

Trans Health Matters

December 2009

Mission: The Minnesota Transgender Health Coalition is committed to improving health care access and the quality of health care received by trans and gender nonconforming people through education, resources, and advocacy.

Trans Health and Wellness Conference

The third annual Trans Health and Wellness Conference was held on May 15 and 16, 2009, at Metropolitan State University in Saint Paul. Friday was "Provider Day" with presentations geared towards health professionals and students, and Saturday was "Community Day" with free health screenings, workshops, Resource Fair, and prescription drug consultations. With more than 300 trans and health care community members in attendance the event was a huge success.

Mark your calendars! The 2010 Conference will be held on May 14 and 15 at Metro State. This conference theme is "Identifying Crossroads, Connecting Communities." Friday will be Provider Day with continuing education credits available. Friday's keynote speaker will be Lisa O'Connor, MD, family practice physician and cognitive behavioral therapist and one of the foremost experts in the field of gender variant counseling and medical care, who transitioned in 2005. On Community Day, Saturday, our keynote speaker will be Yoseñio Lewis, a dark skinned Latino of African descent female to male transexual, social justice activist and health educator, speaker, writer and performer.

If you would like to get involved in planning the Conference, volunteer, or participate, or would like more information, please contact us at mntranshealth@yahoo.com. Our website (www.mntranshealth.org) will be continuously updated with details as they develop so be sure to check it out!



Lisa O'Connor, MD



Yoseñio Lewis

Transgender Shot Clinic comes to MTHC

Earlier this year MTHC had a wonderful opportunity to expand our services by collaborating with the Transgender Health Project ("Shot Clinic") and placing their services under our organization's umbrella as a program. Now, in addition to the educational programming you are familiar with such as our website, training program, Conference, and community health forums, we are able to provide direct services.

The Shot Clinic was started in February 2007 by a small group of trans-identified medical professionals and students; their slogan is "Trans Folks Helping Trans Folks." Services include safer hormone injections and instruction on injection technique, health assessments, case management, safe syringe exchange, peer-run informational and support groups, Hep C testing, HIV risk reduction education, and more.

The Shot Clinic meets every Friday from 4:30 – 6:00 pm. For more information email t.eparty@yahoo.com or write the Shot Clinic team on their MySpace account (myspace.com/shotclinic). or call 952-457-5833.



Co-Chairs Josh Breeding PharmD, BCPS, and Remy Corso sharing MTHC'S plans for the future during the closing session at the 2009 Conference.

We're Moving on Up!

This coming January we will be moving into our first office space/Shot Clinic on Chicago Avenue S. The move will enable us to consolidate all of our files and equipment, have a consistent space for MTHC meetings, and provide a safe, confidential home for the Shot Clinic and its related services. As an added benefit, we will have room for projects and activities and more opportunities for people to get involved. Our office hours will be listed on our website as soon as they have been established.

Located two blocks from Powderhorn Park, the building is being renovated as part of the neighborhood revitalization project and will incorporate many eco-friendly "green" features. Other tenants include two non-profits, a thrift shop, and a neighborhood coffee shop. There are also plans for a community garden, patio, and a mural by Urban Camouflage, the Minneapolis anti-graffiti initiative that provides mentoring for youth. The second floor will contain a large shared rental space and dance studio, where we plan to hold future Trans Health Matters forums and other community health events.

Our Wish List for the New Year

We are starting from scratch in our new office and could use folding chairs, office supplies, file cabinets, and gift cards from stores such as Target or Office Max. Starting January 4 you can drop off your donated items at 3405 Chicago Avenue, Suite 3, or contact us and we will be happy to pick them up.

Now that our "maybe someday" wish of having an office is about to come true, on the top of our list is more people to help us keep our momentum growing. There are many ways to help, from working on mailings to planning events. We are also seeking to expand our Board of Directors, as well as add to our roster of available trainers. Time commitments can vary. If you would like to find out more contact us at mntranshealth@yahoo.com or go to our website and select "Get Involved" to fill out an interest form.

If you would like to come and hear more about our organization and how you could make a difference in improving the quality of health care for the trans and gender nonconforming communities, we invite you to come to one of our monthly meetings. Dates and locations are listed on the Events Calendar on our website. Everyone is welcome to attend!

Unmasking Our Many Genders

Our second annual autumn event, "Masquerade Ball: Unmasking Our Many Genders," took place on Friday, November 13, at Intermedia Arts in Minneapolis. Thanks to our sponsors: David Bucher, MD, and the Transgender Clinic at Park Nicollet Clinic – Mpls, Deborah Thorp, MD, and Christine Durler, NP. Huge thanks to all the performers of the Tranny Jam Cabaret: Esme Rodriguez, Leah Matz, the Wreck Family, Sam Berliner, Dylan, and thanks to all of our volunteers!



Esme Rodriguez



Volunteers in disguise

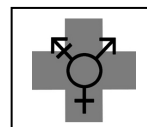
MTHC event photos by Lisa Danneberg

As 2009 Draws to a Close...

Please consider making a tax-deductible donation to MTHC. We rely on contributions from our friends, family, providers, allies, and community to make our work possible. To donate by credit card or PayPal go to our website and use one of the Donate Now buttons. If you would prefer to donate by check, mail your contribution to the address located below. Checks should be made out to "Minnesota Transgender Health Coalition."

Thank you for your support!

Minnesota Transgender Health Coalition



3405 Chicago Ave Suite 3
Minneapolis MN 55407
(612) 823-1152
mntranshealth@yahoo.com
www.mntranshealth.org