



SIXTH ANNUAL
MCMASTER

HEALTH ADVOCACY

Symposium

SUNDAY, NOVEMBER 10, 2019

PROGRAM

SYMPOSIUM SCHEDULE

Room 2004 will be available throughout the day for private prayer.

Time	Item	Location
08:30 – 09:30	Conference Registration / Light Breakfast	2nd Floor Lobby
09:30	Registration Closes	
09:30 – 09:45	Introductory Remarks	Auditorium (Room 2032)
09:45 – 10:45	OPENING KEYNOTE <i>Working Ourselves Out of A Job: Community Development and Capacity Building as Queer Healthcare Praxis</i> Kai Cheng Thom	Auditorium (Room 2032)
10:45 – 11:00	Transit Time/Nutrition Break	2nd Floor Lobby
11:00 – 12:15	WORKSHOP 1	
	<i>Code Red: 10 Years Later</i> Steve Buist	Room 2013
	<i>Later Life Through an Equity Lens: Health Advocacy in Geriatrics</i> Dr. Amina Jabbar	Room 2017
	<i>Organizing for Harm Reduction in Hamilton</i> Keeping Six	Room 2018
	<i>Critical Perspectives on Anti-Trafficking Work: Building Capacity to Better Support Migrant Sex Workers</i> Elene Lam	Room 2019
	<i>Little Kwe: An Indigenous Patient Journey Through Healthcare</i> Angela Naveau	Room 2035
	<i>Fatphobia in Healthcare</i> Michele Werstuck	Room 2036
12:15 – 13:15	Lunch	2nd Floor Lobby

Time	Item	Location
13:15 – 14:30	WORKSHOP 2	
	<i>Code Red: 10 Years Later</i> Steve Buist	Room 2013
	<i>Later Life Through an Equity Lens: Health Advocacy in Geriatrics</i> Dr. Amina Jabbar	Room 2017
	<i>Organizing for Harm Reduction in Hamilton</i> Keeping Six	Room 2018
	<i>Critical Perspectives on Anti-Trafficking Work: Building Capacity to Better Support Migrant Sex Workers</i> Elene Lam	Room 2019
	<i>Little Kwe: An Indigenous Patient Journey Through Healthcare</i> Angela Naveau	Room 2035
	<i>Fatphobia in Healthcare</i> Michele Werstuck	Room 2036
14:30 – 14:45	Transit Time/Nutrition Break	2nd Floor Lobby
14:45 – 15:45	CLOSING KEYNOTE <i>Orienting Your Career Towards Social Justice</i> Dr. Ritika Goel	Auditorium (Room 2032)
15:45 – 16:00	Closing Remarks	Auditorium (Room 2032)

CONTENTS

- | | |
|---|----------------------------|
| 1 Symposium Schedule | 7 Workshops |
| 3 Contents & Contact Information | 10 Acknowledgements |
| 4 Letter from the Co-Chairs | 11 Sponsors |
| 5 Keynotes | |

CONTACT INFORMATION

Planning Team: Christina Ma, Jane Tooley, Jesse Bauman, Kolina Tavares, Alice Cavanagh, Angela Ma
mhas.chairs@gmail.com
<https://mhasymposium.wixsite.com/2019>

Hamilton Cab
905.777.7777

Blue Line Taxi
905.525.2583

Hamilton Non-Emergency Line
905.546.4925

Hamilton Police 24-hr Victim Services
905.546.4904

#MHAS2019

<http://www.facebook.com/MacHealthAdv>



@MacHealthAdv



@MacHealthAdv



LETTER FROM THE CO-CHAIRS

Dear Participant,

Welcome to the Sixth Annual McMaster Health Advocacy Symposium (#MHAS2019)!

Since the inaugural event, this symposium has grown into a day that has inspired and equipped hundreds of bright future healthcare providers from several Canadian universities. We are thrilled to continue with the aim of building capacity and momentum for health advocacy and justice amongst all of us.

This event also aims to stimulate dialogue between the different healthcare professions as well as those working in policy, research, and community organizing. **Please take this opportunity to meet each other, share ideas, and work toward future collaborations to advance health!**

This is an opportunity to explore and develop skills necessary for effective advocacy and activism, learn from the challenges and successes of our outstanding speakers, and consider some of the most important issues affecting the health of people in Canada. **Engage, ask questions, and dig deeper today as you reflect on how we can be moved to action both in our jobs and communities.** And please share your insights on social media with the tag #MHAS2019 (keeping in mind privacy for speakers' and participants' privacy for personal stories).

Above all, we hope that your interactions with speakers and colleagues today will inspire you to pursue future roles as health advocates – for individual patients and at the community, institutional, societal, and global levels.

We look forward to meeting you!

Sincerely,

Christina Ma, Jane Tooley, Jesse Bauman, Kolina Tavares, Alice Cavanagh, and Angela Ma
McMaster Health Advocacy Symposium 2019 Co-Chairs

OPENING KEYNOTE

Working Ourselves Out of A Job: Community Development and Capacity Building as Queer Healthcare Praxis

09h45 in the Auditorium (Room 2032)

LGBT and queer-identified individuals have a rich history of grassroots health and social care practice: From the lesbian women who provided volunteer palliative care to gay men during the AIDS crisis to trans sex workers such as Marsha P Johnson and Sylvia Rivera who created a home for young queer sex workers, queer and trans community is home to many examples of the resilience of marginalized people caring for one another. As health scholarship, clinical practice, and mainstream cultural awareness have shifted to include a greater knowledge of "LGBT issues," many exciting opportunities for stronger relationships between health professionals/academics and queer and trans communities have emerged. Yet as a cultural competence framework to LGBT healthcare becomes increasingly institutionalized, the vital contributions of grassroots queer and trans care workers are in danger of being overlooked, lost, and exploited.

In this talk, Kai Cheng Thom explores the ways in which ostensibly well-meaning LGBT health initiatives may inadvertently reproduce and reinforce oppressive power dynamics between health and social service providers and queer and trans patients, clients, and service users. Kai Cheng offers examples of radical paradigms for re-aligning the politics of health and social care praxis, as well as practical strategies for creating relationships of solidarity and resistance rather than dependency and assimilation into the status quo.



KAI CHENG THOM

Kai Cheng Thom is a writer, performer, and community worker based in Toronto. She has over ten years of experience in the LGBTQ health and social service sector, having spent time as a therapist, community organizer, consultant, educator, and program coordinator. Her work as a writer and advocate combines expertise in mental health with a passion for anti-oppression, transformative justice, and grassroots approaches to health education and promotion. Kai Cheng has been published widely in a variety of online and print platforms and is the author of four award-winning books, including the novel *Fierce Femmes* and *Notorious Liars: A Dangerous Trans Girl's Confabulous Memoir* and the non-fiction essay collection *I HOPE WE CHOOSE LOVE*.

CLOSING KEYNOTE

Orienting Your Career Towards Social Justice

14h45 in the Auditorium (Room 2032)

As health care providers, we hold tremendous privilege and power in society. Ritika Goel will speak to her own journey as an activist and family physician attempting to intentionally orient her career towards furthering social justice through clinical work, medical education, activism and more. This session will offer you an opportunity to reflect on your own social location and journey in contributing to the greater movement for social justice.

DR. RITIKA GOEL

Ritika Goel is a family physician and activist in Toronto. She works with people from various marginalized communities in Toronto. Ritika has been involved with various social justice issues such as working for access to healthcare for uninsured migrants, defending our public healthcare system, and upstream policy change on the social determinants of health. She is Chair of the Social Accountability Working Group at the College of Family Physicians of Canada, a Board Member of Canadian Doctors for Medicare and a founding member of the OHIP for All campaign. Find her on Twitter @RitikaGoelTO.



WORKSHOPS

Code Red: 10 Years Later

11h00 & 13h15 in Room 2013

Ten years ago, the Hamilton Spectator started an important discussion in Hamilton with a project we called Code Red. Using data and maps, we showed the strong connections that existed down to the neighbourhood level between people's health and people's wealth. The results were shocking. A decade later, we're back with new data, asking the question: So what's changed? The answer, sadly, is not much. Despite a decade of awareness, enthusiasm and initiatives, the gap between rich and poor in Hamilton has actually worsened.



STEVE BUIST

Steve Buist is an investigative reporter and feature writer at the Hamilton Spectator. He is responsible for producing large investigative projects, such as the highly-acclaimed Code Red project, which began in 2010 and has been examining the connections between health and poverty by mapping the health of Hamiltonians down to the level of neighbourhoods. Buist has won four National Newspaper Awards and been nominated six other times. He's also been named the Canadian Association of Journalists' Investigative Journalist of the Year three times and been named Ontario's Journalist of the Year five times. In 2014, Buist was the winner of one of the world's most prestigious cancer journalism awards as he earned the Best Cancer Reporter Award from the European School of Oncology. He has a degree in human biology, a Master's degree in journalism and a longstanding interest in science and science journalism.

Organizing for Harm Reduction in Hamilton

11h00 & 13h15 in Room 2018

The workshop will begin with an overview of Keeping Six's user led activities in the first year of its formation. We will discuss some of the ways in which people with experience of substance use are stigmatized by the health care system and simple tips for reducing stigma and ways to positively engage professionally with people who use drugs. We will also discuss the ways in which health professionals have supported our work, and how they could be allies going forward.

KEEPING SIX

Keeping Six - Hamilton Harm Reduction Action League is a community-based organization that defends the rights, dignity and humanity of people who use drugs. It was formed in response to the ravages of the opioid crisis, by people who use drugs and those who love and care for them, for purposes of mutual protection and cooperation. For more information on K6 please visit keepingsix.org.

**KEEPING
SIX
HAMILTON**

Later Life Through an Equity Lens: Health Advocacy in Geriatrics

11h00 & 13h15 in Room 2017

In the first half of the workshop, we'll discuss five issues in aging from an advocacy lens: 1. poverty, 2. caring as gendered work, 3. being LGBTQ identified, 4. the "livable" city, and 5. aging at home. In the second half, we'll discuss an approach for organizing for change developed by public policy scholar, Marshal Ganz. We'll generate a hypothetical example and work through the four-step framework: building relationships, telling stories, strategizing, and acting.

DR. AMINA JABBAR



Dr. Amina Jabbar is a Health Policy PhD student and a recently completed her clinical fellowship in Geriatric Medicine. With a focus on populations that have been traditionally marginalized, Amina has facilitated anti-homophobia workshops in schools and community organizations with Teens Educating and Confronting Homophobia, delivered sexual health services at Planned Parenthood Toronto, and created tools to research neighbourhood-level health issues at the Centre for Research on Inner City Health.

Amina earned a Bachelor of Social Work from Ryerson University (2007), a Masters of Science in health research methodology from McMaster University (2009) and a Doctor of Medicine from University of Toronto (2013). She is currently also serving as a board member for Progress Toronto, a non-partisan organization focused on creating a socially just and progressive city.

Little Kwe: An Indigenous Patient Journey Through Healthcare

11h00 & 13h15 in Room 2035

Angela Naveau, Clinic Services Manager, De dwa da dehs nye>s Aboriginal Health Centre, shares the story of Little Kwe, an Indigenous patient journey through healthcare. The story follows Little Kwe's earliest moments of healthcare, the impacts of historical trauma, colonization, and cultural safety.

we have full consent from Little Kwe and her family to share their story

ANGELA NAVEAU

Angela is Anishnaabe Kwe, Bear Clan and a member of Mattagami First Nation in Northern Ontario. Angela began her journey with the Aboriginal Health Centre in 2004 and is dedicated to the health and well-being of the Indigenous community. Angela's passion and commitment to the individuals and families of De dwa da dehs nye>s ensures their access to quality care through partnerships, advocacy and a patient first approach. Angela is dedicated to aligning Indigenous practices and ways of knowing and being to enhance the healthcare experiences and relationships for Indigenous people.



Critical Perspectives on Anti-Trafficking Work: Building Capacity to Better Support Migrant Sex Workers

11h00 & 13h15 in Room 2019

Human trafficking has received increasing international and national attention. Health care services providers are being called to participate in anti-trafficking initiatives by identifying “trafficking victims” when they provide health care services. However, anti-trafficking initiatives are often based on anti-sex work, sexist, racist and anti-migrant ideologies which increase the vulnerability of sex workers, causing harm and creating barriers for sex workers to access support and services.

In this workshop health professionals and students will develop a critical understanding of anti-trafficking initiatives, addressing the situation of migrant sex workers. They will come away with some of the practical information and skills necessary to offer relevant and adequate support and services to migrant sex workers and other marginalized communities.



ELENE LAM

Elene Lam holds a Master of Social Work and a Master of Law, with a specialization in Human Rights. She is currently a Ph.D. Candidate at McMaster University where she is researching the harms associated with anti-trafficking initiatives. Elene has been actively engaged in work related to human rights, violence against women, migration, gender, and sex work justice for more than 20 years. Elene is the Executive Director and a Founder of Butterfly.

Fatphobia in Healthcare

11h00 & 13h15 in Room 2036

Michele is here today to challenge the assumptions under-lying the current weight-centric model, promote a shift in thinking to a more patient-centered Health at Every Size model of care, leave you with tips and tools to reduce weight stigma in your practice, facilitate patient conversations around weight and engage patients and families in the adoption of healthy behaviours to achieve “best weight.”

MICHELE WERSTUCK

Michele MacDonald Werstuck is a registered dietician, Assistant Professor (Part-time) in the Department of Family Medicine, McMaster University, Chair of the Dietitians of Canada Primary Health Care Action Group (DC-PHCAG) and the Nutrition Coordinator for Practice and Community Development, Hamilton Family Health Team. Working with family health teams over the past 25 years has given her a wealth of experience and a passion for developing collaborative care opportunities to enhance patient self-management and improve health outcomes of vulnerable populations in primary care. From diabetes education to infant feeding, malnutrition screening to post-surgical bariatric care, gut health and mental health, she loves the variety of nutrition referrals she sees each day in family practice, the amazing primary care teams she gets to work with and the opportunity to improve health through team based care.



ACKNOWLEDGEMENTS

- Our exemplary Keynote Speakers & Workshop Leaders
- Dr. Rob Whyte (Assistant Dean, UGME, McMaster)
- Gail Pepper (Program Manager, UGME, McMaster)
- Jan Paci (Administrative Assistant, UGME, McMaster)
- Linda Bondy (PIPER)
- Matilda Kim (Event Photographer)
- David Braley Health Sciences Centre
- Our classmates & colleagues

SPONSORS

EVENT SUPPORTERS:



EVENT SPONSORS:



WORKSHOP SPONSORS:



KEYNOTE SPONSORS:



Family Medicine