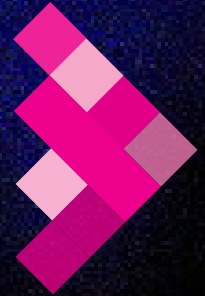


**SYNCHRONIZING
OUR IMPACT**



**GAY
MEN'S
MENTAL
HEALTH
SUMMIT**

March 14-15, 2018

WELCOME LETTER



To our summit participants,

On behalf of the Gay Men's Sexual Health Alliance it is our great pleasure to welcome you to our first Gay Men's Mental Health Summit. The next two days is the culmination of many hours of thoughtful work. My sincere thanks to our GMSH Project Coordinator, and each of our respected presenters. This is the first event of its kind in Ontario that's bringing together such a diverse group of mental health practitioners to elevate contemporary issues in gay men's mental health and collectively develop a response. To fully realize the vision of Ontario's HIV Strategy and our own strategic plan, it is more critical than ever that we invest in systems change that considers what makes us vulnerable for HIV and other STBBIS but also what builds our resilience and strengths as individual's and as a community. We are grateful to our funder AIDS & Hepatitis C Programs, Ministry of Health & Long-term Care for the resources to convene such a critical group of stakeholders.

Moving forward and working in collaboration it is my hope that we can forge meaningful intersectoral partnerships, create clearer pathways to mental health support and collectively **synchronize our impact** to ensure that cis and trans gay, bi, queer men across Ontario experience full and healthy mental, emotional, social and sexual lives.

I'd like to thank each of you for attending this summit and bringing your interest and expertise to our gathering. You, as mental health leaders have the knowledge, the wherewithal and the experience to help us pave our way into the future. Throughout this summit and moving forward I invite you to stay engaged, ask questions, keep us proactive and help shape the future of Ontario's response to gay men's health.

Sincerely,

A handwritten signature in black ink that reads 'Dane Griffiths'. The signature is written in a cursive, flowing style.

Dane Griffiths
Acting Director
Gay Men's Sexual Health Alliance

ACKNOWLEDGMENTS



We acknowledge that we are on the traditional territory of the Mississaugas of the New Credit First Nation, the Haudenosaunee, the Huron-Wendat and home to many diverse First Nations, Metis and Inuit people today.

**THE GMSH GRATEFULLY
ACKNOWLEDGES THE
SUPPORT OF OUR FUNDER**



**OUR HOST
ORGANIZATION**



AND OUR VENUE AND TRAVEL PARTNERS



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GMSH 2018 Summit's Program-at-a-Glance

WEDNESDAY MARCH 14, 2018

| TIME | LOCATION DETAILS | |
|---------------------|-------------------|---|
| 8:00 AM – 9:00 AM | Mandarin Foyer | Breakfast & Registration |
| 9:00 AM – 9:15 AM | Mandarin Ballroom | Indigenous Land Acknowledgement (Kim Wheatley) |
| 9:15 AM – 9:25 AM | Mandarin Ballroom | Opening Remarks (Dane Griffiths) |
| 9:25 AM – 9:30 AM | Mandarin Ballroom | Welcome from Ontario Ministry of Health and Long-Term Care (Ken English) |
| 9:30 AM – 10:15 AM | Mandarin Ballroom | <p><u>Opening Keynote</u></p> <p>Syndemic Service Integration: How Can Sexual Health Clinics Address Population Inequities in Access to Mental Health Services? (Travis Salway)</p> |
| 10:15 AM – 10:30 AM | Mandarin Foyer | Morning Break |
| 10:30 AM – 12:00 AM | Mandarin Ballroom | <p><u>Morning Panel: Minority Stress in the Modern Day</u> (Moderated by Eugene Nam, Research Coordinator, Ontario HIV Treatment Network)</p> <p>Novel Approaches for Treating Stigma to Improve Mental Health and HIV Outcomes in Black Gay Men (Dr. LaRon E. Nelson)</p> <p>Casual Sex VS Long Term Relationships: Tensions and Implications (Rahim Thawer)</p> <p>Realizing Resistance: Reframing the LGBTQ+ Refugee Process (Victor Huynh)</p> <p>How Stigma and Discrimination Affects the Mental Health of Gay Men Living with HIV (John McCullagh)</p> <p>Hooked Up for Hooking Up: Minority Stress and Mental Health Disparities among Gay Men Online (David Brennan)</p> |
| 12:00 PM – 1:00 PM | Mandarin Foyer | Lunch |

GMSH 2018 Summit's Program-at-a-Glance

WEDNESDAY MARCH 14, 2018

| TIME | LOCATION | DETAILS |
|------|----------|---------|
|------|----------|---------|

| | | |
|-------------------|------------------|---|
| 1:00 PM – 1:45 PM | SEE Workshop: | <p><u>Breakout Workshop #1</u></p> <p>MAXimizing Your Community's Potential (Robert Alsberry & Matthew Harding) [Los Angeles, 26th floor]</p> <p>Meth & Sex (Vincent Francoeur) [Denver, 26th floor]</p> <p>Gay Men: Unemployment & Job Security a Social Determinant of Health (Scott Simpson & Miguel Cubillos) [Seattle, 26th floor]</p> <p>Blurring the Lines: Integrating Research and Practice Towards Creative Mental Health Programs and Suicide Prevention (Travis Salway & Aaron Purdie) [Mandarin Ballroom A]</p> <p>Inclusion vs. Integration: Providing Competent and Equitable Mental Health Care for Newcomers Who Identify as Gay/Bi/Queer MSM (Celeste Bilbao-Joseph) [Mandarin Ballroom B]</p> <p>Trauma Recovery, Education, and Empowerment ("T.R.E.E."): A Mental Health Group That Connects Sex and Gender to Trauma Recovery & Skills Building for Male/Two-Spirited/Non-Binary People (Daniel Pugh & Faith Chaput) [San Francisco, 26th floor]</p> |
|-------------------|------------------|---|

GMSH 2018 Summit's Program-at-a-Glance

WEDNESDAY MARCH 14, 2018

| TIME | LOCATION DETAILS | |
|-------------------|---|--|
| 1:55 PM – 2:40 PM | SEE Workshop: | <p><u>Breakout Workshop #2</u></p> <p>Return from Chaos: Treating Gay Men with HIV/AIDS-Related PTSD (Gregory Maskwa) [Los Angeles, 26th floor]</p> <p>The Spirit of Motivational Interviewing (Rick Julien & Scott Simpson) [Seattle, 26th floor]</p> <p>Meth & Sex (Vincent Francoeur) [Denver, 26th floor]</p> <p>Blurring the Lines: Integrating Research and Practice Towards Creative Mental Health Programs and Suicide Prevention (Travis Salway & Aaron Purdie) [Mandarin Ballroom A]</p> <p>Cognitive Behavioural Therapy for Social Anxiety and HIV Prevention for Gay/Bi/Queer Men (Dr. Trevor A. Hart) [Mandarin Ballroom B]</p> <p>Trauma Recovery, Education, and Empowerment (“T.R.E.E.”): A Mental Health Group That Connects Sex and Gender to Trauma Recovery & Skills Building for Male/Two-Spirited/Non-Binary People (Daniel Pugh & Faith Chaput) [San Francisco, 26th floor]</p> |
| 2:40 PM – 2:55 PM | Mandarin Foyer OR 26 th Floor Hallway | Afternoon Break |

GMSH 2018 Summit's Program-at-a-Glance

WEDNESDAY MARCH 14, 2018

| TIME | LOCATION | DETAILS |
|-------------------|-------------------|--|
| 2:55 PM – 3:40 PM | SEE Workshop: | <p><u>Breakout Workshop #3</u></p> <p>Growing Older, Living Well: Mental Health, Gay Men and Aging (John McCullagh & Kate Murzin) [Denver, 26th floor]</p> <p>Short and Medium-Term Sexual and Mental Health Interventions for GBTO men and MSM in Bathhouses and Primary Care Clinics (Bradley Garrison & Adam Busch) [San Francisco, 26th floor]</p> <p>The Spirit of Motivational Interviewing (Rick Julien & Scott Simpson) [Seattle, 26th floor]</p> <p>Cognitive Behavioural Therapy for Social Anxiety and HIV Prevention for Gay/Bi/Queer Men (Dr. Trevor A. Hart) [Mandarin Ballroom B]</p> <p>Let's Talk: What's It Like to Be a GBTO Therapist, Working Within the GBTO Communities? (Scott Bowler & Max Adilman) [Los Angeles, 26th floor]</p> <p>The Seven Paths to Resilience: Findings from 2SHAWLS – The Two-Spirit HIV/AIDS Wellness and Longevity Study (David Brennan) [Mandarin Ballroom A]</p> |
| 3:50 PM – 5:00 PM | Mandarin Ballroom | <p><u>Afternoon Panel: Navigating the Landscape of Gay Men's Mental Health</u> (Moderated by Eugene Nam, Research Coordinator, Ontario HIV Treatment Network)</p> <p>Gay and Other MSM Living Outside the Urban Metropolis (Paul MacPherson)</p> <p>Navigating Services and Partnerships in Ottawa (Roberto Ortiz & Derek Cassidy)</p> <p>Why We Need a More Systematic Approach to Syndemics in Toronto (Barry D. Adam)</p> <p>Gay and Bisexual Men's Experiences Accessing Mental Health Services in Toronto: Preliminary Findings from the ENGAGE Qualitative Study (Mark Gaspar)</p> <p>Centring the Margins at Health Initiative for Men in Vancouver (Aaron Purdie)</p> |

GMSH 2018 Summit's Program-at-a-Glance

THURSDAY MARCH 15, 2018

| TIME | LOCATION | DETAILS |
|---------------------|--|--|
| 8:00 AM – 9:00 AM | Mandarin Foyer | Breakfast & Registration Hotel guests – please check out in the morning before 9am |
| 9:00 AM – 9:05 AM | Mandarin Ballroom | Opening Remarks (Dane Griffiths) |
| 9:05 AM – 9:50 AM | Mandarin Ballroom | <u>Plenary Presentation</u> Positively Forked (Ryan Kerr) |
| 10:00 AM – 10:30 AM | SEE Training Session | <u>Breakout Training</u> Trauma Treatment: Principles, Skills and Practice for the GMSH (Dr. Anne Wagner) [Mandarin Ballroom A] Introduction to Motivational Interviewing Basic Skills (Rick Julien & Scott Simpson) [Seattle , 26 th floor] Emotion-Focused Mindfulness for Self-Care and Therapeutic Presence (Bill Gayner) [Los Angeles, 26 th floor] Acting Inwards: Trauma & Coping in Cis/Trans Men (Sly Sarkisova) [Denver, 26 th floor] Psychoanalysis 101: Psychoanalysis and Psychanalytic Psychotherapy as Tools to Foster an Anti-Oppressive Clinical Practice with Gay, Bi, and Gender Creative Men (Marco Posadas) [San Francisco, 26 th floor] Mirror, Mirror: queer men and body image (Rahim Thawer) [Mandarin Ballroom B] |
| 10:30 AM – 10:45 AM | Mandarin Foyer OR 26 th Floor Hallway | Morning Break |
| 10:45 AM – 12:00 PM | Same Room as Previous Session | SEE Breakout Training Above |
| 12:00 PM – 1:00 PM | Mandarin Foyer | Lunch |

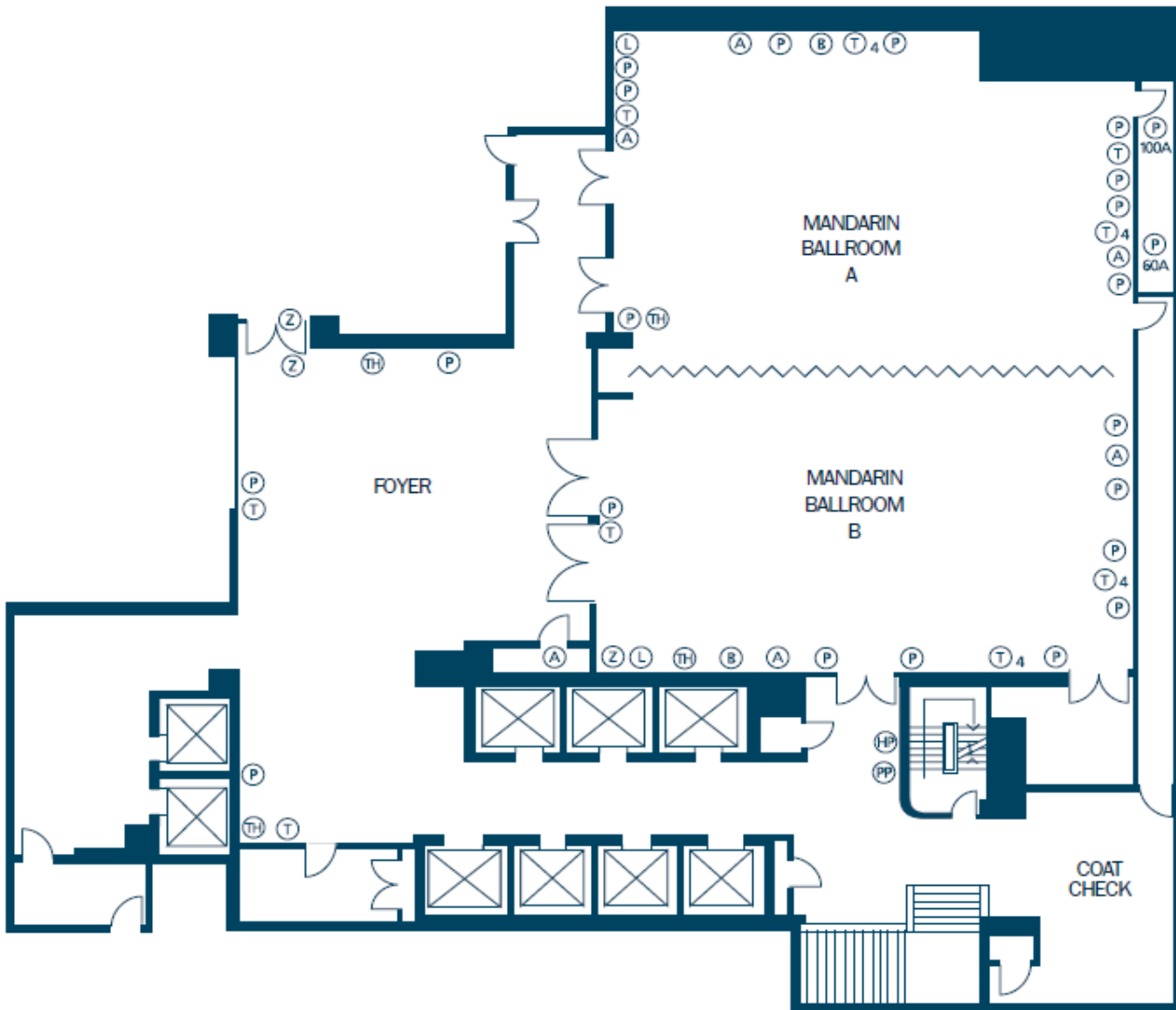
GMSH 2018 Summit's Program-at-a-Glance

THURSDAY MARCH 15, 2018

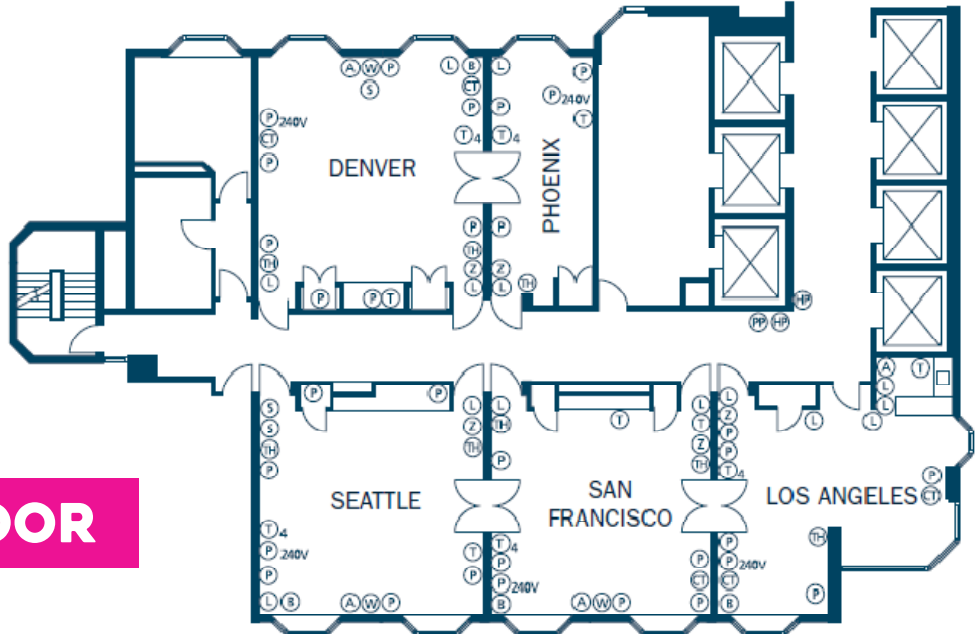
| TIME | LOCATION | DETAILS |
|-------------------|--|---|
| 1:00 PM – 2:00 PM | SEE Group Letter | <p><u>Breakout Case Study Groupwork: Case #1</u></p> <p>Group A: Mandarin Ballroom A <i>Moderated by Roberto Ortiz (Executive Director, MAX Ottawa)</i></p> <p>Group B: Mandarin Ballroom B <i>Moderated by Matthew Harding (Community Engagement Coordinator, MAX Ottawa)</i></p> <p>Group C: Seattle, 26th floor <i>Moderated by Ryan Lisk (Director of Community Health Programs, AIDS Committee of Toronto)</i></p> <p>Group D: San Francisco, 26th floor <i>Moderated by Derek Cassidy (Mental Health and Wellness Coordinator, MAX Ottawa)</i></p> <p>Group E: Denver, 26th floor <i>Moderated by Barry Adam, PhD (Distinguished University Professor Emeritus of Sociology, University of Windsor; Senior Scientist, Ontario HIV Treatment Network)</i></p> <p>Group F: Los Angeles, 26th floor <i>Moderated by Robert Alsberry, RN (Communications and Outreach Coordinator, MAX Ottawa)</i></p> |
| 2:00 PM – 2:15 PM | Mandarin Foyer OR 26 th Floor Hallway | Afternoon Break |
| 2:15 PM – 3:15 PM | Same Room as Previous Session | <u>Breakout Case Study Groupwork: Case #2</u> |
| 3:25 PM – 4:05 PM | Same Room as Previous Session | <p><u>Breakout Moderated Discussion</u></p> <p>Overcoming Barriers to Implementing Strategies & Conceptualizing Community of Practice</p> |
| 4:15 PM – 4:55 PM | Mandarin Ballroom | <p><u>Closing Keynote</u></p> <p>Exploring Black Gay Men's Mental Health – Contexts for Treatment (Antoine B. Craigwell)</p> |
| 4:55 PM – 5:00 PM | Mandarin Ballroom | Closing Reflections (Ryan Stevenson) |

SUMMIT PLENARY ROOM MAP

BALLROOM, LOWER LEVEL



SUMMIT BREAKOUT ROOM MAP



26TH FLOOR

KEYNOTE SPEAKER



TRAVIS SALWAY

PhD (University of British Columbia, BC
Centre for Disease Control)

**“SYNDEMIC SERVICE INTEGRATION:
HOW CAN SEXUAL HEALTH CLINICS
ADDRESS POPULATION INEQUITIES
IN ACCESS TO MENTAL HEALTH
SERVICES?”**

Many Canadian sexual health providers are queer-affirming, low-barrier points of access for HIV/STI prevention and care. This talk will explore how sexual health clinics can build on the trust and expertise built with queer communities to similarly support clients’ mental health-related concerns.

Travis Salway is a social epidemiologist whose research aims to understand health inequities experienced by lesbian, gay, bisexual, and queer people. Travis is a Banting and Michael Smith Postdoctoral Research Fellow at the UBC School of Population and Public Health and the BC Centre for Disease Control, where he works with public health administrators and clinicians to find health service solutions to elevated rates of depression, anxiety, suicide ideation, and substance use among lesbian, gay, bisexual, and queer Canadians. Travis’s training spans social work at the University of California at Berkeley (2002), clinical epidemiology at McGill University (2008), and public health epidemiology at the University of Toronto (2017). He is a long-standing volunteer at the Community-Based Research Centre for Gay Men’s Health and the co-founder of the Vancouver-based LGBTQ Mental Health Roundtable.



KEYNOTE SPEAKER



ANTOINE B. CRAIGWELL

Founder, President, and CEO of DGBM; Producer of "You Are Not Alone"

"EXPLORING BLACK GAY MEN'S MENTAL HEALTH - CONTEXTS FOR TREATMENT"

"Exploring Black Gay Men's Mental Health, Contexts for Treatment" researchers, clinicians/providers, and consumers consider the cultural framework of the whole person, especially historical and socio-cultural factors, and psychosocial determinants, impacting mental health; and as HIV prevention and intervention.

Trained as a journalist, Antoine wrote for Out In Jersey magazine and The Bilerico Project, FORTUNE Small Business magazine, The Bronx Times Reporter, The New York Amsterdam News, was the assistant editor with The Network Journal, and a contributor to mainstreet.com. He graduated from Bernard Baruch College of the City University of New York, and in 2008 he earned awards from the New York Association of Black Journalists. He produced the documentary "You Are Not Alone" (www.yana-thefilm.com) and facilitates discussion forums on depression in Black gay men. He presented a poster exhibition "Examining Depression and HIV in Black gay men" at the 2012 International AIDS Conference in Washington, DC, and in 2013 founded DBGGM, Inc. (www.dbgmm.org) a non-profit organization committed to raising awareness of the underlying factors contributing to depression and suicidal ideation in Black gay men, including contracting HIV. With the documentary's premiere and appearance in several domestic and international film festivals, Antoine has presented workshops on the convergence of HIV and mental health and as a keynote speaker at several national and international conferences, most recently at the University of Guyana's Diaspora Engagement Conference, where he discussed the social needs and impact of investment. He also provides training in LGBT peoples of color Cultural Competency, and mental health and HIV, most recently for the Washington DC Court System and for medical students attending Touro College of Osteopathy. In 2014, together with DBGGM, he hosted the first-ever LGBT Peoples of Color Mental Health Summit at Rutgers University, Newark Campus; in 2015 the first-ever LGBT Peoples of Color Mental Health Conference at Mt. Sinai Beth Israel Union Square location; in 2016, at the Alexander Hamilton US Customs House Building, and in 2017 at The Stewart Hotel in NYC. He has appeared on several radio (online and in studio) shows, television interviews - on ARISE TV, ABC Channel 7 "Here and Now, with Sandra Bookman", "In Focus with Cheryl Wills" on NY1, and BRIC TV in Brooklyn. He was a guest panelist on BBC World News "Have Your Say" radio program, discussing the 2017 Oscars and the Best Picture Award to "Moonlight", and on Mental Health Radio and Caribbean Power Jam. Antoine was recently appointed to the NY State Multicultural Advisory Council, the New York State Suicide Prevention Task Force, a NYC-wide LGBT advisory committee, and is a NYC SGL Equality Coalition steering committee member.

PLENARY SPEAKER



RYAN KERR

BFA, University of Toronto; Lead - Capacity-Building in Evidence-Based Practice Unit, Ontario HIV Treatment Network

“POSITIVELY FORKED”

Ryan will share some personal stories of how his HIV diagnosis changed both his professional and dating trajectory and shaped him to be a complex, sometimes damaged and always positive person.

Ryan Kerr is an artist, activist and general communications expert who has lived in Toronto’s Village for longer than he hasn’t. He has written for both FAB and XTRA! magazines as well as completed a self-published, illustrated memoir called *On Growin’ Up..* a guide which has taken him across Canada, Europe and the US. Ryan has facilitated arts-based workshops for the Toronto Public Library, the TDSB, Peel and Ottawa-Carleton School boards, as well as York University and Western University as a keynote speaker on topics of Storytelling and Coming Out. In 2016, Ryan co-organized the #PulseTO Vigil in Nathan Philips Square and last year, he co-organized a rally in support of Rainbow Railroad’s work to rescue Chechen refugees and helped bring together that organization with the Liberal Government

PLENARY PANELS

MINORITY STRESS IN THE MODERN DAY

(Moderated by Eugene Nam, Research Coordinator, Ontario HIV Treatment Network)

DR. LARON E. NELSON

PhD; RN; FNAP; FAAN
(Centre for Urban Health Solutions,
St. Michael’s Hospital)

“NOVEL APPROACHES FOR TREATING STIGMA TO IMPROVE MENTAL HEALTH AND HIV OUTCOMES IN BLACK GAY MEN”

Stigma is stressful. The memory of stigmatizing events can be severely distressing and disabling, leading to poorer quality of life. Accelerated Resolution Therapy is a brief treatment for PTSD that is associated with rapid and sustained recovery from symptoms.

RAHIM THAWER

MSW; RSW (Sherbourne Health Centre)

“CASUAL SEX VS LONG TERM RELATIONSHIPS: TENSIONS AND IMPLICATIONS”

Queer men operate in a culture where casual sex and long term relationships are both revered and criticized on an ongoing basis. We must consider the interpersonal impact of these conflicting scripts and consider what representations of reconciled scripts can look like for queer men.

PLENARY PANELS

MINORITY STRESS IN THE MODERN DAY

(Moderated by Eugene Nam, Research
Coordinator, Ontario HIV Treatment Network)

JOHN MCCULLAGH

(Support Group Facilitator, AIDS
Committee of Toronto)

“HOW STIGMA AND DISCRIMINATION AFFECTS THE MENTAL HEALTH OF GAY MEN LIVING WITH HIV”

The panelist will highlight how HIV-related stigma and discrimination impact the psychological health and well-being of gay men living with HIV, and suggest some approaches to stigma reduction that would enhance the mental health of this cohort.

DAVID BRENNAN

MSW; PhD, Associate Professor
(University of Toronto, CRUISElab)

“HOOKED UP FOR HOOKING UP: MINORITY STRESS AND MENTAL HEALTH DISPARITIES AMONG GAY MEN ONLINE”

This study sought to understand how two-spirit men in Ontario living long term with HIV understood their experiences of resilience, an issue rarely examined in research. Seven paths emerged from the data. This workshop will present these findings and the research process.

VICTOR HUYNH MSW; RSW

(University of Toronto, CRUISElab)

“REALIZING RESISTANCE: REFRAMING THE LGBTQ+ REFUGEE PROCESS”

The victimized identity LGBTQ+ refugees are forced to embody has serious negative impacts on their mental health. Thus as practitioners, we need to strive for innovative and integrative approaches that recognize the resilience of LGBTQ+ refugees and increase capacity beyond the micro-level.

NAVIGATING THE LANDSCAPE OF GAY MEN’S MENTAL HEALTH

(Moderated by Eugene Nam, Research
Coordinator, Ontario HIV Treatment
Network)

PAUL MACPHERSON

PhD; MD; FRCP (Ottawa Hospital
Research Institute)

“GAY AND OTHER MSM LIVING OUTSIDE THE URBAN METROPOLIS”

Using data from a recent survey of MSM living in and around Ottawa, we will explore and compare the physical and mental health and healthcare needs of men living in the urban core, the suburbs, and the surrounding smaller towns.

ROBERTO ORTIZ

(Executive Director, MAX Ottawa)

DEREK CASSIDY

(Mental Health and Wellness
Coordinator, MAX Ottawa)

“NAVIGATING SERVICES AND PARTNERSHIPS IN OTTAWA”

This presentation will share MAX Ottawa’s experiences connecting guys into guys with competent mental health services, and building partnerships to address the need gaps.

PLENARY PANELS

BARRY D. ADAM

PhD (Distinguished University Professor Emeritus of Sociology, University of Windsor; Senior Scientist, Ontario HIV Treatment Network)

“WHY WE NEED A MORE SYSTEMATIC APPROACH TO SYNDEMICS IN TORONTO”

This presentation reviews the evidence for a gay men’s health hub that could more systematically address syndemic conditions and thereby impact HIV, STBBI, and mental health issues. A gay-friendly therapeutic community of practice will be one critical piece in developing this response.

MARK GASPAR

PhD (University of Toronto)

“GAY AND BISEXUAL MEN’S EXPERIENCES ACCESSING MENTAL HEALTH SERVICES IN TORONTO: PRELIMINARY FINDINGS FROM THE ENGAGE QUALITATIVE STUDY”

We sought to understand gay and bisexual men’s experiences accessing mental health services in Toronto. We recruited 24 participants for qualitative interviews. There are two preliminary themes from this research that we will present on: (1) barriers to mental health services; and (2) competing narratives about the impact of biomedical advancements in HIV on mental health.

AARON PURDIE

MC; RCC (Program Manager, Mental Health, Health Initiative for Men)

“CENTRING THE MARGINS AT HEALTH INITIATIVE FOR MEN IN VANCOUVER”

For gay/bi/queer guys (particularly intersectional guys), finding mental health care that is safe, non-judgemental, and sex positive, is a challenge. The concept of ‘centring the margins’ represents an opportunity reconsider the way we navigate mental health systems and programs.

WORKSHOPS

ROBERT ALSBERRY

RN (Communications and Outreach Coordinator, MAX Ottawa)

MATTHEW HARDING

(Community Engagement Coordinator, MAX Ottawa)

“MAXIMIZING YOUR COMMUNITY’S POTENTIAL”

The Community MAXimizers is MAX Ottawa’s unique program for actively engaging guys into guys to display leadership and community building.

VINCENT FRANCOEUR

BA in Sexology; MA Candidate in Psychotherapy (Gay Men’s Group Programming Coordinator, AIDS Committee of Toronto)

“METH & SEX”

Meth & Sex is a workshop exploring and demystifying the impact of Crystal Meth on the sexuality and wellness of men having sex with men, while suggesting ways to work on their holistic health, beyond the stigma.

SCOTT SIMPSON

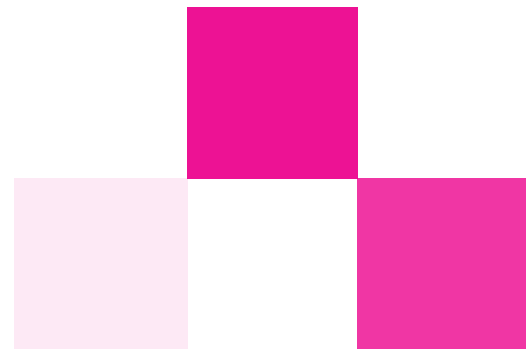
BA; CWC (Employment Consultant at Employment ACTION, AIDS Committee of Toronto)

MIGUEL CUBILLOS

HNCP (Employment Consultant at Employment ACTION, AIDS Committee of Toronto)

“GAY MEN: UNEMPLOYMENT & JOB SECURITY A SOCIAL DETERMINANT OF HEALTH”

Employment provides income, a sense of identity and helps to structure day-to-day life. Unemployment frequently leads to material and social deprivation, psychological stress, and the adoption of health-threatening coping behaviours. Lack of employment is associated with physical and mental health problems that include depression, anxiety and increased suicide rates. This workshop will explore two approaches to supporting gay men in employment.



WORKSHOPS

TRAVIS SALWAY

PhD (University of British Columbia, BC Centre for Disease Control)

AARON PURDIE MC; RCC

(Program Manager, Mental Health, Health Initiative for Men)

“BLURRING THE LINES: INTEGRATING RESEARCH AND PRACTICE TOWARDS CREATIVE MENTAL HEALTH PROGRAMS AND SUICIDE PREVENTION”

Community organizations, mental health practitioners, and researchers use their respective methods to centre the mental health needs of marginalized queer people. But do they interact? And if so, how? This workshop will explore the possibilities of collaboration and relationship building to drive meaningful change.

CELESTE BCJOSEPH

(HIV/AIDS Mental Health Clinical Counsellor, Centre for the Spanish Speaking Peoples)

“INCLUSION VS. INTEGRATION: PROVIDING COMPETENT AND EQUITABLE MENTAL HEALTH CARE FOR NEWCOMERS WHO IDENTIFY AS GAY/BI/QUEER MSM”

We will explore the best mental health practices that help migrant G/B/Q/MSM not only to cope and survive, but to thrive and contribute meaningfully to a society that will have to learn how to include them as an important part of its structure and purpose. Social science, research and social work should not be limited to the closed doors of our offices. It should be a tool to co-create social change, equity and social justice.

DANIEL PUGH

BSW; MSW; RSW (Sherbourne Health Centre)

FAITH CHAPUT

MSW; RSW (Sherbourne Health Centre)

“TRAUMA RECOVERY, EDUCATION, AND EMPOWERMENT (“T.R.E.E.”): A MENTAL HEALTH GROUP THAT CONNECTS SEX AND GENDER TO TRAUMA RECOVERY & SKILLS BUILDING FOR MALE/TWO-SPIRITED/ NON-BINARY PEOPLE”

This workshop will share insights about a unique, (psychoeducational) trauma recovery skills group for male/two-spirit/non-binary people. We hope to build develop a ‘community of practice’ in trauma while recognizing the relationship that sex and gender play in our trauma processes and responses.

GREGORY MASKWA

BFA; PLWA

TRIGGER WARNING

“RETURN FROM CHAOS: TREATING GAY MEN WITH HIV/AIDS - RELATED PTSD”

In 1981, I visited the Hospital after my friend Kenny was told he had “gay cancer”. Staff refused to enter his room. Meals were piled up at the door. Orderlies gathered outside his door daily, taking bets on “how long the faggot would live.”

WORKSHOPS

RICK JULIEN

BSc (GPS Facilitator, AIDS Committee of Toronto, HIV Prevention Lab)

SCOTT SIMPSON BA

CWC (GPS Facilitator, AIDS Committee of Toronto, HIV Prevention Lab)

“THE SPIRIT OF MOTIVATIONAL INTERVIEWING”

“A client’s own arguments for change are far more persuasive than whatever arguments you may be able to provide”

Motivational Interviewing evokes from the client their desired outcome. MI practitioners do not dispense advice. Rather, we help the client clarify their own values and goals, explore challenges to change, and focus on developing and supporting the client’s action plan.

DR. TREVOR A. HART

PhD; C.Psych (Ryerson University)

“COGNITIVE BEHAVIOURAL THERAPY FOR SOCIAL ANXIETY AND HIV PREVENTION FOR GAY/BI/QUEER MEN”

The treatment described here uses the framework of CBT for social anxiety (e.g., Hope, Heimberg, & Turk, 2010) and adapts it to include substance use management in interpersonal situations and to reduce sexual risk behavior and promote sexual well-being.

JOHN MCCULLAGH

(Support Group Facilitator, AIDS Committee of Toronto)

KATE MURZIN

MPH (Health Programs Specialist, Realize)

“GROWING OLDER, LIVING WELL: MENTAL HEALTH, GAY MEN AND AGING”

The panelist will highlight how HIV-related stigma and discrimination impact the psychological health and well-being of gay men living with HIV, and suggest some approaches to stigma reduction that would enhance the mental health of this cohort.

BRADLEY GARRISON

M.Ed; RP; CCC (Community Counselling program, AIDS Committee of Toronto)

ADAM BUSCH

MSW; RSW (Community Counselling program, AIDS Committee of Toronto)

“SHORT AND MEDIUM-TERM SEXUAL AND MENTAL HEALTH INTERVENTIONS FOR GBTQ MEN AND MSM IN BATHHOUSES AND PRIMARY CARE CLINICS”

The Community Counselling Program at the AIDS Committee of Toronto (ACT) offers short to medium length sexual and mental health counselling offered collaboratively in bathhouses and primary care clinics. We will discuss the history and impact of the program, and future ideas for continued collaboration.

WORKSHOPS

MAIR ELLIS

RSW (Rainbow Service, Centre for Addiction and Mental Health)

“TREATING LGBTQ PEOPLE WITH SUBSTANCE USE CONCERNS”

The Rainbow Service is a hospital based LGBTQ treatment program here in Toronto Ontario for members of the community who have concerns about their use of alcohol or drugs. In this session, the presenter will share her experience in this group based program, what she has learned about the unique needs of LGBTQ addiction clients, and how it has informed the team’s staged approach to care.

DAVID BRENNAN

MSW; PhD Associate Professor (University of Toronto, CRUISElab)

“THE SEVEN PATHS TO RESILIENCE: FINDINGS FROM 2SHAWLS - THE TWO-SPIRIT HIV/AIDS WELLNESS AND LONGEVITY STUDY”

This presentation will report data from the #iCruise study on how gay and bisexual men use the Internet to seek not only socio-sexual connections but also health information and ways to ameliorate negative mental, sexual and physical health outcomes.

SCOTT BOWLER

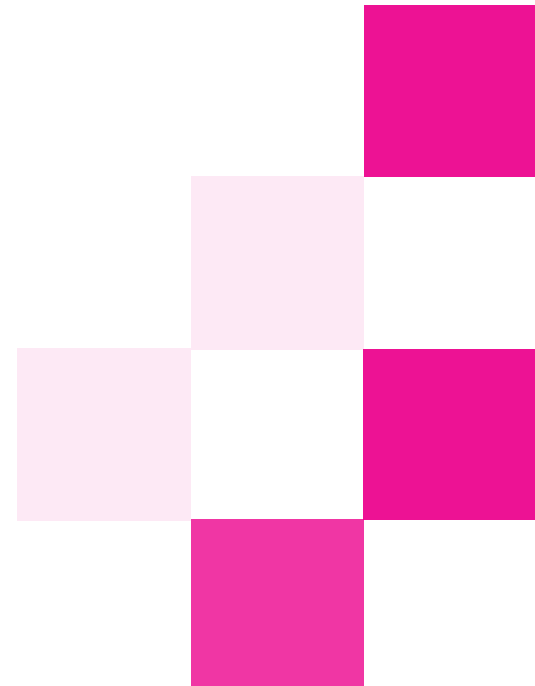
MSW; RSW (Clinic for HIV-Related Concerns, Sinai Health System)

MAX ADILMAN

MSW Student (Clinic for HIV-Related Concerns, Sinai Health System)

“LET’S TALK: WHAT’S IT LIKE TO BE A GBTQ THERAPIST, WORKING WITHIN THE GBTQ COMMUNITIES?”

Through facilitated/guided discussion, participants will be invited to discuss and reflect upon the strengths that their lived experiences can bring to their work with GBTQ clients. As well, to explore challenges and vulnerabilities that GBTQ therapists encounter working within their communities.



TRAINING

DR. ANNE WAGNER
PHD; C.PSYCH (RYERSON UNIVERSITY)

“TRAUMA TREATMENT: PRINCIPLES, SKILLS AND PRACTICE FOR THE GMSH”

This workshop will cover the principles of best practice for trauma treatment, including tangible skills and relevant case study practice for clinicians who work with gay men.

RICK JULIEN

BSc (GPS Facilitator, AIDS Committee of Toronto, HIV Prevention Lab)

SCOTT SIMPSON

BA; CWC (GPS Facilitator, AIDS Committee of Toronto, HIV Prevention Lab)

“INTRODUCTION TO MOTIVATIONAL INTERVIEWING BASIC SKILLS”

“Ambivalence is simultaneously wanting and not wanting something, or wanting both of two incompatible things. It has been human nature since the dawn of time.”

“Learn by doing”: This training introduces MI spirit and basic skills to help resolve ambivalence. Participants will break into pairs to role or real play common mental / emotional / social challenges of gay men. Debriefs of learning and insight will be done by the group.

BILL GAYNER

BSW; MSW; RSW (Clinic for HIV-Related Concerns, Mount Sinai Hospital)

“EMOTION-FOCUSED MINDFULNESS FOR SELF-CARE AND THERAPEUTIC PRESENCE”

Cultivate self-compassion and awareness through meditation that deepens capacity to experience, modulate, make sense of and respond to our own and others’ emotions and thoughts, specifically developed for helping people cope with internalized stigma around sexual orientation and HIV.

SLY SARKISOVA

MSW; RSW (Psychotherapy, Consulting and Clinical Supervisor)

“ACTING INWARDS: TRAUMA & COPING IN CIS/TRANS MEN”

Many clients face internalized stigma related to homophobia, transphobia, femmephobia, misogyny and trans misogyny in navigating desire in our communities. We will be looking at how masculine spectrum folks of all backgrounds seek space to heal and address self-identified issues of concern around isolation, body image, substance use, desirability, and negative sexual coping strategies. In holding various impacts of trauma, whether religious based, school based bullying, familial, interpersonal or societal, we will look at the themes many of our clients experience that impact self worth, strategies for coping, and how to connect from a self nurturing perspective in relationality with the self and others.

TRAINING

MARCO POSADAS

MSW; RSW; FIPA (Chief Clinical Officer,
The House of Purpose)

“PSYCHOANALYSIS 101: PSYCHOANALYSIS AND PSYCHANALYTIC PSYCHOTHERAPY AS TOOLS TO FOSTER AN ANTI- OPPRESSIVE CLINICAL PRACTICE WITH GAY, BI, AND GENDER CREATIVE MEN”

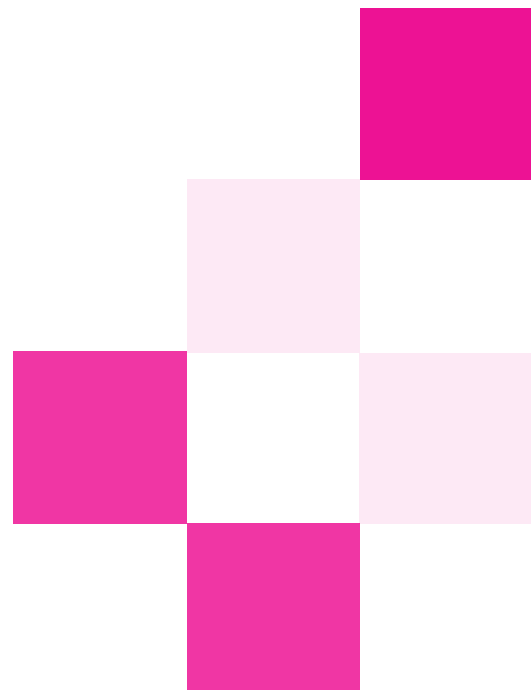
The purpose of this training is to help clinicians become familiar with psychoanalytic concepts that can be useful to create a more solid therapeutic alliance when working gay and gender creative men.

RAHIM THAWER

MSW; RSW (Sherbourne Health Centre)

“MIRROR, MIRROR: QUEER MEN AND BODY IMAGE”

This interactive workshop on queer men and body image will ask audience members to reflect on cultural messages around ‘good’ bodies, food, fatphobia and thin privilege. We will discuss counselling questions and approaches to addressing body image issues with queer men from an eclectic approach.



SPEAKER BIOS



**AARON PURDIE,
MC. RCC.**

Aaron is a registered clinical counsellor at Eagle Wellness and Keep the Wild, and Program Manager for mental health programs at HIM (Health Initiative for Men). Aaron is involved with local, provincial and national projects dedicated to mental health promotion (www.checkhimout.ca/mind), making programs more inclusive, building communities of practice, and increasing the existing knowledge base of gay/qi/queer men's mental health. In his graduate research, Aaron spent time investigating the risks and gratifications of online hook-up (dating) apps specifically related to mental health (2017). Aaron practices a combination of Narrative Therapy, and mindfulness based CBT. Aaron frequently works with helping people manage and explore: Identity/self-concept, eating disorders (particularly binge eating disorder), recovery post-extreme weight loss, complex trauma, and all things queer. Aaron is committed to supporting and learning from his own, as well as other queer communities, promoting equity, and encouraging counselling modalities that reduce harm, violence and barriers to those who seek those services.



ADAM BUSH, RSW

Adam Busch is a Community Counsellor with the AIDS Committee of Toronto (ACT). He has worked in gay men's sexual health and harm reduction for over 10 years. He completed his Masters in Social Work (MSW) at York University.



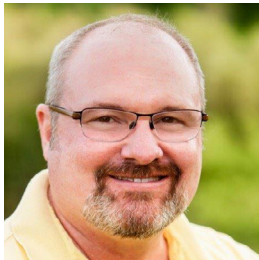
**DR. ANNE WAGNER,
PHD**

Dr. Anne Wagner is a clinical psychologist and researcher who is committed to helping understand and improve trauma recovery. She is a Postdoctoral Fellow at Ryerson University and her work is supported by the Canadian Institutes of Health Research. Anne has a particular focus on innovating mental health interventions, for example by working with different treatment formats (like with couples), and facilitators of treatment (like MDMA). She is currently working on projects investigating treatments for Posttraumatic Stress Disorder, Trauma-Informed Care, and the experiences of people living with HIV and LGBTQ communities.



**BARRY D. ADAM,
PHD**

Barry D. Adam is Distinguished University Professor Emeritus of Sociology at the University of Windsor, and Senior Scientist at the Ontario HIV Treatment Network. He has an extensive research record on the dynamics of domination and empowerment, LGBT studies, HIV prevention, and issues of living with HIV, including: vulnerability among Spanish and Portuguese speakers; impacts of criminalization on people living with HIV; recognizing HIV seroconversion symptoms; and resilience among gay men in keeping themselves healthy. In 2007, he received the Simon-Gagnon Award for a distinguished career in the study of sexualities, presented by the Sociology of Sexualities Section of the American Sociological Association. In 2012, he received the Community Partners Award of the Ontario AIDS Network, in 2013 the Queen's Diamond Jubilee Medal, and in 2017 the Anselm Strauss award from the U.S. National Council on Family Relations for an article published in the Journal of Marriage and the Family.



**BILL GAYNER, BSW,
MSW, RSW**

Bill Gayner is developing emotion-focused mindfulness therapy to address difficult emotional issues such as internalized stigma, shame and trauma, and to provide secular clinical and professional training contexts for developing mature mindfulness practices. He is an Adjunct Lecturer in the Factor-Inwentash Faculty of Social, University of Toronto, and a Mental Health Clinician in Psychiatry at Mount Sinai Hospital, where he teaches mindfulness to people living with HIV, psychiatric outpatients, and hospital staff, as well as providing psychotherapy for people living with HIV. He trains mental health professionals in emotion-focused mindfulness therapy through the Mount Sinai Psychotherapy Institute, the Health Arts and Humanities Program at U of T, and Mission Empowerment



**BRAD GARRISON,
M.ED; RP; CCC**

Since earning a master's degree in Counselling Psychology and Sexual Diversity Studies from the University of Toronto, Brad has worked almost exclusively with gay, bi, queer, trans, and other MSM individuals at local non-profit organizations. He is a Registered Psychotherapist and Canadian Certified Counsellor. Presently, Brad works as a Community Counsellor for ACT (the AIDS Committee of Toronto) and offers time-limited individual psychotherapy sessions to physician-referred gay, bi, queer, trans, and other MSM men at both Maple Leaf Medical Clinic and Church Wellesley Health Centre to address mental, relational, and sexual health concerns. He also works as a group therapist at another local non-profit with court-mandated gay, bi, queer, trans, and other MSM men who have been charged with domestic violence in the context of a same-sex relationship.



**CELESTE
BILBAO-JOSEPH**

Celeste Bilbao-Joseph is the HIV/AIDS Mental Health Clinical Counsellor for the HIV/AIDS Prevention Program at the Center for the Spanish Speaking Peoples. She has over 15 years of experience in the Mental Health field. As a Clinical Psychologist in Argentina, her home country, she worked in private practice and was also a Psychology Professor at several universities. She currently specializes in HIV/AIDS/STI's prevention, crisis and trauma counselling; also providing education and training on the sexual and mental health of the migrant LGBTQ/MSM population in Toronto. Ms. Bilbao-Joseph has participated in several national and international ethno-racial CBR projects. Her current research interests are global mental health, the relationship between social justice, power imbalance and ethno-privilege, the right to health equity of migrants and refugees, and community-based participatory interventions targeting vulnerable populations including the LGBTQ community.



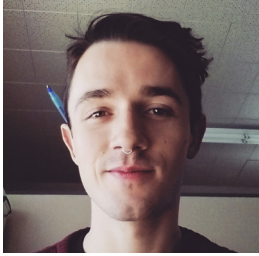
**DANIEL PUGH, BSW,
MSW, RSW**

Daniel Pugh is a clinical social worker & mental health counsellor at Sherbourne Health Centre in Toronto. Throughout his experience, Daniel has worked with youth, adults, couples and families with complex needs - primarily cultivated from LGBTQ2S/HIV communities across Ontario. In addition to building a psychotherapeutic practice that is sex positive, trauma-informed, decolonized and rooted in harm reduction; Daniel has a foundation in community-based HIV research, sexual health promotion, social determinants of health and community development. Between 2011 and 2015, Daniel worked at the Gay Men's Sexual Health Alliance. Daniel holds a Bachelors of Social Work the University of Waterloo (Renison) and a Masters from the University of Toronto (Factor Inwentash).



**DAVID J. BRENNAN,
MSW; PHD**

David J. Brennan, PhD, Associate Professor, OHTN Chair in Gay and Bisexual Men's Health (Social Work); Director, CRUISElab (www.cruiselab.ca); Factor-Inwentash Faculty of Social Work, University of Toronto, is a scholar who focuses on community-based research that examines issues related to the health needs of gay and bisexual men, particularly those marginalized by issues such as age, race, and HIV status. Professor Brennan's work includes examining how gay men use online apps for socio-sexual connections as well as for health education and service access. He has examined the impact of racism on body image among gay men of colour, and the role of resilience in indigenizing health research among Aboriginal two-spirit men living long term with HIV. He has published numerous peer-reviewed articles and community reports in in his areas of interest and research expertise.



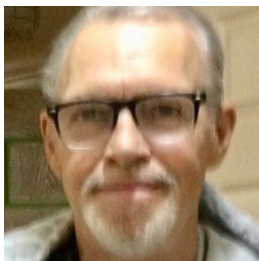
DEREK CASSIDY

Derek Cassidy is the Mental Health and Wellness Coordinator at MAX Ottawa. In his role, he is responsible for the mental health navigation service and other wellness programming. Derek has been working for and with guys into guys since 2013, more specifically doing harm reduction, community development, peer support, and online and offline outreach.



**FAITH CHAPUT,
MSW; RSW**

Faith Chaput is a queer-identified Métis woman whose family hails from the small community St. Boniface in Winnipeg, Manitoba. Faith was born and raised in the city of Toronto, Ontario. Faith is a member of the Wolf Clan, and her traditional name is Red Hummingbird Woman which relates to her work as a healer/mental health counsellor. Faith's experience is mainly rooted in the work she has done in community, educational and health-related settings providing front-line support to Aboriginal and LGBTQ2S adults, families, children and adolescents. Faith works through an intersectional, anti-oppressive, sex-positive, trauma informed lens and offers client centered care. Faith is a trained counsellor and Registered Social Worker, with a Masters in Social Work (MSW) from York University's School of Social Work. Faith currently works on the LGBTQ2S team at Sherbourne Health Centre as a mental health counsellor, in addition to her private practice which offers culturally safe counselling to Indigenous community members.



**GREGORY MASKWA,
BFA; PLWA**

Gregory Maskwa is a Gay Rights Advocate active in the AIDS movement since its inception in New York City in 1981. He founded AIDS Resource Centre which formed Bailey House Hospice, and was curator for Straight From The Heart, a support group of over 150 HIV/AIDS artists. Greg was Principle Organizer of the first AIDS protests and mass marches in New York City. He was awarded a plaque from President Clinton for his work with The AIDS Theater Project. His knowledge of Eastern Disciplines, Mental Health and The Arts is put to work with the epidemic of PTSD in gay men. He was trained by many Eastern Masters including a mentorship with Allen Ginsberg in Mindfulness and Meditation. His writings about AIDS have been published around the world. Greg will be sharing his own personal journey with PTSD to increase awareness about this highly treatable disorder.



JOHN MCCULLAGH

Prior to his retirement from paid employment in 2010, John worked for over 35 years in the Ontario child welfare sector, where he was instrumental in establishing safe, accessible and supportive services for queer youth and their families. In 1981, he co-founded the Toronto Counselling Centre for Lesbians and Gays (now known as David Kelley Services), which provides professional counselling and support services to LGBTQ people and to those living with and affected by HIV. He was a volunteer counsellor there throughout the first decade of the AIDS epidemic. John, a gay man living with HIV, currently facilitates an ongoing psycho-educational group intervention series at the AIDS Committee of Toronto (ACT) on healthy aging with HIV. He is the chair of the board of CATIE, Canada's national HIV and hepatitis C information provider, and a board member of the Ontario AIDS Network.



KATE MURZIN, MPH

Working with older adults living with and vulnerable to HIV, Kate focuses on strengthening ties between the HIV community and organizations serving people over 50. As Health Programs Specialist at Realize Kate supports the National Coordinating Committee on HIV and Aging (NCC), a network of people who are passionate about addressing HIV-related issues affecting aging adults. Kate shares information and stories through workshops, conversations and colourful diagrams. She aims to inspire policy-makers and care providers to respond to the needs of older adults affected by HIV, and equips them with the evidence and tools to do so. Kate has a Masters of Public Health degree from the University of Toronto.



KIM WHEATLEY

Kim is an Anishinaabe (Ojibway) band member of Shawanaga First Nation. Her spirit name is “Shkodan Neegaan Waawaaskonen which translates to “Head or Leader of the Fireflower” and she is Turtle Clan. Kim’s love of Indigenous handdrumming/singing and Anishinaabe traditional teachings shapes her commitment to creating and promoting awareness of the Indigenous perspective. She is a published author, event coordinator, cultural advisor, water protector, Mother, Traditional Grandmother and proud employee of the Earth! With over 2 decades of public speaking experience she continues to stretch her reach out to all walks of life. Kim has appeared on numerous television shows, news articles, magazines, books and radio programs. She is the recipient of the City of Pickering’s Heritage Civic award 2015 and has most recently received the City of Markham’s Culture Awareness Recognition award 2017. She continues to challenge herself through culture advisory roles and public event planning. Kim’s enduring hope is deeply connected to changing the world one heart at a time!

KEN ENGLISH is a senior program consultant with the AIDS and Hepatitis C Programs Unit, Ontario Ministry of Health and Long-Term Care. Ken contributes to policy and program development relating to the ministry’s anonymous HIV testing and rapid/point-of-care HIV testing programs. Ken has been working at the AIDS Bureau for 10 years, and has worked in the area of government policy and program development for more than 15 years. Ken is a graduate of the Master of Social Work program at the University of Toronto.



**DR. LARON NELSON,
PHD; RN; FNAP;
FAAN**

Dr. LaRon Nelson is a public health nurse and family nurse practitioner. He is a Scientist in the Centre for Urban Health Solutions of the Li Ka Shing Knowledge Institute at St. Michael's Hospital and the inaugural holder of the OHTN Research Chair in HIV Program Science with African, Caribbean and Black Communities. His domestic and international research investigates strategies to reduce race and sexuality-based disparities in HIV outcomes. He is the world's leading authority on the application of self-determination theory for HIV prevention and care. He is also trailblazing the use of a rapid psychological trauma recovery intervention to reduce the negative impacts of stigma and trauma on HIV outcomes in African and African diaspora communities. He was named one of Canada's Rising Stars in Global Health for his groundbreaking research with gay and bisexual men in Ghana. Dr. Nelson is a Fellow in the American Academy of Nursing.



MAIR ELLIS, RSW

Mair Ellis is a Registered Social Worker in the Rainbow Service at the Centre for Addiction and Mental Health.

Through her 24 years of work in mental health and addictions, Mair has learned how important it is to help people understand that they are not broken, and to discover their own enormous courage, resilience and potential. Her focus in supporting clients with addictions is to help them find alternative, substance free ways to cope with challenging feelings, relationships and circumstances. As lesbian therapist, Mair particularly values the opportunity to support LGBTQ individuals in their efforts to recover through the additional layers of stress they so often face.



**MARCO POSADAS,
MSW; RSW; FIPA**

Marco Posadas is Chief Clinical Officer of The House of Purpose, a consulting firm where he develops psychoanalytically informed programs for organizations. He is a Psychoanalyst member of the International Psychoanalytical Association (IPA), Clinical Social Worker, Licensed Psychologist (MEX), and PhD Candidate at Smith College School for Social Work. He is the current Chair of the Gender and Sexual Diversity Studies Committee of the IPA. He is faculty at the Toronto Institute of Psychoanalysis where he works to integrate anti-oppressive and anti-racist clinical practice into psychoanalysis. He is adjunct faculty at Smith College School of Social Work in Northampton, Massachusetts. He has worked in the HIV sector for over 20 years. He is past-Vice President for North America of the International Psychoanalytical Studies Organization (IPSO) and co-chaired the scientific programme in the IPA International Congress in Boston 2015. He served in the Board of Directors of the Ontario Association of Social Workers (OASW) where he was recipient of the 2013 OASW Inspirational Leader Award for his work with underserved and marginalized populations.



**MARK GASPAR,
PHD**

Mark Gaspar is a post-doctoral fellow at the Dalla Lana School of Public Health, University of Toronto. He is working on three national gay men's health studies, including HPV-SAVE, Engage and a Canadian Blood Services Study. For Engage, Gaspar is working on a qualitative research project



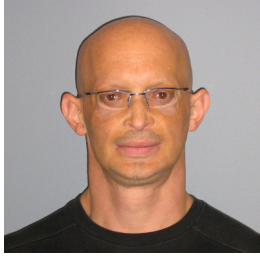
**MAX ADILMAN,
MSW STUDENT**

Max Adilman is a second-year Masters of Social Work student studying at the Factor-Inwentash Faculty of Social Work at the University of Toronto. He is completing a two-year practicum placement at Mount Sinai Hospital in the Clinic for HIV Related Concerns where he conducts individual psychotherapy. He has worked within the LGBTQ+ community as an advocate, peer worker, counsellor and educator for many years in a variety of settings. Within these roles, Max employs person-centred, anti-oppressive, feminist and structural frameworks, positioning his clients as experts of their lived-experiences. His research interests lie within creating conceptual understandings of queer experiences of loneliness and community asset building.



**MIGUEL CUBILLOS,
HNCP**

I am a naturally strong networker with background in non-profit and mental health research projects. I have over eight years' experience working with marginalized communities providing case management and career counselling . I enjoy frontline work while facilitating access to services to people living with chronic and episodic disabilities by providing support in immigration, settlement and job placement. Four years' experience in Community Based Research (CBR) and Project Management focused on gay men's Sexual Health and Mental Health. Innovative, dynamic and fully involved with people from diverse cultures.



**DR. PAUL
MACPHERSON,
PHD; MD; FRCP**

Dr MacPherson is an Associate Professor of Medicine at the University of Ottawa, a specialist in infectious diseases at the Ottawa Hospital, and a clinician-scientist at the Ottawa Hospital Research Institute. He obtained his PhD from the University of California at Berkeley in 1991 and his MD from McMaster University in 1998. He completed his residency in internal medicine at the University of Toronto and subspecialty training in infectious diseases at the University of Ottawa. He has an active practice in infectious diseases with a focus on HIV and other sexually transmitted infections. Dr MacPherson holds an OHTN Research Chair in Gay Men's Health and leads a research team examining ways to improve access to and retention in culturally specific healthcare for gay men and other men who have sex with men and on strategies to reduce HIV transmission.



**RAHIM THAWER,
MSW; RSW**

Rahim Thawer is a registered social worker, consultant, post-secondary instructor, and mental health counselor. He has worked at multiple HIV/AIDS service organizations and continues to work in direct practice settings with newcomer, racialized, and LGBTQ communities. Rahim is an active community organizer with Salaam Canada and co-editor of Any Other Way: How Toronto Got Queer, which was shortlisted for the 2017 Toronto Book Awards.



RICK JULIEN, BSC

Rick is a co-facilitator for the GPS (Gay Poz Sex) research project for the last 9 years. This project focused on supporting HIV-positive gay men to holistically explore sex and sexual health. The project recently explored one on one sessions for gay men regardless of status. Rick provides Motivation Interviewing training and is a member in good standing with MINT (Motivational Interviewing Network of Trainers). Rick is part of the ABRPO team (AIDS Bereavement and Resiliency Program of Ontario) who offer peer training in the community. Rick also volunteers at CAMH for the Rainbow Services First-Stage Addiction program.



**ROBERT ALSBERRY,
RN**

Robert Alsberry is MAX Ottawa's Communication and Outreach Coordinator. He brings 10 years U.S. nursing experience, 5 as a community health nurse, and his own lived experience as a Black, Queer, HIV+, and Canadian immigrant experience to the role. He's proud of his Community MAXimizer experience as a MAX volunteer that started Keeping it 100, an ACB queer male discussion group. He's passionate about dismantling institutionalized racism, his family, and singing karaoke.



ROBERTO ORTIZ

Roberto Ortiz is the Executive Director of MAX, Ottawa’s Health Connection for Guys into Guys. Previously, he was the Research and Development Officer at RÉZO Santé in Montréal. Since he immigrated from Mexico in 2009, Roberto has been working for and with guys into guys, more specifically in community organization and development, health and media literacy, online interventions, intersectionality, strategic partnerships, and community-based research.



**SCOTT BOWLER
MSW, RSW**

Scott Bowler is a Mental Health Clinician at the Clinic for HIV-Related Concerns in the Department of Psychiatry at Mount Sinai Hospital in Toronto. Beginning in 1989 when he arranged to have his first year MSW placement with the Community Grants (HIV Prevention) Program at Toronto Public Health (at a time when the Faculty of Social Work at the University of Toronto was offering no HIV-related student placements), Scott has spent the past 30 years working with people living with and affected by HIV. He has worked in both community-based and hospital-based HIV medical and mental health services. Scott is also an Adjunct Lecturer at the Factor-Inwentash Faculty of Social Work at the University of Toronto, providing social work field education since 1993. While drawing upon a diverse range of therapeutic modalities, Scott’s therapeutic work is firmly grounded in the person-centered approach. Scott is a strong advocate for the importance of a self-reflective practice.



**SCOTT SIMPSON,
BA; CWC**

My parents taught me not to start fights. End them. My first act of coming out as gay was in high school. One day a group of homophobic bullies were calling me ‘faggot’ and increasing their physical aggression each time we passed each other in the hall. As they approached me again I went after the leader, grabbed him by the throat, pinned him against a locker and asked him what his problem was. “We think you’re a faggot” he choked out. I squeezed a little tighter, “So what if I am?” They never bothered me again. In retrospect, that was the beginning of my gay advocacy, and it extends to present day, primarily by using Motivational Interviewing to support gay men in identifying, pursuing and achieving their goals for a better social / emotional / mental / physical / meaningful life.



**X. SLY SARKISOVA,
MSW; RSW**

X. Sly Sarkisova is a Toronto based queer and trans-identified psychotherapist who has been working in the field of mental health and addictions counselling for the past 17 years in occupied Musqueam, Tsleil-Waututh, and Squamish territories (Downtown Eastside, Vancouver) and Mississauga, Anishinaabe (Regent Park, Toronto). He works to create safe space for folks who are managing inadequate systemic responses to trauma, mental health, and substance use and who experience structural poverty and oppression related to race, class, ability, sexuality, gender diversity, and indigeneity. He brings a deeply structural, pro-survivor lens to his work with people. Sly provides consultation, training and clinical supervision on trauma informed integrative psychotherapy to organizations and individuals. Communities needing support related to identity/poly/kink/sex work/addictions/mental health and trauma related concerns see him for psychotherapy in his private practice.



**TRAVIS SALWAY,
PHD**

Travis Salway is a social epidemiologist whose research aims to understand health inequities experienced by lesbian, gay, bisexual, and queer people. Travis is a Banting and Michael Smith Postdoctoral Research Fellow at the UBC School of Population and Public Health and the BC Centre for Disease Control, where he works with public health administrators and clinicians to find health service solutions to elevated rates of depression, anxiety, suicide ideation, and substance use among lesbian, gay, bisexual, and queer Canadians. Travis's training spans social work at the University of California at Berkeley (2002), clinical epidemiology at McGill University (2008), and public health epidemiology at the University of Toronto (2017). He is a long-standing volunteer at the Community-Based Research Centre for Gay Men's Health and the co-founder of the Vancouver-based LGBTQ Mental Health Roundtable.



**DR. TREVOR A. HART,
PHD; C.PSYCH**

Dr. Trevor A. Hart is a Chair in Gay and Bisexual Men’s Health and Professor in the Department of Psychology at Ryerson University. Dr. Hart’s research is conducted at the HIV Prevention Lab and collaborating labs, HIV clinics, and AIDS service organizations. He is also a practicing clinical psychologist. Research conducted by Dr. Hart at the HIV Prevention Lab involves three related lines of scientific study:

1. Identifying what makes HIV-negative gay, bi, and queer men and other people at higher risk of getting HIV and sexually transmitted infections
 2. Examining the relation between physical health and psychological outcomes among people living with HIV
 3. Testing of behavioural interventions for people at high risk for HIV and people living with HIV that:
 - a) promote sexual health, mental health, and life expectancy and
 - b) reduce the spread of HIV and sexually transmitted infections
-



**VICTOR HING HUYNH,
MSW; RSW**

When humans experience tremendous trauma and stress, it is not uncommon for their lives to unravel. Being a gay man and child of refugees, it has been my passion to support newcomer, refugee and LGBTQ+ communities to bridge gaps between intersecting identities to celebrate difference.

As a social worker/therapist at Access Alliance Multicultural Health and Community Services, I have been providing trauma informed therapy to newcomer populations. Furthermore, with the recent influx of LGBTQ+ refugees, I have had the opportunity to create innovative group therapy programs exploring and celebrating queer identities.

Completing a Masters in Social Worker from Ryerson University with a focus on gay men’s health and past experience as a social worker with AIDS Vancouver and Casey House, my practice is informed by a critical perspective on systemic oppression that flirts with the dynamic juxtaposition between dominant and minority populations to dismantle discourses that continue to inflict trauma and stress on our most vulnerable communities





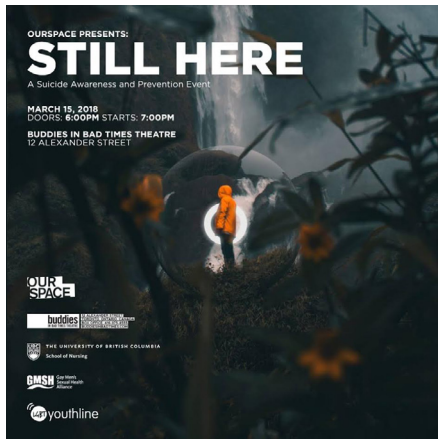
**VINCENT
FRANCOEUR, BA
IN SEXOLOGY; MA
CANDIDATE IN
PSYCHOTHERAPY**

Vincent is an undergraduate from UQAM (Université du Québec à Montréal) in sexology. Since high school, he has been volunteering in LGBTQ groups of all kinds. In Montréal, Vincent worked as a sexologist at the medical clinic of the Cartier Latin - on the SPOT project - and at Maison Plein Coeur, a non-profit organisation that helps people living with HIV. He moved to Toronto in October 2013 where he kept working and volunteering in the gay men's sexual health sector. He currently works part time at ACT and pursues a Master of Education in Counselling and Psychology at OISE (UofT). Vincent also volunteers for OurSpace - a grass-root collective of young gay men in Toronto.,

Graphic design for
report and logo:
[Raymond Helkio](#)

POST-SUMMIT SOCIAL

OURSPACE PRESENTS: STILL HERE



OurSpace has teamed up with Still Here, a photo project featuring LGBTQ2S+ folks affected by suicide, to present a community event highlighting suicide awareness and prevention on Thursday, March 15, 2018 from 6-10 p.m. at Buddies in Bad Times Theatre in Toronto.

Members of the LGBTQ communities and their allies will be brought together in a social space to discuss these issues, interact with one another, and learn more about suicide in our communities.

Programming officially starts at 7 p.m.

The room will be decorated with the photos from Still Here (<https://stillhereproject.ca>) and will feature a video from the project, as well as talks by members of our communities affected by suicide, and community leaders in LGBT peer support from LGBT Youth Line.

Funds will be raised for LGBT Youth line, a confidential peer-support service provided by and for LGBTQ2S+ youth in Ontario (for online donations, check out: <http://www.youthline.ca/support-us/how-to-donate/>). Members from Youth Line will also be present with more information, buttons, and swag.

ACCESSIBILITY

Admission is free. Buddies in Bad Times Theatre is wheelchair accessible and has gender-neutral washrooms. Please contact the organizers for any additional accessibility requirements by emailing them at hey@thisourspace.ca by March 12. The deadline to request ASL interpretation is 12:00pm on March 8.

WHAT'S OURSPACE?

OurSpace is a Toronto-based collective of youth leaders who create innovative spaces for young cis and trans guys who like guys to come together, learn from each other, discuss social issues, and have fun!

STAYING CONNECTED

Visit our website: <https://thisourspace.ca/>

Like and follow us on Facebook, Twitter, and Instagram:

@OurSpaceToronto



And check out our Tumblr: <http://ourspacetoronto.tumblr.com/>

**GAY MEN'S SEXUAL HEALTH
ALLIANCE OF ONTARIO (GMSH™)**

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GMSH Gay Men's
Sexual Health
Alliance