

# VIRGINIA TIES

## 2018 Workshops

**Please note:** *We have almost doubled the number of workshops that will be offered this year. Check back soon for a complete list of all 40 sessions.*

### Gender: Outside the Binary

**Facilitators:** Dr. Liz Coston and Dr. Bethany M. (bee) Coston

The National Center for Transgender Equality (NCTE)'s 2015 U.S. Trans Survey showed that a third of transgender people identify as non-binary, gender conforming, genderqueer or otherwise not within the binary categories of man and woman. Attendees of this session will leave with better knowledge of who genderqueer and non-binary people are, a stronger grasp of terminology and definitions to guide inclusive language practices, and increased awareness of the current political context as it applies to genderqueer and non-binary people. This session is open to all, but those who wish to become better genderqueer and non-binary accomplices are especially encouraged to attend.

### Insurance coverage for transition-related health care: What you need to know

**Presenter:** Luc Athayde-Rizzaro

Denying coverage of medically necessary care for transgender people is discriminatory and illegal, but insurance companies and employers get away with it all the time. This workshop will give you tools to guide you through the process of getting coverage for the care you need and deserve. We will discuss how to figure out what your insurance or Medicaid plan covers, how to apply for coverage, what documentation you need from your provider, how to fight denials, and what resources to use to advocate for your care.

### Know your rights: Health care

**Presenter:** Luc Athayde-Rizzaro

Over the past few years there has been significant progress in protections for transgender people in health care. We have seen improvements in insurance access, coverage for transition-related care, and legal protections against discrimination in medical settings. However, transgender people continue to face significant barriers to access affordable, high-quality care. This workshop seeks to educate transgender people and their families about your rights in health care and insurance, including by discussing what laws and regulations protect you, what discrimination in health care and insurance looks like, and how you can fight back.

### Advocating for Trans Rights in Schools

**Presenter:** Rebecca Kling

Trans young people, as well as parents, educators, and other allies, are critical in creating and implementing policies that support transgender students. This workshop will provide information on how to advocate in schools for transgender youth, work with transgender youth on these issues, updates on Title IX and school-related litigation, and thoughts on staying optimistic in the current political climate.

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### America's Next Top Ally!

**Presenter: Rebecca Kling**

Join us for a discussion on how to be a great ally to the trans loved ones in your life. During this workshop, we will discuss many aspects of being an ally, ranging from everyday interactions to advocating for systemic change. Share your successes and challenges in being a supportive ally to trans people and communities.

### Non-binary Inquiry: How Do We Navigate Workplaces?

**Facilitators: Peter Jenkins and K Me**

What is considered a “non-binary issue?” This group discussion explores experiences in relation to gender identity, how we understand inclusivity in the workplace, and strategies moving forward. Topics to be discussed include: tokenism, code switching, micro-aggressions, and power.

### Trans-masculine Roundtable

**Facilitators: Ted Heck and Mel Howard**

This round-table discussion is intended for trans and gender diverse individuals who have a masculine gender identity or expression. Together, we will share experiences and information related to our social, legal, and/or medical transition. This is a space to learn from each other, address challenges unique to trans-masculine individuals, and connect with our larger community.

### Non-binary Roundtable

**Presenter: Kaillou Beitzell**

This round-table discussion is intended for trans and gender diverse individuals who have a non-binary gender identity or expression. Together, we will share experiences and information related to our social, legal, and/or medical transition. This is a space to learn from each other, address challenges unique to non-binary individuals, and connect with our larger community.

### Behind the Beard

**Facilitators: Isaac Zralli and Kayden Addato**

A presentation directed at trans masculine, or non-binary audience members who are transitioning medically with testosterone. Facial hair is a key identifier for masculine presentation, it's a visual cue used in society to categorize people into male or female. This presentation is about how to affirm your identity as a trans masculine person without depending on the visual cue of facial hair. Socially facial hair is a key identifier of male identity. Because humans categorize each other by visual cues, trans men often struggle with finding their identity when they are not medically transitioning with the use of Testosterone. Often trans men are hesitant to shave or modify their facial hair for fears that they will be mis-gendered without this visual cue. This presentation is about finding your trans masculine identity that is not facial hair dependent.

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### Chest Surgery Show & Tell

**Presenter: Ted Heck**

This is an opportunity for trans-masculine spectrum people to share their chest surgery experiences and outcomes with those who are interested in taking this step toward affirming their identity. "Panel members" will be volunteers from the audience. They will remove their shirts to show off their surgical results, and they will share information about who their surgeon was, cost of the surgery, type of procedure (double incision, keyhole, etc.) and other details in order to help others make informed decisions about their surgeries. Audience members will be able to view the surgical results and ask questions about panel members' experiences.

### Transitioning with a Disability While Living in a Rural Area

**Presenter: LaDawn Hairston**

In this session, I will discuss my experience as a trans woman of color living with a disability. I will share with you what it was like to grow up and transition in a rural area and how my disability impacted those experiences. I will share the ups and downs, and detail the ways I overcame certain difficulties and who was there to help me through them. Through the setbacks and triumphs, I hope to illustrate how my life has progressed in a positive way on my journey to living as my authentic self.

### Employment Readiness for Transgender and Gender Diverse Professionals

**Presenter: Trace Hernandez**

This workshop will take the usual employment readiness advice presented to a person about to hit the job market and look at it critically through the lens of a transgender person's experience. This workshop will discuss ways to overcome the potential roadblocks when navigating employment opportunities and review options available if you experience discrimination. We will also cover content ranging from using your legal or chosen name on application materials, interviewing for a position, deciding which job offer to accept, to the state of employment law and protections for transgender people.

### Coping with Burnout as Advocates & Activists

**Presenter: Dr. Shawn Rubin**

In addition to navigating social and political injustices, many of us are trying to cope with our own everyday struggles that come with simply being alive. It can be easy to isolate ourselves when we feel alone and misunderstood, but sharing our experiences with others demystifies burnout and can provide vital support while we move through it. This one hour roundtable session will address ways to care for yourself and others at risk (or experiencing) burnout and/or PTSD in the service of transgender advocacy and activism.

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### Transcend Homelessness

**Presenter: De Sube**

Housing is one of the most vital needs all people share. However, many transgender people have faced discrimination when seeking housing. Such discrimination in addition to family rejection, mental illness, substance abuse and other risk factors leads to higher rates of homelessness in the transgender community. Many shelters are not safe for trans people. Many homeless shelters will not accept a transgender, gender non-conforming, or non-binary person. If a trans person is actually accepted into a shelter, the facilities are not guaranteed to be trans-affirming. In this workshop, we will discuss how transgender homelessness is being addressed, in the Hampton Roads region of Virginia.

### Support Wellness

**Facilitators: Ha Tran and Nakita Mayfield**

The Virginia Anti-Violence Project works with LGBTQ+ across Virginia to prevent, end, and heal from interpersonal violence, sexual violence, state-sanctioned violence, hate violence, stalking, and harassment. Through our work with community members, we've heard that folks both sometimes feel at a loss on how to support their community through hardship and experiences of violence and often feel unsure about how to ask their community for the support they need. Our support workshop aims to give participants some concrete tools to process what "support" may look like, self-reflection space to understand when folks are in a place to give and/or receive support, and ways to consensually make agreements with others to provide mutual support.

### The Journey of Trans-Latina Women in The U.S.

**Presenter: Alexa Elizabeth Rodriguez**

Many trans Latina immigrants are fleeing violence related to their gender identity, often from unstable regions like Central America. The risk factors that trans Latinas face are compounded by immigration challenges and access to necessary medical and social services. This workshop will present an intimate portrait of how some trans Latina women confronted, defied, and survived the challenges in their journey to the United States while transitioning.

### Legal Logistics for Parents of Trans Youth

**Presenter: Bary Hausrath**

Most parents have questions when it comes to navigating the legal waters of their child's transition. This workshop will cover the basics of how the legal name and gender marker change processes work – you will learn which stages normally come in which order, and how consent from both parents is generally necessary, and how that requirement can sometimes be waived. Plus, we'll explore common consequences and considerations for families to consider when it comes to health insurance, school, and employment. We'll also discuss some challenges that parents may face when going through the process on behalf of their minor child, and where to find additional self-help and other resources.

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### **Stand Up: An Introduction to the Bystander Intervention Model**

**Presenter: Kit Conely**

This workshop will introduce participants to the basics of the Bystander Intervention Model. We will discuss why bystander intervention is so essential in our community, not only on our behalf as trans people, but also in regards to our intersecting identities. Trans people are at higher risk of sexual assault, racist violence, harassment, and other forms of violence. We will talk about tangible actions and create plans for what we can do when we notice a situation, focusing on de-escalation, victim safety, and alternatives to calling the police.

### **Is Welcoming Enough? Navigating the Search for an Embracing Faith Community**

**Presenter: Roxanne Edwards**

What are you looking for in Faith Community? Does the advertising on the sign out front match what goes on inside? How do you determine the genuine article? We will discuss some of the promises and pitfalls of being trans while seeking a community of faith. Each one is different, and unfortunately, sometimes the public words and welcomes are not always what they seem. Roxanne will apply some stories of her various attempts to find a "church home" to illustrate some strategies for the search, including questions to ask and red flags to watch for signs of potential problems. The diversity of faith traditions is so broad, no one discussion can cover all the many facets that people will face in this search. We will focus in this session on those groups who are more traditional denominational communities with congregational gatherings.

### **It's a transition for all of us!**

**Facilitators: Shannon McKay and members of He, She, Ze, and We**

This workshop will provide a safe space for parents and other adult family members of transgender and/or non-binary young people to ask questions, explore feelings, and learn how to support their loved one. This session will have a personal feel as participants will be grouped together in small break-outs based upon your child's age and gender identity. \*Please note that this is a closed workshop for adult family members of transgender individuals.

### **Mindfulness as an Act of Social Justice**

**Presenter: Dallas Ducar**

Mindfulness, and other contemplative practices, in the United States remains largely focused on cisgender, white, heteronormative, North American, populations. This workshop will be aimed at fostering a diverse and inclusive community engaged in contemplative practices. The workshop will also explore mindfulness practices already used by a variety of populations and the inclusion of these techniques into mainstream society. Additionally, the workshop will focus on the role of social justice in implementing and enhancing contemplative programming and the potential impact on individuals, community and the larger society. Participants will ask deep questions about the importance of community, successful examples of diversity and inclusion, and what it means to be a contemplative activist. The workshop will also focus on teaching various contemplative practices, and discuss how each can be a form of social justice. Participants will learn about various practices, how to begin them, sustain them, and where to find further resources to create their own contemplative community.

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### Medical Options for Transgender and Gender Diverse Youth

**Presenter: Dr. Elyse Pine**

This workshop will present a lecture to discuss the current understanding of best practices for transgender and gender diverse children, adolescents, and young adults. Discussion concerning puberty blockers, cross sex hormone therapy, fertility preservation, along with the risks and benefits of medical therapy will occur. This workshop will offer parents/caregivers a perfect opportunity to ask questions regarding current practices, guidelines, and research.

### Your Partner Just Came Out as Trans\* - Now What?

**Facilitators: Angela Callahan/Shawn McNulty**

Navigating relationships is complicated for everyone. Incorporating a new identity that directly impacts the dynamics of a relationship can feel overwhelming. Using an approach Angela Peters Callahan, LPC refers to as "Connection, Compassion, Communication," partners who may be encountering such changes will learn practical information on how their emotions are all valid and normal (hooray!), be afforded space to ask questions, explore identity changes, and learn tools to help navigate shifting currents. (OPEN to non-transitioning partners only)

### Just Your Average, Ordinary, Everyday Trans\*/Cis Couple Panel

**Facilitators: Angela Callahan/Shawn McNulty**

Couples navigating the sea of identities and normative influences that seldom make room for diverse gender coupling will present their successes and challenges in a facilitated conversation with audience participants. The panel is intended to provide first-person narrative to the broad and far-reaching joys and complications that come from living and loving together. Dynamics of race, culture, faith, parenting, and mental health will be explored. Questions welcomed! (OPEN to all)

### Building Support and Connection Together

**Facilitators: Angela Callahan/Shawn McNulty**

A dialogue, facilitated by counselors, with partners living in Trans\*/Cis couples. It can be hard to find ways to speak our truths and reflect to each other what we need from our relationships, and the dynamics of those needs shift for all sorts of reasons. From friendships, to kinship relationships, these issues tend to follow us, but processing struggles and strengths in our intimate relationships can be some of the most foundational and necessary work we do. This will be a group support session intended for individuals and couples with gender diverse relationships. (Open to individuals/couples)

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### Ask a Doctor! A Medical Health Workshop for Gender Diverse Youth

**Presenter: Dr. Elyse Pine**

This session will focus on the needs of gender diverse young people who are at any point in their journey. Dr. Pine, a pediatric endocrinologist, will answer questions and provide guidance about puberty blockers, cross-sex hormones, health and wellness, and much more. The workshop will offer youth a perfect opportunity to ask questions and share experiences in a safe and affirming environment

### Trans Beauty

**Presenter: Zakia McKensey**

Are you interested in tips and techniques to enhance your look? Join Nationz Foundation founder, Zakia McKensey, for an informative workshop related to beauty secrets, eyebrows, lashes and more! Feel free to bring your own makeup and brushes/tools. This session is open to all trans and non-binary attendees with a feminine gender identity or expression.

### Trans Voting Rights 101

**Presenter: Vishal Agraharkar**

Having ID that doesn't match your gender identity or presentation should not affect your right to vote. But with increasingly strict voter ID laws, trans people may face barriers—both because of difficulties in obtaining an ID that's accepted, or because they might run into bias or misunderstandings of the law when it comes to their gender. This workshop will provide participants with an overview of key issues affecting the voting rights of Virginians, with a focus on the unique challenges faced by transgender voters in the voting process, and tips for advocating for the needs of trans voters across Virginia. We will leave time at the end for questions.

### Revealing Selves

**Facilitators: Circe Strauss and Keri Abrams**

The workshop will provide an opportunity for those who have had GCS (Gender Confirmation Surgery) and/or breast augmentation to reveal their results. Time for questions concerning these procedures and the surgeons who perform them will be provided. This will be a closed workshop only for those on the transfeminine spectrum, and privacy will be guaranteed.

### Trans Healthy Love: Relationship Skills

**Facilitators: Ha Tran, Zakia McKenzie, and Milo Loudenslager**

Join the Virginia Anti-Violence Project for a workshop to talk through skills and support for healthy relationship skills as trans and GNC people. We'll cover setting expectations, negotiation, and ways to be true to your authentic self while in relationship with others.