session will provide an introduction to colonialism as a determinant of health, the state of health research on Two-Spirit and transgender Indigenous people in Canada, as well as provide practitioners with practical tools and self-reflexive approaches to utilize in developing a decolonizing approach to gender affirming care when working with Indigenous peoples. The later part of the session will be spent hearing from a small group of trans and Two-Spirit care providers, on their approaches to decolonizing practice and gender diversity within Indigenous communities.

Faculty:

Dr. Sarah Hunt, PhD, is a Two-Spirit scholar from the Kwagwalth community of the Kwakwaka'wakw nation. She is an assistant professor at UBC in the Institute for Critical Indigenous Studies, and her scholarship builds on more than 15 years of community-based research, education and advocacy. Sarah's research uses a strengths-based approach in examining issues facing Indigenous youth, Two-Spirit people, women and families, including the health and social impacts of historic trauma, intergenerational and interpersonal violence, and systemic violence. She has published peer-reviewed reports and articles on Two-Spirit health, Indigenous gender relations, justice, sex work, and a range of other issues of concern to Indigenous communities.

Kyle Shaughnessy, RSW, is a Two-Spirit, trans person of mixed Indigenous (Dene) and European (Irish, Ukrainian) ancestry. He is a social worker and writer who grew up in the Northwest Territories and rural BC. Kyle has supported trans youth and their families in varying capacities since 2001 and has a strong background in youth education and queer and trans community building. Kyle has worked extensively with school districts, health care providers, and communities in their efforts to build capacity to better support trans and Two-Spirit youth. Kyle is the Lead for Indigenous and Child, Youth & Family Education at Trans Care BC and is currently completing a Master of Social Work degree at Dalhousie University, where he is focusing his studies on decolonial postvention and healing practice with trans and Two-Spirit youth.

Nursing Part 2:



THE UNIVERSITY OF BRITISH COLUMBIA
School of Nursing

6. Nursing Care Before, During and After Gender Affirming Surgery

Objective: This pre-conference training session will provide nurses with information to enhance their ability to care for transgender, Two-Spirit and gender diverse clients during the pre- and post-operative periods of gender affirming surgery.

Context: Gender-affirming surgeries change a person's physical characteristics to better reflect their gender identity. Many transgender, Two-Spirit and gender diverse (trans) people are happy with their bodies, or find comfort with their bodies through non-surgical means, while other people require surgery to provide relief from gender dysphoria (distress experienced when a person's gender identity does not match their sex assigned at birth), increase safety and comfort, and lessen or eliminate the need to take hormone therapies. As gender-affirming surgeries become more accessible, nurses are caring for more trans clients during the pre- and post-operative periods.

Nurses that attend this session will learn about:

- gender diversity, transgender and Two-Spirit cultural competency;
- gender-affirming approach to providing care;
- updated information to help people in BC navigate access to gender affirming surgeries (and considerations for clinicians in other provinces);
- basic overviews and when applicable, pre-operative teaching, planning, and post-operative care for the following surgeries
 - breast augmentation/construction
 - orchiectomy
 - vaginoplasty
 - sub-cutaneous mastectomy & chest contouring
 - hysterectomy & bilateral oophorectomy
 - metoidioplasty
 - phalloplasty;
 - how to liaise with local trans health care services

Faculty:

Fin Gareau is a trans and Two-Spirit nurse originally from Prince Albert, Saskatchewan, who fully embraces the importance of community reciprocity. He began his queer and trans activism in the early 2000's facilitating the Safe Spaces youth group in the Kootenays, and delivering trans workshops to rural social service agencies. He then began volunteering with the Trans Youth Drop-in and coordinated the program for over 8 years. He has worked with gender diverse and questioning youth and their families for over 15 years. Fin is nearly completed his Master of Nursing, Family Nurse Practitioner degree and has a strong passion for working with gender diverse and Two-Spirit people. Recognizing the need to create more trans specific and inclusive health care services, Fin was a founding organizer of the Catherine White Holman Wellness Centre. Providing trans visibility and 'first contact' with isolated trans youth is an experience that continues to resonate with and motivate Fin, today.

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Thursday, October 26, 2017

7:45 – 8:45 am Breakfast

9:00 am – 12:30 pm (Break 10:00 – 10:30 am)

Children & Youth 1:

1. Adolescence: Moving Forward With Gender-affirming Care for Youth (Part II)

This pre-conference training will allow participants to build on their current knowledge and practice with an aim to provide concrete clinical content that will enhance clinician's skills in working with gender creative and trans youth, children and their families.

This session will build upon part one and will focus on clinical care and medical interventions for youth who are seeking transition-related medical interventions such as gender-affirming hormone therapy. Presented by a team working in diverse practice settings, this session will be designed to support clinicians in moving towards more advanced practice with youth who are older, have already experienced puberty, or because they've accessed blockers, require hormone therapy as they head into later adolescence. The importance of psycho-social supports, along with timely and accessible gender-affirming mental health support during this time will be discussed along with hormone and surgical assessments for older adolescents (up to age 24). Practice knowledge from two settings will be provided in order to provide examples that will be relevant for a range of settings.

Faculty:

Dr. Joey Bonifacio, MD, FRCPC, MSc, MPH, MA, is a pediatrician and adolescent medicine specialist at the University of Toronto. His clinical practice involves working with children and adolescents, in particular, lesbian, gay, bisexual, transgender, and queer (LGBTQ) adolescents and immigrant and refugee teens. His clinical care also involves eating disorders, reproductive health, and mental health. His outreach involves the provision of medical and mental health care for street-involved and homeless youth. Joey completed an AB (Cornell) and MD (UBC). He completed his general pediatrics residency at the Montreal Children's Hospital where he was also chief resident. He completed his adolescent medicine fellowship at SickKids. Joey has completed an MSc in Bioethics (McGill), MPH (Harvard), and an MA in medical anthropology (UofT). He is currently completing his MTS (Regis College, University of Toronto).

Dr. Carys Massarella, MD, FRCPC, is an attending emergency physician at St. Joseph's Health care in Hamilton and is also the lead physician for the Transgender Care Program at Quest Community Health Centre in St. Catharines. Dr. Massarella sees and treats transgender identified clients of all ages and is a leading expert in transgender care in Ontario. She teaches at the Degroote School of Medicine and is an Assistant Clinical Professor there. Dr. Massarella lectures widely on transgender health care and has also done a TEDx talk on "The Depathologization of Trans Identity". She recently appeared at TEDx Hamilton where she presented "The False Narrative of Deception". Dr. Massarella also appeared in the CBC doc zone documentary "Transforming Gender". She was the first transgendered person to be a President of a large teaching hospital medical staff anywhere in the world and was named one of the World's 50 Transgender icons by the Huffington Post. She also sits on the gender advisory committee for gender independent children for Rainbow Health Ontario, is a member of WPATH.

Mental Health Part I:

2. What Mental Health Practitioners & Counsellors Need to Know About Medical / Social Transition

We invite mental health counsellors, social workers, therapists, students, and others to join us for this engaging and exciting full-day learning institute. We recommend this training for those who have a basic understanding of the issues and barriers trans, gender non-conforming and non-binary communities face.

The morning component will consist of sharing core clinical information about medical pathways used to support gender transitions (we fully acknowledge that many trans and gender-diverse folks do not medically transition, however this presentation will be looking at that aspect). We will cover current and emerging clinical practices for binary and non-binary trans and gender

diverse clients seeking hormones. This will include a review of what masculinizing and feminizing hormones can offer in transitioning including what hormones do, the timelines of effects and expected outcomes, and health benefits and impacts. We will also touch briefly on surgeries, pre and post-operative preparation from a mental health standpoint, recovery, and care.

In the afternoon, we will focus on experiential learning by integrating the information on medical transition, with practical tools to inform our work. Through the use of role plays, media, case scenarios, arts-based exercises, and critical self-reflection, we will build clinical counselling skills in supporting trans and gender-diverse clients. We will also explore how to advocate for clients encountering institutional, social and cultural barriers when seeking access to medical transitions.

Opportunities to deepen our understanding of the intersections of medical and social transition, advocacy, trans and gender diverse positive approaches to care will be offered. Participants will be provided resources to bring back to their professional practices.

Learning Objectives:

1. To increase the capacity of mental health and social service providers working with trans and non-binary communities.
2. To better understand medical transition from a trans positive and gender diverse affirming approach.
3. To get acquainted with medical systems and social and institutional barriers from an anti-racist and anti oppression framework.

Faculty:

LeeAndra Miller, MA, RP, has more than 20 years' experience as a psychotherapist specializing in arts based therapy. LeeAndra works at Central Toronto Youth Services as the manager of Pride & Prejudice a program that provides individual, group and family counselling for LGBTQ youth age 24 and under. LeeAndra's expertise is in providing positive and affirming psychotherapy for transgender youth, adults and their families. LeeAndra also facilitates trainings through Rainbow Health Ontario's Trans Health Connection program.

Jordan Zaitzow coordinates Trans Health Connection, a Rainbow Health Ontario (RHO) project. The project is increasing the capacity of primary health care systems across the province to provide high-quality, comprehensive care to trans communities through training, education, mentorship, resources, and networking. Previous to joining RHO, Jordan has also done years of front line shelter work, and has volunteered for and facilitated various drop-in programs for trans folks in Toronto. He also spent years as an independent trainer about trans access and issues.

Regional, Rural, Remote I:

3. Meet Me Where I'm At: Gender-Affirming Health Care in Regional Settings

Canadians living in regional, rural and remote settings commonly find geographical access to gender-affirming health care an added challenge. As more regional providers begin to offer gender-affirming health care, many quickly find their practices filled to capacity with a long waitlist due to the word of mouth. From the Maritimes to Northern BC, this session will present regional practice model examples and address some of the unique challenges faced in different provinces, regions, and health care systems. Join the presenters for discussions and exercises designed to encourage you to further explore ways to develop or enhance your gender-affirming health care services in your favorite neck of the woods.

Objective:

This session aims to provide participants with information, ideas and tools for developing gender-affirming health care in regional settings, thereby expanding primary care closer to home for gender diverse individuals living in regional, rural and remote settings.

Faculty:

Dr. Ingrid Cosio, MD, studied medicine at UBC and completed her residency training in Family Medicine at UBC- Prince George site in 2005. She is clinical faculty of the UBC Family Practice Residency Program in Prince George and shares an office in one of the teaching clinics. She is also the site lead faculty for Behavioural Medicine for the Residency Program. Obstetrics and in-patient care are important parts of her practice. Dr. Cosio has gained experience in Transgender health over the last 10 years, through work with an increasing number of gender diverse patients from Prince George as well as other communities in the North. In August 2015, with the support of the Northern Health Authority, the Prince George Division of Family Practice and the Blue Pine Clinic, the Northern Gender Clinic was started in order to provide multidisciplinary care to gender diverse people in the North.

Danielle Edwards is delighted to work for the Abbotsford Division of Family Practice in the role of Programs Lead. In this role, she oversees innovative programs and projects that involve collaboration with multiple members, stakeholder organizations, AHPs, and patients. Her background is in quality improvement and policy development, with a focus on strengthening health systems and advancing the social determinants of health. She has a Certificate in Voluntary and Non-Profit Sector Management from UVic; a Master of Arts degree from the University of Toronto; and a Bachelor of Arts social sciences degree from UVic.

Tj Jones, MD, CCFP, is a recent graduate of the UBC Family Practice Residency Program. He is a staff physician at the Abbotsford Youth Health Centre, where he works as part of an interdisciplinary team in delivering transgender primary care to youth and young adults. He is currently working with the Abbotsford Division of Family Practice in developing a clear pathway to help family physicians offer timely and consistent care to patients with gender dysphoria.

Dr. James Liu, MD, CCFP, is a recent graduate of the UBC Family Practice Residency Program. He is a staff physician at the Abbotsford Youth Health Centre, where he works as part of an interdisciplinary team in delivering transgender primary care to youth and young adults. He is currently working with the Abbotsford Division of Family Practice in developing a clear pathway to help family physicians offer timely and consistent care to patients with gender dysphoria.

Dr. Sharmeen Mazaheri, is a family physician practicing since 2006 after completing Rural Family Medicine residency through UBC. She has worked in various remote communities including Masset in Haida Gwaii before locating permanently with her family to Courtenay on Vancouver Island. She has a full time primary care practice and is a clinical preceptor in family medicine for UBC. Dr. Mazaheri completed post-graduate clinical training in Palliative Care in 2010. In 2015 she became interested in gaining skills to provide care for the trans community and now provides hormone and surgical assessments for trans adults referred to her from Vancouver Island and the Gulf Islands. She also provides ongoing hormone management, long term follow up as well as post-surgical follow up for those who live locally to ensure accessible care.

Dr. Mari-Lynne Sinnott, MD, CCFP, is a two-time graduate of Memorial University. In 2009 she was a proud recipient of a Bachelor of Arts with honours in political science and French. From there she entered Memorial's Medical School, and graduated in 2009 with her MD. She finished her family medicine residency in June 2015, and worked in rural Newfoundland and the remote Northwest Territories, before happily moved back to St. John's permanently in January 2016. Together with her friend and colleague, she opened a clinic in downtown St. John's that focuses on women's health and LGBTQ health, while also working with the province and community partners on developing a network of clinics to provide inclusive primary care to the marginalized populations of the city. She now has the largest transgender practice in the province, and holds a part time faculty position with the Family Medicine Department at Memorial University where she is involved in teaching medical students and residents around care of underserved populations.

Dr. Julie Temple Newhook is a Professional Associate with the Janeway Pediatric Research Unit, Faculty of Medicine, Memorial University. She founded the Trans Health Research Group at Memorial, which recently completed the TransKidsNL Study, and works closely with the newly established Gender Wellness Clinic at the Janeway Children's Health and Rehabilitation Centre in St. John's. In 2014, Dr. Temple Newhook founded Canadian Parents of Gender Creative Kids/Parents d'enfants transgenres Canada and Parents of Gender Creative Kids - Newfoundland and Labrador (PGCK-NL), the national and provincial peer support groups for parents of trans and gender diverse children. PGCK-NL is connected to the Trans Youth Group, for young people between 12 and 18 years of age, and the Gender Creative Kids Playgroup for children between 5 and 11 years. The parent and youth groups are located in St. John's and linked to families throughout the province.

Linda Van Pelt, NP, has been a health care professional for over 30 years. She started her career as a registered psychiatric and general nursing working in the areas of forensic psychiatry, community health, critical care and trauma, and flight medicine. She continued her career as a remote advanced practice nurse working in remote outpost health clinics in the Canadian Arctic and far North of the provinces. It was in the North where her interest in equitable and just access to health care began. Linda began her Family Nurse Practitioner Education in 2005 at the University of Northern BC. She was the first graduate of the program in 2007. Upon graduation from the FNP program Linda began work developing the Unattached Patient Clinic with Northern Health, a clinic designed to provide low barrier access to health care for populations that were marginalized from traditional medical practices. Linda continues to work as Nurse Practitioner at the Blue Pine Primary Health Care Clinic and Northern Trans Care Clinic in Prince George, a multidisciplinary clinic that evolved from the Unattached Patient Clinic. Her current practice specifically focuses on providing Transgender care to patients from across Northern BC. Linda has been the Coordinator of the UNBC Family Nurse Practitioner (FNP) Program since 2009, and is a clinical instructor for both FNP and medical students. In her teaching roles she is able to share her passion for Transgender care and the delivery of barrier-less primary health care. Her current research work includes examining perceived barriers to primary health care by those with mental health, addictions and chronic pain conditions. Linda is also involved with primary care access work in rural India.

SLP Part I:

4. Delivering Voice and Communication Training for Transgender People

This intensive and interactive workshop offers current perspectives and practical training for SLP's working with transgender clients. In the morning three international experts will discuss how our understanding has expanded and deepened, and how this perspective can translate into what we do in the clinic.

The afternoon session will be devoted to practical aspects of transgender voice and communication training. We will be joined by experienced clinicians who regularly offer a program of voice feminization in BC. The number of experts in the room allows ample opportunity for discussion, 1:1 training and supervised practice.

Learning Objectives:

In this workshop the participants will learn:

- Current perspectives on the relationship between a person's gender identity and their voice and communication
- Components of a trans-specific voice evaluation
- Analysis of audio recordings to determine appropriate treatment goals and assess change during therapy
- Experienced clinicians' approaches to transgender voice and communication training, together with practical experience in using training techniques. This will occur in a 1:1 or small group situation
- Effective voice conditioning protocols for trans people
- How to manage a pre-existing voice disorder in a client presenting for transgender voice training

Faculty:

Georgia Dacakis, is an adjunct lecturer in the Discipline of Speech Pathology, La Trobe University Melbourne, Australia. Georgia has extensive clinical experience in providing voice and communication training for transwomen and has published and undertaken research in this area since the early 1980's. Georgia led a collaboration with Canadian colleagues, Shelagh Davies and Judith Johnston to develop the first psychometrically evaluated self-report questionnaire designed to capture the perceptions of transwomen regarding their vocal functioning and the voice-related impact on their everyday lives (the Transsexual Voice Questionnaire [TVQMtF]). Georgia has been a member of the Monash Gender Clinic since its inception and prior to that the Queen Victoria Gender Clinic since 1980. Georgia is a founding member of ANZPATH.

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developed 'Changing Keys', a program of voice and speech feminization for transgender women. Changing Keys is now available in four Provincial Health Authorities and Shelagh has mentored colleagues in the program's delivery. Other work in transgender voice and communication includes co-writing the 2006 Transgender Speech Feminization and Masculinization: Suggested Guidelines for BC Clinicians, the development of the TSEQ (Transgender Self Evaluation of Voice Questionnaire) for male to female and to female to male transgender persons. She is co-author of the Transsexual Voice Questionnaire (Male to Female), which has been translated into 9 languages. Her work has been published in the Journal of Voice, the Journal of the Canadian Speech, Language and Hearing Association, the International Journal of Transgenderism and online magazines for Speech and Audiology Canada and the National Association of Teachers of Singing.

Sandy Hirsch, MS, CCC-SLP, is a speech-language pathologist with an expertise in voice. She is internationally renowned for voice and communication training with transgender and gender non-conforming people. Ms. Hirsch has over 25 years of experience working in the gender non-conforming community. She has made this the focus of her private practice, Give Voice. She is an active member of the Ingersoll Transgender Professional Consult Group in Seattle. Ms. Hirsch has co-edited two editions of Voice and Communication Therapy for the Transgender / Transsexual Client (Adler, R.; Hirsch, S.; Mordaunt, M. 2012 and 2006). She is currently working on a 3rd edition. Since 2007, Ms. Hirsch has been training voice clinicians who are committed to improving the quality of life of gender non-conforming people. It is her goal to ensure that voice and communication services are provided with the highest possible integrity. Ms. Hirsch presents internationally at transgender, professional speech and hearing and voice conferences and trainings. She has been featured in print, radio and television media. Ms. Hirsch lives in Seattle, WA. She is a classical and jazz singer, and is passionate about combining her art and clinical expertise in training clients and clinicians.

1:30 – 5:00 pm

(Break 3:00 – 3:30 pm)

Children & Youth 4:

5. Cross Country Health Clinic Practice Panel: Models of Care and Clinical Practices

This pre-conference training will allow participants to build on their current knowledge and practice with an aim to provide concrete clinical content that will enhance clinician's skills in working with gender creative and trans youth, children and their families..

This session will be a panel discussion that will bring together four different teams from across the country to discuss their practice. This facilitated conversation will cover the different team members, their roles, how they have been able to build capacity within their communities and provinces through partnerships given their unique provincial landscape.

Faculty:

Sara Bell, was born and raised in Vancouver BC. She earned a Bachelor of Arts in English and Classical Studies at the University of Western Ontario before enrolling in the nursing program at BCIT. In 2010 she received an Executive MBA in Healthcare from the Sauder School of Business at the University of British Columbia, and in 2015 completed the certificate in Mental Health Law from Osgoode Hall at York University. Sarah began at BC Children's Hospital in 2005 during her role as the Facility Coordinator for the Mental Health Building. She moved through successive leadership positions across the program before becoming the Provincial Executive Director of Child and Youth Mental Health and Concurrent Disorders Services, and Reproductive Mental Health. Since that time, her portfolio has expanded to include the Provincial Specialized Eating Disorders Program, the Mental Health Metabolic Program, the Mental Health Literacy Program and the Provincial Early Hearing Program. She is currently the Interim Chief Operating Officer of BC Children's Hospital, and Sunnyhill Health Centre for Children. Sarah is a practicing member of the College of Registered Nurses of BC, a member of the Canadian College of Health Care Leaders and holds the Certified Healthcare Executive designation.

Dr. Joey Bonifacio, MD, FRCPC, MSc, MPH, MA, is a pediatrician and adolescent medicine specialist at the University of Toronto. His clinical practice involves working with children and adolescents, in particular, lesbian, gay, bisexual, transgender, and queer (LGBTQ) adolescents and immigrant and refugee teens. His clinical care also involves eating disorders, reproductive health, and mental health. His outreach involves the provision of medical and mental health care for street-involved and homeless youth. Joey completed an AB (Cornell) and MD (UBC). He completed his general pediatrics residency at the Montreal Children's Hospital where he was also chief

resident. He completed his adolescent medicine fellowship at SickKids. Joey has completed an MSc in Bioethics (McGill), MPH (Harvard), and an MA in medical anthropology (UofT). He is currently completing his MTS (Regis College, University of Toronto).

Dr. Ingrid Cosio, MD, studied medicine at UBC and completed her residency training in Family Medicine at UBC- Prince George site in 2005. She is clinical faculty of the UBC Family Practice Residency Program in Prince George and shares an office in one of the teaching clinics. She is also the site lead faculty for Behavioural Medicine for the Residency Program. Obstetrics and in-patient care are important parts of her practice. Dr. Cosio has gained experience in Transgender health over the last 10 years, through work with an increasing number of gender diverse patients from Prince George as well as other communities in the North. In August 2015, with the support of the Northern Health Authority, the Prince George Division of Family Practice and the Blue Pine Clinic, the Northern Gender Clinic was started in order to provide multidisciplinary care to gender diverse people in the North.

Lorraine Grieves, MA, RCC, is a queer, cisgender, registered clinical counsellor and health care leader who has worked in a range of roles, from therapist to program director, supporting the wellness of youth, families and adults in diverse settings. She is thankful to live and work on unceded territories of the *Səlilwətaʔ, Xʷməθkʷəy̓əm, & Skwxwú7mesh* (Tsleil-Waututh, Musqueam & Squamish) peoples in Vancouver, BC. Before moving to her current role as provincial program director with the Provincial Health Authority's Trans Care BC, Lorraine worked at Vancouver Coastal Health in community services where she was an operational manager responsible for the Trans Health Information Program, C.A.L.L. Out! and a portfolio of youth substance use and concurrent disorder services. In all of her work she strives to centre the expert, lived experience wisdom of service participants in informing work that impacts them.

Dr. Carys Massarella, MD, FRCPC, is an attending emergency physician at St. Joseph's Health care in Hamilton and is also the lead physician for the Transgender Care Program at Quest Community Health Centre in St. Catharines. Dr. Massarella sees and treats transgender identified clients of all ages and is a leading expert in transgender care in Ontario. She teaches at the Degroote School of Medicine and is an Assistant Clinical Professor there. Dr. Massarella lectures widely on transgender health care and has also done a TEDx talk on "The Depathologization of Trans Identity". She recently appeared at TEDx Hamilton where she presented "The False Narrative of Deception". Dr. Massarella also appeared in the CBC doc zone documentary "Transforming Gender". She was the first transgendered person to be a President of a large teaching hospital medical staff anywhere in the world and was named one of the World's 50 Transgender icons by the Huffington

Post. She also sits on the gender advisory committee for gender independent children for Rainbow Health Ontario, is a member of WPATH.

Dr. Denise Medico, PhD, is Professor of Clinical Xexology at UQAM in Montreal with 15 years of experience working with trans people in Switzerland, developing transaffirmative psychotherapy and advocating for transgender rights. She is a collaborator of Françoise Susset in clinical practice and of Dr. Annie Pullen Sansfaçon on research projects on youth in transaffirmative health care. Her own projects are on sexuality and relationship issues and on the construction of embodied subjectivities in a context of power and inequalities.

Dr. Annie Pullen Sansfaçon, PhD Ethics, Social Work, DeMontfort University, UK, is a Social Worker and an Associate Professor at the University of Montreal's School of social work. Her work focuses on the development of anti-oppressive theories, approaches and methodologies to promote ethical and emancipatory practice in social work. She has extensive experience in Social Action Research, a form of Community Based Participatory Action Research, and in Self-Directed Groupwork, a method of intervention to work with oppressed groups, based on the same principles. She is the principal investigator of two funded projects aimed at better understanding the experiences of trans children and their families (CIRH 2016-2019; SSRCH 2016-2019) and is the co-founder and current Vice-President of Gender Creative Kids Canada, a Montreal-based community organization working with trans children and youth and their families.

Dr. Mari-Lynne Sinnott, MD, CCFP, is a two-time graduate of Memorial University. In 2009 she was a proud recipient of a Bachelor of Arts with honours in political science and French. From there she entered Memorial's Medical School, and graduated in 2009 with her MD. She finished her family medicine residency in June 2015, and worked in rural Newfoundland and the remote Northwest Territories, before happily moved back to St. John's permanently in January 2016. Together with her friend and colleague, she opened a clinic in downtown St. John's that focuses on women's health and LGBTQ health, while also working with the province and community partners on developing a network of clinics to provide inclusive primary care to the marginalized populations of the city. She now has the largest transgender practice in the province, and holds a part time faculty position with the Family Medicine Department at Memorial University where she is involved in teaching medical students and residents around care of underserved populations.

Françoise Susset is a Clinical Psychologist, a couple and family therapist and clinical supervisor with over 25 years of experience working with LGBT populations. Her clinical work centers on trans adults and teens, during transition and beyond. She also focuses on supporting gender creative children, helping families and schools challenge notions regarding sexuality, sexual

orientation, gender identity and gender expression. Françoise is a member of WPATH and is past president of the Canadian Professional Association for Transgender Health (CPATH).

Dr. Julie Temple Newhook is a Professional Associate with the Janeway Pediatric Research Unit, Faculty of Medicine, Memorial University. She founded the Trans Health Research Group at Memorial, which recently completed the TransKidsNL Study, and works closely with the newly established Gender Wellness Clinic at the Janeway Children's Health and Rehabilitation Centre in St. John's. In 2014, Dr. Temple Newhook founded Canadian Parents of Gender Creative Kids/Parents d'enfants transgenres Canada and Parents of Gender Creative Kids - Newfoundland and Labrador (PGCK-NL), the national and provincial peer support groups for parents of trans and gender diverse children. PGCK-NL is connected to the Trans Youth Group, for young people between 12 and 18 years of age, and the Gender Creative Kids Playgroup for children between 5 and 11 years. The parent and youth groups are located in St. John's and linked to families throughout the province.

Mental Health Part II:

6. What Mental Health Practitioners & Counsellors Need to Know About Medical/Social Transition *(cont'd)*

LeeAndra Miller, MA, RP, has more than 20 years' experience as a psychotherapist specializing in arts based therapy. LeeAndra works at Central Toronto Youth Services as the manager of Pride & Prejudice a program that provides individual, group and family counselling for LGBTQ youth age 24 and under. LeeAndra's expertise is in providing positive and affirming psychotherapy for transgender youth, adults and their families. LeeAndra also facilitates trainings through Rainbow Health Ontario's Trans Health Connection program.

Jordan Zaitzow coordinates Trans Health Connection, a Rainbow Health Ontario (RHO) project. The project is increasing the capacity of primary health care systems across the province to provide high-quality, comprehensive care to trans communities through training, education, mentorship, resources, and networking. Previous to joining RHO, Jordan has also done years of front line shelter work, and has volunteered for and facilitated various drop-in programs for trans folks in Toronto. He also spent years as an independent trainer about trans access and issues.

Regional, Rural & Remote 2:

7. Beyond Barriers, Borders & Binaries: Primary Health Care and Support in Rural Areas

When there's no interdisciplinary team, and there's a need to meet, you find a way to meet that need! In rural areas, Primary Health Care Providers (PHCP's) and Support Providers have to find creative ways to support Trans Individuals and their families to access health care and link them with community supports. Presenters include Christopher Nelson (Trans Connect Program), Jean Baptise (Coordinator of Trans Care Prince George), Zach Matieschyn (Nurse Practitioner, Nelson) and Beth Berlin (Nurse Practitioner, Burns Lake). These four presenters will address their experience delivering care and support to gender diverse individuals with a strong focus on what this can look like in a rural context. They will illustrate creative approaches that they have utilized in this unique context highlighting resources and challenges encountered along the way. There will be some sharing related to Indigenous Gender Diverse people's experiences in the rural context as well. PHCPs in Rural contexts have the added challenge of being "generalists"- seeing all people for all manner of health issues. There are unique supports, training opportunities, and challenges and this session will highlight the panel's experience with all of these.

Objective:

Through interactive panel discussion and world café breakout sessions, this session aims to provide participants with inspiration, resources and awareness of the challenges encountered in rural contexts.

Faculty:

Jean Baptiste traces their lineage back to the Wet'suwet'en nation and belongs to the Laksilyu (Small Frog) clan. Since coming out as transmasculine and Two-Spirit in university, they have completed their BSc in Psychology and First Nations Studies with a focus on reincarnation and Two-Spirit at the University of Northern British Columbia. In previous years, they have dedicated their time to working in northern BC in addition to East Africa in respect to trans advocacy, awareness, and education within the Indigenous and human rights community. Currently, they are the Regional Community Network Coordinator for Trans Care BC in Prince George.

Beth Berlin is a Nurse Practitioner working in the Lakes District of Northern BC. She has been practicing for 6 years with a large portion of First Nations patients. She and her husband and 2 boys live on the shores of Burns Lake and enjoy water sports, mountain biking, skiing and travel.

Zak Matieschyn is a family Nurse Practitioner with a practice in a West Kootenay family clinic, providing primary healthcare to the general public with a focus on marginalized populations since 2008. He became aware of a gap in care for transgender people in this rural region in 2014, and has been honoured to provide this specialized care to his rural area over the past couple years. Zak is also quite interested in health policy and advocacy work, and has just finished a term as President of the Association of Registered Nurses of BC. He looks forward to the next phase of his professional development through a Fellowship in Addiction Medicine through St. Paul's and the BC Centre for Substance Use from 2017-18.

Christopher Moore is the founder and coordinator of the Trans Connect program supported by ANKORS, AIDS, Network, Outreach and Support Services in the Kootenay/Boundary region of British Columbia. The Trans Connect Program provides support, health care and service navigation and resources for Transgender/ Non-Binary individuals living in small urban, rural and remote communities in the East and West Kootenays of British Columbia. The program also provides education for schools, community organizations and health care providers. Christopher is a long-time activist and social justice advocate. He was one of the original founders of the Maa Land Cooperative in Blewett, BC, an intentional community where he built a micro hydro system and lived in a cabin off the grid for 17 years. Christopher played a central role in challenging the City of Nelson to embrace the first Nelson Pride event over 20 years ago. As a volunteer, he founded the Gender Outlaws ("you know who you are") support group in Nelson. Christopher ran Gender Outlaws on a volunteer basis for six years before founding Trans Connect. He has led Trans Connect in many successes over the last eight years. One of the highlights was being called to speak to 250 miners in Elkford, BC. The company was proactively seeking education for their workers in order to support a long-time employee who was in the process of transitioning. Now Christopher's work includes mentoring others in becoming involved in the work. Over the last eight years, Trans Connect has received funding from the Vancouver Foundation and Columbia Basin Trust. Now Trans Connect is funded by the BC Provincial Health Services Authority through Interior Health. The fact that funding is now connected to transgender health services is key as caring for the health of transgender individuals is central to the mandate of the Trans Connect program.

SLP Part II:

8. Delivering Voice and Communication Training for Transgender People *(cont'd)*

Faculty:

Abby Brooks, is a Victoria based Speech and Language Pathologist with a specialization in Transgender voice therapy. She has an undergraduate degree from the University of Victoria in Education and a Masters of Science degree in Communication Sciences and Disorders. She currently offers Changing Keys on Vancouver Island, British Columbia.

Georgia Dacakis is an adjunct lecturer in the Discipline of Speech Pathology, La Trobe University Melbourne, Australia. Georgia has extensive clinical experience in providing voice and communication training for transwomen and has published and undertaken research in this area since the early 1980's. Georgia led a collaboration with Canadian colleagues, Shelagh Davies and Judith Johnston to develop the first psychometrically evaluated self-report questionnaire designed to capture the perceptions of transwomen regarding their vocal functioning and the voice-related impact on their everyday lives (the Transsexual Voice Questionnaire [TVQMtF]). Georgia has been a member of the Monash Gender Clinic since its inception and prior to that the Queen Victoria Gender Clinic since 1980. Georgia is a founding member of ANZPATH.

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Gillian Grevstad, is a speech-language pathologist currently offering the Changing Keys program in downtown Vancouver, British Columbia. Her interest in transgender voice therapy emerged in 2004 when she first heard about Shelagh Davies' work in this area. She was delighted to be brought on as a Changing Keys provider in 2016. As an undergraduate Gillian studied French and Spanish, earning a Bachelor of Arts degree from the University of British Columbia. She later continued her linguistic bent at UBC in the School of Audiology and Speech Sciences, earning her M.Sc. in Speech-Language Pathology. In addition to her work with transgender voice, Gillian is a speech-language pathologist working with elementary school children with communication disorders in the Burnaby School District.

Sandy Hirsch, MS, CCC-SLP, is a speech-language pathologist with an expertise in voice. She is internationally renowned for voice and communication training with transgender and gender non-conforming people. Ms. Hirsch has over 25 years of experience working in the gender non-conforming community. She has made this the focus of her private practice, Give Voice. She is an active member of the Ingersoll Transgender Professional Consult Group in Seattle. Ms. Hirsch has co-edited two editions of Voice and Communication Therapy for the Transgender / Transsexual Client (Adler, R.; Hirsch, S.; Mordaunt, M. 2012 and 2006). She is currently working on a 3rd edition. Since 2007, Ms. Hirsch has been training voice clinicians who are committed to improving the quality of life of gender non-conforming people. It is her goal to ensure that voice and communication services are provided with the highest possible integrity. Ms. Hirsch presents internationally at transgender, professional speech and hearing and voice conferences and trainings. She has been featured in print, radio and television media. Ms. Hirsch lives in Seattle, WA. She is a classical and jazz singer, and is passionate about combining her art and clinical expertise in training clients and clinicians.

Sherri Zelazny, RSLP, CCC-SLP, is a clinical speech pathologist with 29 years of experience. Sherri has specialized in voice and laryngeal airway assessment and treatment for the past 15 years. She has been providing Changing Keys voice training for the transgender community with the Transgender Health Information Program in Vancouver BC since 2015.

7 pm **Welcome Reception**

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