Friday, March 22, 2019
Parents/Guardians & Professional Workshops

Workshops begin after the Conference Opening Session from 9:00 – 10:15 in Jorgensen Theater for the Performing Arts

F1, 10:30 – 11:45 AM

I Know Who I Am: Transgender Kids Share Their Stories; Parent, Guardians, Family
When it comes to gender sometimes grownups say, "They are too young to know who they are." This panel of transgender & gender creative kids (all of whom came out in elementary school) will challenge that perspective. Join them as they share their unique gender journey. You are encouraged to join, too. Tracey Devlin Armaos

Helping Parents Navigate Gender Expansive Territory; Professional
In this workshop, we will discuss the complex reactions parents experience when their child comes out as gender expansive. We will incorporate real responses from parents, as well as lessons learned. This will be helpful to clinicians and parents alike.

Students Leading Professional Development for Adult Educators; Professional
In this workshop, students will discuss the work they have done around professional development for educators. Students in the GSA at Windsor High School have presented at all staff meetings and facilitated during staff professional learning days.

Building a City Task Force: Lessons We’re Learning in New Haven; Professional
We launched a citywide initiative one year ago, with the mission to “strive to build an affirming community and empower all New Haven LGBTQ+ youth with resources and advocacy to lead healthy, open, safe, and meaningful lives.” We’ve set norms, built a diverse base, established subcommittees, secured funding, sponsored trainings, edited some district policies, etc...and have a lot to do, and a lot to learn. Come learn about our initial stages of development, which we hope can serve as a model for cities and towns across CT. And support us in brainstorming our next steps!

An Overview of Research on Outcomes for Transgender Youth; Professional
Research so far on outcomes for transgender youth provides only a patchwork of information to guide parents and professionals. More research studies are underway, but we have to make decisions concerning transgender youth in our care without waiting for additional outcome studies. In this workshop, Irwin Krieger will present the results of a number of research studies as the background for a group discussion of decision-making challenges for adults acting in the best interests of transgender youth. This workshop is for parents, guardians and professionals.

Round Table Discussion for Long-Time GSA Advisors; Professional
A round table discussion for those who’ve been leading GSAs for several years. What new ideas
can you share? How can you best advocate for your LGBTQ+ students in 2019? What problems or concerns have arisen in your school and community recently, and how can your colleagues help you? Please be ready to share your successes, your questions, and your knowledge!

**LGBTQ+ Inclusive Curriculum in the Elementary Classroom; Professional**

Wondering how to integrate an LGBTQ+ inclusive curriculum in a elementary classroom? A district curriculum specialist and an elementary school teacher will guide you through the theory and practice of implementing and utilizing an inclusive curriculum in your classroom. Discover how to construct curriculum for inclusion and how to plan lessons to include all children in literacy learning. Participants will receive curriculum design templates and an LGBTQ+ book list. This session is ideal for educators, administrators, and parents, but is open to all.

**Why Representation of Transgender/Gender Non-Conforming People is Important in the Classroom; Professional**

This seminar will focus on different strategies educators can use to create a more gender inclusive curriculum. The facilitators will present recent research data detailing the relationship between minority stress and academic success as it relates to the LGBTQIA+ population. Discussions around the importance of LGBTQIA+ representation within the classroom setting will be facilitated, paying particular attention to the current political climate and how this may affect our gender/sexual minority students.

**F2, 1:15 – 2:30 PM**

**Beyond opposing viewpoints: Clinical interventions when families disagree, Professional**

Navigating a child’s gender transition is uncharted territory for most families. Despite increasing trans visibility, few know transgender people within the circles of their day-to-day their lives. These factors, coupled with lingering beliefs about transgender identity as psychiatric illness or sin, and fears about discrimination and violence can lead to significant conflicts within families. The impact can be disastrous for transgender and gender diverse youth. Increasing evidence points to family acceptance as the critical mediating variable in terms of young adult health and wellbeing. This presentation explores clinical interventions that can enable families to find a way through their conflict. Elijah Nealy, Ph.D., LCSW

**PFLAG’s SPOT; Parent, Guardians, Family**

This is a support group session for parents, guardians and family members of LGBTQ+ youth. Whether your loved one has recently come out, is questioning or has already been out, this is the place to come and meet with those in similar circumstances and receive or provide support. There will be a trained facilitator from PFLAG Hartford who will help guide the discussion and provide resources to assist in understanding and supporting our loved ones whether they are transgender, non-binary or anywhere else along the spectrum journey.

**Round Table Discussion for Long-Time GSA Advisors; Professional**

A round table discussion for those who’ve been leading GSAs for several years. What new ideas can you share? How can you best advocate for your LGBTQ+ students in 2019? What problems or
concerns have arisen in your school and community recently, and how can your colleagues help you? Please be ready to share your successes, your questions, and your knowledge!

**LGBTQIA+ Issues in K-12 Education; Professional**
This presentation reviews 5 main components of LGBTQIA+ education laws – bullying, curriculum, GSA/student organization rights, families, and identities. Participants will learn about how use the law to advocate for themselves and the students with whom they work.

**Doing Intersectionality; Professional**
So you want to be intersectional? Awesome! How? Ever since Kimberlé Crenshaw introduced the word intersectionality to feminism, many of us have learned what it means, but are still working to figure out what it "looks like" in practice. What can we actually DO to be more effective in building relationships and community with others? Come join a dynamic space where we can learn skills and begin to co-create what centering black and brown queer folks looks like in practice.

**CT Teachers Voices on LGBTQ+ strategies to make classrooms more inclusive; Professional**
Data on CT Teachers' attitudes, values, and comfort levels with LGBTQI+ Issues in middle and high schools will be presented followed by strategies to make any classroom more inclusive of all students.

**The Ins & Outs of Coming Out: What youth want you to know, Professional**
When someone comes out as “not heterosexual” their entire family system begins a journey. In this interactive workshop we will use, discussion and role play to shed light on the individual and family dynamics at work when someone comes out to their family. We will cover: Current trends which affect coming out; internal and external factors which affect when and how someone comes out; how to best support someone who is coming out; how to understand what is happening for yourself when someone close to you comes out; what to do when one family member is accepting and others are not. Rebecca Harvey, PhD

**Autism and Transgender Youth addressing the more complex presentations; Professional**
This workshop is mental health and health providers who have some depth of experience in the intermediate range who would like to sharpen their skills in working with autism spectrum youth and their families. The workshop will include detailed case studies, encourage appropriate sharing of participants’ cases for study and conferencing.

**Bisexual Youth: Challenging Stigma and Reducing Disparities; Professional**
Bisexual and pansexual youth face higher rates of suicidality and intimate partner violence, and are less connected to support and resources than their lesbian and gay counterparts. We will examine and challenge negative messages and stigma that surround this community, explore what it means to identify as bisexual or pansexual, and discuss strategies for supporting youth with non-binary sexualities. Join us for this engaging and thought-provoking session!

**LGBTQ+ Experiences in a Magnet School Education; Professional**
Capitol Region Education Council (CREC) students, parents, and educators will host a panel discussion focusing on LGBTQ+ experiences within a magnet school education. After brief
introductions, panelists will answer questions surrounding student identity and orientation, family engagement, and safe and affirming school community environments from within a magnet education. Audience members are encouraged to ask questions of the panel, share their own experiences, unpack questions, and connect.

**F3, 2:45 – 4:00 PM**

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**All in the Family: Supporting Diverse LGBTQQIA+ Youth, Professional**
This presentation is directed at counselors working in K-20 environments, community mental health counselors, and counselor educators who want practical information about helping LGBTQQIA+ students and their families. Research shows that LGBTQQIA+ students encounter multiple barriers to their success, including a reduced sense of belonging in their families and racial/ethnic communities. School counselors and college student affairs professionals are in a unique position to provide support for families who struggle with embracing their LGBTQQIA+ youth. Presenters will offer step-by-step, user-friendly strategies for counselors to help families learn about their LGBTQQIA+ child, demonstrate acceptance of their child, advocate for their child when necessary, and build relationships with other families of LGBTQQIA+ youth. Laurie Bonjo

**Rainbow Care: LGBTQ+ Inclusive Healthcare for Youth; Professional**
What does it mean to be culturally competent and inclusive with LGBTQ+ youth? What questions need to be asked and how? How can forms be improved to include more of people’s identities, family structures, etc.? What unique concerns are LGBTQ youth likely to bring to their providers?

**What’s Queer Gotta Do With It? Making Your K-12 Curriculum More LGBTQ-inclusive; Professional**
One of the most effective interventions for preventing anti-LGBTQ bullying and harassment in K-12 schools is to make curriculums more LGBTQ-inclusive. Research has shown that including positive representations of queer people increases levels of school safety and decreases episodes of bullying/harassment. But how can educators do this, especially when some school systems still find it "taboo" or "controversial" to introduce queer issues in schools? At this workshop, participants will learn about the plethora of inclusive curriculum resources and lesson plans created by GLSEN, the national leading education organization on safe and affirming schools. Participants will also be shown how to incorporate gender and sexuality issues in an age- and developmentally appropriate way as well as how to respond to possible pushback from parents and administrators.

**An intervention development workshop: implementing evidence-based toolkits to support LGBTQ young peoples' experiences with minority stress; Professional**
The Esteem Research Group is comprised of LGBTQ-affirmative researchers and clinicians who work to develop and administer evidence-based interventions that address the impact of stigma and minority stress on health and mental health outcomes among sexual and gender minorities. In this workshop, we will provide an overview of our research studies and existing mental health interventions, then discuss strategies and build skills to help you adapt and implement interventions in your own workplace to better support the LGBTQ youth you work with.

**An Overview of Research on Outcomes for Transgender Youth; Professional**
Research so far on outcomes for transgender youth provides only a patchwork of information to guide parents and professionals. More research studies are underway, but we have to make decisions concerning transgender youth in our care without waiting for additional outcome studies. In this workshop, Irwin Krieger will present the results of a number of research studies as the background for a group discussion of decision-making challenges for adults acting in the best interests of transgender youth. This workshop is for parents, guardians and professionals.

**Including gender expansive & non-binary students in the classroom: concrete strategies; Professional**
While gender expansive and non-binary students are increasingly visible in our classrooms, many students who are quietly questioning their gender are also present. How do we proactively welcome students whose gender falls outside of the girl/boy binary? How can we make our classes places where students are free to explore gender? This workshop explores what strategies we can take to create broadly inclusive classrooms through discussion, practice scenarios, and personalized planning.

**The Top Ten Things Your Transgender Patient Wants You To Know; Professional**
Too often transgender youth have traumatic experiences when going to the doctor, leading to negative health outcomes for an already marginalized population. Most often this is due solely to a lack of knowledge on the part of the health care providers on what to say and what not to say. Tony Ferraiolo, CPC asked twenty members of his support group what in their view can go wrong in a clinical setting and what they need their health providers to know. Join Tony for this unique opportunity to better understand and serve your current and future transgender patients.

**Beyond Bathrooms: LGBTQ+ Policy in Higher Education; Professional**
This presentation will provide an overview of relevant federal and state educational policy, focusing on how they relate to LGBTQ+ students in both higher education and the K-12 school system. We will discuss the merits and the flaws of the policies, and how they may be leveraged or eroded by policy-makers, including the changes put in place by the Trump administration. Additionally, we will address ways that administrators and teachers can best make use of the policies to help LGBTQ+ students within educational institutions. We will close with an open conversation dedicated to brainstorming avenues for developing better educational policies that will more explicitly protect LGBTQ+ students.

Don’t forget to join us for the Conference Closing session and Youth Speak OUT beginning at 4:15 in Jorgensen Theater
Parents/Guardians & Professional Workshops
Saturday Workshops

Workshops begin after the Conference Opening Session from 9:00 – 10:15 in the Student Union Theater

S1, 10:30 – 11:45 AM

Real Life.Real Talk: Sex Ed. for Parents
Many parents and guardians need assistance to build their comfort and skill level to open and maintain positive communication with their children, and they aren’t always comfortable providing that information. As the primary sexuality educator of your child it’s important to remember that communication about sexuality and relationships is an ongoing process that can support your child’s health. Participants will learn ways to increase open honest, age-appropriate and balanced talk about sexuality and relationships. Sarah Gannon

You’re WHAT??? A Mother’s Journey from Confusion to Celebration of her Transgender Son; Parent, Guardians, Family
Judy grew up with an open mind and heart, but her eyes were not fully open. She had so much to learn after her son came out as transgender. Today she will tell her story, relate what she has seen, and encourage questions about what all of this IS.

Protecting Our Youth: Conversion Therapy & Institutional Abuse; Parent, Guardians, Family
Institutional Abuse is a national epidemic that our country has chosen to ignore. Many parents send their children to Residential Treatment Facilities when the child's behavior becomes too much for the parent to handle. Other parents send their children to these facilities when the child comes out to them and they want a quick fix to what they view as a problem. While treatment facilities and educational reparative environments can be a great resource and beneficial to those they offer treatment to, many abuse their power and physically, emotionally, and sexually abuse the children they are there to care for. This epidemic is ongoing, and many lawsuits have been filed, but the abuse has not stopped. Advocates have worked with legislation to change laws, but this work has not been enough. This is true of Conversion Therapy as well, as it has not been outlawed federally. In fact, it is a common practice in many of these facilities. The truth about conversion therapy is frightening and this workshop will touch on the facts, details and all other information to what occurs behind Residential Facility’s closed doors. Television and other forms of media often make these types of environments look fun, friendly, and safe; but the truth is they often result in youth leaving with PTSD, physical disorders, and sometimes, death (by suicide). This workshop will help attendees become familiar with institutional abuse and how they can advocate
against it; in addition to connecting survivors to resources. This workshop will be from a Social Work lens, and very interactive.

I Know Who I Am: Transgender Kids Share Their Stories; Parent, Guardians, Family
When it comes to gender sometimes grownups say, "They are too young to know who they are." This panel of transgender & gender creative kids (all of whom came out in elementary school) will challenge that perspective. Join them as they share their unique gender journey. You are encouraged to join, too. Tracey Devlin Armaos

Rainbow Care: LGBTQ+ Inclusive Healthcare for Youth; Professional
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Common Missteps in Therapy with Transgender/Gender Non-Conforming Clients: A Reflection on How Our Power and Biases Impact Our Practice; Professional
This workshop will provide a basic understanding of transgender/gender non-conforming (T/GNC) identities, and an overview of recent studies that were done concerning T/GNC clients and the quality of care they receive from mental health professionals. While this session will focus particularly on negative mishaps that may occur, we hope to integrate case examples and an active dialogue with participants to help broaden our perspectives on how to better support these communities. The discussions will be focused around power dynamics in the clinical space and how these dynamics may be different when treating T/GNC folks, as well as, around the biases that we may hold when considering gender and our own relationship with it.

S2: 1:15 – 2:30 PM

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Eating disorders and Dysphoria: working on getting healthy; Parent, Guardians, Family
The workshop is a conference with trans people and allies about how dysphoria, eating disorders, and self image are all linked and how one affects the other. With a satellite focus on asking people how they cope and stay healthy (could possibly trigger those with eating disorders but I also have one so we would stay sensitive)
Autism, Trans, ADHD, What’s It’s All About?; Professional

Autism Spectrum Disorder is still new shoes in the mental health field. Increasingly children and youth are being diagnosed somewhere on the autistic spectrum. Autism makes a different appearance in each youth, many commonalities, but some startling differences, and if often concurrent with some form of ADHD. This workshop will address the scope of what providers might encounter in their therapy room with trans and non-binary youth and autism/ADHD. It will address such issues as having to diagnose the youth during the evaluation of their transgender self, the impact of that and how to proceed with providing both support for the youth and the family going forward.

Dismantling bias and all the ism’s in a higher education environment and surviving!; Professional

Participants will discuss the issues they are experiencing and develop strategies to work towards the resolution of their issues. This will be a real discussion about the spaces we navigate daily and the people within our environment.

Trans 201- Advanced Topics for Transgender Care Professionals; Professional

This workshop will give professionals the opportunity to move beyond Trans 101 to discuss advanced topics including integrating advocacy into routine services, personal and professional values in practice, and how to have deeper connections across difference. Professionals will be invited to share their experiences working with trans and gender expansive people as a part of the forum-style discussion.

Bisexual Youth: Challenging Stigma and Reducing Disparities; Professional

Bisexual and pansexual youth face higher rates of suicidality and intimate partner violence, and are less connected to support and resources than their lesbian and gay counterparts. We will examine and challenge negative messages and stigma that surround this community, explore what it means to identify as bisexual or pansexual, and discuss strategies for supporting youth with non-binary sexualities. Join us for this engaging and thought-provoking session!

Canon Queerness? Greek Paganism Has It; Spiritual Institute

No slash goggles needed, some of the Greek God, Goddesses, and Heroes are canonically queer while others are interpreted to be. We'll talk about what the myths say and how some modern Greek Pagans relate those myths to the lives of queer people. You'll learn a bit about Hellenic ritual structure and even do a brief ritual.

Interfaith Dialogue - Sharing Our Vision of a Rainbow World; Spiritual Institute

Has anyone ever told you that “homosexuality is a sin?” That it was "Adam and Eve, not Adam and Steve?" Have you ever wondered how to move past defensiveness when talking to (other) religious folks about gender & sexuality diversity? Then this workshop is for you! We'll learn about the differences between debate and dialogue and work in small groups to begin crafting positive, values-based articulations of our worldview, which sees gender & sexuality diversity as a benefit, not a threat to religious communities. Members of all religious traditions are welcome!
Ask A Real Live Trans Adult: Adult Session; Parent, Guardians, Family
Ask a panel of trans and gender non-conforming adults your burning questions. We hope to cover topics ranging from how to support transitioning children and adults in schools, workplaces, and beyond to whether humans will travel to Mars in any of our lifetimes. This session is intended primarily for adults; youth please attend the youth session if you are able to.

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Artistic Expressions of Transgender Youth; Parent, Guardians, Family
Transgender youth have a voice that is rarely heard. Through artwork, trans youth can give voice to their experiences and feelings. Artistic Expressions of Transgender Youth is a unique workshop presented by Tony Ferraiolo, CPC. Tony shares with his audience his one-on-one experiences working with transgender youth and the realization that trans youth don’t have gender identity issues — it is often everyone around them who has an issue with their gender identity. The workshop will showcase a slide show of actual drawings created by members of Tony’s youth groups, Translation and Create Yourself. The drawings are the artistic expressions of answers to questions like “Draw what anger feels like,” and “What makes you sad?”

Trans 301- Diving Deeper into Transgender Care for Professionals; Professional
This workshop will give professionals the opportunity to further refine skills from Trans 201 workshop. This forum will bring up topics for processing that are on the margins of trans care and for which there are not easy cut and dry answers.

What comes after hormones? The youth’s life has been “on hold” waiting for hormones. Now what?
Putting it all together; Professional
Often the initiation of hormone therapy for youth is seen at the end stage of a long process. Yes, it is often just the beginning. How we engage our clients in doing the deeper work that is necessary after hormones begin. How do we engage youth and their families in moving on to integration of the changes that have occurred in the family during the initial parts the gender transition, and how do families get on with life with this new normal. This workshop will address these questions and more about the real work that needs to happen post the start of hormones.

Don’t forget to join us for the Conference Closing session followed by the DRAG SHOW at 4:15 in the Student Union Theater