

SOGIE Fundamentals for Mental Health Professionals

A workshop with Amber Merziotis & Kim Baranek of SOGIE Education

Provided by Family Paths (CEU Provider #62239) in conjunction with Chabot-Las Positas Community College District and Alameda County through Title IV-E Funding.

Target Audience: This training is geared towards clinical staff, family advocates and community health workers working with foster children and youth in Alameda County. This workshop is available to you free of charge.

REGISTRATION IS REQUIRED TO ATTEND

Workshop Description: SOGIE is something everyone has! SOGIE is one's sexual orientation, gender identity, and gender expression. In this workshop we will provide an introduction to SOGIE development, the needs of SOGIE diverse clients (some of whom may identify as LGBTQ+) and inclusive language. This training will explore how to best support youth around SOGIE identity development, caregiver, family and peer acceptance and support and safety issues. The training will provide an opportunity for participants to ask questions and present cases to receive consultation regarding SOGIE. Special attention will be paid to working with children ages 10 and older. The learning will take place in workshop format with the use of presentation, reflection, interactive dialogue and exploration, case examples and consultation with the goal of increasing participants' competency in working with SOGIE diverse clients and their families.

The Trainers: Kim Baranek, MPH is a public health professional who has promoted child and youth health in Bay Area schools and communities for 20 years. As a queer gender nonconforming woman, Kim is passionate about building a more accepting world for people of all SOGIEs so that they can thrive as their authentic selves. Through SOGIE Education, Kim provides training and consulting for youth and family agencies and providers. Pulling from her work in youth development and Directing the Youth and Safe Schools Programs at Rainbow Community Center, Kim gives providers an inside view into how to best support youth around SOGIE identity development, school safety issues, and boosting resilience. Kim has collaborated with youth and adult allies to plan and deliver workshops and summits for youth, faith leaders, teachers, and families to build SOGIE awareness and inclusion. She has also engaged with stakeholders to advocate for inclusive organizational practices, policies and facilities for people of all SOGIEs.

Amber Merziotis: Amber has a Master's degree from JFK University in Counseling Psychology, specializing in somatic psychology. She is passionate about supporting the spiritual, emotional and physical health of LGBTQ children, youth and families. Amber has nine years of experience providing individual, couple and family therapy around issues relating to SOGIE in myriad environments, including school-based outpatient, community clinics and day treatment settings. For the last 5 years, as the LGBTQ Family Advocate for the Youth Acceptance Collaborative through Family Builders, Amber has passionately provided support to children, youth and families around SOGIE. In this role, Amber offers social and emotional support to children and youth, as well as school advocacy, legal and medical

navigation for transgender youth. Amber is also a consultant and trainer with SOGIE Education, sharing her expertise as a therapist and advocate to help clinical and paraprofessional providers learn practical interventions to support clients around SOGIE. Through case consultation, Amber gives guidance on: one-one support, navigating healthcare, foster care and child welfare systems, and resourcing clients.

Training Objectives: Participants will be able to....1) Explain and differentiate between basic definitions for sexual orientation, gender, gender identity, and gender expression. 2) Name two inclusive practices related to SOGIE that they can incorporate into their work. 3) Give two examples of strategies for working with SOGIE.

CEUs: Training meets the qualifications for 3 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. A 15 minute break is not included in the total CEU time awarded. CEUs will be awarded in person at the end of the training. Provided by Family Paths, Provider #62239 thru CAMFT CEPA. We will be unable to provide attendees with certificates of completion if more than 15 minutes of course content is missed.

Cancellation Policy: We do not charge for our trainings at present and space is limited. If you cannot attend we ask that you contact us as soon as possible in order to open up that seat to someone else. If training is cancelled, participants are notified via email no later than one week prior to the training if possible. If a trainer has an emergency and notifies the training department in less than week, those registered for the training are notified as soon as possible. Training registrants are provided the makeup date that is scheduled for the training.

Disability Accommodation: Family Paths will make reasonable efforts during the training to accommodate qualified individuals with disabilities and/or medical conditions in accordance/compliance with the State Fair Employment and Housing Act (FEHA), Federal Americans with Disabilities Act (ADA) and applicable statutes. To request an accommodation due to a disability/medical condition during this training, please contact the Training department no later than 5 days before the training. The building where this training takes place is wheelchair accessible. Disabled parking is available but must be arranged with the training department ahead of time, as parking is limited.

Training Grievance Policy: Family Paths is committed to providing a work/learning environment in which all individuals are treated with respect and dignity. A participant of trainings has the right to seek a remedy for a dispute or disagreement through Family Path's policies for filing complaints/grievances for participants. Training participants may use available informal means to have decisions reconsidered before filing a formal complaint/grievance. No retaliation of any kind shall be taken against a participant for filing a complaint/grievance. In an effort to provide the highest quality services to participants in our trainings, you are encouraged to report immediately any concerns regarding your training experience to the Clinical Training Coordinator who will provide the complaint form. All participant complaints/grievances should be in writing (which may be in your own language) to the Clinical Training Coordinator, Family Paths, 1727 Martin Luther King Jr. Way, Suite #109 Oakland, CA 94612 or by email to Trainings@familypaths.org. Once a complaint or grievance has been submitted, you can expect a response no later than ten (10) business days. Upon receipt the Clinical Training Coordinator will

conduct a formal review of the complaint/grievance and will attempt a timely resolution, taking appropriate corrective action if warranted by the investigation. If no resolution is forthcoming, or the problem is not satisfactorily resolved, the participant may direct any complaint/grievance to the Program Administrator, Family Paths' Clinical Director.

Coffee, tea and breakfast snacks provided.

Parking: NOT provided. We are sorry, but there is NO parking in the Family Paths lot. The lot is reserved for staff and clients only. Parking options include: There is 2 hour meter parking around the building. There are also multiple \$7 lots in the area. These usually require cash. In addition we are located walking distance from 19th street BART station. And if you are open to a little walk, there is free parking across the freeway on and around 18th street. Please allocate enough time to find parking in the area. Here's the parking map for the area: <http://en.parkopedia.com/parking/oakland/>

Questions? Email us at Trainings@familypaths.org

Course Outline:

- I. Introductions, agreements, assumptions
- II. Basic definitions and terms related to SOGIE
- III. Self-reflection exercise
- IV. SOGIE development
- V. Risk and protective factors and associated outcomes
- VI. Case Examples from Amber to demonstrate how to:
 - A. Increase family and peer acceptance
 - B. Decrease risk behaviors
 - C. Support identity development
- VII. Participants present cases and receive consultation
- VIII. Wrap-up and evaluation