

# **“2020 TransPride Pittsburgh Health and Wellness Conference”**

(MD65)

**October 8, 9 and 10, 2020**

**Registration Required**

**Live Stream Event**

**Thursday/Friday-ZOOM sign-in at 7:30 AM;  
Program: 8:00 AM to 4:45 PM**

**Saturday - ZOOM sign-in at 8:15 AM;  
Program: 8:45 AM to 5:30 PM**

## **Course Directors**

*J. Coley Alston, MPH, CPH; Morgan Faeder, MD, PhD; Gerald Montano, DO, MS;  
Kelly O’Toole, MSW, LCSW; Dana L. Rofey, PhD, FTOS, FAED; Amy Shanahan, MS, CADC;  
Alicyn Simpson, SME; Lyndsey Sickler, BA, SME; Carol VanZile, LCSW*

*Recovery and Wellness: The Journey Starts Here*

**A Joint A Joint Effort Sponsored by Community Care Behavioral Health Organization and  
UPMC Western Psychiatric Hospital**



**UPMC Center for Continuing Education in the Health Sciences**



## Introduction

It is well established that LGBTQ+ people come from all walks of life, all races and ethnicities, all ages, all socio-economic status, and from all parts of the United States, making up a significant portion of the population. It is also established that transgender and non-binary individuals, especially those who are Black, Indigenous, or People of Color, experience tremendous discrimination and inequality in healthcare in addition to many other disparities.

The 2020 TransPride Pittsburgh Health and Wellness Conference seeks to address these issues by centering lived experience and building bridges between the trans/non-binary community and professional healthcare institutions to share perspectives, experiences, and educate one another. When the community and institutions communicate and collaborate new perspectives and ideas are forged. The needs of LGBTQ+ people should always be considered in public health efforts to improve the overall health of all people and eliminate health disparities.

The vision that we offer is that all humans are part of a diverse spectrum of biological characteristics, sexualities, and gender identities and that sexual and gender equity and racial equity are inexorably linked. We should be able to care for our transgender, non-binary, and intersex patients with as much dignity, respect, and clinical competency as we do for our cisgender patients. We do this through education and dialog via a lens of anti-racism and narrative humility “that acknowledges that our patients' stories are not objects that we can comprehend or master, but rather, dynamic entities that we can approach and engage with, while simultaneously remaining open to their ambiguity and contradiction and engaging in constant self-evaluation and self-critique.” Further we believe that comprehensive institutional cultural competency is essential in order to treat all of our patients exactly as they wish to be treated.

Our community and other healthcare professionals and speakers will focus on medical and behavioral health care needs, best practices, and cultural competencies for working with transgender, non-binary, and intersex persons and their families.

## Educational Objectives

**At the completion of this program, participants should be able to:**

1. Describe skill and increased cultural competency for providing mental and medical health services to transgender, non-binary, and intersex individuals.
2. Discuss the lived experience and societal challenges facing transgender, non-binary and intersex individuals and how best to help.
3. Recognize new perspectives on what it means to be human in the context of sexual, gender, and racial equity that is inclusive and respectful of transgender, non-binary and intersex status and identity.

## Who Should Attend

Mental health providers, medical providers, community providers, members of the transgender, non-binary and intersex communities, youth, families, and allies.

## Acknowledgements

Thank you to the entire planning committee for the countless hours they committed throughout the year and for their work in developing this conference for all to learn and grow as providers of care for transgender and non-binary individuals: Western Psychiatric LGBTQ+ Committee, TransPride Pittsburgh, UPMC Children’s Hospital of Pittsburgh, and Persad Center.

## Course Directors and Committee Members

**J. Coley Alston, MPH, CPH (Course Director)  
(They/Them/Theirs)**

Program Director  
Hugh Lane Foundation  
Co-Chair, TransPride PGH  
Pittsburgh, PA

**Charlie Borowicz, MSW, MPH (They/Them/Theirs)**

Transgender Health Project Manager  
Center for Inclusion Health  
Allegheny Health Network  
Co-Leader Trans Buddy PGH  
Pittsburgh, PA

**Morgan Faeder, MD, PhD (Course Director) (He/Him/His)**

Director, UPMC Consult Liaison Psychiatry Fellowship  
Medical Director, Neuropsychiatry  
Assistant Professor of Psychiatry  
UPMC Western Psychiatric Hospital  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

**Gerald Montano, DO, MS (Course Director) (He/Him/His)**

Assistant Professor of Pediatrics  
University of Pittsburgh School of Medicine  
Medical Director, Gender and Sexual Development Program  
Center for Adolescent and Young Adult Health  
UPMC Children's Hospital of Pittsburgh  
Pittsburgh, PA

**Kelly O'Toole, MSW, LCSW (Course Director) (She/Her/Hers)**

Director of Clinical Care Services, Adult Services  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Dana L. Rofey, PhD, FTOS, FAED (Course Director)  
(She/Her/Hers)**

Director of the Pittsburgh Obesity, Weight,  
and Emotion Research for Gender Diverse Youth (POWER-G) Lab  
Associate Professor of Psychiatry, Pediatrics, and Psychology  
University of Pittsburgh Medical School  
Pittsburgh, PA

**Amy Shanahan, MS, CADC (Course Director) (She/Her/Hers)**

Director of Clinical Care Services  
of Addiction Medicine Services  
University of Pittsburgh Medical Center  
Ambulatory Services  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Lyndsey Sickler, BA, SME (Course Director) (They/Them/Theirs)**

Youth Program Manager  
Pittsburgh Youth Haven  
Co-Chair, TransPride Pittsburgh  
Pittsburgh, PA

**Alicyn Simpson, SME (Course Director) (She/Her/Hers)**

Community Navigator  
Gender and Sexual Development Program  
Center for Adolescent and Young Adult Health  
UPMC Children's Hospital of Pittsburgh  
Co-Founder/Co-Leader Trans Buddy PGH  
Pittsburgh, PA

**Carlos Torres, MPH (He/Him/His)**

Interim Executive Director  
Persad Center  
Pittsburgh, PA

**Andrew Weinberg, LCSW (He/Him/His)**

Clinical Therapist and Clinical Supervisor  
Persad Center  
Pittsburgh, PA

**Carol VanZile, LCSW (Course Director) (She/Her/Hers)**

Director BH Regulatory, Compliance  
and Accreditation/Compliance Officer  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

## Keynote Speakers and Faculty

**Aprilynn Artz, LPC, NCC (She/Her/Hers)**

Therapist, Private Practice  
Pittsburgh, PA

**Schuyler Bailar, BA (Keynote Speaker) (He/Him/His)**

1st Trans Division 1 NCAA Men's Athlete  
Harvard University  
Cambridge, PA

**Adrian Ballard, MSW, LCSW (He/Him/His)**

Doctoral Student  
University of Pittsburgh  
Pittsburgh, PA

**Braeden Bash, PA (They/Them/Theirs)**

Physician Assistant  
Allies for Health and Wellbeing  
Pittsburgh, PA

**David Michael Battle, MPA (He/Him/His)**

Founder, Garden of Peace Project  
Pittsburgh, PA

**Julie R. Beaulieu, PhD (She/Her/Hers)**

Lecturer  
Gender, Sexuality, and Women's Studies Program  
University of Pittsburgh  
Pittsburgh, PA

**Carrie Benson, MEd (She/Her/Hers)**

Office of Diversity and Inclusion  
University of Pittsburgh  
Pittsburgh, PA

**Leyna Bonanno, MS (She/Her/Hers)**

University of Pittsburgh  
Pittsburgh, PA

**Iru Brodie-Mends, LCSW (She/Her/Hers)**

Former Associate Director of Clinical Services  
Multicultural Care Team  
University Counseling Center  
University of Pittsburgh  
Pittsburgh, PA

**Rashod Xavier Brown, BS (He/Him/His)**

Director  
Garden of Peace Project  
Pittsburgh, PA

**Tamar C. Carmel, MD (Keynote Speaker) (He/Him/His)**

Medical Director of Mental Health Services  
Central Outreach Wellness Center  
Clinical Assistant Professor  
University of Pittsburgh School of Medicine,  
Department of Psychiatry  
Pittsburgh, PA

**Angela Carter, ND (They/Them/Theirs)**

Co-Director of the Equi Institute  
Clinical Director for Sacred Vessel Medicine  
Portland, OR

**Carla D. Chugani, PhD, LPC (She/Her/Hers/They/Them/Theirs)**

Assistant Professor  
Department of Pediatrics, Division of Adolescent and Young  
Adult Health  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

**Katharine B. Dalke, MD, MBE (She/Her/Hers)**

Director  
Office for [Culturally Responsive Health Care Education](#)  
Assistant Professor of Psychiatry and Behavioral Health  
Co-Chair, LGBTQ and Allies Affinity Network  
Resource Group  
Penn State College of Medicine  
State College, PA

**Avi Diamond, MA, MT-BC (She/Her/Hers/They/Them/Theirs)**

LGBTIA+ Programs Director  
Womens Center and Shelter of Greater Pittsburgh  
Pittsburgh, PA

**Jett Downey, BA (She/Her/Hers)**

Creative Musician  
Thomas J Watson Fellow  
Producer Jett Downey Music  
Pittsburgh, PA

**Lori Ann Drost, LSW, HSV (She/Her/Hers)**

Therapist  
University Counseling Center  
University of Pittsburgh  
Pittsburgh, PA

**John Easter, BS (He/Him/His)**

Co-Founder  
True T Entertainment  
Health and Wellness Coordinator  
HIV Intensive Case Manager  
Pittsburgh AIDS Task Force  
Pittsburgh, PA

**Kristen Eckstrand, MD, PhD  
(She/Her/Hers/They/Them/Theirs)**

Fellow  
Child and Adolescent Psychiatry  
Post-Doctoral Fellow at the University of Pittsburgh  
University of Pittsburgh School of Medicine  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Kate Eldridge, BPhil (She/Her/Hers)**

Queer Researcher, Advocate, Youth Mentor  
Pittsburgh, PA

**Vanessa White Fernandes, MS, RTC, LPC (She/Her/Hers)**

Senior Licensed Professional Care Manager  
Community Care Behavioral Health  
UPMC Insurance Services Division  
Pittsburgh, PA

**Cori Frazer, LSW (They/Them/Theirs)**

Autistic and Non-Binary Social Worker  
Co-founder of the Pittsburgh Center  
for Autistic Advocacy (PCAA)  
Pittsburgh, PA

**Rachel E. Gartner, PhD (She/Her/Hers)**

Assistant Professor  
School of Social Work  
University of Pittsburgh  
Pittsburgh, PA

**J. Joy Gero, PsyD, LPC (She/Her/Hers)**

Program Director of General Adult  
and the Behavioral Health Intensive Care Unit  
UPMC Western Psychiatric Hospital  
Program Manager of LGBTQ Health Initiatives  
Health Services Division  
University of Pittsburgh Medical Center  
Pittsburgh, PA

**Ahmed Ghuman, PsyD, MBA, LPC (He/Him/His)**

Associate Director of Strategic Programs & Services/Interim  
Training Director  
Clinical Psychologist  
Leader, Multicultural Care Team  
University of Pittsburgh  
Pittsburgh, PA

**Jules Gill-Peterson, PhD (She/Her/Hers)**

Assistant Professor  
Department of English  
Secondary Appointment in Gender, Sexuality, and Women's  
Studies  
Author of Histories of the Transgender Child (2018)  
University of Pittsburgh  
Pittsburgh, PA

**Keith Gray, MSW (He/Him/His)**

Clinical Therapist  
Persad Center  
Pittsburgh, PA

**Victoria L. B. Grieve, PharmD (She/Her/Hers)**

Department of Pharmacy and Therapeutics  
Assistant Professor: Pharmacy and Therapeutics  
Adjunct Professor: Information Sciences  
Affiliated Faculty: Gender and Women's Studies  
University of Pittsburgh  
Pittsburgh, PA

**Lorelei J. Grunwaldt, MD, FACS, FAAP (She/Her/Hers)**

Associate Professor of Plastic Surgery  
Children's Hospital of Pittsburgh of UPMC  
Director, Vascular Anomalies Center  
Director, Brachial Plexus Clinic  
Pittsburgh, PA

**Errica Hager, MPH (She/Her/Hers)**

Community Engagement Coordinator  
Clinical and Translational Science Institute  
Bio-Cultural Broker  
University of Pittsburgh  
Pittsburgh, PA

**Shireen Haq, MPH (She/Her/Hers)**

Program Director  
National Network Development & Strategic Expansion  
UPMC Health Plan  
Pittsburgh, PA

**Leah B. Helou, PhD, CCC-SLP (She/Her/Hers)**

Founder  
Transgender Voice and Communication Training Program  
UPMC Voice Center  
Assistant Professor, University of Pittsburgh  
School of Communication Science and Disorders  
Director, Helou Laboratory for Vocal Systems Anatomy and  
Physiology Research  
Pittsburgh, PA

**Ali Hoefnagel, BA (They/Them/Theirs)**

Artistic Program Director  
Dreams of Hope  
Performer, Arts Administrator and Teaching Artist  
Pittsburgh, PA

**Kathleen Hwang, MD (She/Her/Hers)**

Associate Professor of Urology  
Director of Male Reproductive Health  
University of Pittsburgh School of Medicine  
3471 Fifth Avenue, Suite 700  
Pittsburgh, PA

**Kacie Kidd, MD (She/Her/Hers)**

Third Year Fellow, PGY-VII  
Adolescent and Young Adult Medicine  
UPMC Children's Hospital of Pittsburgh  
TL-1 Research Scholar  
Pittsburgh, PA

**Joy KMT (She/Her/Hers/They/Them/Theirs)**

Garden of Peace Project  
Pittsburgh, PA

**Dan LaVallee, MS (He/Him/His)**

Social Impact Director  
UPMC Health Plan  
Pittsburgh, PA

**Ali Lewandowski, MA, CCC-SLP (She/Her/Hers)**

Speech-Language Pathologist  
University of Pittsburgh Voice Center  
UPMC Voice Center  
Department of Otolaryngology  
University of Pittsburgh Medical Center  
Pittsburgh, PA

**Ellie Zara Ley, MD (She/Her/Hers)**

Plastic and Reconstructive Surgeon  
The Meltzer Clinic  
Scottsdale, AZ

**Kathy McQuillan, MA (She/Her/Hers)**

Clinical Therapist  
Persad Center  
Pittsburgh, PA

**Tobly McSmith (Keynote Speaker) (He/Him/His)**

Writer, Creator, Producer  
Author, Stay Gold  
New York, NY

**Kaitlyn Myers-Brooks, NCC, LPC  
(She/Her/Hers/They/Them/Theirs)**

Therapist, Private Practice  
Executive Functioning Coach  
Pittsburgh, PA

**Sean Moundas, PsyD (They/Them/Theirs)**

Interim Assistant Director  
Doctoral Psychology Training/Staff Clinician  
University Counseling Center  
University of Pittsburgh  
Pittsburgh, PA

**Chauntey Porter (She/Her/Hers)**

Founder  
The Love Diamond Project  
Pittsburgh, PA

**Nick Ripley, JD (They/Them/Theirs)**

Juris Doctor  
American University Washington College of Law  
Washington, DC

**Seth Rosenberg (He/Him/His/They/Them/Theirs)**

Executive Director  
Dreams of Hope  
Pittsburgh, PA

**Sarah Rosso, MPH, MA (She/Her/Hers)**

Executive Director  
Hugh Lane Wellness Foundation  
Pittsburgh, PA

**Nina Routh (She/Her/Hers)**

Student  
University of Pittsburgh  
Pittsburgh, PA

**Bee Schindler, LMSW (They/Them/Theirs)**

Community Engagement Coordinator  
Clinical and Translational Science Institute  
University of Pittsburgh  
Pittsburgh, PA

**Dena Stanley (Keynote Speaker) (She/Her/Hers)**

Founder and President, TransYOUning  
Pittsburgh, PA

**Anderson Still, MD (He/Him/His)**

Child and Adolescent Psychiatrist  
Children's Hospital of Philadelphia  
Philadelphia, PA

**Brian Thoma, PhD (He/Him/His)**

Assistant Professor of Psychiatry  
University of Pittsburgh School of Medicine  
Department of Psychiatry  
UPMC Western Psychiatric Hospital  
Pittsburgh, PA

**Shannon Thompson, MEd (She/Her/Hers)**

The Andy Warhol Museum  
Inclusion Programs Coordinator  
Pittsburgh, PA

**Eileen Vioria, BA (She/Her/Hers)**

The Andy Warhol Museum  
Youth Programs Coordinator  
Pittsburgh, PA

**Brett Welch, CCC-SLP (He/Him/His)**

PhD Candidate/Clinician  
University of Pittsburgh  
Pittsburgh, PA

**Selma Feldman Witchel, MD (She/Her/Hers)**

Professor of Pediatrics  
UPMC Children's Hospital of Pittsburgh  
University of Pittsburgh School of Medicine  
Pittsburgh, PA

**Steven R. Wolfe, DO, MPH, FAAFP, AAHIVS (He/Him/His)**

Dean of Medical Students  
Allegheny Health Network  
LGBTQIA and HIV Primary Care Physician  
Clinic Professor of Family Medicine, LECOM  
Associate Clinical Professor  
Drexel's Department of Family and Community Medicine  
Pittsburgh, PA

**Jay Yoder, BA (They/Them/Theirs)**

Director of Operations, Into Account  
Anti-Violence Education; Advocacy  
Pittsburgh, PA

**All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.**

**The University of Pittsburgh is an affirmative action, equal opportunity institution.**

## Agenda – October 8, 2020

7:45 to 8:00 AM	<b>ZOOM Sign-In</b>
8:00 to 9:30 AM	<b>First Transgender Male NCAA Division I Swimmer</b> <i>Schuyler Bailar, BA (Opening Keynote Speaker)</i>
9:30 to 9:45 AM	<b>Break</b>
9:45 to 10:45 AM	<b>Breakout Sessions I</b> <ol style="list-style-type: none"><li><b>1. Community Participatory Research Ethics Training (CPRET)</b> <i>Errika Hager, MPH; Bee Schindler, LMSW</i></li><li><b>2. Affirming Practices for LGBTQ+ Youth in Child Welfare Systems</b> <i>Sarah Rosso, MPH, MA</i></li><li><b>3. LGBTQ Health at UPMC Health Plan</b> <i>Shireen Haq, MPH; Dan LaVallee, MS</i></li><li><b>4. Reframing Gender Affirming Care: Focusing on “Unboxing” Sexual Health</b> <i>Braeden Bash, PA</i></li></ol>
10:45 to 11:00 AM	<b>Break</b>
11:00 AM to 12:00 PM	<b>Breakout Sessions II</b> <ol style="list-style-type: none"><li><b>5. Engaging TLGBQIA People of Color in Research Studies (Part 1)</b> <i>David Michael Battle, MPA; Joy KMT, Rashod Xavier Brown, BA; Kate Eldridge, BPhil; Gerald Montano, DO</i></li><li><b>6. Pharmacology of Hormone Replacement Therapy (HRT)</b> <i>Victoria Grieve, PharmD</i></li><li><b>7. Framework for Supporting the Parents of Transgender Clients: A Group Model</b> <i>Keith Gray, MSW; Kathleen McQuillan, MA</i></li><li><b>8. Lessons Learned: Engaging with Trans and Non-Binary Youth</b> <i>J. Coley Alston, MPH, CPH; Lyndsey Sickler, BA, SME</i></li></ol>
12:00 to 1:00 PM	<b>Lunch</b>



1:00 to 2:00 PM

**Breakout Sessions III**

**9. Engaging TLGBQIA People of Color in Research Studies (Part 2)**

*David Michael Battle, MPA; Joy KMT, Rashod Xavier Brown, BA;  
Kate Eldridge, BPhil; Gerald Montano, DO*

**10. Hormone Blockers in Transgender Youth... The Endocrinologist's Perspective**

*Selma Feldman Witchel, MD*

**11. Top Surgery**

*Lorelei Grunwaldt, MD, FACS, FAAP*

**12. Letter Writing for Gender Affirming Care**

*Kristen Eckstrand, MD, PhD*

**13. Substance Use and Mental Health Among the Trans Community**

*Keith Gray, MSW*

2:00 to 2:15 PM

**Break**

2:15 to 3:15 PM

**Breakout Sessions IV**

**14. Engaging TLGBQIA People of Color in Research Studies (Part 3)**

*David Michael Battle, MPA; Joy KMT, Rashod Xavier Brown, BA;  
Kate Eldridge, BPhil; Gerald Montano, DO*

**15. Grit and Gratitude: The Power of Post-Traumatic Growth**

*Sean Moundas, PsyD*

**16. PFLAG Pittsburgh Youth Panel**

*Dave West, MA*

**17. Addressing Suicide Risk for Trans and Non-Binary Populations**

*Kristen Eckstrand, MD; Joy Gero, PsyD, LPC*

**18. LGBT Resource Guide Creation - Word Out Grant Initiative**

*Carla Chugani, PhD, LPC; Lyndsey Sickler, BA, SME*

3:15 to 3:20 PM

**Break**

3:20 to 4:30 PM

**Stay Gold** (not eligible for psychology credits\*)

*Tobly McSmith (Keynote Speaker)*

4:30 to 4:45 PM

**Sponsor Advertisement**

4:45 PM

**Adjournment**

## Agenda – October 9, 2020

7:45 to 8:00 AM	<b>ZOOM Sign-In</b>
8:00 to 9:30 AM	<b>Notes from a Black Trans Woman</b> (not eligible for psychology credits*) <i>Dena Stanley (Keynote Speaker)</i>
9:30 to 9:45 AM	<b>Break</b>
9:45 to 10:45 AM	<b>Breakout Sessions I</b> <ol style="list-style-type: none"><li><b>Gender-Affirming Voice and Communication Training: How to Get Your Mind Right Before You Start</b> <i>Leah B. Helou, PhD, CCC-SLP; Brett Welch, CCC-SLP</i></li><li><b>Leveraging Support in Schools to Promote Transgender Youth Well-Being</b> <i>Leyna Bonanno, MS; Nina Routh</i></li><li><b>Translating TGQN Campus Climate Findings into Practice: Exploring Practices to Improve Sexual Violence Prevention for Transgender, Genderqueer, and Nonbinary University Students</b> <i>Rachel Gartner, PhD; Adrian Ballard</i></li><li><b>Eating Disorders in Transgender and Gender Non-Conforming (GNC) Youth</b> <i>Anderson Still, MD</i></li></ol>
10:45 to 11:00 AM	<b>Break</b>
11:00 AM to 12:00 PM	<b>Breakout Sessions II</b> <ol style="list-style-type: none"><li><b>Uncommon Management of Transgender Health</b> <i>Steven R. Wolfe, DO, MPH, FAAFP, AAHIVS</i></li><li><b>Where Do We Even Begin? Supporting Families of Gender Diverse Youth</b> <i>Kacie Kidd, MD</i></li><li><b>Intersections of Trans and Survivor Identify Formation</b> <i>Avi Diamond, MA, MT-BC</i></li><li><b>I'll Go with You: The Story of Free Mom Hugs</b> <i>Vanessa White Fernandes, MS, RTC, LPC</i></li></ol>
12:00 to 1:00 PM	<b>Lunch</b>

1:00 to 2:00 PM

**Breakout Sessions III**

**9. Affirming Care for People with Intersex Traits: Bridging LGBT Health and Intersex Advocacy**

*Katharine B. Dalke, MD, MBE*

**10. Supporting Preschoolers During Gender Diversity Expression**

*Dana Rofey, PhD, FTOS, FAED*

**11. Trans People Know: Experience and Expertise from the Other Side**

*Jules Gill-Peterson, PhD*

**12. TransLaw: Policy Updates**

*Nick Ripley, JD*

2:00 to 2:15 PM

**Break**

2:15 to 3:15 PM

**Breakout Sessions IV**

**13. Reimagining Allyship Through Storytelling**

*Iru Brodie-Mends, LCSW; Lori Ann Drost, LSW, HSV;  
Ahmed Ghuman, PsyD, MBA, LPC; Sean Moundas, PsyD*

**14. Hormone Therapy and Micro-dosing for Genderqueer and Non-Binary People**

*Angela Marie Carter, ND*

**15. Trans Archives/Trans Care**

*Julie Beaulieu, PhD*

**16. Learning the History of Pittsburgh Trans Life**

*Chauntey Sanders*

**17. How to Write a Gender Affirming Surgery Letter**

*Tamar Carmel, MD*

3:15 to 3:20 PM

**Break**

3:20 to 4:30 PM

**Overcoming System Barriers and Discrimination in Medicine: A Personal Journey**

*Tamar Carmel, MD (Keynote Speaker)*

4:30 to 4:45 PM

**Sponsor Advertising**

4:45 PM

**Adjournment**

## Agenda – October 10, 2020

8:30 to 8:45 AM	<b>ZOOM Sign-In</b>
8:45 to 10:15 AM	<b>Trauma Informed Response to Community Conflict: Beyond Choosing Sides</b> <i>Jay Yoder, BA</i>
9:15 to 10:15 AM	<b>Breakout Sessions I</b> <ol style="list-style-type: none"><li><b>1. Black Rest as Resistance</b> <i>J. Coley Alston, MPH, CPH (no CE credit)</i></li><li><b>2. TransLaw: Name and Gender Marker Updates</b> <i>Nick Ripley, JD</i></li><li><b>3. Intersections of Trans and Survivor Identify Formation</b> <i>Avi Diamond, MA, MT-BC</i></li><li><b>4. LGBTQ Health at UPMC Health Plan</b> <i>Shireen Haq, MPH; Dan LaVallee, MS</i></li></ol>
10:15 to 10:30 AM	<b>Break</b>
10:30 AM to 12:00 PM	<b>Feminizing Gender Affirming Surgical Options</b> (Content Warning: Includes Surgical Illustrations and Photos of Results) <i>Ellie Zara Ley, MD</i>
10:30 AM to 12:00 PM	<b>Alternative Session</b> <b>Trans Art Show (no CE credit)</b> <i>Rashod Brown, BS; Lyndsey Sickler, BA, SME</i>
12:00 to 1:00 PM	<b>Lunch</b>
1:00 to 2:30 PM	<b>Masculinizing Gender Affirming Surgical Options</b> (Content Warning: Includes Surgical Illustrations and Photos of Results) <i>Ellie Zara Ley, MD</i>
2:30 to 2:45 PM	<b>Break</b>

2:45 to 4:15 PM	<b>Practical Tactical for White Protestors</b> (not eligible for psychology credits*) <i>Jay Yoder, BA</i>
2:45 to 3:45 PM	<b>Alternate Session</b> <b>Young, Black and Trans</b> <i>J. Coley Alston, MPH, CPH</i>
2:45 to 3:45 PM	<b>Breakout Sessions II</b> <b>5. Gender-Affirming Vocal Exploration</b> <i>Leah Helou, PhD, CCC-SLP; Ali Lewandowski, MA; Brett Welch, CCC-SLP</i> <b>6. Neurodiversity and the Transgender and Non-Binary Community: Advocacy and Support</b> <i>Aprilynn Artz, LPC, NCC; Cory Frazer, LSW; Kaitlyn Myers-Brooks</i> <b>7. I'll Go with You: The Story of Free Mom Hugs</b> <i>Vanessa White Fernandes, MS, RTC, LPC</i> <b>8. Fostering Inclusive Environments for Trans and Non-Binary Community Members within Higher Education</b> <i>Carrie Benson, MEd</i>
3:45 to 4:00 PM	<b>Break</b>
4:00 to 5:00 PM	<b>Breakout Sessions III</b> <b>9. Dreams of Hope</b> ( <i>Performance – no CE credit</i> ) <i>Ali Hoefnagel, BA</i> <b>10. Top Surgery Show and Tell</b> ( <i>Community Only – no CE credit</i> ) <i>J. Coley Alston, MPH, CPH</i> <b>11. Option-U Emergency Housing Program</b> ( <i>no CE credit</i> ) <i>John Easter, BS</i> <b>12. Voice Recital: Women Soldiers of the Civil War</b> ( <i>Performance – no CE credit</i> ) <i>Jett Downey, BA</i>
5:00 to 5:30 PM	<b>Conference Closing Event</b> <i>Planning Committee</i>
5:30 PM	<b>Adjournment</b>

## Continuing Education Credits

### Physician (CME)

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### Physician (CME)

The University of Pittsburgh designates this live activity for a maximum of 19.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Other Healthcare Professionals

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.



### Psychologists

Education and Consultative Services of UPMC Western Psychiatric Hospital is approved by the American Psychological Association to offer continuing education for psychologists. Education and Consultative Services of UPMC Western Psychiatric Hospital maintains responsibility for this program and its content. This program is offered for up to a maximum of 15.0 continuing education credits over the three day conference.

### Certified Alcohol and Drug Counselors/Certified Co-Occurring Disorders Professionals: CADC/CCDP

Education and Consultative Services of UPMC Western Psychiatric Hospital is certified by the Pennsylvania Certification Board (PCB) to provide Certified Alcohol and Drug Counselor (CADC) and Certified Co-occurring Disorders Professional (CCDP) continuing education credits. This program is offered for up to a maximum of 19.0 continuing education credits over the three day conference.



### Counselors

Education and Consultative Services of UPMC Western Psychiatric Hospital has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5059. Programs that do not qualify for NBCC credit are clearly identified. UPMC Western Psychiatric Hospital is solely responsible for all aspects of this program. This program is offered for a maximum of 19.0 continuing education credits over the three day conference.

### Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists:

#### LSW/LCSW/LPC/LMFT

This program is being offered for up to a maximum of up to 19.0 of social work continuing education hours over the three day conference through co-sponsorship of the University of Pittsburgh's School of Social Work, a Council on Social Work Education-accredited school and, therefore, a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LPC and LMFT biennial license renewal. For information on social work continuing education call (412) 624-3711.

### **Other Healthcare Professionals**

Nurses and other health care professionals are awarded maximum of 1.90 Continuing Education Units (CEU's) over the three day conference. One CEU is equal to 10 contact hours. **Nurses:** For attending this program you will receive a Certificate of Attendance confirming a maximum of up to 19.0 hours of continuing education over the three day conference. These hours may be considered eligible for completing the 30 hours of continuing education required for biannual nursing re-licensure in Pennsylvania.

1. *Everyone must complete the survey and the Attendance Verification Form/CE Application after the program. The links will be e-mailed to you.*
2. *Please retain your certificates in a safe place. Replacements cost \$30.*
3. *Continuing education credits will be based upon the number of hours of programming you attend. Your attendance is recorded on the Zoom Live Streaming App.*
4. *Once the survey/evaluation and the continuing education application is completed after the event, continuing education certificates will be e-mailed four to six weeks post-conference.*
5. *All forms are to be submitted to [mundnl@upmc.edu](mailto:mundnl@upmc.edu).*

**To receive full credit per day, attendance will have to attend programs that are eligible for continuing education. The programs that do not include continuing education (CE) credits or psychology credits are identified on the agenda.**

**\*These presentations are still being assessed and may be eligible for APA credits at the time of the conference.**

## Registration – Please register by October 1, 2020

Online at <https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=228507>

### Full Program Fee Schedule (3 Days):

Physicians (all three days with CME credits)	\$250
Other Professionals (all three days with CE credits) - Discount code: <i>transprideprof.2020</i>	\$200
Students/Interns/Residents/Professionals - Discount code: <i>transpridestudent.2020</i> (all three days-no continuing education)	\$25

### Two Days Fee Schedule:

Physicians (two-day with CME credits) – Discount code: <i>transprideMD2day.2020</i>	\$200
Other Professionals (two-day with CE credits) – Discount code: <i>transprideprof2day.2020</i>	\$160
Students/Interns/Residents/Professionals – Discount code: <i>transpridestudent2day.2020</i> (two-day-no continuing education)	\$20

### One Day Fee Schedule:

Physicians (daily with CME credits) – Discount code: <i>transprideMDdaily.2020</i>	\$100
Other Professionals (daily with CE credits) – Discount code: <i>transprideprofdaily.2020</i>	\$80
Students/Interns/Residents/Professionals – Discount code: <i>transpridestudentdaily.2020</i> (daily-no continuing education)	\$10

*Community and Family Members are welcome to attend free of charge for any part of the conference.*

*Registration is required. To obtain this code, please request it from one of the following contacts:*

*[Alicyn.Simpson@chp.edu](mailto:Alicyn.Simpson@chp.edu); [otooleka@upmc.edu](mailto:otooleka@upmc.edu); [knottedsouls@gmail.com](mailto:knottedsouls@gmail.com). Please add “free tuition” in your subject line.*

*There will be a limited number of scholarships available for students. To request a scholarship, please contact [knottedsouls@gmail.com](mailto:knottedsouls@gmail.com) or [Alicyn.Simpson@chp.edu](mailto:Alicyn.Simpson@chp.edu).*

### Tuition includes:

- \* All registration and conference materials
- \* Continuing education credits at the professional rate

UPMC employees who would like to be sponsored by their department can opt to request a paper registration form (electronic journal transfer form) with appropriate approval from the department manager. To request this form, contact Nancy Mundy at [mundnl@upmc.edu](mailto:mundnl@upmc.edu).



## Instructions for Registering Online by October 1, 2020 at:

<https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=228507>.

### Everyone must register separately.

1. Click on 'Register Now' (small box at bottom of page)
2. If "TransPride Pittsburgh" appears under 'Shopping Cart', click on 'Checkout' (think of this as 'continue').
3. Register as a new registrant or sign in if you already have an account (username is your e-mail). **You do not have to answer questions about your health insurance!**
4. When the conference name appears again, click on 'Checkout' (again, think of this as 'continue')
5. Questions: Please answer all required questions. You will either have to type your answer in, or choose from a dropdown menu. If it doesn't apply to you, please use N/A. Click on 'continue'.
6. **Enter your promotional code if applicable (please see above). Click on 'Apply to Total'!**
7. Add credit card information if applicable and click on 'Process Payment'.
8. Complete Transaction and print your receipt.

**Please direct general questions and requests to pay via a Journal Transfer to Nancy Mundy at [mundnl@upmc.edu](mailto:mundnl@upmc.edu). Full tuition must accompany registration.** A \$25 administrative fee will be deducted from all refunds for cancellations. No refunds can be issued once the program has begun. **Please register by October 1, 2020.**



*We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you. Please notify us of your needs at least **two** weeks in advance of the program by contacting Nancy Mundy at [mundnl@upmc.edu](mailto:mundnl@upmc.edu).*

**Registration Form (This form is to be used for departmental transfers only.)**

**2020 TransPride Health and Wellness Conference – Oct. 8-10, 2020 (MD65)**

**Please register by October 1, 2020**

*Please print or type legibly. If we cannot read your form, you may not receive your confirmation.*

Birthdate (MM/DD/YYYY)		
Name:		
Institutional Affiliation:		
Address1:		
Address2:		
City:	State:	Zip Code:
County:		
Day Telephone: (____)		
Degree(s) (i.e. MSW, PhD):		
E-mail Address:		

**For Continuing Education, please check if you require a certificate for:**

- CME    NCC Counselor    Nurse    Psychologist    (LSW/LCSW/LPC/LMFT)    CADC/CCDP  
 General CEU (nurses/peers/other professionals)

<p><b>Tuition amount</b> \$_____</p> <p><input type="checkbox"/> <b>UPMC Account Transfer</b> Business Unit _____ Dept. ID _____</p> <p>Administrator Name _____</p> <p>Administrator Signature _____</p> <ul style="list-style-type: none"><li>• <b>Credit card payments are only accepted when registering online at:</b> <a href="https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=228507">https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=228507</a>.</li><li>• <b>One name per registration, please.</b></li></ul>
--

Registration will not be accepted without payment. One registration form per person, please. Telephone registrations CANNOT be accepted. Please contact Nancy Mundy at [mundnl@upmc.edu](mailto:mundnl@upmc.edu) with any questions about registration.

Please send completed form to Nancy Mundy at [mundnl@upmc.edu](mailto:mundnl@upmc.edu).