

BCAPOP Virtual Conference

Building Capacity ↔ Strengthening Services

October 6, 2020 | 9am – 4:30pm PDT

	Time	Event
October 6 th	9:00 AM – 9:30 AM	Traditional Welcome / Opening Remarks
	9:30 AM – 11:00 AM	PLENARY SESSION An Indigenous Perspective of Supporting Prenatal Care and Infant Development <i>by Sue Sterling-Bur</i>
	11:00 AM – 12:30 PM	<i>BREAK</i>
	12:30 PM – 2:00 PM	PLENARY SESSION Self-care for Workers and Avoiding Compassion Fatigue <i>by Dr. Sarah Lea</i>
	2:00 PM – 2:15 PM	<i>BREAK</i>
	2:15 PM – 4:15 PM	KEYNOTE Beyond Mommies and Daddies: Supporting Transgender Parents During Pregnancy and Beyond <i>by Trystan Reese</i>
	4:15 PM – 4:30 PM	Closing Remarks

**Session overviews and speaker bios below*

Registration is **now open** for the BCAPOP Virtual Conference

BCAPOP Virtual Conference Pricing:

BCAPOP Member: **\$125** (\$150 after July 31st)

Non-Member: **\$165** (\$185 after July 31st)



KEYNOTE

Tuesday October 6, 2020 | 2:15 PM – 4:15 PM

BEYOND MOMMIES AND DADDIES: SUPPORTING TRANSGENDER PARENTS DURING PREGNANCY AND BEYOND

by Trystan Reese

Overview

Trystan Reese will present his unique parenting story at the Virtual BCAPOP Conference on October 6th, 2020. He will be focusing on his experiences as a transgender man who gave birth in 2017. That decision, as well as the decision to tell his pregnancy story publicly, thrust his family into the international spotlight and inspired him to become an expert on trans fertility, pregnancy, and postpartum considerations. He will share both his personal story as well as concrete takeaways from his experience and what the research recommends when supporting transgender and gender non-conforming gestational parents around the country.

Key takeaways for attendees:

- Define commonly-used terminology to describe LGBTQ+ communities, with a specific emphasis on transgender and gender-nonconforming terms;
- Identify examples of transphobia (overt and covert) faced by trans birthing parents; and
- Name specific supportive actions that can be taken when working with a trans birthing parent in the postpartum period.

SPEAKER



Trystan Reese is a Portland-based educator who works on transgender fertility issues specifically and LGBTQ+ family issues more broadly. His writings on the subject have been featured on HuffPost and he has been interviewed by CNN, People Magazine, the Washington Post, Vice News, and dozens of other journalistic outlets across the globe. His trans family-building story was heard by millions when he performed on The Moth Radio Hour, one of the top 100 most listened-to podcasts in the world (it also aired on hundreds of NPR stations around the country).

As Director of Family Formation at Family Equality (the nation's leading non-profit dedicated to supporting LGBTQ+ families and those who wish to form them), Trystan has trained over 1000 family-building professionals utilizing the cultural competency online ecosystem he built from scratch. He has been a keynote SPEAKER at Postpartum Support International's global conference and Doula Training International's Born Into This conference for birthworkers. He provides quarterly online trainings on trans birth in partnership with Cornerstone Doula Trainings and will be presenting at Yale School of Medicine's annual conference on LGBT health this year.

PLENARY SESSION

Tuesday October 6, 2020 | 9:30 AM – 11:00 AM

An Indigenous Perspective of Supporting Prenatal Care and Infant Development *by Sue Sterling-Bur*

Overview

In recognizing the interconnectedness of the four areas of development within physical, emotional, cognitive/intellectual, and spiritual health and wellbeing; pre and post-natal care begins prior to an infant in the womb. Sue will share an Indigenous perspective to overall well-being and care for pre and post-natal care for infants and their mothers.

Key takeaways for attendees:

- Indigenous perspectives of prenatal development and care;
- Indigenous perspectives of Infant care;
- Indigenous beliefs and values of the connection between a mother and a child; and
- An understanding of spiritual aspect of prenatal care and childbirth.

SPEAKER



Sue Sterling-Bur comes from the Nlakap'mux Nation and Sto:lo Nation and is a member of the Dumdehmyoo (Bear) Clan with the Nadleh Whut'en from the Carrier Sekani Nation.

Sue is an Instructor for the Social Work Department at the Nicola Valley Institute of Technology in Merritt, BC. She volunteers for many community, Provincial and National committees that focus on developing healthy children and families. This includes being an active Board Member for the BC Aboriginal Child Care Society; being the National Representative of Western Canada for the World Forum Foundation on Early Care and Education; co-founding the Indigenous Peoples Action Group with the World Forum; serving as President of the Rotary Club of Merritt

Sunrise; holding an appointment with the Provincial Child Care Council for the Ministry of Children and Family Development in BC between 2014-2018; and being the current President of Nicola Family Therapy.

Sue is a Ph.D. student at The University of British Columbia Okanagan Campus and working with Dr. Jeannette Armstrong and Dr. Rachelle Hole. Sue's doctoral research will focus on gaining a better understanding of an Indigenous perspective on the belief of giftedness for children with disabilities. Her research will be critically analyzing the Nlakap'mux stories from one of her Nations, to determine the ethics, values and beliefs that will provide guidance and direction for working and supporting people with disabilities.

PLENARY SESSION

Tuesday October 6, 2020 | 12:30 PM – 2:00 PM

SELF-CARE FOR WORKERS AND AVOIDING COMPASSION FATIGUE

by Dr. Sarah Lea

Overview

In this session, Dr. Lea will define and discuss beliefs about self-compassion, mindfulness and self-care as it relates to your role as a health care provider. She will also describe the role of self-compassion, mindfulness and self-care in the prevention of compassion fatigue and burnout.

Key takeaways for attendees:

- Demonstrate the ability to practice mindfulness; and
- Develop strategies to incorporate mindfulness, self-compassion and self-care into your daily routine.

SPEAKER



Dr. Sarah Lea is a GP Maternity Physician with a specific interest in perinatal addictions. Originally from Prince Edward Island, she completed her medical school training at Dalhousie University in 2010. Additionally, she holds a Master of Science in Community Health and Epidemiology from Dalhousie. She completed 2.5 years of a residency in Obstetrics and Gynaecology at the University of British Columbia before transitioning into Family Medicine. She completed her training in Family Medicine in Victoria in 2016 and has been practicing as a GP Locum since that time doing full-service family practice with a specific interest in addiction medicine, women's

health and obstetrics. She completed a three-month Enhanced Skills Training Program in Addiction Medicine with a focus on Perinatal Medicine. She joined GROW Health in October of 2018. She has also recently been appointed the South Island Division Head of GP Obstetrics. When not working, Dr. Lea enjoys spending time with her three young children hiking, biking and generally enjoying the great outdoors.