



Washington State  
**Say It Out Loud Conference**

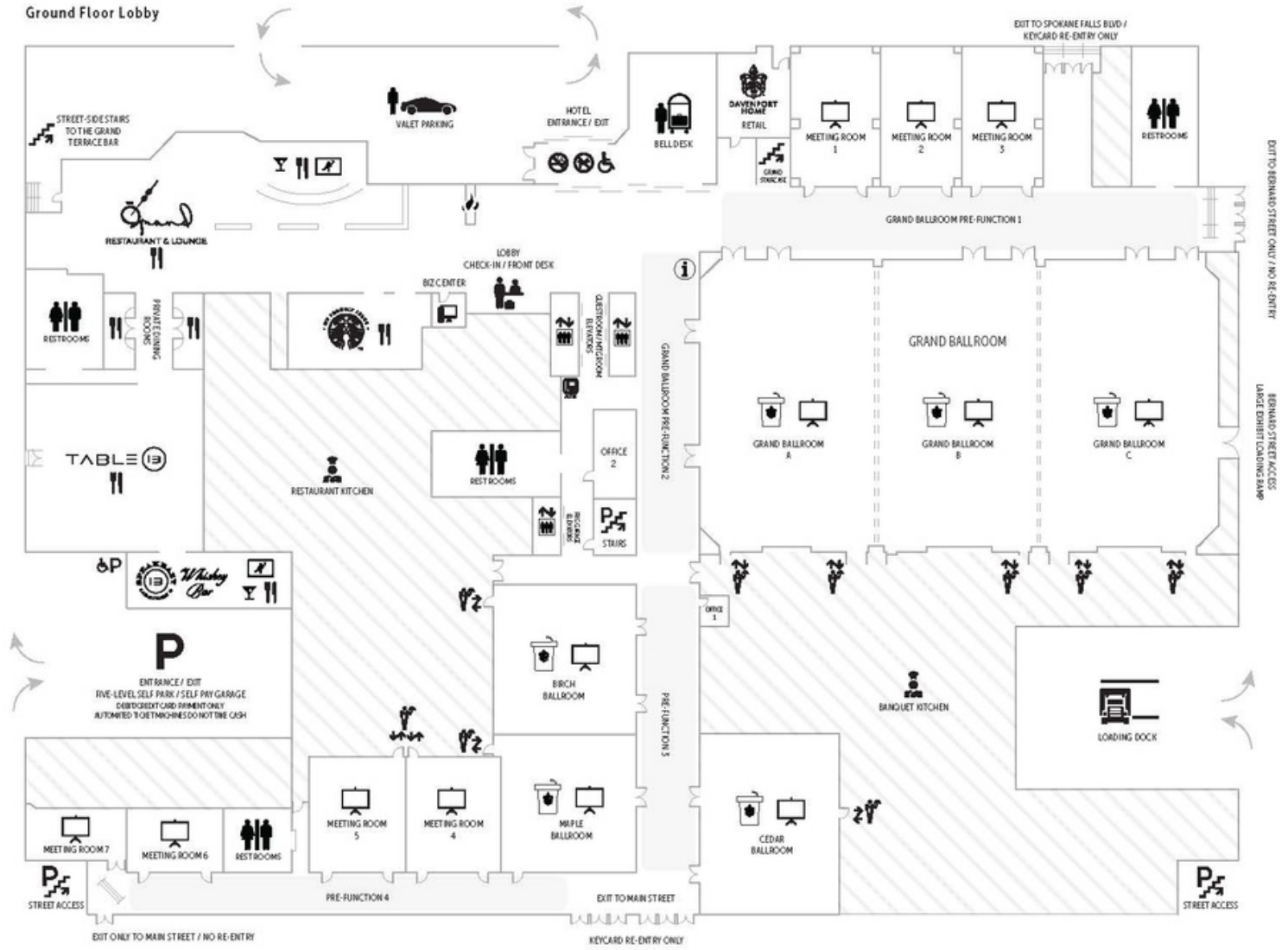
**LET'S  
GET  
"REEL"**

**Monday, May 22, 2023**

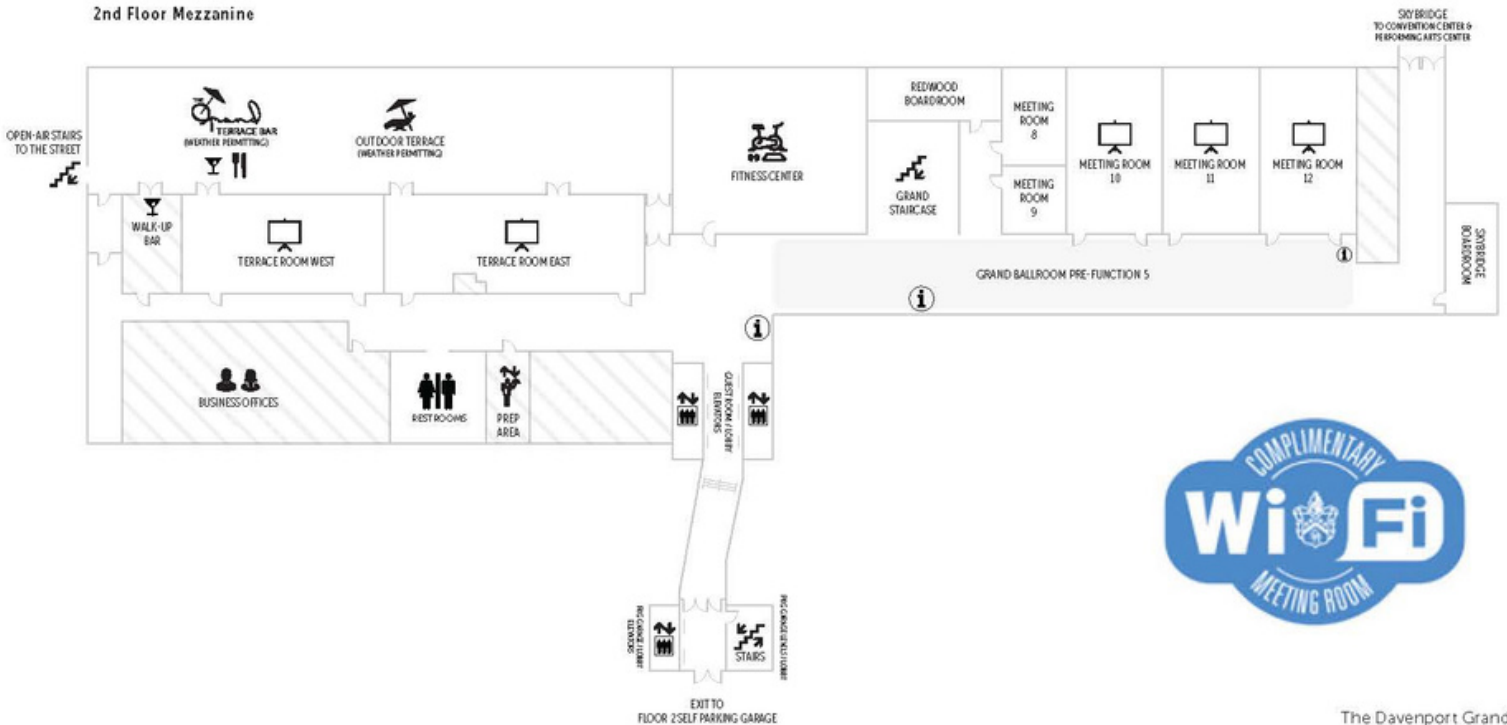
**Spokane, WA**

**Showcasing the realities and experiences of 2SLGBTQIA+ Individuals from a personal perspective as well as addressing needs and inequities through effective approaches and whole person care. Let's not shy away from topics, rather elevate them to promote change.**

**Ground Floor Lobby**



**2nd Floor Mezzanine**



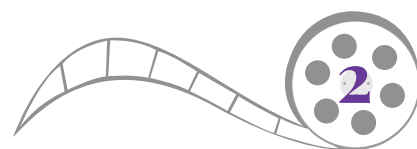
## TABLE OF CONTENTS

AGENDA	3
FEATURED SPEAKERS	4-9
WORKSHOP DESCRIPTIONS	10-15
SPONSORS & EXHIBITORS	17-18

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## A Special Thank You to our Planning Committee Members

AMANDA LEWIS (SHE/HER)  
ADAM PALAYEW (HE/HIM)  
ALEKS MARTIN (S/HE OR THEY)  
BAILEY RICH (SHE/HER)  
BARBARA THOMAS (SHE/HER)  
CARISSA STONE (SHE/HER)  
CHANDLER WHEELER (THEY/THEM)  
CRYSTAL THOMPSON (SHE/HER)  
DAE SHOGREN (SHE/THEY/WE)  
DAKOTA STEEL (HE/HIM)  
JENNIFER ESTROFF (SHE/HER)  
JERICO CUMMINGS (THEY/THEM)  
JULES ELTING (THEY/THEM)  
KAYA STONE (SHE/HER)  
KIRA SCHNEIDER (SHE/HER)  
LAULE'A AKANA-PHILLIPS (SHE/HER)  
LIGHT ESTRADA GONZALES (XE/XEM/XYR & THEY/THEM/THEIRS)  
NICOLE MOON (SHE/HER)  
NIKI STRATARAS (SHE/HER)  
RACHELLE BOKHOVE-DOUBINKINE (SHE/HER)



## AGENDA

REGISTRATION	<b>7:00AM-8:30AM</b>
BREAKFAST (GRAND BALLROOM AB)	<b>7:30AM-8:30AM</b>
WELCOMING/OPENING REMARKS (GRAND BALLROOM AB)	<b>8:30AM-9:15AM</b>
KEYNOTE (GRAND BALLROOM AB)	<b>9:15AM-10:30AM</b>
BREAK/VISIT EXHIBITORS	<b>10:30AM-10:45AM</b>
WORKSHOP SESSION 1 (SEE WORKSHOP TITLES FOR ROOMS)	<b>10:45AM-12:00PM</b>
LUNCH (GRAND BALLROOM AB)	<b>12:00PM-1:00PM</b>
WORKSHOP SESSION 2 (SEE WORKSHOP TITLES FOR ROOMS)	<b>1:00PM-2:15PM</b>
BREAK/VISIT EXHIBITORS	<b>2:15PM-2:30PM</b>
CLOSING SESSION (GRAND BALLROOM AB)	<b>2:30PM-3:45PM</b>
CLOSING REMARKS	<b>3:45PM-4:00PM</b>
CONFERENCE ADJOURNS	<b>4:00PM</b>



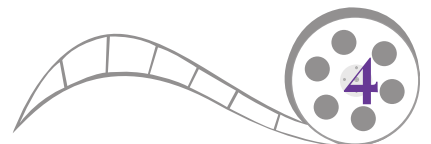


## 2023 MISTRESS OF CEREMONIES

### *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](http://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](http://www.aleksmartin.com)) To learn more about her journey, visit [www.ALEKSAMANILA.com](http://www.ALEKSAMANILA.com) and on all social media platforms via @aleksamanila. Maraming salamat po! (Thank you very much!)




## FEATURED SPEAKERS

### *Roo Ramos (they/them)*

## KEYNOTE SPEAKER



Roo Ramos (they/them) is an Iñupiaq, Two Spirit liberation and equity consultant and nonprofit leader with over 20 years' experience in the nonprofit sector and in advocacy, activism, and systems change work. Roo spent much of their career advocating for Indigenous children, youth, and families in the school, justice, healthcare, and foster care system. They are able to advocate and organize in those spaces because of their lived experience with each of those systems. They are passionate about building communities where these systems are no longer required. They have a bachelor's degree in journalism with a minor in Native American Studies and an MBA in healthcare management. They own Redfox Consulting, and they are the staff-chosen Executive Director of Spectrum Center in Spokane. They also run the Indigenous horse program at the Urban Native Youth Organization.

*This keynote presentation is sponsored by*  **Amerigroup**

### *Linden G. Jordan (he/him), MA, JD*

Linden has had a career that included attorney, mental health counselor and college professor. In his retirement, he works with PFLAG Skagit to support, educate about and advocate for the LGBTQ+ community, friends and allies. His goal is to help others understand the complexities of gender which will help our community receive the respect, care and dignity that they deserve. He is part of the Speakers Bureau and has given over a hundred trainings locally and beyond for making the world a more welcoming place for the LGBTQ+ community.

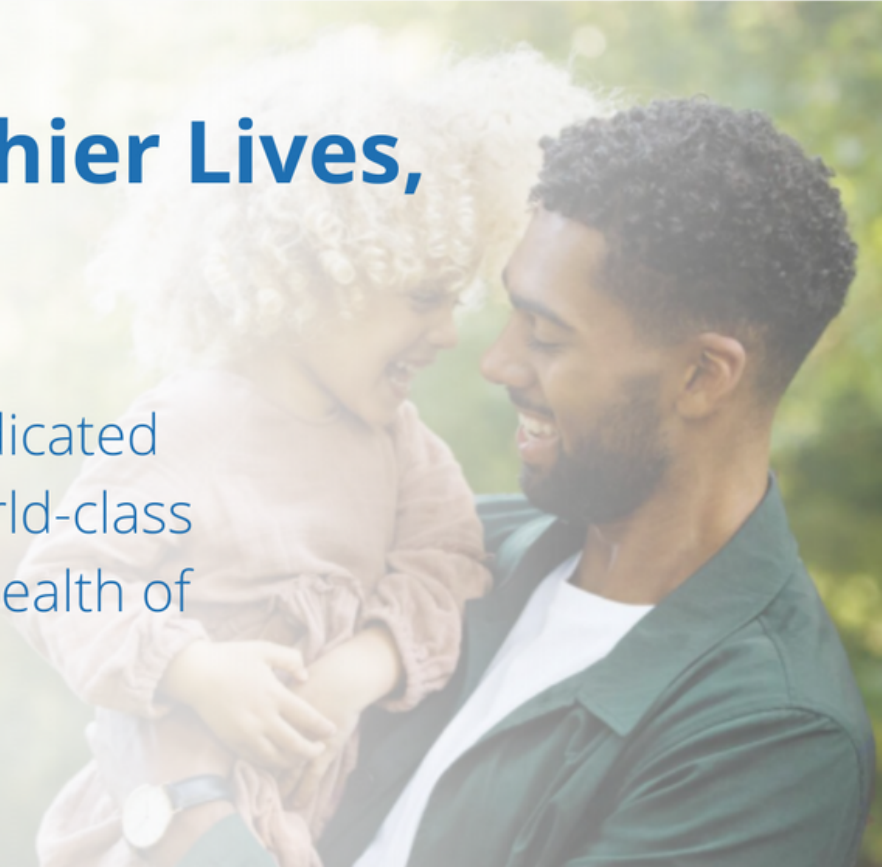
He will be discussing The Science of Gender. We are taught that it is all so simple, yet nothing could be further than the truth. We will explore the world of in utero development as it applies to the formation of sexual anatomy and our gender identity. You will understand why gender identity is so critical and so interesting. This will help you as you work with families who have gender diverse members. You will also find it helpful within your own families.





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## *Bam Mendiola (they/them), CPC, AAC*



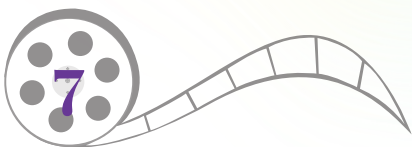
Bam (they/them) is a national speaker, published writer and anti-racist facilitator. Their work is informed by their lived expertise as a queer person of color and has been featured by NBC, REI, and Mountainfilm Festival. Their NBC documentary has received over 200,000 views and their essays have been featured on the covers of Washington Trails and Mountaineer Magazine.

Bam was also named the winner of the Outdoor Industry Association's Together We are a Force award and lives on occupied Duwamish territory (Seattle, WA) with a cat named Mitzi and many (many) houseplants.

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## *DeeAnna Orre (she/her)*

DeeAnna Orre is an Advocate at YES (Youth Emergency Services) of Pend Oreille County. Her job revolves around connecting youth and young adults of at-risk marginalized communities with a wide variety of resources involving housing stability, gender affirming care, and mental health amongst others. DeeAnna is also a board member of the Washington State Youth for Youth Board where she works to create better equitable services across the state. DeeAnna has dedicated her time to changing the systems that also held her back as a young queer adult. She works every day to create a better environment for everyone where they can feel safe, respected, and heard. DeeAnna is a strong-headed, stubborn person with a big heart and a lot of love. "I may be just one person, but I'm going to be the one person who unites millions."





## *Tovah Denaro (she/her)*

Tovah Denaro (she/her) is the founder and lead consultant of Innovative Behavioral Consulting (IBC). She began this work in 2011 through her own experience in the classroom as a Special Education teacher for youth impacted with Emotional and Behavioral Disabilities. Through her years in the classroom, she began to strategically focus on supporting youth, ages 3 to 18, who are historically minoritized; specifically, BIPOC, youth in Special Education, who are or have been incarcerated, and those that identify within the LGBTQ2IA+ community. Tovah founded IBC to ensure that any adult who supports youth has the skill and understanding to build intergenerational relationships and recognize the power that an adult/youth connection has on keeping youth engaged and in school. Tovah's work focuses on spreading Trauma Sensitive and Culturally Responsive Mental Health practices to school districts and Community Based Organizations across the states of Washington and California, emphasizing social emotional learning and wellness systems for all. Tovah is currently a Doctoral Student through the University of Southern California in K-12 Urban Education.



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## *Leiyomi Preciado (she/they), CPC, AAC*



## *Mercy Dizon (she/her)*



## FEATURED SPEAKERS

### *Charles P. Hoy-Ellis, (he/him/they), PhD, MSW, LICSW*



Charles P. Hoy-Ellis, PhD, MSW, LICSW, earned his undergraduate degree in psychology at Seattle University, and his master's degree in clinical/contextual social work and his doctorate in social welfare from the University of Washington, Seattle. Dr. Hoy-Ellis' scholarship focuses on the health and well-being of lesbian, gay, bisexual, transgender, queer/questioning, and other nonheteronormative (LGBTQ+) individuals, families, and communities, particularly midlife and older adults. As a Licensed Independent Clinical Social Worker, he has more than two decades of direct practice experience providing clinical services to the LGBTQ+ community.

LGBTQ+ populations experience significant health and mental health disparities due to pervasive structural, individual, and interpersonal heterosexism. Dr. Hoy-Ellis has extensive knowledge of – and experience with these social determinants of health, seeking to develop and implement culturally sensitive interventions that address both upstream and downstream causes of LGBTQ+ health and mental health disparities.

### *Scott Swan (he/him), MS, LMHC, CN*

My experience has focused on working with individuals diagnosed with eating disorders, involuntarily detained adults and LGBTQIA+ youth. As a child, youth, and family therapist, I help primarily manage services for youth and families at Molina. I graduated with a Master of Science in Nutrition and Clinical Health Psychology from Bastyr University. In addition to my clinical skills, I utilize lived experience in my work, having personal mental health diagnoses and family members impacted by severe mental illness.



## WORKSHOP SESSIONS

9:15 AM - 10:30 AM KEYNOTE

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### Roo Ramos (they/them)

Topics addressed during their keynote include: A traditional Inupiaq introduction in Inupiaq and a short summary of my life and how I came to be. A discussion of how education/health/DSHS systems play a role in defining Queer existence in, many times painful and abusive ways but also in possible amazing ways, in the current context. How creating affirming spaces in health, education, workplaces is active suicide prevention. How centering those intersections of Race/Gender/Sexuality is how you create the most equity for all.

10:45 AM - 12:00 PM WORKSHOP SESSION 1

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### KEEPING IT "REEL": MEDIA IMPACT CAMPAIGNS FOR LGBTQ+ HEALTH INITIATIVES

*Meeting Room 1*

#### Chandler Wheeler (they/them)

In the age of the internet, it can feel overwhelming to try and figure out how best to reach your audience, especially when it comes to health-related initiatives. Why is my audience not interacting with my posts? What considerations do I need to make for LGBTQ+ specific health initiatives? What is a media impact campaign, anyways? These questions and more will be addressed in this workshop. Come learn more about the hows and whys of media impact campaigns and learn skills to help improve your health initiative communications!

### THE SCIENCE OF GENDER

*Meeting Room 2*

#### Linden Jordan (he/him)

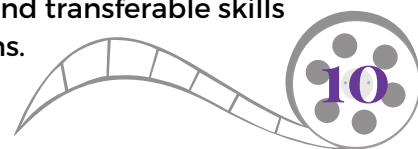
Linden will be discussing The Science of Gender. We are taught that it is all so simple, yet nothing could be further than the truth. We will explore the world of in utero development as it applies to the formation of sexual anatomy and our gender identity. You will understand why gender identity is so critical and so interesting. This will help you as you work with families who have gender diverse members. You will also find it helpful within your own families.

### LGBTQ+ OLDER ADULTS: WHO WILL HELP CARE FOR US WITHOUT JUDGMENT?

*Meeting Room 3*

#### Dr. Charles Hoy-Ellis (he/they)

The Safe Home training program addresses the unique barriers that vulnerable older adults face in accessing the care they need in the state of Washington. Safe Home is the first evidence-based training program to address the needs of LGBTQ+, sexual and gender diverse minorities, and racial and ethnic minorities. Our skill-based trainings focus on ensuring that staff develop specific and transferable skills that will result in more inclusive care for health disparate, underserved populations.



10:45 AM - 12:00 PM WORKSHOP SESSION 1 CONT.

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## THE VIOLENCE EPIDEMIC IN THE TRANS AND LGBTQ+ COMMUNITY.

DeeAnna "dee" Orre (she/her)

*Meeting Room 10*

Violence, and the fear that comes with it, has overtaken the trans and queer community and it is effecting us all. The community had been outlasted and marginalized due to cultural norms forces upon society. I hope this presentation will help participants better identify violence against the queer community , and that they gain the proper knowledge to stop the violence and protect themselves. I hope to do this by educating participants on types of violence and how years of trauma and conflict have led us to this. I plan to start the workshop as a lecture about forms of violence, how it is effecting us, how and why we have such a violent environment, and why it continues. I will also talk about how the laws and bills being passed are a direct attack on the queer and trans communities. We will then dive into a brief conversation about generational trauma and misinformation about the queer community. I then plan to educate the crowd on ways to notice the violence and/or perpetuated hatred towards the community. I plan to use slide decks to help guide people through the lecture. And I would hope to end the workshop with a brief panel discussion amongst members in the community on how they see the violence in there day to day lives and what efforts they would make to stop the violence.

## HARM REDUCTION 101: DRUGS AND HOW TO BE SAFE

Adam Palayew (he/him),  
Zelda Oppenheim (she/they)

*Meeting Room 11*

In this session you will learn about the basics and history of harm reduction. There will also be information about drugs providing a pragmatic view on different drugs and how to be safe if you do decide to use them

## LGBTQ+ 101, WITH AN EMPHASIS ON YOUTH

Nicholas Oakley (he/him)

*Meeting Room 12*

How do we better support LGBTQIA+ youth in systems of care, such as the child welfare, youth criminal legal, and behavioral health systems? In this interactive training, participants will focus on: why we need to center LGBTQIA+ youth; what it means to be LGBTQIA+, including core concepts and key terms; the experiences of LGBTQIA+ youth in systems of care, and fundamental protections and supports. This is a foundational training, intended for those with little previous training on LGBTQIA+ issues or those wanting a review.



## 1:00 PM - 2:15 PM WORKSHOP SESSION 2

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### EMBRACING UNCERTAINTY IN TRANSITION

AB McSpadden (they/them)

*Meeting Room 1*

This workshop will explore the relationship between trans folks and uncertainty.

Cultural narratives around transition pressure a lot of us to fully know who we are, who we want to be, and what that transition will look like. This pressure can keep trans folks from living into the fullness of curiosity, exploration, doubt, messiness, and transformation. When we have to fight for our rights to freely exist, we may feel like there is less room for our radical joy and our full humanity.

Participants will examine these pressures and apply curiosity to their alternatives. How can we support our trans clients, patients, friends, and family in their relationships with uncertainty? Participants will also adapt evidence-based mental health interventions to center uncertainty tolerance for the trans community.

This workshop rejects the cultural pressures of certainty and rigidity to celebrate trans joy, trans resistance, trans resilience, and trans exploration.

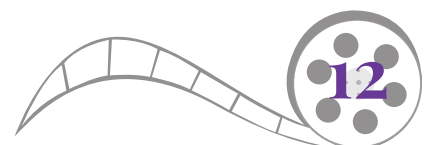
### SUPPORTING THE MENTAL HEALTH NEEDS OF LGBTQIA+ AND GENDER EXPANSIVE YOUTH

Tovah Denaro (she/her)

*Meeting Room 2*

This workshop will provide participants with detailed examples and ways for individuals who work with gender expansive youth to support their mental health needs through a trauma informed and culturally responsive lens. This session will review unique experiences that gender diverse youth encounter through the intersectionality of systems they are a part of, in particular, the healthcare and education system.

This session will be highlighting the intricate experiences of gender dysphoria and how this diagnosis may manifest through youth behavior, both externalized and internalized. The impact of gender dysphoria on the brain, body, and behavior will be analyzed. Participants will understand and leave this workshop with specific ways to support LGBTQIA+ and gender expansive youth in navigating the cisgender and heteronormative systems within our society. National trends will be discussed, and participants will gain information and insight to be able to identify signs of emotional and/or behavioral dysregulation that youth who identify within the LGBTQIA+ and/or gender expansive community may experience. Participants will learn a systematic approach to talking about and supporting youth around the topic of support and advocacy to increase a sense of belonging and community between adult providers and the youth they support. This workshop is open to any individual that works with LGBTQIA+ and/or gender expansive youth in the mental health, education, or child welfare system(s).



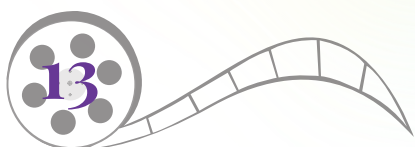
1:00 PM - 2:15 PM WORKSHOP SESSION 2 CONT.

## RAINBOW CONNECTORS - LGBTQIA+/GENDER HEALTH CASE MANAGEMENT AND COORDINATION AVAILABLE TO MOLINA MEMBERS

Scott Swan (he/him), Donaciano (Donny) Guerrero (he/him), Lisa Little (she/her), Erica Marchbank (she/they) *Meeting Room 3*

Our workshop is designed to offer a comprehensive and detailed overview of the critical topic of LGBTQIA+ healthcare access, with a particular emphasis on gender affirming care and healthcare providers within our network. The discussion will focus on the role of Managed Care Organizations (MCOs) and the Health Care Authority (HCA) in providing coverage for gender affirming care, Molina's specialized case management for their LGBTQIA+ members, as well as the impact of HB 5313 and past barriers to accessing this essential form of care. As we delve into this topic, we will draw on the most recent research to provide a deep understanding of the challenges and opportunities for LGBTQIA+ healthcare access in the United States. Our aim is to provide a platform for attendees to engage in open and honest dialogue and ask questions, with the ultimate goal of fostering a more inclusive and welcoming healthcare system. In particular, we will discuss the role of MCOs and HCA in providing coverage for gender affirming care and the impact of HB 5313 on healthcare access. This legislation has been a significant step forward in removing barriers to healthcare for transgender and non-binary individuals, but more work needs to be done to ensure that everyone has access to the care they need.

Our discussion will also highlight the importance of healthcare providers in ensuring that LGBTQIA+ individuals receive the care they need in a safe and affirming environment. We will provide information on the providers within our network who are committed to providing gender affirming care and creating an inclusive healthcare environment. The upcoming workshop will provide an opportunity for participants to learn more about the unique role of LGBTQIA+ Health Navigators within Molina Healthcare's case management system, and to hear directly about Molina members who have benefited from their expertise. LGBTQIA+ Health Navigators are Molina staff members who are not only experts in case management but are also members of the LGBTQIA+ community. They are uniquely equipped to assist Molina members who are seeking healthcare services that are specifically tailored to the needs of the LGBTQIA+ community, including gender-affirming care. The LGBTQIA+ Health Navigators play a critical role in ensuring that LGBTQIA+ members feel comfortable and supported when accessing healthcare services. They are able to provide personalized support, guidance, and advocacy to members, drawing on their own lived experiences as members of the LGBTQIA+ community. This helps to build trust between the members and the healthcare system, ultimately resulting in improved health outcomes. During the workshop, attendees will have the opportunity to hear member stories that showcase the impact of LGBTQIA+ Health Navigators in improving access to quality healthcare for members of the LGBTQIA+ community. These stories will highlight the challenges faced by LGBTQIA+ members when seeking healthcare services, and how they have been able to provide crucial support and guidance throughout the process.



## TRANS, QUEER, AND SEX WORK

*Meeting Room 10*

**Mercy Dizon (she/her)**

SWATCH presents a panel on being transgender, queer, and in the commercial sex industry. Join us to hear from lived experience experts from queer/trans identities. While growing in your foundation of understanding and ability to provide an equitable response to exploitation.

## WESTERN BEAUTY STANDARDS AND MEDICALIZATION OF TRANS HEALTHCARE

*Meeting Room 11*

**Leiyomi Preciado (she/they)**

This workshop will explore transgender history, terminology, and medicalization of healthcare and how that impacts BIPOC trans people in receiving adequate, affirming, and appropriate treatment for Gender Dysphoria. Workshop will include an interactive activity and various opportunity for open discussion and dialogue.

2:30 PM - 3:45 PM CLOSING SESSION

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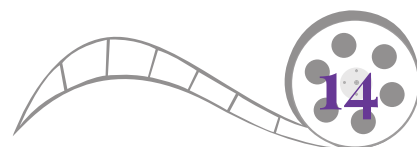
## ECOLOGIES OF POWER

*Grand Ballroom AB*

**Bam Mendiola (they/them)**

What teachings do cats offer us on surviving white supremacy and transphobia? What can we learn from plants about setting boundaries? What do mushrooms know about mutual aid that we've forgotten? What do lichen reveal about the importance of the slow, soft, and sensitives members of our ecosystem? This workshop is a space for remembrance, learning and un-learning. We will discuss the wisdom embodied by the more-the-human world and the lessons they offer us on our own privilege and power.

*This closing session presentation is sponsored by*



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QVAP seeks to empower people who exist at the intersections of LGBTQIA+ identities and AANHPI identities. No one should need to choose between their ethnic and cultural identity or their sexuality and gender identities when seeking mental health care. QVAP provides educational offerings to staff and creates opportunities for QTBIPOC to be in community with one another. 

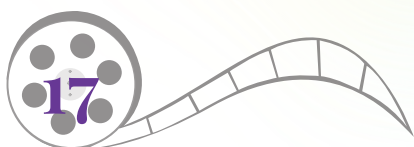


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The power of community

## Community Health Plan of Washington is proud to sponsor the Say It Out Loud Conference

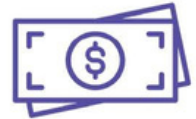
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ODYSSEY  
YOUTH  
MOVEMENT



Promoting equity for LGBTQ+ youth in the Inland Northwest since 1992

**Program  
Schedule**

Mon	Tues	Wed	Thurs	Fri
Youth Drop-In 3-8PM Ages 13-18	Discord Chat All Day <small>Message staff for server info for youth or young adult server</small>	Youth Drop-In 3-8PM Ages 13-18	Adult Drop-In 5-9PM Ages 18-24	Youth Drop-In 3-8PM Ages 13-18

**odysseyyouth.org**  
**509.325.3637**  
**1121 S Perry St**  
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- @odyssey\_youth
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