



# INCLUSIVE HEALTH

SATURDAY MARCH 16, 2024



UNIVERSITY OF ALBERTA  
FACULTY OF MEDICINE & DENTISTRY

# Our Vision

The University of Alberta respectfully acknowledges that we are located on Treaty 6 territory, a traditional gathering place for diverse Indigenous peoples including the Cree, Blackfoot, Metis, Nakota Sioux, Iroquois, Dene, Ojibway/ Saulteaux/Anishinaabe, Inuit, and many others whose histories, languages, and cultures continue to influence our vibrant community.

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Inclusive Health is a collaborative vision of University of Alberta medical students affiliated with the Sexuality & Gender Advocacy Committee (SGA). Our organization was formed in 2010, and conceived by a group of medical students who shared a passion for promoting 2SLGBTQ+ issues in healthcare and medical education.

We are dedicated to raising awareness and facilitating discussion of unique health issues faced by individuals of diverse sexual orientations and gender identities, by working with the Faculty of Medicine & Dentistry on curriculum development and by hosting Inclusive Health.

We help to foster a safe environment among students and faculty at the University of Alberta, by promoting an inclusive environment that is free of discrimination and welcoming to all.

We endeavor to work alongside our faculty and other postsecondary programs to train, support, and give guidance to the culturally competent healthcare providers of tomorrow.



SEXUALITY & GENDER  
ADVOCACY COMMITTEE

[SGA@UALBERTA.CA](mailto:SGA@UALBERTA.CA)

[inclusivehealthconference.com](http://inclusivehealthconference.com)

## **SGA Executive Team (2024)**

Tara Freeman - Alexander Howard

Morgan Lapierre - Zoe Brody - Matthew Robrigado

Kira Eberts - Simran Parmar

Congratulations to our graduating team members:

Alexander Howard – Morgan Lapierre – Zoe Brody

# Opening Remarks

**Mosom Rick Lightning (he/him)** is the resident Elder, or Mosom as he prefers to be called, for the University of Alberta Faculty of Medicine & Dentistry. He has over 25 years of experience as a mental health therapist, school counselor, drug/alcohol addictions counselor, and probation and parole officer. He has provided facilitation, mediation/negotiation, public speaking, workshop and program development, as well as cross cultural training workshops to and about First Nations across Canada.



**Janis Irwin (she/her)** was first elected to the Alberta Legislature as the NDP MLA for Edmonton-Highlands-Norwood in 2019, and was re-elected in 2023. Janis currently serves as the Official Opposition Critic for Housing, after previously serving as the Critic for Status of Women and 2SLGBTQ+ Issues. Prior to being elected, Janis worked for Alberta Education as the Executive Director for High School Curriculum. She started her career in education as a high school teacher and vice principal in rural Alberta.



Janis holds a bachelor's degree in education from the University of Alberta and a master's degree in education from the University of Calgary. She has served as a board member and volunteer with many community organizations. Janis loves being outside, exploring Edmonton's river valley, and spending time with her cats Oregano and Basil.

**Dr. Metz (she/her)** was elected to the Alberta Legislature in 2023 as the MLA for Calgary-Varsity. She also serves as the Official Opposition Critic for Health, advocating for high-quality public health care that is accessible to all Albertans.



Dr. Metz is an accomplished neurologist and has worked in the medical field in various capacities for over 30 years, including as the Director of the Calgary Multiple Sclerosis Clinic. She has dedicated the vast majority of her research to discovering more about Multiple Sclerosis, and how to treat it. She has also been a professor in various capacities with the University of Calgary, helping to develop the next generation of medical students. She has two children, and loves spending time with her grandchildren, gardening, playing board games, and traveling.

# Schedule

**8:00 – 8:30 Registration & Breakfast**

**8:30 – 8:45 Opening Remarks**

*Mosom Rick Lightning, Janis Irwin, and Dr. Luanne Metz*

**8:45 – 9:45 Panel: Inclusive Care for Queer Families**

*Moderated by Dr. Julia Chronopoulos*

**9:45 – 10:00 Break**

**10:00-11:00 Queer Eye on Medicine: Assessing the Lived Experience of Queer Canadian Physicians and Trainees in the Healthcare Environment**

*Sean Bristowe*

**11:00 – 11:20 Connecting Providers for 2SLGBTQ+ Resources & Care**

*QC Gu, Finn St. Dennis, and Jess Murray, Queer & Trans Health Collective*

**11:20-12:00 Networking Session**

*Queer & Trans Health Collective*

**12:00 – 1:00 Catered Lunch**

**1:00 – 2:00 Keynote: Two-Spirit and LGBTQ Indigenous Health**

*Dr. James Makokis and Anthony Johnson*

**2:00 – 2:10 Break**

**2:10-3:10 Proud, Prepared, and Protected: Palliative Care for 2SLGBTQ+ Patients**

*Clare Freeman and Elder Albert McLeod*

**3:10 – 4:10 Inclusive Medical Spaces for Gender-Diverse, Neurodivergent Patients**

*Ashleigh Yule and Kylo Vangool*

**4:10-4:20 Break**

**4:20 – 5:20 Supporting Queer Survivors Of Sexual Violence**

*Mika Burns and Ashlyn Osborne, Sexual Assault Centre of Edmonton*

**5:20-5:30 Closing Remarks**

*Tara Freeman, SGA President*



# Keynote: Two-Spirit & LGBTQ+ Indigenous Health



**Anthony Johnson (he/him) and Dr. James Makokis (he/him)** shattered conventional norms as the first-ever Two-Spirit team on the Amazing Race Canada. Their inspiring journey brought critical issues of gender, sexuality, and First Nations experiences to the national spotlight. Demonstrating tenacity, resilience, and indomitable spirit, they triumphed in Season 7, setting a ground-breaking precedent for diverse representation in popular media.

While they may seem inseparable, each brings a unique perspective, a distinct skill set, and a wealth of lived experiences that have shaped them into the advocates they are today. Their intertwined journeys as individuals, as a Two-Spirit couple, and as part of the rich tapestry of their peoples' history, have fueled their work in service and in advocacy. Their focus lies in raising awareness about the challenges faced by First Nation and LGBTQ2S+ communities, and the need for equity and accessibility.

As they traverse Canada, sharing tales of their Amazing Race journey, their community endeavors, and their unique perspectives, they provide insightful recommendations on how to further their cause and challenge oppressive stereotypes. Their mission is to globally unite allies in the pursuit of equal access and fair treatment for the communities they represent.

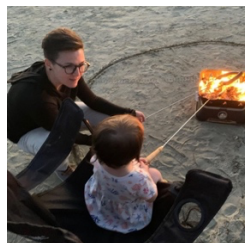
## Panel: Inclusive Care for Queer Families



**Dr. Julia Chronopoulos (she/her)** completed her Medical training at the University of Alberta in 2006 and then Residency training in Family Medicine at the University of Calgary in 2008, Dr. Julia Chronopoulos settled at the Royal Alexandra Family Medicine Center in 2009, and subsequently the MacEwan University Health Center in 2018. She passionately enjoys serving a diverse population, with a special interest in mental health, as well as sexual and gender diversity. She is the clinical

lead of the Rainbow Health Clinic at MacEwan University Health Center where she additionally acts as the Medical Director. She is an Associate Clinical Professor with the University of Alberta Family Medicine Department. She believes that urgent reforms are required in our healthcare system to address the persistent and pervasive oppression, racism and inequity that prevents appropriate care from being accessible to the folks who need it most. In her spare time she is working on raising three amazing world citizens with warm hearts, mad jiu jitsu skills and the ability to order chicken in Greek.

**Dr. Davina Rousell (she/her)** grew-up on a farm in northern British Columbia on Treaty 8 land. During these informative years she was never taught that the land that her family lived on and called home was part of Turtle Island or how they were benefiting from colonial policies and practices that gave the land to her ancestors while disenfranchising First Nations that continue to be the inherent stewards of the land. Over the past 18 years Dr. Rousell has had the honour of working with and learning from Indigenous Elders and Knowledge Holders that have been teaching her about pre and post-colonial contact, how we are all Treaty peoples, and mentoring her on how, an ally, Caucasian, queer and community-based scholar, can contribute to understanding and constructively disrupting the colonial legacy of discriminatory worldviews and practices.



**Meaghan Ray Peters (they/them)** is a nonbinary physiotherapist and PhD student in Rehabilitation Medicine at the University of Alberta. They worked in acute care for a number of years before returning to academia and currently study the experiences of people who bind their chest. Since moving to Edmonton in 2014, they have navigated their husband's and their own transition, a long fertility journey, and now have a 3.5 year old toddler.

# Panel: Inclusive Care for Queer Families

**Alexis Hillyard (she/her)** Centring disabled bodies and celebrating the unique ways we move through the world is what Stump Kitchen is all about. I do this by transforming my stump into playful, intricate cosplay characters, cooking tasty recipes using my stump as a kitchen tool, and sharing my content through social media. I am driven by society's lack of authentic disability representation, hoping to fill that gap with my magical stump characters and delicious one-handed recipes. As an educator by trade, I am passionate about speaking with audiences of all ages about the importance of disability representation, accessibility, cooking, and cosplays, and share stories that centre my experience as a disabled, queer creator. My Stump Kitchen work has spoken to many different audiences, places, ages, and my online content is enjoyed by folks globally.



**Zoë Chaytors** who mostly goes by **Jude (he/him)** these days, is an Expressive Art Therapist and Social Worker in amiskwaciwâskahikan. Jude runs an eco-art therapy practice called Emberwood. When not working, Jude spends time quilting, hiking in the Rockies, or snuggling with the cats: Benny and Joon. Jude has two little ones, aged 3 and newborn, and two amazing co-parents.

his undergraduate degree in Engineering Physics in 2010-2015 and his Master's in Electrical Engineering in 2017-2020, coinciding with the beginning of his gender transition. Beyond his academic pursuits, James cherishes quality time with his beloved family: his wife, Marita, their 20-month-old son, Evander, and their loyal English Bulldog, Sam.

**James Maldaner (he/him)**, a dedicated father and aspiring physicist, is currently in his second year of pursuing a Ph.D. at the University of Alberta, focusing on constructing a high-power laser for quantum information sciences. His journey into physics began with



**Marita Obst (she/her)** is a mom and Registered Midwife, who loves reading, swimming, and good coffee. She and her husband, James, have a 20-month-old son together, and an English bulldog named Sammy. She is a cofounder of the Edmonton Midwifery Cooperative, a clinic that intentionally cares for targeted equity-deserving communities. Her personal midwifery practice focuses on caring for 2SLGBTQ+ families, and she is passionate about providing trauma-informed, size-inclusive, compassionate midwifery care to everyone. She holds a previous Bachelor of Arts

from the University of Toronto in Sexual Diversity Studies, and is honored to serve as President of the Alberta Association of Midwives.

# Connecting Providers for 2SLGTQ+ Resources & Care

**QC Gu (he/they)** is a queer and non-binary first-generation migrant. They are the Community Health Manager and currently run the Totally Outright, Queering the Compass, and Pivot programs to build community and service provider capacity to address health issues in the 2S/LGBTQIA+ community.



**Finn St. Dennis (they/them)** is a queer, trans non-binary, and chronically ill member of the team. They manage the QTHC's research initiatives and partnerships and support evaluation across the organization. They are the Research and Evaluation Manager also run the Investigaytors program.

**Jess Murray (she/her)** is a pansexual trans woman who is passionate about providing support for those struggling with mental health and substance use, and has extensive experience working with mental health and the 2S/LGBTQIA+ community. She is the Project Development and Harm Reduction Manager, and runs the QTHC's Peer N Peer and Spectrum Drug Testing programs.



## Queer Eye on Medicine: Assessing the Lived Experience of Queer Canadian Physicians and Trainees in the Healthcare Environment



**Sean Bristowe (they/he)** is a white settler located in Mohkinstsis (MOH-kin-stiss) on Treaty 7 land, otherwise known as Calgary.

He is a third-year medical student at the University of Calgary, graduating class of 2025. When they grow up (AKA finish medical training), Sean hopes to be a rural family doc.

Before medicine, Sean was a local activist, expert in harm reduction, health policy, and qualitative research. These days, he is passionate about advocating for meaningful inclusion and recognition of transgender professionals in medicine and the workplace.

# Proud, Prepared, and Protected: Palliative Care for 2SLGBTQ+ Patients

**Clare Freeman (she/her)** holds a master's degree in Social Work and has been a senior executive non-profit leader for over twenty years. She has extensive experience in organizational equity, diversity and inclusion change management, strategic leadership, research, public motivational speaking, and stakeholder engagement. Clare was the CEO of hospice palliative care and bereavement services for seven years. She was currently leading a Community Legal Clinic addressing legal issues for low-income individuals. Clare's work has been in the area of Human Rights, sex and gender-based equity & gender identity/expression, gender-based violence (sexual/domestic violence and harassment), human sexuality/identity, children's mental health, and palliative care.



**Albert McLeod (he/him)** is a Status Indian with ancestry from Nisichawayasihk Cree Nation and the Metis community of Norway House in northern Manitoba. He has over thirty years of experience as a human rights activist and is one of the directors of the Two-Spirited People of Manitoba.

Albert began his Two-Spirit advocacy in Winnipeg in 1986 and became an HIV/AIDS activist in 1987. He was the director of the Manitoba Aboriginal AIDS Task Force from 1991 to 2001. In 2018, Albert received an Honorary Doctorate of Laws from the University of Winnipeg. Albert lives in Winnipeg, where he works as a consultant specializing in Indigenous peoples, cultural reclamation, and cross-cultural training.



# Inclusive Medical Spaces for Gender-Diverse, Neurodivergent Patients



**Dr. Ashleigh Yule (she/her)** is a registered psychologist specializing in child and adolescent mental health with a focus in transgender health and neurodivergence. Ashleigh provides affirming counselling, assessment, and consultation services for gender diverse youth and their families. She works in private practice in Calgary and as a visiting professional in remote and rural areas of Alberta. She is also a psychological consultant with the Institute for

Transgender Health in Montréal, Québec.

In addition to her work in transgender health, Ashleigh has a 20-year background in autism assessment, treatment, and research. Her dissertation research focused on centering the experiences and perspectives of transgender autistic individuals to ensure that medical, mental health, and research narratives amplify the voices of those with lived experience and first-person expertise. Ashleigh is accountable to the trans and autistic communities.

**Kylo Vangool (he/him)** is an autistic transgender man and parent to a 14 year old son who also happens to be neurodivergent and trans. Born and raised in Saskatoon, Saskatchewan, Kylo moved to Calgary, Alberta to pursue a career after obtaining his geology degree from the University of Saskatchewan. After his son was born in 2009, Kylo left his career to be an at home parent. When his son came out as trans at the age of six, Kylo not only supported but also began advocating for him. Kylo wanted to show up for his son the way he needed and deserved, and through that education process Kylo realized he himself was also trans. Kylo has experience in navigating various systems and society in general as both a parent of a neurodivergent trans child and as an autistic trans person himself. He is a lifelong active learner who is passionate about deep meaningful connection, ongoing personal exploration, growth, and healing, and making those around him feel supported. Kylo's goal and hope is to be a part of the disruption and change that is needed in many of the spaces neurodivergent and trans and gender diverse folks navigate.





# Supporting Queer Survivors of Sexual Violence



**Ashlyn Osborne (she/her)** is a University of Alberta alumnus who pursued her passion for sexual violence prevention and joined SACE as a member of the Public Education team. Through her role at SACE, Ashlyn delivers presentations on various topics related to sexual violence prevention and consent to youth, adults, community groups, and professionals. She also manages current SACE online courses and coordinates the creation of new online course material based on community and participant feedback.

**Mika Burns (they/them)** is a Community Consultant and Public Educator with the Sexual Assault Centre of Edmonton (SACE). They have an educational background from the University of Alberta, graduating with a major in Women's and Gender Studies, and a minor in Philosophy. Mika has been working in the non-profit sector since 2015, working closely alongside people with addictions, houseless communities, incarcerated communities, and the 2SLGBTQ+ communities. They are trained in anti-oppressive, harm-reduction, and trauma-informed care practices. They also currently sit on the Rainbow Alliance for Youth of Edmonton – an inter-agency committee serving 2SLGBTQ+ youth & promoting increased understanding, empathy, and knowledge. At SACE, Mika utilizes their education and experience to provide sexual violence and consent education to the community.

