

Agenda
Thursday, April 30th
What's Happening Nationally



Join presentations from professionals around the nation that explore the role of Extension, 4-H Youth Development and other organizations that serve and support LGBTQ+ youth and families.

All times below are Mountain Standard Time (MST).

Suggested Audience:

A=All; Y=Youth; P=Professionals; PF=Parent/Family; E4=Extension/4-H

10:30 am-11:00 am MST

Welcome and Land Acknowledgment

11:00 am-12:00 pm MST

Why I Care: Being Out in Rural America

-Jeff Myers, former Extension Professional & Life, Career and Executive Coach, Baltimore, MD

Join Jeff for a humorous and heartfelt conversation about being out in rural and agricultural America. The heart of Jeff's passion comes from his own personal journey as a gay man, and a desire to lift and support other LGBTQ+ individuals, as well as their friends and families. *Suggested Audience: A*

12:00 pm-1:00 pm MST

LGBTQ+ Clientele and Food Insecurity During COVID-19 Crisis

-Katherine Soule, Ph.D., Director, the University of California Cooperative-San Luis Obispo and Santa Barbara Counties Extension

This presentation will allow participants to learn about current research and related issues affecting LGBTQ clientele, including COVID-19; develop local strategies for addressing food insecurity with LGBTQ clientele; and learn about best practices working with LGBTQ clientele. *Suggested Audience: A*

1:00 pm-2:00 pm MST

Working With LGBTQ+ Youth and Families in Extension

-Kayla Oberstadt, 4-H Program Manager, Ohio State University

In this workshop, Extension educators will participate in activities and virtual group discussions to enhance their knowledge about delivering programs to LGBTQ+ audiences. Participants can expect to learn terminology, build awareness of best practices to support youth and adults in Extension programming, and recognize their university's legal obligations in producing inclusive content. All participants will leave with steps to create an inclusive environment for their diverse audiences by providing positive education! *Suggested Audience: P, PF, E4*

2:00 pm-3:00 pm MST

Understanding the LGBTQ Community and Implications on 4-H Youth Programming

-Jeff Howard, Ph.D., State Coordinator for Administration: Organization and Faculty Development, University of Maryland Extension

Lesbian, Gay, Bi-Sexual, Transgender, and Questioning (LGBTQ) people are part of the majority of communities in the United States, and in recent history societal acceptance is rapidly increasing. LGBTQ youth are coming out at much earlier ages as well as straight children having same sex parents is an increased norm. This presentation will help to develop a better understanding of the LGBTQ community, how youth development practitioners can be prepared to support them, and implications on youth programming will be discussed. *Suggested Audience: P, PF, E4*

3:00 pm-4:00 pm MST

Practices for Inclusion of Individuals of all Genders and Sexual Orientations 1.0 - Overview

-Joseph Rand, Associate Extension Professor, University of Minnesota

-Kayla Oberstadt, 4-H Program Manager, Ohio State University

-Katherine Soule, Ph.D., Director, the University of California Cooperative-San Luis Obispo and Santa Barbara Counties Extension

During this session, participants will become familiar with the 4-H PLWG-approved document, Practices for Inclusion of Individuals of all Genders and Sexual Orientations. The document includes the following topics: importance of terminology, ensuring paperwork is inclusive and affirming, programmatic and facility considerations, communication practices, responding to clientele's concerns, and recognizing non-discrimination policies of respective states. Presenters will share background information regarding the development and need for this document. The authors will also recognize the collaboration utilized nationwide from members of the Access, Equity, and Belonging Committee to make this document a reality. *Suggested Audience: E4*

4:00 pm-5:00 pm MST

Practices for Inclusion of Individuals of all Genders and Sexual Orientations 2.0 - Q & A

-Joseph Rand, Associate Extension Professor, University of Minnesota

-Kayla Oberstadt, 4-H Program Manager, Ohio State University

-Katherine Soule, Ph.D., Director, the University of California Cooperative-San Luis Obispo and Santa Barbara Counties Extension

During this session, participants will have the opportunity to ask questions and engage in dialogue regarding the 4-H PLWG-approved document, Practices for Inclusion of Individuals of all Genders and Sexual Orientations. All participants are welcome to offer reflections about the document and how it may be implemented in their states. This opportunity will allow for the identification of potential supportive resources that may be requested to implement these practices successfully. *Suggested Audience: E4*

NEW Just for Youth

7:30 pm MST

Rainbow Games: A Virtual Hang Out for Youth

Let's have fun and get to know some of the other youth summit participants! This sole purpose of this session is to meet other youth, have fun in a shared space and build community with others across the Rockies. This will be like no other meet and greet you will ever attend. We'll be silly, we'll be serious, but we'll never be embarrassing!

*Rainbow Games will be facilitated by **Cami Armijo-Grover**, Education Director at Bridgercare, a nonprofit family planning clinic in Bozeman, MT. When not socially isolating Cami and her high school Peer Educators can be found teaching topics like consent, birth control and the difference between gender, sex assigned at birth, and sexual orientation in local classrooms. They also love to answer anonymous questions from students like, "Can my parrot consent if I teach it to say 'Yes?'" "When do I know it's the right person and the right time?" and "When will we get boobs?" (from a 5th grade class on puberty).*

Log on to this session via Zoom: <https://us02web.zoom.us/j/83583962920>

Agenda
Friday, May 1st &
Saturday, May 2nd
Montana Speaks!



Join presentations from our experts from Montana for youth, professionals, parents, families, and allies.

All times below are Mountain Standard Time (MST).

Suggested Audience:

A=All; Y=Youth; P=Professionals; PF=Parent/Family; E4=Extension/4-H

Friday, May 1st

10:00 am-10:30 am MST

LGBTQ+ Homeless Youth: One Organization's Caring Approach

-Erika Willis, MS, Executive Director, Tumbleweed

Join Erika for a conversation about homeless LGBTQ+ youth, which make up 40% of the youth served by Tumbleweed in Billings. Tumbleweed meets at-risk youth and young adults where they are and strives to create a continuum of care, making space for hope and opportunity. Founded in 1976, Tumbleweed is a non-profit, community-based agency serving homeless, trafficked, runaway, and otherwise at-risk youth and their families and support systems.

Suggested Audience: A

10:30 am-11:00 am MST

The Outdoors Are For All Of Us: Making the Outdoors Accessible for LGBTQ+ Youth

-Dan Sandberg, Assistant Director, Outdoor Recreation Program, Montana State University

This session will focus on the opportunities for LGBTQ+ youth to get involved in the outdoors at MSU, in Montana, and beyond! We will highlight some of the benefits of outdoor recreation, how to get and stay connected, and connect youth with mentors and programs that are helping create accessible outdoor spaces and activities for LGBTQ+ youth. You'll leave this session with tools and inspiration to get outside, learn, and play! *Suggested Audience: A*

11:00 am-12:00 pm MST

Open To All – Montana: Shifting the Culture & Building Inclusive Spaces

-Kim Leighton, Regional Philanthropy Officer, Pride Foundation

Open To All – Montana began around a table in Helena with seven local business leaders in 2016 with a vision to create more safe and affirming places for LGBTQ+ people, identify supportive businesses and non-profit organizations and help shift the culture. We now have over 315 businesses across the state of Montana signed up with Open To All – Montana. We have businesses and organizations in all of our largest communities, as well as almost 30 businesses in rural areas such as Chinook, Corvallis, Ennis, Lewistown, Glendive, Miles City, East Glacier and more. The Initiative works with these businesses on strategies such as updating a non-discrimination policy, modifying facilities to be gender inclusive, holding LGBTQ-specific events and announcements. Open To All – Montana is critical in sending a message of support to LGBTQ+ people that they are valuable and they matter; and elevating supportive business and organizational leaders. It is even more successful with the help of our supporters across Montana. *Suggested Audience: A*

12:00 pm-1:00 pm MST

Navigating Allyship through the Genderverse

-TransVisible Montana

Join TransVisible MT to learn and practice effective allyship for transgender, non-binary, and two-spirit community members. In this training, folks will explore gender as a fluid part of the human experience that expands beyond the binary, learn about the challenges that misinformation and cisnormative systems create, deepen their understanding and comfort with using pronouns in everyday interactions, and identify effective (and ineffective) allyship qualities.

Suggested Audience: A

1:00 pm-2:00 pm MST

Building Inclusive Schools and Communities for LGBTQ+ and Gender Diverse Youth

-Heidi Wallace, Executive Director, EmpowerMT

-Spencer Czech, BSW, Youth Programs Specialist, EmpowerMT

The session creates long-term collective impact by empowering participants with skills to transform their school & organizational cultures into more safe and inclusive environments for LGBTQ+ and Gender Diverse Youth. Goals include: learn skills in identifying our own cultural lenses and in understanding the lenses of others; build a shared language and foundation of understanding around oppression and its impact on LGBTQ+ and Gender Diverse youth; identify skills and actions necessary to improve multi-tiered systems of support for LGBTQ+ and Gender Diverse Youth; and build tools for effective leadership, collaboration and advocacy in the school and community. *Suggested Audience: P, PF, E4*

2:00 pm-3:00 pm MST

Medical Management of Gender Transition

-Katy Mustretta, DNP, APRN, FNP-BC

This presentation will cover the pharmaceutical treatment options for those seeking medical gender transition. We will explore the different medications that are offered as part of the treatment plan for gender diverse children, adolescents, adults and older adults. Medications used for both reversible and partially irreversible stages of gender transition will be reviewed, including dosing, side effects, and monitoring. *Suggested Audience: P*

3:00 pm-4:00 pm MST

State of Affairs: LGBTQ Legal and Policy Overview in Montana

-SJ Howell, Executive Director, Montana Women Vote

This workshop will provide a brief overview of the current state of LGBTQ policy in Montana, as well as potential challenges and opportunities we face in the coming year. We will discuss what rights, protections, and ordinances exist across the state, what work is currently happening, and what might arise during the 2021 legislative session. Bring your legal and policy questions as we'll make sure there's time for Q&A as well! *Suggested Audience: A*

4:00 pm-5:00 pm MST

Building Connection and Addressing Mental Health

-Hannah Wilson, LCPC, CST, Owner, Prickly Peach Sex Therapy

Stigma, isolation, othered, and so many other words come up when discussing or contemplating mental health. In this engaging conversation, participants will dive in to learn practical skills when it comes to connecting with their peers. One of our core needs is to feel a part of a group. Finding a way to be seen and understood is fundamental in forming enriching relationships with one another. Allowing ourselves to become our most authentic selves and to be a supportive to each another. Laughter, story telling, and uncomfortable eye contact are sure to be a part of the session. Join us for connection (and all the feels) and if we were in person, candy. *Suggested Audience: Y*

Saturday, May 2nd

10:00 am-11:00 am MST

Cultivating LGBTQ+ Affirming Spaces within 4-H

-Maru Gonzalez, Assistant Professor and Youth Development Specialist, Department of Agricultural and Human Sciences, North Carolina State University

4-H professionals are called on to "make the best better" for all young people. How 4-H personnel extend the scope of this message to LGBTQ+ youth? How can they navigate resistant environments and implement practices that fully validate and affirm LGBTQ+ youth? This interactive & informative workshop will explore best practices for supporting LGBTQ+ youth within 4-H. Participants will have an opportunity to dialogue, ask questions, apply their knowledge to hypothetical case scenarios and leave equipped with resources they can apply within their counties and beyond.

Suggested Audience: PF, E4

11:00 am-12:00 pm MST

Spilling the Tea: Transforming Identity and Passion into Social Change

-McKeely Shannon, High School Program Manager, Forward Montana Foundation

-Terry Bradley, Development Manager, Forward Montana

Come join Terry and McKeely from Forward Montana Foundation to spill the tea! We know community organizing can be an unfriendly place for most young people. It's boring, wonky, and feels slimy some of the time. Our goal is to deepen young Montanans' culture of civic engagement and build the knowledge, skills, and leadership of young Montanans who reflect the diversity of our state. This in turn creates change in their communities, with more young people becoming lifetime voters and activists, running for and winning public office, and advancing issues and conversations that address the complex challenges facing young Montanans today and tomorrow. In this workshop we will give skills for young people to transform different aspects of their identity and their passion for issues into social change. Participants will discuss how people with diverse race, ethnicity, age, gender and sex, and sexual orientation bring new viewpoints into leadership roles. *Suggested Audience: Y*

12:00 pm-1:00 pm MST

The First of Its Kind: A Hate Crime Law Protecting LGBTQ+ and Two-Spirit Citizens

-Jerico Cummings, ASMSU Student Director of Diversity and Inclusion, Montana State University

The Oglala Sioux Tribe of South Dakota is the first tribe in the United States to enact a hate crime law with the goal of protecting their LGBTQ+ and Two-Spirit citizens. Before enacting this law, the tribe had to legalize same-sex marriage on the reservation which then called for the protection of such citizens. A brief historical overview of the traditional gender systems that existed pre-colonization will be introduced, followed by the effects that colonization had on this demographic, and how contemporary revitalization efforts led to the hate crime law's enactment.

Suggested Audience: A

1:00 pm-2:30 pm MST

Strengthening Supports and Active Allyship for LGBTQ+ and Gender Diverse Youth

-Heidi Wallace, Executive Director, EmpowerMT

-Spencer Czech, BSW, Youth Programs Specialist, EmpowerMT

Participants will have the opportunity to hear first-hand from teen LGBTQ+ and Gender Diverse Montanans on their experiences in the school system and identify systems changes needed to improve multi-tiered systems of support to LGBTQ+ Gender Diverse youth. Students will also have the opportunity to engage their peers across the state of Montana while creating a resource map that will help create a more comprehensive list of resources and supports accessible to LGBTQ+ Montanans, while also revealing the gaps present within our state. Goals include: increase comfort with and awareness of the experiences of LGBTQ+ and Gender Diverse youth; and identify systems changes needed to improve multi-tiered systems of support to LGBTQ+ Gender Diverse youth. *Suggested Audience: Y*

NEW Just for Youth

2:30 pm-3:15 pm

How Well Do You Know Your Rainbow?

Designed for youth specifically, this trivia event will test your knowledge of all things LGBTQ+! Discover fun new facts about LGBTQ+ history, current events, our "United" states, and sexual health for this population. We'll learn and laugh together!

Every participant will receive a free copy of [*Self Discovery Journal for Teens and Young Adults: 200 Questions and Writing Prompts to Find Yourself and the Things You Want to Do in Life*](#) by Gerald Confienza.

Log onto this session via Zoom: <https://us02web.zoom.us/j/81610758080>.

2:30 pm-3:15 pm MST

Mental Wellness for Sexual and Gender Minorities

-Glee Dunbar, MSW, LCSW, MHPP

In this presentation attendees will learn about common mental health concerns and risk factors faced by sexual and gender minority youth. Attendees will gain an understanding of what protective factors they can enhance and how to combat risk factors. Attendees will also learn about common adjustment concerns parents of LGBTQ+ youth may face and how to be empathetic to this adjustment. *Suggested Audience: P*

3:15 pm-4:00 pm MST

Parents of LGBTQ+ Youth: Panel Discussion to Talk About What Keeps You Up At Night

During this session, we will have four parents of LGBTQ+ kids who will be sharing a bit about their experience raising a child who identifies as LGBTQ+, share what they have learned and continue to learn, and most importantly, be in community with other parents and caregivers of LGBTQ+ youth who are walking along this journey also. This session will provide time for participants to ask questions and engage in conversation with the panelists. *Suggested Audience: PF*

4:00 pm-4:45 pm MST

See The People

-Kimberly D. Richardson, Deer Lodge County Agent, Montana State University Extension

Communication is a vital aspect of our everyday life whether we are engaging with our significant others, partners, children, friends, youth and colleagues and one of the most difficult aspects to master. Understanding how to effectively address individuals is key in creating an inclusive environment where individuals feel safe, heard, and respected. This session is focused on the basics of types of biases, person first language, and usage of pronouns as it directly relates to improving effective communication. Participants can expect to leave with a basic knowledge of the topic enabling them to "See the People" they interact with every day. *Suggested Audience: A*

4:45 pm MST

What's Next?

The first annual Rainbows Over the Rockies: Celebrating Diversity with Leadership and Learning will wrap up with a discussion and Q&A about the [*Leadership in Action Awards*](#), which will award youth \$250 to lead a community effort to increase LGBTQ+ inclusivity. Youth leaders will be on hand to offer ideas and inspiration and we will reflect on the ideas from the three days of summit presentations. *Suggested Audience: A*