

### **Uppers, Downers & All-Arounders**

F3; 2:45 - 4:00                      College Only

Uppers, Downers & All-Arounders is a workshop equipped for college aged LGBTQ+ individuals. The workshop allows participants to explore the consequences of drug use, addiction, and recovery through a presentation of educational material and round-table discussion. *Kylee Smith Haiden Caron*

### **Sydney Kuhn Trans Health NOW: Health Concerns Beyond Hormones**

F3; 2:45 - 4:00                      College Only

Trans people can have any number of health concerns outside of accessing hormone therapy, surgical care, and mental health. As more providers begin to understand the intricacies of hormone therapy, many still neglect to cover the basic health needs of their Trans patients. In this workshop, you will learn how to take care of your whole self and learn about some of the specific health concerns Trans people may have. We will also address the best ways to stay sexually healthy and empowered as a Trans person and how to advocate for your sexual health at the doctor's office. Knowing your body is the first step towards advocating for yourself within the healthcare system. *Dr. A.C. Demidont Patricia Alfieri*

### **Substance Abuse in Our Community & Overdose Prevention**

F3; 2:45 - 4:00                      College Only

Group activities highlighting how rapidly addiction takes hold and building awareness to the significance of addiction in the LGBTQA community. Education around physiological consequences of substance abuse and current statistics within LGBTQA community. Demonstrate overdose symptoms for stimulants vs depressants, prevention techniques and education/resources around obtaining naran and other overdose prevention supports. Provide local substance abuse and mental health treatment program options in CT. Q&A and discussion around opiate crisis in CT. *Toni Storlazzi Hannah Small-Oie*

### **College LGBTQ Center Meetup**

F3; 2:45 - 4:00                      College Only

This workshop will allow LGBT Center personnel the opportunity to meet, share ideas and best practices, and network with other professionals. This workshop is also open to college students. Bring your questions and ideas! *Carolyn Taggart*

### **Overcoming Shyness and Social Anxiety**

S1; 10:30 - 11:45                      College Only

Are you worried about saying the right thing, in the right way, at the right time? Do you find editing your words exhausting or that it distances you from others? Telling people what we think they want to hear robs us of our voice. It also alienates us from our true selves. After all, it's hard to be authentic when we're concerned about what others will think and how they'll react! This workshop offers helpful strategies for freeing ourselves from worries that get in the way of us becoming the amazing people we're meant to be. *Kenneth Cohen, Ph.D.*

### **College LGBTQ Center Meetup**

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### **Exploring Self-Injury and Harm Reduction**

S2: 1:15 - 2:30                              College Only

Self-injury is a common practice in youth, particularly in the LGBTQ+ community. Often conversations center around how to change, or stop, the "behavior." We rarely have the opportunity for frank discussions about the why, and the how. In this workshop, participants will have the opportunity to explore why individuals introduce pain to their bodies, and to practice sitting with discomfort with our own and others' experiences. The presenters will discuss the many forms of introducing pain to one's person, and provide information on safer methods to avoid infection or lethal injury, including tips to build kits to support safer methods. *Ilana Schreiber Hilary La Riviere*

### **Queer Your Campus**

S2: 1:15 - 2:30                              College Only

Does your campus need some help in becoming more LGBTQ+ aware, in offering more or better services for LGBTQ+ students, or in general in being more LGBTQ+ inclusive? The goal of this workshop is to empower student leaders as well as equip them with the tools necessary for a successful change on their campus. This includes tactics for advocating for change, skills for presenting to and meeting with administrators, and tips on research and statistics and how to use them. Attendees will also be able to network with other student activists and share questions and experiences. *Carolyn Taggart*

### **Trans-Inclusion and Community Colleges: The Missing Link**

S3; 2:45 - 4:00                              College Only

This workshop will provide information on the needs of trans/nonbinary students for college and student affairs professionals at community colleges as well as at 4-year colleges. Participants will learn about common barriers encountered by trans/nonbinary college students and will learn how to conduct a campus needs assessment directed at identifying gaps in services provided to trans/nonbinary students. Presenters will describe systems-wide interventions directed at improving campus climate and will discuss the unique role that community colleges play in providing access for trans/nonbinary students. Suggestions will be provided for how community colleges can create climates that welcome and include trans/nonbinary students. *Laurie Bonjo Brenden Garcia*