



WELCOME

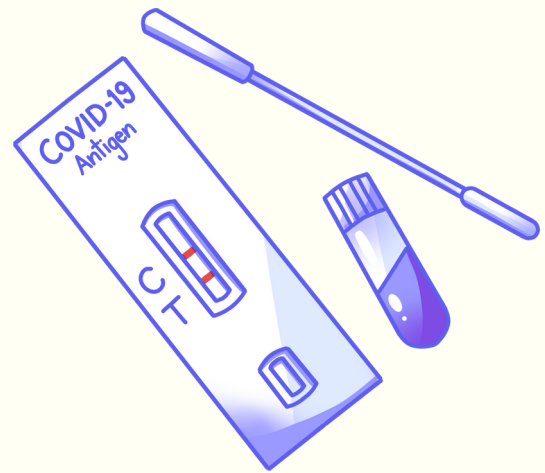
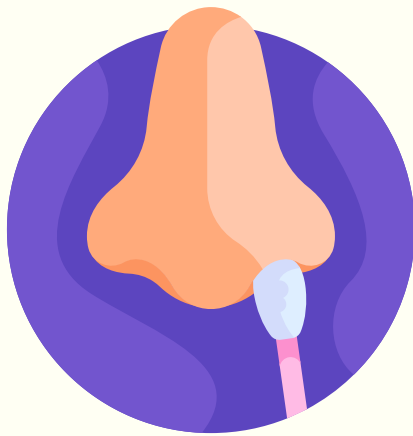
# LGBTQIA+ HEALTH SUMMIT

04.22.23 VT TECH COLLEGE  
*We are happy that you could join us!*

# FOR EVERYONE'S HEALTH & SAFETY

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**Please take a rapid  
Covid-19 test before  
attending the Summit.**



**Masking is required while indoors but you are welcome to remove your mask while you are outside or eating.**



# WELCOME

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The LGBTQIA2S+ Health Summit is a place to get together to explore, query, and celebrate the Health & Wellness needs, projects, and strategies of our communities in an environment that is dedicated to and focused on our community and our collective LGBTQIA2S+ lived experiences.

We will provide opportunities to bridge LGBTQIA2S+ people, faemily, and caregivers to direct service and care providers in hopes of better meeting the holistic needs of our communities.

An additional aim of the Summit is to increase capacity and ensure access to quality, culturally-affirming medical and mental health care for traditionally underserved communities, including LGBTQIA2S+ people who hold intersecting identities and create affinity spaces specific to intersecting LGBTQIA2S+ identities.

# COMMUNITY GUIDELINES

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- 1. My Existence is Not Up for Debate*
- 2. There is Space for All of Us*
- 3. What's Shared Here, Stays Here*
- 4. Safety Together*
- 5. Safety Takes All of Us*
- 6. Your Needs Matter*
- 7. You Deserve Care*
- 8. How You Show Up Matters*
- 9. Take Space, Make Space*

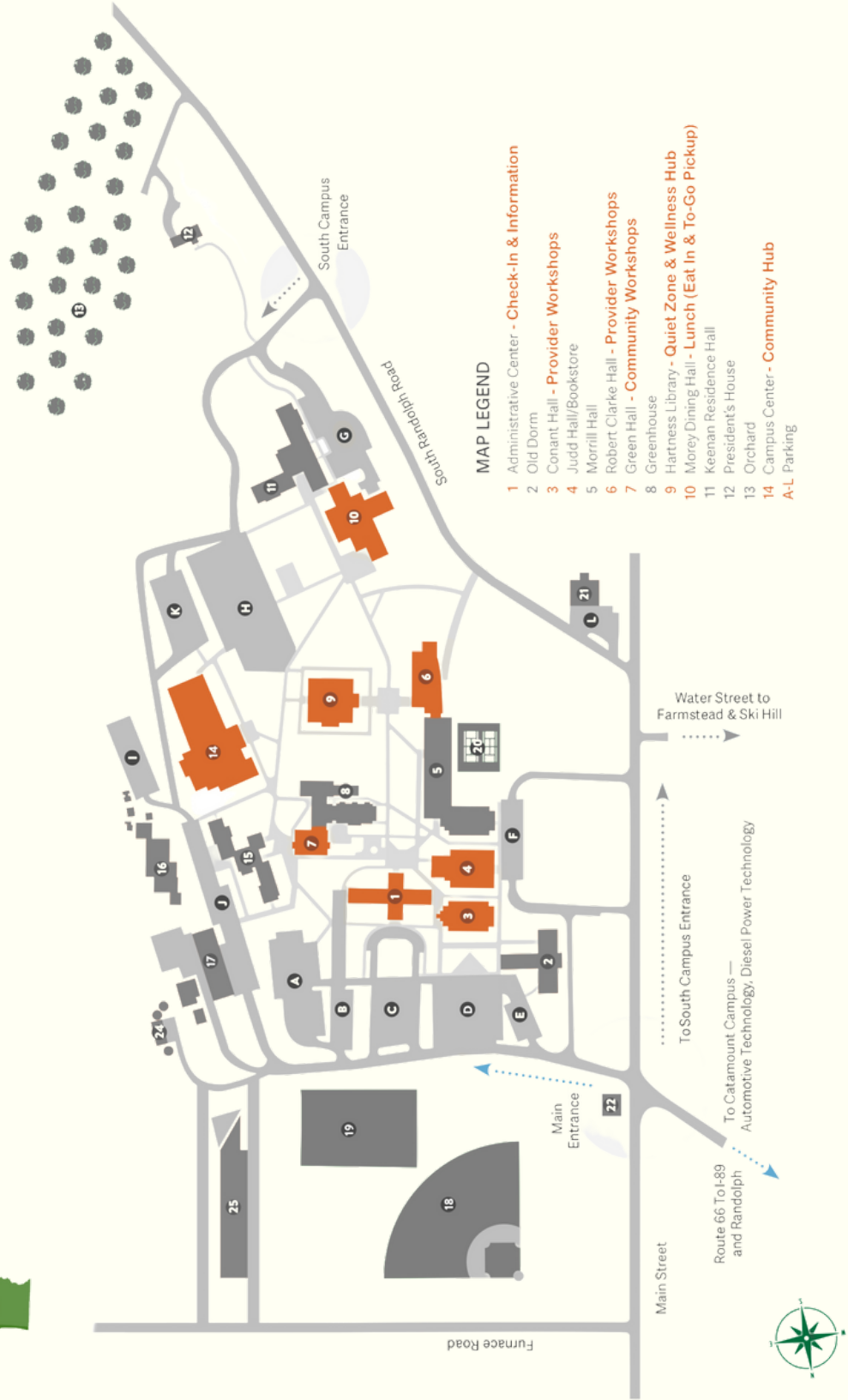




## VERMONT TECH

Randolph Center Campus

124 Admin Drive | Randolph Center, VT 05061  
800.442.8821 | vtc.edu



# SUMMIT SCHEDULE

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**8:00 AM - REGISTRATION OPENS & COFFEE / TEA MIXER**

**8:45 AM - WELCOME SESSION**

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**9:45 AM -**

## **Community Workshops - One Hour**

*Eat Richly & Heal the Planet: Basic Home Nutrition on the Cheap - Green Room 124*

*Knowing Your Rights and Keeping Your Joy - Green Room 216*

*Storytelling as Healing - Green Room 128*

## **Provider Workshops - One Hour**

*Working with LGBTQIA+ People: Best Practices - Conant Room 102*

*Debunking Myths About Gender Care for Youth - Clarke Room 110*

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**11:05 AM**

## **Community Workshops - One Hour**

*Food IS Medicine: 3SquaresVT and How Food Insecurity Affects  
Overall Health - Green Room 216*

*Name and Gender Marker Changes in Vermont - Online*

*Trans Femme Surgery Show & Tell / Q&A - Green Room 228*

## **Community Workshop - Half Hour**

*Breaking the Social Mirror: An Introduction To Surviving Workplace  
Trauma and Reclaiming Your Career - Online*

**11:05 AM -**

## **Provider Workshops - One Hour**

*Policy Implications for Improving Community Climate and Access to  
Housing for Rural SGM Populations - Clarke Room 110*

*Be Gay, Do Camp! Creating Communities Where LGBTQ+ Youth Thrive  
- Conant Room 102*

## **Provider Workshop - Half Hour**

*LGBTQ+ Primary Care - Clarke Room 310*

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**11:45 AM -**

## **Community Workshop - Half Hour**

*Queer Sex Ed: Strap-ons and Anal Play - Green Room 124*

## **Provider Workshop - Half Hour**

*Writing Letters in Support of Gender Affirming Surgery for Providers  
- Clarke Room 310*

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**12:20 PM - Lunch**

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**1:30 PM -**

## **Community Workshops - One Hour**

*Food and Herbs for Nervous System Resilience - Green Room 124*

*Demystifying Letters for Gender Affirming Surgery - Green Room 216*

*Somatic Care and Practice for Gender Affirming Surgery - Green Room 128*

**1:30 PM -**

## **Community Workshop - Half Hour**

*Healthcare is a Human Right! - Outdoors*

## **Provider Workshops - One Hour**

*Supporting LGBTQI+ Survivors of Sexual and Intimate Partner Violence  
- Conant Room 102*

*Youth Organizing as Primordial Prevention: Outright's Strategy for  
Building Hope, Equity, and Power with LGBTQ+ Youth - Clarke Room 110*

*Gender-Affirming Primary Care: Hormones, Health and Happiness  
- Clarke Room 310*

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**2:10 PM -**

## **Community Workshop - Half Hour**

*Let's Talk About Sex - Green Room 224*

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**2:50 PM -**

## **Community Workshops - One Hour**

*Mapping Community Care: an interactive workshop - Green Room 216*

*Our Health Depends on Storytelling - Green Room 128*

*Hands on Acupressure Techniques - Green Room 124*

*Queer Conception - Green Room 228*

## **Provider Workshops - One Hour**

*We Take Care of Each Other: Building Health Care Coalitions for Queer  
and Trans People - Clarke Room 110*

*Caregiver Support: Consultation for Caregivers of Gender Diverse Youth  
- Conant Room 102*



**2:50 PM -**

## **Provider Workshop - Half Hour**

***Healthcare Considerations for those at the Intersection of  
Neurodivergent and LGBTQIA+ Identities - Online***

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**4:30 PM - CLOSING SESSION**

**5:00 PM - WRAP-UP**

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### ***DROP-IN OFFERINGS***

#### ***Art Against Violence***

In this masked outdoor space, SafeSpace Anti-Violence Program Rural Advocacy Coordinator and multi genre art maker Shea Witzberger will host space for folks of all identities to make art to show love and support to LGBTQIA2S+ people facing violence and harm.

Supported by other members of the SafeSpace Team, we will also share information about how to connect with SafeSpace for direct support, advocacy, training, and action.

- Pancakes for the People in Student Center (8 a.m. - 1 p.m.)
- Somatic support (bodywork, nervous system regulation, etc) with Amanda Franz in Library (9 a.m. - 2 p.m.)
- Herbal tea and tinctures for nervous system support with Rose Core Collective in Library (10 a.m. - 4 p.m.)
- Chair acupuncture with Refuge Acupuncture in Library (9 a.m. - 2 p.m.)
- Five Element Acupuncture with Caius Clark in Library (9 a.m. - 4 p.m.)

# SUMMIT WORKSHOPS

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## **Eat Richly & Heal the Planet: Basic Home Nutrition on the Cheap**

*Acorn Swiggum; Frances Rose Subbiondo – 60 minutes*

After a fun group activity to get minds & mouths moving about food, eating, and health, we will delve into food's interconnected relationship to our individual & collective health, as well as that of the planet. We will explore patterns of eating, buying, growing, and connecting over food that are healing to the world -- and also share simple, beautiful recipes that invite all to eat well, and affordably. We hope to plant the seeds of a more resilient world by sharing skills & knowledge needed to prepare delicious food, while investing in food systems that deeply nourish any place we call Home.

## **Knowing Your Rights and Keeping Your Joy: Gender-Affirming Care**

*indi schoenherr; Jess Venable-Novak – 60 minutes*

We know that gender-affirming care is protected in Vermont- but what, exactly, does that mean? What care is actually accessible to folks, and how does joy come into play? That's what we will be discussing in this space! Our hope is that attendees leave with a deeper understanding of their rights around accessing gender-affirming care, as well as a dynamic exploration of the joy that comes from celebrating our gender.

## **Storytelling as Healing**

*Jayy Covert; Delanté Keys – 60 minutes*

Join the Queers from Outright as they guide you through exploring the process and potential power of utilizing one's own narrative, while underscoring how the commitment to developing and clearly articulating one's own narrative can serve as a valuable touchpoint in the process of healing from trauma and harm.

## **Working with LGBTQIA+ People: Best Practices**

*Kell Arbor – 60 minutes*

The Working with LGBTQIA+ People – Best Practices Training will cover a brief overview of identity development, provide exercises to distinguish and understand the components of the LGBTQIA+ acronym, facilitate a discussion around pronouns and how to normalize conversations regarding personal pronouns, review the minority stress model, and hold a wrap-up conversation where participants identify best practices when working with LGBTQIA+ clients using all of their newly gained information.

## **Debunking Myths About Gender Care for Youth**

*Madison Smith; Josh Shamoon – 60 minutes*

This session will provide information regarding common myths/misinformation about gender care for youth.

## **Food IS Medicine: 3SquaresVT and How Food Insecurity Affects Overall Health**

*Lechelle-Antonia Gray – 60 minutes*

This session will be an opportunity to share information about the assistance programs that can be beneficial to LGBTQIA+ folks who are facing food insecurity and may not have the tools and support to access these resources. We will share information about 3squaresVT/SNAP benefits, who to contact for application help, eligibility requirements, and where these benefits can be used around the state.

## **Name and Gender Marker Changes in Vermont**

*Olivia Graffeo-Cohen – Virtual Only - 60 minutes*

This session will provide a step-by-step overview of how to change names and gender markers on official records like birth certificates, Social Security records, state IDs, and passports. There have been several procedural changes in recent years that have made this process simpler, but it still involves lots of paperwork and planning. The goal of this session is to provide a sense of a roadmap and best practices. This session will be mostly focused on the process for adults seeking to correct documents.

## **Trans Femme Surgery Show & Tell / Q&A**

*Megan Roberts – 60 minutes*

Answering all the questions people may be afraid to ask and having frank and open conversations about expectations vs realities of surgical options for transition. We will discuss types of surgical procedures, answer basic insurance questions, talk about preparation and recovery and if possible show some of the results of GCS/BA and FFS for any folks who are curious. I know I had a ton of questions prior to surgeries and wasn't always able to find someone willing or able to answer them. I hope this session provides some of those answers. Open to trans femme folks 18+. Workshop may contain nudity. No photography permitted.

## **Breaking the Social Mirror**

*Chris Delatorre – 30 minutes*

Career Trauma. What is it, why does it happen, and how is it holding us back? In HR theory, the term “social mirror” is used to explain how our childhood, current environment, social pressures, and societal perceptions play a critical role in defining our career—the jobs we take, how we see ourselves as professionals, and how likely we are to lead successful and fulfilling lives. If you find this unsettling, you're not alone. Have you been to work lately? It's a mess. High turnover, low pay, backstabbing coworkers, dysfunctional leaders, work-life imbalance, bad communication, double standards, digital overload, burnout—it's no wonder we've lost our enthusiasm for work. The average worker has it bad. And queer folks, we have it worse. Why? As it turns out, our unresolved trauma is holding us back.

## **Policy Implications for Improving Community Climate and Access to Housing**

*Jaz Routon – 60 minutes*

Grounded theory informs my analytic strategy in that it examines social processes and conditions and attends well to what and how questions to emphasize abstract understanding of a specific phenomenon (e.g., capacity building), and recognizes that the understanding needs to be located in a specific circumstance. The stakeholder interviews were audio-recorded and transcribed verbatim. The total sample size was 23 stakeholders. The research team utilized the constant comparison method of coding and analyzing interviews through three stages: open-coding, axial coding, and selective coding. The coding process helped develop our understanding of capacity building to support unstably housed SGM populations in rural community contexts.

## **Be Gay, Do Camp! Creating Communities Where LGBTQ+ Youth Thrive**

*Amanda Rohdenburg; Jackie Weinstock – 60 minutes*

Using Camp Outright as a case study in creating environments where LGBTQ+ youth thrive, participants will explore queer joy as a public health strategy. We will share tools for building intentional youth communities, try out some of the games and teaching tools from Camp, and talk about their implication on the disparate health outcomes that LGBTQ+ youth face.

## **LGBTQ+ Primary Care**

*Summer Burch; Juliette Carr – 30 minutes*

Describe integrating LGBTQ plus care into primary care at Grace Cottage Family Health – both successes and places to improve upon. Both Juliette and Summer will describe their personal approach. Short Q&A session after.

## **Queer Sex Ed: Strap-ons and Anal Play**

*Kell Arbor – 30 minutes*

A pleasure-based romp through two queer sex ed topics; strap-ons and anal play. Join Kell in this participatory session to go over gender inclusive anatomy, sex toy materials and how to info, communication tips and more.

## **Writing Letters in Support of Gender Affirming Surgery for Providers**

*Micah O'Connor; Amelia Schlossberg – 30 minutes*

For providers it can feel like an awkward or complicated process to ask intrusive questions of our patients and meet criteria set by insurance agencies! And we recognize that getting letters from medical and mental health providers can be an overwhelming part of seeking gender affirming surgery for many of our transgender patients. Our goal is to outline a letter writing process that is affirming for our transgender patients while limiting gatekeeping and reduces barriers to our patients obtaining gender affirming surgeries. This presentation and quick Q&A will provide information and resources to increase providers' skills and competence in writing letters that are trans-informed and will be accepted by insurance providers in support of easier access to gender affirming care for their patients.

## **Food and Herbs for Nervous System Resilience**

*Naomi Ullian – 60 minutes*

This workshop will offer participants a cup of tea and a chance to learn ways to support ourselves and our loved ones in managing the stressors and responsibilities of this world, so that we can respond to our needs and those of our communities from a stable sense of self, self-worth, and deep reserves.

## **Demystifying Letters for Gender Affirming Surgery**

*Micah O'Connor; Amelia Schlossberg – 60 minutes*

As a patient, getting letters from medical and mental health providers can be an overwhelming part of seeking gender affirming surgery. Our goal is to be transparent around the letter writing process including why insurance companies and surgeons require letters in support of surgery and what typically is asked of folks when seeking gender affirming surgeries. This presentation and Q&A will provide information and resources to make this process a little more accessible no matter where you are at in your journey. All are welcome, whether you have just started considering medical gender affirmation, are actively seeking surgery consultation, or are supporting a family member or loved one in this process.

## **Somatic Care and Practice for Gender Affirming Surgery**

*Chris Siegriest – 60 minutes*

Learn how to both prepare for surgery and integrate how your experience of surgery went through working with the body. Practice stabilization techniques together; how to land resources in your body and settle the nervous system. Take in hot somatic tips about how to work with anesthesia, the bodies flight and fight response to choosing surgery, and being with confusing emotions that might be present. Helpful for anyone considering surgery, whose gone through surgery, and/or is on a surgery support team. Centering trans and non-binary joy and agency.

## **Healthcare is a Human Right!**

*Kate Paarlberg-Kvam; Skylar McGuire – 30 minutes*

We will discuss the pending Medicaid cutoffs, which Vermonters will likely start receiving notification about in April. We will talk about what to do and how to appeal the decision if you are cut off, and about what the cutoffs demonstrate about our healthcare system's disregard for low-income people, queer and trans Vermonters, noncitizens, and BIPOC.

Finally, we will talk about what we can do, and how to get involved in the struggle for healthcare as a human right.

## **Youth Organizing as Primordial Prevention**

*V Pearson – 60 minutes*

In this session you will hear about the strategies Outright is using to build protective factors at multiple levels to support violence prevention in the LGBTQ+ youth community, as well as both the internal and external work of shifting adultist frameworks in our relationships and work with LGBTQ+ youth.

## **Supporting LGBTQI+ Survivors of Sexual and Intimate Partner Violence**

*Kim Jordan – 60 minutes*

LGBTQI+ survivors of intimate partner violence and sexual violence face specific risks and barriers to accessing safety and support. How can you be a gender-affirming advocate, healthcare provider, community member, and support person for the queer/trans abuse survivors in your life? The SafeSpace Anti-Violence Program is the only LGBTQI+ specific anti-violence program in Vermont, working to transform harm with and for people impacted by violence, abuse, hate, bias, harassment, discrimination, and other individual, community, and systemic harms. This workshop will provide education, context, resources, information, and tools to help you better support LGBTQI+ survivors, identify the unique needs & barriers facing our communities, and explore ways to break through the barriers to help transform harm.

## **Gender-Affirming Primary Care: Hormones, Health and Happiness**

*Samuel Lurie; Dr. Rachel Inker – 60 minutes*

Join members of the Gender Affirming Care team from the Community Health Centers to discuss your questions about medical care for trans and gender diverse folks. We have been providing Gender-Affirming care to Vermonters for over 20 years. Come learn more about ways to access care that can keep you healthier, understand more about gender-affirming hormone therapy (GAHT), Informed Consent, and tools to engage with health care providers in ways that help you meet your needs for health and wellness.

## **Mapping Community Care: an interactive workshop**

*Lane Fury – 60 minutes*

We will ask and explore together: how do we care for ourselves and each other in times of acute need? How do we weave community webs so that we can mitigate crisis where possible? How do we care for ourselves when we are in support roles? How do we ask for help? How do we offer help? How do we maintain boundaries, honor privacy, and center consent when we respond nimbly and swiftly to emerging acute needs in our webs?

## **Our Health Depends on Storytelling**

*Murphy Barney – 60 minutes*

Participants will have an opportunity to tell their stories about navigating health systems and what they need in order to feel and be healthy. The storytelling will be facilitated and happen in small and large groups throughout the hour. Storytelling in this session can happen verbally or in written form (or other forms if folks so choose). Participants will have the option to have their stories included (anonymously) in a story archive that will be shared with health providers throughout Vermont to inform healthcare practices to more equitably serve LGBTQIA2S+ community members.



**Let's Talk About Sex**  
*Dr. Devika Singh – 30 minutes*

A facilitated discussion on sexual health care including diagnosis and screening of sexually transmitted infections and HIV pre-exposure prophylaxis.

**Hands on Acupressure Techniques**  
*Deirdre Kelley; Catherine Lumenello – 60 minutes*

Designed to empower attendees in their own self care and healing as well as assisting friends and family, this hands-on session dives into acupressure techniques for a variety of health concerns, based on the needs of the attendees present. This class will be primarily focused on the ear micro system, and will include plenty of practice time with supplies and take home instructions provided.

**We Take Care of Each Other: Building Health Care Coalitions for Queer and Trans People**  
*Harvey Feldman – 60 minutes*

This session will focus on the presenter's experience co-founding and leading the Gender Diverse Care Coalition of New Hampshire, a "group of providers across specialties whose mission is to expand access to gender affirmative care through training, consultation, resource sharing and advocacy." In a time of political and cultural crisis for transgender and queer people, coalition building amongst the community and their allies is an essential element of resistance and protection. This session will focus on the process of coalition building, as well as some of the learning lessons along the way.

**Caregiver Support: Consultation for Caregivers of Gender Diverse Youth**  
*Olivia Sanders – 60 minutes*

This presentation will focus on counseling frames in our support to caregivers of gender-diverse youth. Olivia will share some of her guiding principles for providing gender-affirmative counseling to caregivers, as well as examples of how these clinical frames are applied in practice. Providers will get an opportunity to practice moving through common tough conversations with caregivers, and reflect as a group on how to build competence and confidence in gender-affirmative parent consultation.

**Healthcare Considerations for Neurodivergent and LGBTQIA+ Identities**  
*Sierra Miller; Melissa (Mel) Houser – Virtual Only – 30 minutes*

There is a significant overlap between the LGBTQIA+ and neurodivergent communities. LGBTQIA+ individuals are more likely to be neurodivergent, and vice versa. In order to improve healthcare access and equity, it is essential to understand the intersectional healthcare experiences of neurodivergent LGBTQIA+ individuals. In this session, we will review the relationship between neurodiversity and diversity of gender and sexuality, and discuss strategies for improving access to LGBTQIA+ affirming and neurodiversity-affirming healthcare.

# TABLE EXHIBITIONS

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## Campus Center

*Earth & Salt Adult Toys*

## Judd Hall

*Norwich Bookstore*

*Ishtar Collective*

*VT CARES*

*ACLU Vermont*

*UVM Health Network/Medical Center*

*VT Department of Health programs*

*Planned Parenthood of Northern New England*

*VT Foodbank*

*Rutland Pride*

*Substance Use support services*

*Health providers from across the state*

*... and more!*

# LINKS & RESOURCES

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## Use the QR Code to access:

- Workshop descriptions
- Presenter bios
- Presentation handouts
- Post-workshop surveys
- Post-Summit survey
- Additional resources

# NOTES

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# NOTES

**Join us after the Summit at**



**from 5 p.m. to 12 a.m.**

**THANK YOU!**

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Thank you to our fabulous organizing team, volunteers, presenters, and to all of the community members who joined us today! We are grateful to be a part of a larger movement to advance the health equity, justice, and access for Vermont's LGBTQIA2S+ community. Together we can move from resilience to collective liberation.

**Co-organized by:**  
**Pride Center of Vermont, Outright Vermont, Out in the Open**

