

## Creating a Community of Compassion / Manifesting Equity for LGBTQ Youth

A one day Conference for Educators and Health Care Providers  
Friday, March 17, 2017, 8:00 – 3:30, Kay Parker Building, 26 Hadley Lake Road, Machias

No Registration Fee (Donations Accepted at the Door) --- Free lunch with Vegetarian and  
Gluten Free options ---- Contact Hours Available For Educators

Conference Presented By: The Washington County Community Circle for GSTAs, and Sunrise Opportunities, in cooperation with GLSEN (Gay Lesbian Straight Education Network), Eastport Health Center, Mabel Wadsworth Center, Healthways/Regional Medical Center at Lubec, Advisors and Students from MDI High School.

**This Conference is made possible by a Grant from the  
Maine Health Access Foundation**

### CONFERENCE AIM -- OBJECTIVES – LEARNING GOALS

#### Aim of Conference

Bring LGBTQ individuals, educators, health care providers, and allies together in a common forum, manifest equity for our LGBTQ youth, and become a catalyst for change in Washington County

#### Objectives

- Raise awareness and improve knowledge by bringing authentic information about disparities faced by the LGBTQ community
- Unite sector voices of LGBTQ individuals, allies, educators health care providers and legal experts around the table to manifest a tangible plan of action
- Manifest an inclusive community reflecting compassion and understanding
- Utilize our cognitive brain and gut brain to promote a true Culture of Acceptance.

#### Learning Goals – At the completion of the conference attendees will:

- Understand some of the unique physical health and behavioral health issues affecting LGBTQ youth, and the best practices which address these issues
- Understand some of the legal rights and constraints which affect LGBTQ youth in school and in the community
- Learn specific techniques and skills to reduce hate language and harassment in schools, and create safe environments for all students, including LGBTQ students.
- Develop an understanding of some of the roadblocks which get the way of achieving wider communities of acceptance
- Develop action plans to implement health and legal equity and a culture of acceptance in schools and in the community

## KEY PRESENTERS

**Wayne Maines:** (Portland). Wayne is the father of Nicole Maines (Nicole is featured in Becoming Nicole). Wayne speaks nationwide about his journey as a very conservative Mainer whose 2 year old insisted she was a girl, how he and his family came to accept this reality, and how he has advocated for her through years of confrontations with various school and legal systems. Wayne is a powerful speaker who touches the heart of everyone who hears him.

**Zack Paakkonen** (Portland). Zack is a Maine attorney who concentrates on legal issues relating to LGBT youth and adults. Zack presents at workshops nationwide. Zack is transgender himself and weaves his own story into his presentation about the laws protecting LGBTQ students in Maine schools in a common sense, understandable manner.

**Lin Gould** (Mount Desert Island). Lin is an educator in Mount Desert Island, and advisor of the GSTA club in MDI High School. She will talk about how to set up and maintain GSTAs in schools, even schools where there is some resistance. Lin will present with several students from the MDI GSTA, who share some of their experiences, both good and bad, and offer ideas for supporting LGBQ students in schools

**Lindsey Piper**, MSN, WHNP (Bangor). Lindsey is a Nurse Practitioner at Mabel Wadsworth Center. Lindsey is knowledgeable about the inequalities and disparities experienced by LGBTQ people in the health care system. She provides practical advice on the provider/client relationship and creating a safe environment for discussion of health needs/care.

**Anne Leaver**, LCPC, LADC, (East Machias). While her training is in clinical pastoral counseling, Anne is a dually-licensed mental health/alcohol & drug counselor. Her practice at Healthways/Regional Medical Center at Lubec includes LGBTQ youth, adults, and elders who are struggling to get their emotional and spiritual needs met in this rural and culturally conservative part of the state. Her wisdom and advice in this area is important for all behavioral health counselors working with this population, particularly during these unsettled times.

**Holly Gartmayer DeYoung**, BSN, MBA (Eastport). Holly is the CEO at Eastport Health Care and has been recognized for innovative leadership and community engagement locally, regionally and nationally. Holly created the Community Circle Model of Community Engagement to ensure the most essential voice (peer voice) is included in any important conversation aimed at improving systems. She currently facilitates three Community Circles in Washington County, Maine and recently published in the Patient Safety and Healthcare Quality Journal <http://psqh.com/analysis/community-circles-transforming-care-in-downeast-maine/>.

## SCHEDULE FOR THE DAY

- 8:00 – 8:20      Registration
- 8:20 - 8:30      Welcome by Holly Gartmayer DeYoung
- 8:30 – 9:15      Keynote Speaker (Wayne Maines), A self-described conservative shares his personal story of his family’s journey when one of his twins recognizes the truth that she is really a girl. Their journey results in changes for the family, and widening circles, including new laws that have ripple effects across the country. (Wayne Maines, Portland)
- 9:20 -- 10:50    Legal rights of LGBT citizens and students. The legal landscape for LGBTQ people has changed dramatically over the past few years. A legal expert in this field from Portland will explain this, and help make sense of what this means for schools and the wider community (Maine Attorney Zach Paakkonen)
- 11:00 – 12:00    Lunch (buffet soup and salad lunch provided at no cost to attendees)
- 12:00 – 1:30      Concurrent Break out Sessions (Choose one)
- a. Starting up and maintaining GSTAs in Schools, experiences of students currently in GSTAs, finding alternative ways to support LGBTQ and non-conforming students in schools (GSTA advisor Lin Gould, and Students from MDI High School GSTAs)
  - b. Physical, Emotional and Spiritual Health of LGBTQ youth, disparities, challenges, and sources for knowledge, education and support. (Lindsey Piper, MSN, WHNP, Bangor and Anne Leaver, LCPC, LADC, East Machias)
- 1:45 – 3:15      Closing the Circle / Creating a Culture of Acceptance -- All presenters, organizers and attendees, will convene in a Community Circle, a powerful model in which to share truth in experience, and consider solution based ways to raise awareness and promote safety, equity and acceptance within both the school and the community. (Holly Gartmayer DeYoung, CEO Eastport Health Center)

**Register at [LGBTQconfMachias@gmail.com](mailto:LGBTQconfMachias@gmail.com) --- Contact Hours Available for Educators**