

EXPANDING TRANS FUTURES

Care and Advocacy for Our Tomorrow

April 25–27, 2025



Location MAHEC Education Building
121 Hendersonville Road
Asheville, NC 28803

Day One Friday, April 25, 2025
Program 5:00 pm–7:30 pm

Day Two Saturday, April 26, 2025
Registration 7:00 am–8:00 am
Program 8:00 am–5:00 pm

Day Three Sunday, April 27, 2025
Registration 8:00 am–8:30 am
Program 8:30 am–12:00 pm

REGISTER
ONLINE

EARLY FEES AVAILABLE THROUGH 4/19/2025

\$249.00 Physicians
\$129.00 Behavioral Health, Allied Health, Nurses
\$79.00 Community Members, Students, Family Members

OBJECTIVES

At the conclusion of this event, participants will be able to:

- Analyze the effectiveness of current community partnership models in improving health outcomes for transgender, nonbinary, intersex, and gender expansive communities
- Evaluate best practices in clinical care and advocacy
- Identify gaps in existing protocols that affect access and quality of care for transgender patients
- Implement actionable solutions to the gaps in care protocols
- Develop strategies to implement innovative research into practice, ensuring that care delivery is informed by the latest evidence
- Design comprehensive care frameworks that incorporate racial equity and intersectionality to reduce health disparities and promote holistic wellbeing in transgender and gender-diverse populations
- Assess policies and systemic barriers that hinder the provision of equitable care
- Advocate for policy reforms at institutional and legislative levels

PROVIDED BY

DESCRIPTION

The **Expanding Trans Futures: Care and Advocacy for Our Tomorrow** conference, scheduled for April 25-27, 2025, in Asheville, NC, will showcase genuine community partnerships, best practices, and groundbreaking research to support the health and wellbeing of transgender, nonbinary, intersex, and gender expansive communities. This conference will provide education and resources to increase access to care and improve the quality of the care currently available for transgender patients.

Some of the topics include; nutrition, transmasculine voice therapy, gender affirming care in adults, healing trauma in the trans population, tools for working with transgender clients with anxiety, challenging stigma, combatting misinformation, support groups for parents and caregivers of transgender youth, and building community networks.



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KEYNOTE SPEAKERS

Tori Cooper, BA, MPH (She/Her)

Tori Cooper is a Health & Equity Consultant, CDC subject matter expert, educator, published author, and leader in the transgender and HIV communities who recently was honored as one of the most influential LGBTQ Georgians by OUT Georgia. She leads with more than 30 years of experience in HIV service and is the founder of her own consulting agency, Advocates for Better Care Atlanta, LLC. She is the Human Rights Campaign's Director of Community Engagement for the Transgender Justice Initiative. In this role, her focus includes economic empowerment, capacity-building programs, public safety, and expanding public education campaigns. Ms. Cooper was recently sworn in as a Special Government Employee to the Presidential Advisory Council on HIV/AIDS (PACHA) which provides recommendations to the Biden-Harris Administration. In 2021, Tori was recognized by POZ magazine as one of the 100 top Black advocates and The Advocate as one of its Advocates of the Year.

Rebby Kern (They/Them)

Rebby Kern is a dynamic advocate for trans and queer liberation and joy, dedicated to transforming culture to enhance our collective sense of belonging and empowerment. Currently, they serve as the Senior Specialist for Welcoming Schools at the Human Rights Campaign Foundation, where they help schools create inclusive and affirming environments for all students. Additionally, Rebby chairs the board of Youth OUTright of Western North Carolina, leading efforts to empower LGBTQ+ youth and ensure their voices are heard and needs are met.

Rebby's work extends beyond the classroom, focusing on expanding yoga, wellness, and fitness cultures to fully include transgender, nonbinary, and gender-expansive individuals. They lead yoga studios, fitness gyms, facilitators, and coaches to challenge exclusionary practices and implement trans-forward policies that welcome everybody.

As a speaker and writer, Rebby's articulate and compassionate voice makes them a sought-after advisor and ally in the pursuit of equity and justice. Outside of their professional endeavors, Rebby is known for their love of play and joy as a life approach, believing curiosity and laughter are essential to fulfillment. This philosophy infuses their work, bringing an infectious enthusiasm to every initiative they undertake. Combining expertise, creativity, and an unwavering commitment to making every space inclusive, Rebby Kern is ready to guide the way toward a liberated and vibrant world.

FACULTY BIOGRAPHIES

[Click here to read about our 2025 presenters.](#)

FRIDAY, APRIL 25, 2025

5:00–6:00	Social & Snacks
6:00–6:45	Short Films
6:45–7:30	Discussion — Jorgen Madsen, MD (He/Him)

MEDICAL COURSE DIRECTOR

Jorgen Madsen, MD (He/Him)

MAHEC Internal Medicine | Asheville, NC

PLANNING COMMITTEE

Olivia Buckoski, PharmD, AAHVP, HIVPCP (She/Her)

WNCCHS | Asheville, NC

Bethany Corrigan, MPH (They/Them)

Gender & Public Health Equity Specialist | Charlotte, NC

Rita Esterwood, MSN, RN, NBCSN (She/Her)

Mountain Area Health Education Center | Asheville, NC

Dina Gillespie (She/Her)

Mountain Area Health Education Center | Asheville, NC

Ivy Hill (They/Them)

Campaign for Southern Equality | Piedmont, SC

Allison Hody, MS (She/Her)

WNCCHS | Asheville, NC

Flex Jonez (He/Him, We, Sir)

5th Avenue Alliance | Winston Salem, NC

Rebby Kern (They/Them)

Senior Specialist, Welcoming Schools | Charlotte, NC

Ellen Kesler, MLS, MPH, CPH (She/Her)

Northwest AHEC | Winston Salem, NC

Lilli Mann-Jackson, MPH (She/Her)

Wake Forest University School of Medicine | Winston-Salem, NC

Holly Savoy, PhD (She/Her)

Charlotte Trans Health | Charlotte, NC

SATURDAY, APRIL 26, 2025

7:00–8:00 Registration & Breakfast (*provided*)

8:00–8:30 Ground Rules, Common Language, & Grounding Exercises
— Kai Herschl, MSW, LCSW (He/Him)

8:30–9:30 **State of the State**
— Ivy Hill (They/Them) & Craig White, MSW (He/Him, They/Them)

9:30–9:45 Break

9:45–11:00 **Keynote Presentation**
— Tori Cooper (She/Her)

11:00–11:15 Break

11:15–12:15 Morning Breakouts

Breakout 1

Nutrition is the easiest thing I can do, right?": Exploring the Nutrition Needs and Priorities of Transgender and Gender-Diverse Youth Through Key Informant Perspectives (30 minutes)

— Heather Schier, PhD (She/Her)

Objective:

- Discuss the nutrition-related health priorities of transgender gender and gender-diverse (TGD) youth from the key informant perspective

Counselors and Cosplayers United! (30 minutes)

— Tora Kincaid, Ph.D., LCMHC, LCASA, NCC, CCBT, CTMH (She/Her)

Objectives:

- Gain an increased understanding of the unique needs of the trans cosplayer subculture and how to effectively provide mental health care to this population
- Explore the impact that stigma has on the resiliency and mental health of people who participate in the trans cosplay subculture
- Discuss strategies for licensed mental health providers who receive referrals for trans cosplayers to explore training/education to increase resiliency and multicultural competency for positive treatment outcomes

Breakout 2

Assessing the Experiences of Transgender and Nonbinary Patients in an Academic Family Medicine Clinic

— Riley Smith, MD (He/Him) & Ben Kaplan, MD (He/Him)

Objectives:

- Review the methods used for engaging TGNB participants in qualitative research around their healthcare experiences, including recruitment, survey design and distribution, and focus group development
- Discuss the results of the survey and focus group study, including emerging themes and illustrative participant quotations
- Discuss participant recommendations for improving the care of TGNB individuals in a large family medicine residency clinic
- Reflect on the personal experiences as TGNB / LGBTQ+ individuals caring for and conducting research within our own community
- Use qualitative research as a tool for positive change within their own institutions / communities

Breakout 3

It's Deeper Than Pitch: The How's and Why's of Transmasculine Voice Therapy

— Tara Nixon, MM, MS, CCC-SLP (She/Her) & Audrey Walstrom, DMA, MA, CCC-SLP (She/Her)

Objectives:

- Describe the role of gender-affirming voice therapy for the transmasculine person, either alternatively or complementary to HRT
- Describe best practices for transmasculine voice evaluation and training as outlined in the WPATH SOC-8
- Provide information on voice changes caused by exogenous hormone treatment versus behavioral modification

FACULTY BIOGRAPHIES

[Click here to read about our 2025 presenters.](#)

SATURDAY, APRIL 26, 2025 (CONTINUED)

Breakout 4

Gender Affirming Care in Transgender Adults

— Olivia Buckoski, PharmD, AAHIVP, HIVPCP (She/Her)

Objectives:

- Describe gender-affirming healthcare
- Describe gender dysphoria
- Describe options for and monitoring of gender-affirming hormone therapy
- Describe benefits and risk of gender-affirming hormone therapy
- Describe physiological and laboratory changes as a result of gender-affirming hormone therapy

12:15–1:30 Lunch (*provided*) with Exhibitors & Networking

1:30–2:30 Afternoon Breakouts

Breakout 5

Evaluation of Learner Experience in an Interdisciplinary Gender Health Clinic

— Irene Ulrich, PharmD, MPH (She/Her) & Genevieve Verrastro, MD (She/Her)

Objectives:

- Describe the current state of gender-affirming care training in health professions education
- Interpret survey results describing the learner experience in an interdisciplinary gender health clinic
- Identify additional gaps in gender-affirming care for health professionals

Breakout 6

Tools and Recommendations for Working with Transgender Clients and Patients with Anxiety

— Kai Herschl, LCSW (He/Him)

Objectives:

- Recognize symptoms of anxiety
- Identify implications of anxiety in trans patients/clients
- Acknowledge patients' & clients' anxiety in the moment
- Identify tools and recommendations to support stabilization in the moment
- Provide recommendations for ongoing care after patients/clients leave your office

Breakout 7

Challenging Transphobic Stigma & Reshaping Attitudes Toward Gender Diversity

— Alice Drozdiak, MSPH, MSW, LCSWA (They/Them)

Objectives:

- Identify two interventions for disrupting stigma
- Name the four stages of stigmatization (Link & Phelan, 2001)
- Provide examples of gender diversity from across multiple cultures and time periods

2:30–2:45 Break

2:45–3:45 **Panel Discussion: Resources vs Assistance Within and Toward the Transgender Community**

— Flex Jonez (He/Him, We, Sir)

3:45–5:00 **Keynote: Dreaming Trans Futures—Leading With Joy and Care in Community**

— Rebbly Kern (They/Them)

5:00 Adjourn

SUNDAY, APRIL 27, 2025

8:00–8:30 Registration & Breakfast (*provided*)

8:30–9:30 **Combating Misinformation**
— Katie Jenifer, JD (She/Her, They/Them)

9:30–9:45 Break

9:45–10:45 Breakouts

Breakout 8

Improving Access to Gender-Affirming Voice Services: A Model for Interdisciplinary Care and Intercollegiate Collaboration

— Tara Nixon, MM, MS, CCC-SLP (She/Her) & Audrey Walstrom, DMA, MA, CCC-SLP (She/Her)

Objectives:

- Identify strategies for cultivating visibility and accessibility of gender-affirming voice care in our communities
- Demonstrate rationale for establishing an interdisciplinary gender-affirming healthcare team that includes voice therapists

Breakout 9

Support Groups for Parents and Caregivers of Transgender Youth (of all ages)

— Julie Neal, MA, LPA (She/Her, They/Them) & Jonah Blum (He/Him)

Objectives:

- Identify ways to navigate starting a parent/caregiver support group
- Describe how to create safety in a support group
- Balance informational support and parents supporting each other
- Connect parents to resources
- Show mindfulness of cultural humility

Breakout 10

Building Community Networks for Gender Affirming Care

— Casey Mesaeh (They/Them) & Eileen Gieger, LCMHC (They/Them)

Objectives:

- Describe the roles of multidisciplinary healthcare and social service providers in community-based care
- Analyze potential implementation barriers and facilitators when establishing community-based healthcare programs for transgender and gender diverse people.
- Discuss the benefits of multidisciplinary community-based care for transgender and gender diverse people

10:45–11:00 Break

11:00–12:00 **Multidisciplinary Collaboration in Gender-Affirming Care: A Panel Discussion**

— Moderator: Holly Savoy, PhD (She/Her)

12:00 Adjourn

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LODGING

Doubletree by Hilton

115 Hendersonville Road, Asheville, NC 28803

Dates available: April 25-27, 2025

Rate: \$139+ per night

Rate available until: March 26, 2025

Hampton Inn

117 Hendersonville Road, Asheville, NC 28803

Dates available: April 25-27, 2025

Rate: \$146+ per night

Rate available until: March 26, 2025

AUDIENCE

Healthcare providers including physicians, advanced practice providers, nurses, interested allied health professionals, and student health providers. Behavioral health providers including psychiatrists, counselors, therapists, social workers and psychologists. Community members including transgender and gender expansive individuals, family members, partners, friends, and allies.

CREDIT OFFERINGS

Continuing Medical Education

Accreditation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Southern States CME Collaborative (SSCC) through the joint providership of MAHEC and Southern Headache Society. MAHEC is accredited by the SSCC to provide continuing medical education for physicians.

Credit Designation: MAHEC designates this live activity for a maximum of **10.0** AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure Statement: MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

Physician Assistants: AAPA accepts certificate of participation for educational activities certified for AMA PRA Category 1 Credits[™] from organizations accredited by ACCME or a recognized state medical society. PAs may receive a maximum of **10.0** hours of Category 1 credit for completing this program.

Nurse Practitioners: This activity is designated for **10.0** AMA PRA Category 1 Credits[™].

10.0 Nursing Contact Hours

Mountain Area Health Education Center (MAHEC) is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants must attend the entire activity to receive credit.

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for **10.0 hours** Category A.

NCASPPB GSB: North Carolina Addictions Specialist Professional Practice Board has approved this workshop for General Skill Building hours, XX-XXX- GSB for up to **10.0** hours.

CEUs: MAHEC designates this continuing education activity as meeting the criteria for **1.0** CEUs as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for **10.0** contact hours.

REGISTRATION

Early registration deadline: April 19, 2025

Program fees include administrative costs, educational materials, breakfast, and lunch. If your registration is received after the early registration deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

HAVE A QUESTION?

Program Planner

Dina Gillespie

828-771-4216 | dina.gillespie@mahec.net

Registration Phone

828-257-4475

Registration Fax

828-257-4768

Online Registration

mahec.net/events



Special Services

828-771-3490

Email

registration@mahec.net

Mail

MAHEC Registration
121 Hendersonville Road
Asheville, NC 28803



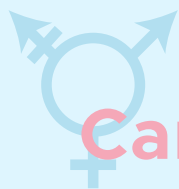
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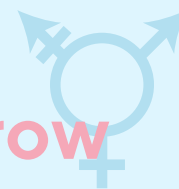


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REGISTRATION FORM

☐ Updated contact information Event #74386

Name _____

Credentials _____

Occupation _____

Email Address _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

☐ Please remove me from the MAHEC mailing list

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Department _____

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Work County _____

PAYMENT SELECTION

Physicians

☐ \$249.00 ☐ \$264.00 if paying after 4/19/2025

Behavioral Health/Allied Health/Nurses

☐ \$129.00 ☐ \$144.00 if paying after 4/19/2025

Community Members/Students/Family Members

☐ \$79.00 ☐ \$94.00 if paying after 4/19/2025

BREAKOUT SELECTIONS

Saturday Morning Breakouts (choose one)

☐ Breakout 1 ☐ Breakout 3
☐ Breakout 2 ☐ Breakout 4

Saturday Afternoon Breakouts (choose one)

☐ Breakout 5 ☐ Breakout 7
☐ Breakout 6

Sunday Breakouts (choose one)

☐ Breakout 8 ☐ Breakout 10
☐ Breakout 9

Dietary Preference (if applicable)

☐ Vegetarian ☐ Gluten-free ☐ Vegan

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

☐ **CHECK IS ENCLOSED**

☐ **PAYING WITH CARD**

☐ Visa ☐ MasterCard ☐ Discover Card ☐ AmEx

Account # _____

Expiration Month/Year _____ / _____

Verification Code _____ (3 or 4-digit number)

Name on Card _____

Signature _____

Send completed registration to: MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803

Fax completed registration to: 828-257-4768