



Washington State

Saying It Out Loud Conference

Liberation and Illumination: Finding the Flame in Each Moment and Using it for Freedom April 29, 2019

A Conference Committed
to Increasing Competency
in Serving LGBTQ+
Individuals, Families,
and Communities

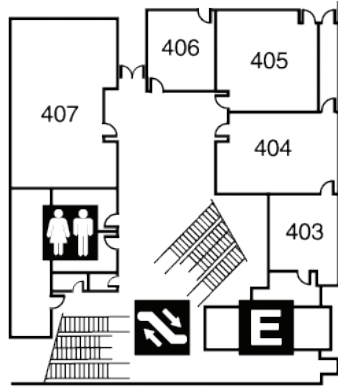
Washington State
Health Care Authority

**18th Annual
SIOL Conference
Monday, April 29, 2019
Tacoma, WA**

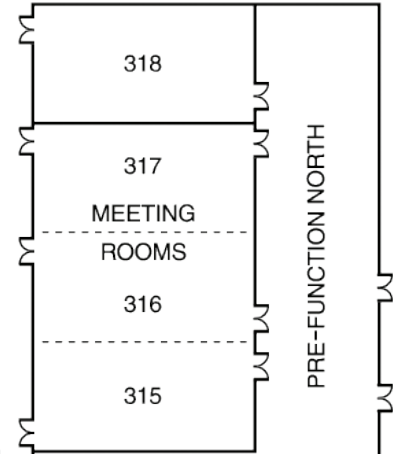
Greater Tacoma Convention Center Map

4

Meeting Rooms

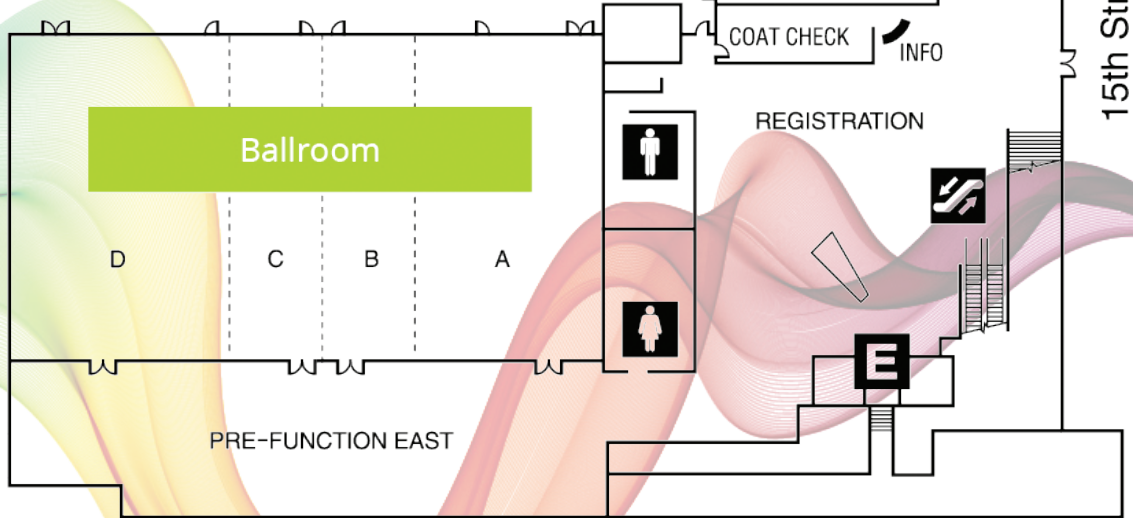


Meeting Rooms



3

Ballroom
Pre-function
Meeting Rooms
Registration Area



Liberation and Illumination: Finding the Flame in Each Moment and Using it for Freedom

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A Special Thank You to our Planning Committee Members

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2019 SIOL Conference





Pizza Klatch

Pizza Klatch (PK) is a non-profit organization which provides support groups for LGBTQ+ youth and their allies in classrooms during lunchtime in every high school throughout Thurston County, as well as Komachin Middle School, totaling 29 groups across 15 schools.

Pizza is offered in each group and is run by two trained adult co-facilitators who are either members or allies of the LGBTQ+ community. Facilitators are responsible for maintaining an inclusive, supportive, confidential environment, safe from physical harm or emotional attacks for all participants.

The Pizza Klatch mission is to foster resiliency in LGBTQ+ youth by creating a safe and positive school experience through support, education and empowerment. Empowering LGBTQ+ youth to be self-advocates, build community, develop confidence, and easily access resources as they explore and develop their identities is also part of Pizza Klatch's goal. This foundational support helps youth to have school be a positive and supportive space where LGBTQ+ youth are accepted and celebrated, free to learn without violence, harassment, discrimination, suicidal ideation or self-harm.

Pizza Klatch makes such an overwhelmingly positive impact on the lives of LGBTQ+ youth who have been touched by their program by modeling strong advocacy for inclusion, social change and educational voice.

We want to express our gratitude and thank them for their commitment to creating safe spaces for LGBTQ+ youth, promoting diverse communities, and increasing cultural understanding.

What does "Pizza Klatch" mean?

Pizza - A favorite food among students :-). Italian in origin, made of thin bread dough with a spiced mixture of tomato sauce and cheese and various toppings.

Klatch - A Yiddish word for informal social gathering, especially for means of conversation.

You can visit their website by going to: PizzaKlatch.org



Awardees

Gail Kreiger

Gail was the field general and air traffic controller for the Apple Health Transgender Program Workgroup and is being recognized with a Saying It Out Loud Individual Award. At the initial Workgroup meeting, she clearly laid out our marching orders to develop and implement a program for transgender individuals that would provide the full spectrum of healthcare and surgical services to enable a male-to-female or female-to-male transition, as well as ensure mental health services were available to transgender individuals and their family members. Afterwards, she stated, "If any of you have a problem with what we need to do, I need to hear from you now," and you could have heard a pin drop. She demonstrates courage, will not accept failure, and one colleague wrote, "she works harder than anyone I know, both day and night, to make sure projects are completed." She championed the training made available for all HCA staff that really normalized this benefit that helped many staff move past their biases that helped clients get the care they needed.

Health Care Authority Workgroup

The Apple Health Transgender Health Program Workgroup is also being recognized and well deserving of a Saying It Out Loud Team Award. Under Gail's leadership, they did the heavy lifting to draft the many documents necessary to add the surgical and other services to the Apple Health Medicaid benefit. They updated the Washington Administrative Code, billing guidelines, and information about the program, which can be found on HCA's webpage; and, includes how to access covered services, describes what is covered, and provides information on changing gender marker and name for individuals who transition. They truly cared about our clients and worked compassionately to ensure that our client's healthcare needs would be met. This Workgroup faced considerable resistance and contentious challenges from the public; however, they persevered and their efforts are why we have such a robust and comprehensive Apple Health Transgender Health Program in Washington State.

Washington State
Health Care Authority

2019 SIOLO Conference



Featured Speakers

Leticia Nieto



Keynote Speaker

Leticia Nieto Psy.D., LMFT has been an active poet, dramatist, and performer since 1978. She has been a psychotherapist and trainer in anti-oppression and expressive techniques including psychodrama, playback theatre, and theatre of the oppressed since 1980. For her work in the Master of Arts in Counseling Psychology Program at Saint Martin's University, Nieto was named Outstanding Faculty of the Year in 2005. She is also a member of the faculty of the European School of Classical Psychodrama in Mexico, and loves to sing.

Leticia's book, *Beyond Inclusion, Beyond Empowerment*, analyzes the psychological dynamics of oppression and privilege, and shows readers how to develop the skills that can promote social justice for themselves and those around them. BeyondInclusionBeyondEmpowerment.com has more information. as well as cuetzpalin.com

Aleksa Manila



Mistress of Ceremonies

Drug counselor by day, drag queen by night. Aleksa Manila is a celebrated and respected drag personality. Aleksa was recently recognized as Mayor Durkan's Pride Award for Outstanding Leader, "Community Leader of the Year" at the 2018 Greater Seattle Business Association's Business and Humanitarian Awards, the prestigious Dr. Bob Wood Award for Excellence in HIV Prevention in 2013, and was 2014 Grand Marshal at the 40th Seattle Pride Parade alongside her hero, Mr. George Takei.

In her professional career, Aleksa when "not-in-face" is the Program Coordinator of Project NEON (a harm reduction program for men who use meth) and Program Supervisor of Addiction Services at Seattle Counseling Service, the oldest social service agency for the LGBTQ community. Also, she's completing her MSW from the University of Washington this June. She's honored to continue to support SIOLE over the years and be part of its success in educating providers in culturally-competent care. Follow her at www.ALEKSAMANILA.com



Liberation and Illumination: Finding the Flame in Each Moment and Using it for Freedom

Youth Track Workshops

10:45AM — 12:00PM

ROOM 316

Supporting Non-Binary Youth

Rosalinda Noriega, Executive Director, Pizza Klatch
Sofia Vasconi, Facilitator & Advocate, Pizza Klatch

More and more youth are identifying outside the binary, feeling their gender does not fit into a male or female box. As care providers, we strive to serve all youth to the best of our abilities, but sometimes don't know where to start. In this workshop we will go over non-binary identity 101, practice using gender neutral pronouns, and ways of showing support.

1:00PM — 2:15PM

ROOM 316

Supporting LGBTQ+ Youth in Systems of Care

Nicholas Oakley, JD, Center for Children and Youth Justice
Michelle Williams, Center for Children and Youth Justice
Merylin Castelan, MSW, Center for Children and Youth Justice
Minnie Bliesner, Passion for Action

How can we improve our systems of care for LGBTQ+ youth? This workshop addresses this question through reflecting on the lessons learned from pilot implementation of the Protocol for Safe & Affirming Care—a guide for systems professionals on how to better support LGBTQ+ youth. We will learn about the development of the Protocol and its implementation, reflect on lessons learned from the pilot implementation of the Protocol, explore the importance behind discussing sexual orientation, gender identity, and gender expression (SOGIE) with systems-involved youth, and interactively strategize around building safer and more affirming systems.

2:30PM — 3:45PM

ROOM 316

Listening to LGBTQ Youth

Matthew Wilson, Director of Programs, Oasis Youth Center

It's time to hear from LGBTQ youth. A panel of youth speakers will answer questions from the moderator and workshop participants. In addition, Matthew will share an overview of services offered by Oasis Youth Center and barriers LGBTQ youth face.

Elder Track Workshops

10:45AM — 12:00PM

ROOM 407

Foundational Community Supports - Medicaid Funded Services!

Whitney Joy Howard, MSW, DSHS/ALTA
Kimberly Castle, CPC, DBHR/HCA

Please join us to better understand how your agency can tap into Medicaid paid Supportive Housing services. At this presentation you'll learn about the Foundational Community Supports benefit, with a focus on Supportive Housing services, what services entail, and Substance Abuse and Mental Health Services Administration's (SAMHSA) Permanent Supportive Housing principles behind the services. We will also discuss opportunities to partner with existing services and resources to holistically support individuals as they age. Any questions regarding the FCS program and how your agency can partner to provide these services will be happily answered.

1:00PM — 2:15PM

ROOM 407

Rainbow Housing: Next Steps to Building LGBTQ Community

Karen Fredriksen Goldsen, Ph.D, University of Washington School of Social Work

Our region has one of the largest LGBTQ communities in the nation, yet we are lagging behind other major metropolitan areas in meeting the housing and service needs of LGBTQ midlife and older adults. In this presentation, Dr. Fredriksen Goldsen will examine the housing and service-related needs of LGBTQ midlife and older adults in our area. The presentation will provide an overview of the housing and senior service challenges, experiences and needs of LGBTQ midlife and older adults living in our region and provide a community-based action plan for moving forward.

2:30PM — 3:45PM

ROOM 407

Gen Silent - Film Screening and Facilitated Dialogue

Marianne Ozmun-Wells, MMPA, Certified Diversity Executive, DSHS

The award-winning documentary, Gen Silent, illuminates the dilemma facing many LGBTQ aging and elderly Americans as health and finances push them back into the closet to avoid discrimination. A facilitated dialogue will explore the challenges our pioneers must confront and will look at how those in helping professions can be better advocates and allies.



Liberation and Illumination: Finding the Flame in Each Moment and Using it for Freedom

Repeating Workshop Sessions

10:45AM — 12:00PM ♦ 1:00 PM — 2:15 PM

Building Skills to be a Better Advocate for Your Transgender and Gender Diverse Patients and Clients Room 315

Mattie Mooney, Healthcare Access Manager,
Ingersoll Gender Center

This workshop will help healthcare providers and social service providers better understand the role that they can play in helping advocate for their transgender and gender diverse patients. This workshop will focus a bulk of our time on building skills to better support transgender and gender diverse people navigating healthcare insurance denials. Participants will learn more about the insurance denial process and the basics of writing stronger letters for their patients.

Immigration Services for LGBTQ Latinx Room 317

Isis Goldberg, J.D., *Entre Hermanos*

Entre Hermanos's mission is to promote the health and well-being of the Latino, Gay, Lesbian, Bisexual, Transgender, and Questioning community in a culturally appropriate environment through disease prevention, education, support services, advocacy and community building. We offer services related to HIV prevention, living with HIV, and immigration. As the immigration staff attorney, my services include legal representation for individuals seeking asylum or other appropriate benefits.

LGBTQ Mental health and Addiction Issues Room 318

Christopher Skaggs, MA, LMFTA, *Seattle Counseling Service*

This workshop will explore LGBTQ mental health and substance use disorders. Clinicians from Seattle Counseling Service will discuss some of their experiences in working with and within this population.

By and For Youth: Organizing Through Action and Practice

Jackson Mercogliano, *Organizational Development Director, Stonewall Youth*

Room 404

Stonewall Youth has been a staple of the Olympia community since 1991, providing safe and confidential services to LGBTQ+ youth in Thurston, Mason, and Lewis counties. In 2015, Stonewall Youth restructured their staff into a non-hierarchical collective and added positions for youth aged staff members. Stonewall's staff collective now has 8 members, 5 of whom are within their youth age range. In "By and For Youth: Organizing through Action and Practice" we will talk about the challenges and joys of restructuring your workplace, how to practice and facilitate youth leadership, and why centering anti-oppression principles in any type of work is vital.

Living in the Intersections: Navigating the World as QTPOC

J. Manny Santiago, M.Div., MPA, *Executive Director, Rainbow Center*

Room 405

Participants in this workshop will explore intersectionality and how queer and trans people of color navigate systems that were not designed with their identities in mind. The workshop will also provide strategies for people who want to become allies of QTPOC communities, and explore ways in which QTPOC communities can be allies to each other. This workshop will make use of a queer, Latinx, feminist perspective.



One-Time Workshop Sessions

2:30 PM — 3:45 PM

We All Have Something to Offer: Harnessing Our Collective Power Through Networking, Dialoguing and Strategizing Room 315

Nicholas Oakley, JD, Center for Children and Youth Justice

Each and every one of us brings knowledge, skill, and awareness of resources to SIOL, as well as questions and concerns. In this session, you will have the opportunity to share with and learn from your fellow SIOL participants through a series of interactive and structured activities. These activities will involve small group work; participants will not be expected to share/present with the entire group. Be prepared to take an active role in building our collective power to support LGBTQ+ clients and communities.

Creating a Culture of Inclusive Care: Preventing Suicide by Fostering Belonging Room 317

Rebecca Snearly, MPH, Whatcom County Health Department
Page, M.Div., Northwest Youth Services

The reasons one considers suicide are complex. There is no one-size-fits all prevention strategy. As providers we strive to offer each client the same guarantee of safety and respect. We know that from one client to the next, this respect looks different and that each client defines personal safety for themselves. Creating cultures of inclusive care within our own agencies, schools, or clinics, requires a thoughtful, bottom to top re-evaluation of our policies, procedures, and interpersonal practices. This approach avoids teaching a narrow set of skills that may feel inclusive for only a small subset of clients and instead offers a broad understanding of safety and respect which is able to better serve a wide variety of clients. This workshop presents high level suggestions for implementing system-wide changes to support a climate of safety and belonging/respect for LGBTQ clients. This workshop also touches upon a few essential best practices to equip providers with the knowledge, skills and confidence necessary to support individual LGBTQ clients in ways that foster safety and belonging.

Call Me by My Name: Respecting Transgender and Gender Diverse Seniors

Room 318

Mitchell Hunter, HCA, Trans Inclusivity

A participatory presentation on the basics of understanding, respecting and engaging with people in the very broad transgender, gender diverse and non-binary community. People will leave with a keener understanding that transgender people are no different than anyone else living full authentic lives, and yet, are often exposed to greater risks in obtaining healthcare, safety, protections, economic status, employment and housing. The presentation will include a focus on the unique challenges transgender people face as they age especially for those who are self-identified as multiply-marginalized here in America.

Maybe He's Born with It. Maybe It's Male Privilege. Room 404

Bam Mendiola, Bam Organization

In this conversation, Bam Mendiola will discuss tools that encourage men to use their privilege and systemic protections to better center woman, the queer community, and femmes. We will also hold space around our own social locations and consider how we can use our own positionality to center the most targeted members of our community. Maybe He's Born with It ultimately seeks to interrupt and question our existing notions of safe space, self-care, call-out culture, and "allyship".

Radical Self-Care, Diversity and Justice

Room 405

Saiyare Refaei, Pacific Lutheran University

As Angela Davis said, "Radical simply means 'grasping things at the root.'" "Radical Self-Care, Diversity and Justice" will explore unpacking these terms and exploring ways of understanding the root of these topics before moving into praxis. This session will also inform identity, social and environmental intersections that can inform this work.



Liberation and Illumination: Finding the Flame in Each Moment and Using it for Freedom

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This conference is hosted by:

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2019 SIOL Conference



Exhibitors

Be sure to visit our exhibitors!

Adult Family Home Council

<https://www.adultfamilyhomecouncil.org/>

Aging and Long-Term Support Administration

<https://www.dshs.wa.gov/altsa>

Aging with Pride: IDEA (Innovations in Dementia Empowerment and Action)

<http://ageidea.org/>

Amerigroup

<https://www.amerigroup.com/>

Brain Energy Support Team

<http://brainenergysupportteam.org>

Coordinated Care

www.coordinatedcarehealth.com

Crisis Connections/WA Recovery Help Line

www.warecoveryhelpline.org

DSHS, Office of the Deaf and Hard of Hearing

www.dshs.wa.gov/altsa/office-deafand-hard-hearing

DSHS/Division of Vocational Rehabilitation

<https://www.dshs.wa.gov/office-of-the-secretary/division-vocational-rehabilitation>

Gay City: Seattle's LGBTQ Center

www.gaycity.org

Gender Diversity

www.genderdiversity.org

Generations Aging with Pride

<https://gapseattle.org/>

Hidden Spring Book Company

<http://www.mkt.com/shirtsandbooks>

Ingersoll Gender Center

www.ingersollgendercenter.org

LGBTQ+ State Resource Group/Rainbow Alliance and Inclusion Network

<https://ofm.wa.gov/state-human-resources/workforce-diversity-equity-and-inclusion/statewide-business-resource-groups>

Metropolitan Development Council

www.mdc-hope.org

Molina Healthcare

<https://www.molinahealthcare.com>

Oasis Youth Center

www.oasisyouthcenter.org

Rainbow Center

<http://www.rainbowcntr.org>

Schick Shadel Hospital

<http://schickshadel.com>

Sea Mar Behavioral Health

www.seamar.org

Seattle Counseling Service

www.seattlecounseling.org

Seattle Pridefest

Susan G. Komen

www.komenpugetsound.org

Tacoma PFLAG

<http://www.pflagtacoma.org/>

UTOPIA (United Territories of Pacific Islanders Alliance)

www.utopiaseattle.org

Washington State Health Care Authority (HCA)

<https://www.hca.wa.gov>



Liberation and Illumination: Finding the Flame in Each Moment and Using it for Freedom

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Notes

A series of horizontal lines for writing, with a rainbow gradient background and a large, colorful, wavy graphic on the left side.

AGENDA AT A GLANCE

7:30 – 8:30 AM

Registration & Check-in

Continental Breakfast provided

8:30 – 8:50 AM

Opening Remarks and Welcoming

*Aleksa Manila, Mistress of Ceremonies
Sue Birch, Director, Health Care Authority (HCA)
Michael Langer, Acting Director, Division of Behavioral
Health and Recovery (DBHR), HCA*

8:50 – 9:15 AM

Awards

9:15 – 10:30 AM

Keynote

Dr. Leticia Nieto, Psy.D., LMFT

10:30 – 10:45 AM

Break

10:45 – 12:00 PM

Workshops

Please see below for Workshop Breakdown

12:00 – 1:00 PM

Lunch (provided)

1:00 – 2:15 PM

Workshops

Please see below for Workshop Breakdown

2:15 – 2:30 PM

Break (snacks provided)

2:30 – 3:45 PM

Workshops

Please see below for Workshop Breakdown

3:45 – 4:00 PM

Closing Remarks

4:00 PM

Conference Adjourns

Workshop Breakdown Key



**YOUTH
TRACK
WORKSHOP**



**ELDER
TRACK
WORKSHOP**



**REPEATING
WORKSHOPS**



**ONE TIME
WORKSHOPS**

	Room 316	Room 407	Room 405	Room 317	Room 404	Room 315	Room 318
10:45 AM = 12:00 PM	Supporting Non-Binary Youth	Foundational Community Supports - Medicaid Funded Services!	Living in the Intersections: Navigating the World as QTPOC	Immigration Services for LGBTQ Latinx	By and For Youth: Organizing Through Action and Practice	Building Skills to be a Better Advocate for Your Transgender and Gender Diverse Patients and Clients	LGBTQ Mental Health and Addiction Issues
1:00 PM = 2:15 PM	Supporting LGBTQ+ Youth in Systems of Care	Rainbow Housing: Next Steps to Building LGBTQ Community	Living in the Intersections: Navigating the World as QTPOC	Immigration Services for LGBTQ Latinx	By and For Youth: Organizing Through Action and Practice	Building Skills to be a Better Advocate for Your Transgender and Gender Diverse Patients and Clients	LGBTQ Mental Health and Addiction Issues
2:30 PM = 3:45 PM	Listening to LGBTQ Youth	Gen Silent - Film Screening and Facilitated Dialogue	Radical Self- Care, Diversity and Justice	Creating a Culture of Inclusive Care: Preventing Suicide by Fostering Belonging	Maybe He's Born with It. Maybe It's Male Privilege.	We All Have Something to Offer: Harnessing Our Collective Power Through Networking, Dialoguing and Strategizing	Call Me by My Name: Respecting Transgender and Gender Diverse Seniors

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