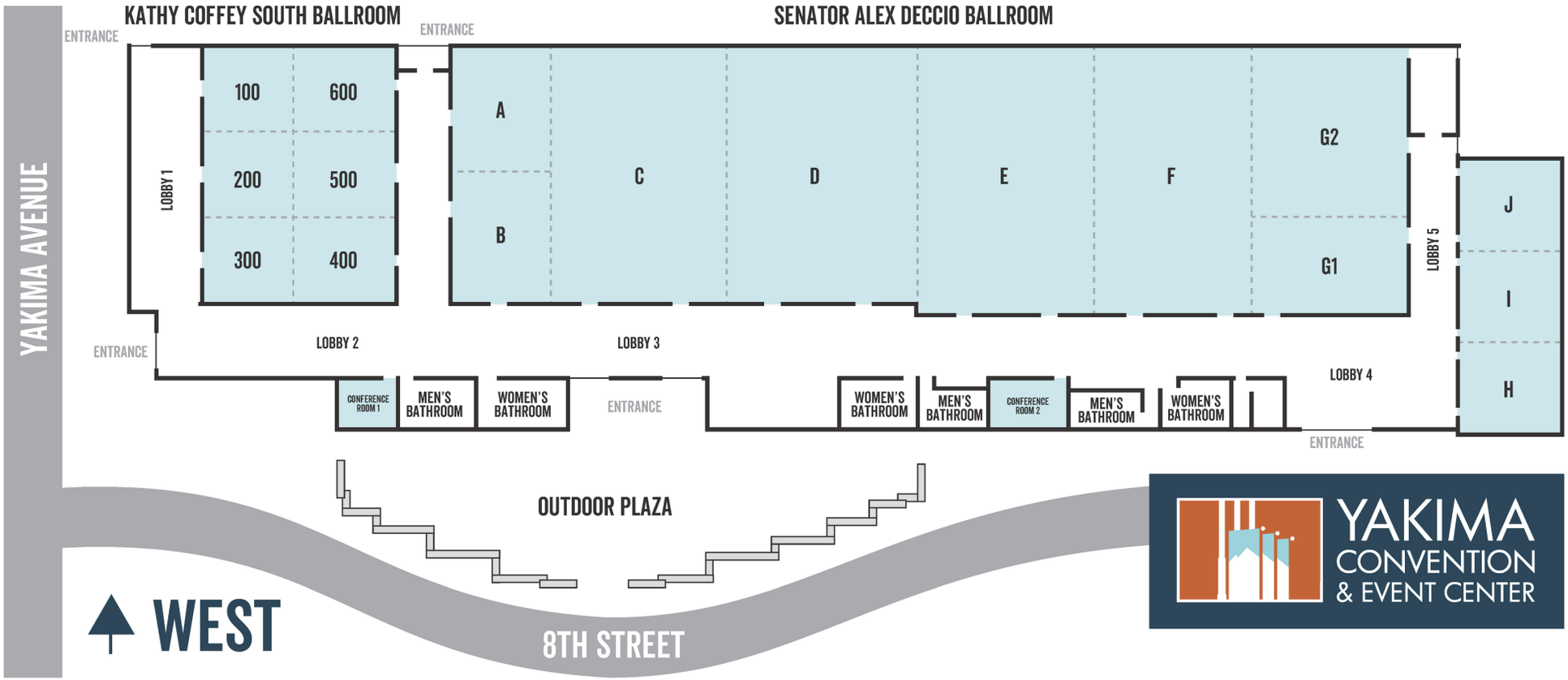
Say It Out Loud Conference

May 19-20, 2024
Yakima, WA


KATHY COFFEY SOUTH BALLROOM
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ENTRANCE
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YAKIMA AVENUE
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ENTRANCE
LOBBY 2
LOBBY 3
LOBBY 4
CONFERENCE ROOM 1
MEN'S BATHROOM
WOMEN'S BATHROOM
ENTRANCE
WOMEN'S BATHROOM
MEN'S BATHROOM
CONFERENCE ROOM 2
MEN'S BATHROOM
WOMEN'S BATHROOM
ENTRANCE
OUTDOOR PLAZA
WEST
8TH STREET
YAKIMA
CONVENTION
& EVENT CENTER

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A Special Thank You to our Planning Committee Members

AMANDA LEWIS (SHE/HER)
ADDIE PALAYEW (THEY/SHE)
ALEKS MARTIN (S/HE OR THEY)
BAILEY RICH (SHE/HER)
BARBARA THOMAS (SHE/HER)
CARISSA STONE (SHE/HER)
CHANDLER WHEELER (THEY/THEM)
CHARLIE LAVIDES (SHE/THEY)
CRYSTAL THOMPSON (SHE/HER)
DAE SHOGREN (SHE/THEY/WE)
DONNY GUERRERO (EL/HE/HIM)
ERICA MARCHBANK (SHE/THEY)
JENNIFER ESTROFF (SHE/HER)
JOHANNA BELL (SHE/HER)
KAYA STONE (SHE/HER)
KIRA SCHNEIDER (SHE/HER)
KRIS ROYAL (SHE/HER)
LILLY PATCH (SHE/HER)
NICOLE MOON (SHE/HER)
TERA CHEA (SHE/HER)

AGENDA

Sunday May 19, 2024

REGISTRATION/CHECK-IN	12:30PM-2:30PM
WELCOME, OPENING REMARKS & BLESSING • PRISCILLA BLACKWOLF AND CHESTINA DOMINGUEZ (SHE/HER/AYAT), CULTURAL SPECIALISTS, YAKAMA NATION AWTNI SHIX̱WITPAMÁ	2:30PM-3:00PM
OPENING KEYNOTE	3:00PM-3:45PM
BREAK/EXHIBITOR VIEWING	3:45PM-4:00PM
WORKSHOP SESSION 1	4:00-5:15PM
BREAK/EXHIBITOR VIEWING	5:15PM-6:00PM
NETWORKING AND TRIVIA (OPTIONAL EVENT) - APPETIZERS AND REFRESHMENTS PROVIDED	6:00PM-8:30PM

Monday May 20, 2024

BREAKFAST - WELCOME & OPENING REMARKS • PRISCILLA BLACKWOLF AND CHESTINA DOMINGUEZ (SHE/HER/AYAT), CULTURAL SPECIALISTS, YAKAMA NATION AWTNI SHIX̱WITPAMÁ • TEESHA KIRSCHBAUM (SHE/HER), DIRECTOR, DIVISION OF BEHAVIORAL HEALTH AND RECOVERY (DBHR), HEALTH CARE AUTHORITY	8:30AM-9:15AM
KEYNOTE	9:15AM-10:00AM
BREAK/EXHIBITOR VIEWING	10:00AM-10:15AM
WORKSHOP SESSION 2	10:15AM-11:30AM
LUNCH/EXHIBITOR VIEWING	11:30AM-12:30PM
WORKSHOP SESSION 3	12:30PM-1:45PM
CLOSING REMARKS & CONFERENCE ADJOURNS	1:45PM-2:00PM

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2024 MISTRESS OF CEREMONIES

Aleksa Manila (she/they)

As a proud FilipinX immigrant and genderqueer individual from the Asia Pacific region, she brings with her social justice lens and human rights activism to raise the visibility and voice of minority populations. Her first title is Miss Gay Filipino 2001 (Filipino Community of Seattle) where she focused on the senior and elders, and intersections of the LGBTQ+ groups with the API/Filipino-American communities. HISM Olympia XXXV, ALEKSA MANILA is the 35th elected Empress of the Imperial Sovereign Court of Seattle, the Olympic and Rainier Empire. She is also Miss Gay Seattle XL (2004-2005), believed to be the oldest drag title West of the Mississippi.

Aleksa Manila is Seattle's sweetheart of social activism and philanthropy. She has produced numerous fundraisers and benefits for LGBTQ+ and social service organizations like ICON (Seattle Counseling Service), Gay Bingo (Lifelong), Aleksa Manila & FRIENDS (Pride ASIA), Say It Out Loud Conference (Health Care Authority) and so on. She is a sought-after speaker, presenter, facilitator, moderator and trainer on the subjects of sexual minorities, cultural competency and clinical consultations from students to doctors. Aleksa is a beloved staple in diverse family communities with her "Drag Queen Storytime with Aleksa Manila" working collaboratively with Seattle Public Library, Wing Luke Museum, Northwest Folklife Festival, International Children's Festival, Seattle Pridefest and so on; where she highlights stories that celebrate diversity. In 2012, she founded Pride ASIA, whose mission is to celebrate, empower and nurture the multicultural diversity of the LGBTQ+ communities through the Asian Pacific Islander lens. (www.prideasia.org)

Mx. Manila's professional background is a licensed social worker with a Master of Social Work degree from the University of Washington with an Integrated/ Mental Health concentration and works for King County – Public Health in Seattle, Washington. She is also a licensed mental health therapist, addictions counselor and clinical consultant with a private practice office in Seattle's Chinatown/ International District. (www.aleksmartin.com)

To learn more about her journey, visit www.ALEKSAMANILA.com and on all social media platforms via @aleksamanila. Maraming salamat po! (Thank you very much!)

FEATURED SPEAKERS

Arjee Restar (she/her)

Arjee Restar (she/her) applies epidemiologic methods to behavioral, social, structural, and health services research and policy to address inequities in health outcomes and access, particularly as experienced by communities of transgender and nonbinary people in the US and Asia. She is expanding transgender health as a field by building research environments that produce high-quality evidence that speaks to the myriad of health priorities of transgender and nonbinary communities at-large, along with community stakeholders, scientists, scholars, and trainees who are also paving this field forward. This work includes advocating for institutional policies and practices that dismantle systems of oppression, inequality, and inequity.

Manny Santiago (he/him)

Manny Santiago serves as the Chief of Equity and Community Partnerships for the Washington Health Benefit Exchange. Prior to this role he served as the inaugural Executive Director of the Washington State LGBTQ Commission, having been appointed by Governor Jay Inslee to his cabinet in 2019. A proud descendant of the Taíno indigenous people, the West African Yoruba nations, and the expelled Moors from al-Andalus, Manny grew up in the mountains of Puerto Rico. He graduated with a degree in Sociology from the University of Puerto Rico, obtaining a Master's in Divinity at the Andover Newton Theological School in Massachusetts, and studied Public Administration at the Pontifical Catholic University of Puerto Rico in Ponce. Manny serves on various committees and workgroups on religion, Latinx identity, sexual and gender identity, and immigrants' rights at the national and international level. He is a Senior Fellow of the American Leadership Forum – Tacoma/Pierce County chapter. He serves his community as a member of several boards within Tacoma and Pierce County. His writings have been featured in several books and professional journals nationally. In 2022, Manny was one of the recipients of the National Latino Leadership Awards from The Council for Latino Workplace Equity for his work in advancing Latino/a/x leadership in the United States. In 2023, Entre Hermanos recognized him as the Washington Latino Leader of the Year and the Office of the Secretary of State included Manny's LGBTQ advocacy work as part of their "Love = Equally" exhibit for the Legacy Washington Project. He currently lives in Tacoma with his husband, Ferneli Hernández, a member of the Maya Yucatec people of southern México.

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Sunday May 19, 2024

WORKSHOP SESSIONS

3:00 PM - 3:45 PM KEYNOTE

Arjee Restar (she/her) Room CD

4:00 PM - 5:15 PM WORKSHOP SESSION 1

ENHANCING LGBTQIA+ HEALTHCARE ACCESS: INSIGHTS FROM MOLINA HEALTHCARE AND HEALTH CARE AUTHORITY - OVERVIEW AND Q&A Room A

Scott Swan (he/him), Lisa Little (she/her), and Erica Marchbank (she/they)

Embark on an exploration of LGBTQIA+ healthcare access within Medicaid coverage, navigating the intricate intersections of care coordination and policy frameworks. Learn about collaborative initiatives led by Managed Care Organizations like Molina Healthcare in partnership with the Health Care Authority, aimed at fostering inclusive healthcare environments. Engage in a dynamic session featuring interactive discussions and a dedicated Q&A segment, providing valuable insights and strategies for advancing LGBTQIA+ healthcare equity.

QUEERS AT WORK: ADVANCING THE 2SLGBTQIA+ BEHAVIORAL HEALTH WORKFORCE Room B

Meghan Regis (she/her) and Jude Jacobs (he/him)

This session invites participants to engage in a dynamic exploration of the intersections between identity, practice, and advocacy, driving collective momentum towards a more equitable and affirming future for 2SLGBTQIA+ individuals in behavioral health professions.

FROM AT-RISK TO ACTIVIST: REDEFINING RESILIENCE AND RESISTANCE TO ACCOUNT FOR THE UNIQUE SKILLS, VALUES, AND CREATIVITY OF LGBTQ+ YOUTH

Room 400

Page (they/them)

Most conversations and trainings regarding LGBTQ+ youth focus exclusively on their risk factors. We know that on every measure of behavioral health, LGBTQ+ youth report higher risk outcomes than their cisgender straight friends. It is important to discuss the risks and outcome disparities facing LGBTQ+ youth as these conversations create a sense of urgency to make the necessary changes.

WORKPLACE GENDER TRANSITIONS

Room 500

Michael Villanueva (he/him)

A formalized program that supports employees in transition to their authentic selves provides an opportunity for the employee and their teammates to transition together. When an employee transitions, there is an opportunity to create understanding across dimensions of difference that may be challenging for some. Hence, a Gender Transition Program provides an opportunity for inclusion and equity based on the goal of promoting understanding by emphasizing humanity of the individual. Engaging management and HR will create accountability and a consistent level of service for the transitioning employee.

LGBTQIA IMPACT PANEL DISCUSSION

Room 600

DeAunte Damper (he/him)
Panel Members: Malika Lamont, Ariyah Jane, Torie Martin, Oliver Miska

Voices of Community Activists and Leaders (VOCAL-WA) is a grassroots organization that works to build power among low- and no- income people directly affected by the war on drugs, homelessness, mass incarceration, and the HIV/AIDS epidemic to create healthy and just communities for all. We accomplish this through community organizing, mutual aid, leadership development, public education, participatory research, and direct action.

Monday May 20, 2024

WORKSHOP SESSIONS

9:15 AM - 10:00 AM KEYNOTE

A JÍBARO KID LEARNS ENGLISH

Room CD

Manny Santiago (he/him)

10:15 AM - 11:30 AM WORKSHOP SESSION 2

PRIDE OF PLACE: HELLO YELLOW BRICK ROAD!

Room A

Charles Hoy-Ellis (he/him/we), Jessica Sowa (she/her)

"Pride of Place: Hello Yellow Brick Road" charts the Goldsen Institute's pioneering journey in LGBTQ+ aging research, starting with the groundbreaking "Caring and Aging with Pride" study to its ongoing, expansive efforts like the National Health, Aging, and Sexuality/Gender Study (NHAS) and the Global Pride Project. This presentation will share insights from over two decades of research into the health and well-being of LGBTQ+ older adults, highlighting the evolution of community-based interventions and the critical role of fostering inclusive environments for aging populations.

THE SCIENCE OF GENDER

Room B

Linden Jordan (he/him)

We are taught that it is all so simple, yet nothing could be further from the truth. We will explore the world of in utero development as it applies to the formation of sexual anatomy and our gender identity. You will understand why gender identity is so critical and so interesting. This information is a game changer for those who just want to understand in order to open their hearts and minds to the LGBTQ+ community.

DECOLONIZING BEHAVIORAL HEALTH; HOW INTERSECTING IDENTITIES FACTOR INTO TRAUMA AND RESILIENCY Room 400

Cathy Assata (she/her) and Arra Rael (she/her)

This session will begin with defining identity, intersectionality, trauma, resiliency, privilege, marginalization, colonizing, and decolonizing. Then we will lead into exploring how our identities can shift when we enter certain spaces, how different factors affect our identities and how we're seen by society. Participants will be introduced to an activity showcasing how identities can be fluid, and how marginalization and privilege can coexist in one person, how these intersect with trauma and resiliency and how our participants factor in their identities. This presentation will look at how institutional and systemic inequities, from both a micro and macro lens, as well as oppressive practices, have played a role in the trauma of folks with marginalized identities and how behavioral health can work to unpack these practices. We will show that there are factors outside of our control that exacerbate trauma based on our identities, things that we have little control over, and then find the connection within ourselves and our communities that we do have control over, such as our actions and reactions, that can build a sense of resiliency. Finally, we will introduce ways we can support our participants, especially those with intersecting marginalized identities, build resiliency, and learn how to navigate inequitable systems.

READY TO ENGAGE: SKILLS LAB FOR WORKING WITH LGBTQ+ YOUTH Room 500

Becca Guest (she/her) and Nicholas Oakley (he/him)

In this session, participants will sharpen their skills in working with LGBTQ+ youth. Through using a variety of activities, participants will articulate their "why" for providing safe and affirming care for LGBTQ+ youth, practice using new or unfamiliar pronouns for an individual, and practice asking all youth about their sexual orientation, gender expression and gender identity while using the SOGIE Questionnaire, as well as hearing from other professionals about their tips for working effectively with LGBTQ+ youth. We hope that participants walk away from this session having practiced skills that they can put to use right away in their work. This session is meant to support LGBTQ+ affirming adults who work with youth in any capacity, but especially those who are service providers in child welfare, youth criminal legal system and/or homelessness intervention, as having knowledgeable and affirming adults can be life-saving for an LGBTQ+ young person. The target population is LGBTQ+ youth, especially LGBTQ+ youth experiencing the child welfare, youth criminal legal system, and/or homelessness/housing insecurity. Participants walk away from this session having practiced skills that they can put to use right away in their work that support safe and affirming care for LGBTQ+ youth.

TRAUMA SENSITIVE AND CULTURALLY RESPONSIVE ADVOCACY FOR GENDER DIVERSE YOUTH AND FAMILIES Room 600

Tovah Denaro (she/her)

This workshop will provide participants with detailed examples and ways for providers to support gender diverse youth through a trauma informed and culturally responsive lens. This session will review unique experiences that providers encounter with gender diverse youth and specific ways to support families in navigating the cisgender and heteronormative school system. This session will be highlighting the intricate experiences of gender dysphoria and how this mental health struggle manifests within a school and therapeutic setting, and through youth behavior. The impact of gender dysphoria on the brain, body, and behavior will be analyzed. All participants will learn how to support caregivers in navigating the school system for their gender expansive youth.

12:30 PM - 1:45 PM WORKSHOP SESSION 3

I NEED HELP! WORKING WITH LGBTQ+ YOUTH & ADVOCATING FOR LGBTQ+ YOUTH WITH COLLEAGUES

Room A

Becca Guest (she/her) and Nicholas Oakley (he/him)

In the style of an UnConference, participants will select a facilitated, but group-led discussion to engage deeply about commonly shared concerns or challenges that they face when working with LGBTQ+ youth or when working with colleagues who feel less receptive to the needs of LGBTQ+ youth. The UnConference model strongly promotes that “the group has all the knowledge” and at the completion of this session, participants will have a co-created document of ideas, resources, shared experiences, and new connections to take with them. This session is meant to support LGBTQ+ affirming adults who work with youth in any capacity, but especially those who are service providers in child welfare, youth criminal legal system and/or homelessness intervention, as having knowledgeable and affirming adults can be life-saving for an LGBTQ+ young person. The target population is LGBTQ+ youth, especially LGBTQ+ youth experiencing the child welfare, youth criminal legal system, and/or homelessness/housing insecurity. We hope that all participants leave with new ideas, resources, and connections to better serve the youth they work with and to support their colleagues towards becoming a safe and affirming adult.

SUPPORTING THE MENTAL HEALTH NEEDS OF LGBTQIA+ AND GENDER EXPANSIVE YOUTH

Room B

Tovah Denaro (she/her)

This workshop will describe the ever-present bias youth experience when seeking support for gender dysphoria within the healthcare system. Participants of this session will explore DSM language and the nuances of gender identity to best serve and support youth in their care. This workshop seeks to provide fact-based information grounded in research and evidence-based practices to discuss how we support transgender and gender diverse youth under the age of 18 seeking mental health and medical services.

THE SCIENCE OF GENDER

Room 400

Linden Jordan (he/him)

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NAVIGATING THE MODERN AGING MOVEMENT Room 500

David Haack (he/him/we)

Learn insights and approach to changing the way we view aging as a society, and understanding fluently the former taboo topics that will soon no longer be tolerated in aging care settings.

CULTURE IS PREVENTION. THE ART OF MAKING WA'PAAS Room 600

Chestina Dominguez (she/her/ayat)

To honor our cultural and traditional ways of healing, join us to practice and learn how to make a Wa'paas, traditional baskets of the Yakama Nation.

Photo L-R: Priscilla Blackwolf, Atwice Kamiakun, and Chestina Dominguez

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OFFICE OF BEHAVIORAL HEALTH ADVOCACY

WHAT IS A BEHAVIORAL HEALTH ADVOCATE?

A behavioral health advocate (formerly Ombuds) is a person with lived experience who assists individuals seeking or receiving privately or publicly funded behavioral health services. This service is designed to resolve behavioral health system issues quickly and at the lowest level possible.

WHAT CAN A BEHAVIORAL HEALTH ADVOCATE DO?

- Actively listen to the person with the grievance.
- Serve as an advocate for resolution.
- Investigate and resolve complaints made by individuals receiving behavioral health services.
- Assist in filing a complaint, grievance, administrative hearing, and appeal.
- Assist with the navigation of the behavioral health system.
- Inform individuals of their voluntary and involuntary rights for adults and minors.
- Assist with the completion of a Mental Health Advance Directive.

WHEN SHOULD I CONTACT A BEHAVIORAL HEALTH ADVOCATE?

Please contact your regional Behavioral Health Advocate, if:

- You have any concerns about the services you are receiving.
- You think your rights have been violated.
- You do not agree with a decision that affects your services.
- You need information on finding a behavioral health provider.
- Need assistance and are unsure who to call.

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Washington State

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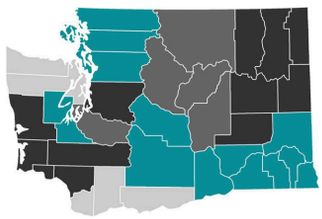

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