



## **18th Canadian Collaborative Mental Health Care Conference (2017)**

*Connecting People in Need with Care*

June 2 and 3, 2017 | Delta City Centre, Ottawa, Ontario

*Trans Canada: Building Transgender Community Connections*  
*Mateo Huevo*

# PRESENTER DISCLOSURE

- **Presenter:** Mateo Huezo
- **Research support/team:**
  - **Principal Investigator:** Mateo Huezo
  - **Supervisor:** Dr. Sandra Collins
  - **Advisory Panel:** S. Leibel, E. Roberts, J. Smith



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# PRESENTER DISCLOSURE

- **Presenter:** Mateo Huezo
- **This research was supported by**
  - The Social Sciences and Humanities Research Council of Canada
  - The Alberta Human Rights Commission
  - The Alberta Public Interest Research Group
  - Athabasca University
- **Supporting agencies:**
  - Calgary OUTLink and other community agencies



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# MITIGATING POTENTIAL BIAS

- **Presenter:** Mateo Huevo
- **Mitigation of conflict:**
  - I identify with my community of study.
  - Potential conflicts of interest, bias, countertransference addressed in study design.



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# LEARNING OBJECTIVES

- 1) Describe the state of trans-affirmative research and practice in Canada today
- 2) Describe the highlights of the Trans Community Says Project
- 3) Discuss ways to utilize and mobilize transgender community knowledge



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# Definitions

**Community:** A collective of people able to act as a unit, with shared identities or interests.<sup>10</sup>

**Trans/Transgender:** Those who do not identify with the gender assigned to them at birth.<sup>16</sup>

**Cisgender:** Those who identify with the gender they were assigned at birth.<sup>15, 16</sup>

# The TCS Project

# Literature Review Findings

**1. To understand transgender mental health, context must be taken into account:**<sup>13, 19, 20</sup>

- The dominant culture.<sup>3, 4, 9, 11, 19, 23</sup>
- Research and writing.<sup>1, 3, 5, 13, 17, 21, 25, 31, 33</sup>
- Institutions and laws.<sup>3, 22, 25, 32</sup>

**2. Recent literature focuses on trans mental health care at the individual level.**

**3. Connecting trans people to community is vital to mental health work.**<sup>2, 7, 8, 12, 26, 28</sup>



# Research Question

From a trans perspective\*, what are the characteristics, strengths, and challenges of transgender communities in Alberta?

# Study Structure

- Approach:
  - Community-Based Participatory Research (CBPR)
- Data:
  - Focus groups
  - Surveys
- Data Analysis:
  - Thematic Framework Analysis
  - Summary Statistics

# Findings and Implications

Group Demographics		
	Edmonton	Calgary
Average age	38.6 Range 20-61	31.8 Range 18-54
Gender		
Man/Male	2	1
Non-binary	1, 1 trans masculine non-binary	
Woman/ Female	3	3, 1 trans female
Time in community	5.9 Range <1-16 years	3.1 Range 0.5-12 years
Ethnic identity	White/Caucasian	White/Caucasian Canadian

# Implications



Systems

Communities

Individuals

# Extracommunity Challenges

Extracommunity Challenges	Implications
Inclusivity in LGBT cultures.	Support community inclusion initiatives.
Inaccessible community.	Facilitate community connection.
Inaccessible knowledge.	<ul style="list-style-type: none"><li>- Work towards social justice.</li><li>- Create information tailored for trans consumption.</li></ul>
Inaccessible needs and services.	
Oppression and discrimination.	
Safety concerns.	

# Extracommunity Strengths

Extracommunity Strengths	Implications
<b>Positive and improving relations.</b>	Support and sustain these improvements.
<b>Improving services and protection.</b>	
<b>Increased visibility.</b>	
<b>Improving access to knowledge.</b>	



# Trans Culture

Themes	Implications
Trans communication.	<ul style="list-style-type: none"><li>- Acknowledge the sovereignty and importance of trans communities.</li><li>- Understand the impact of within- and without-group perspectives.</li></ul>
Social discourses.	
Different cultural manifestations.	
Mentorship.	
Trans events.	

# Intracommunity Challenges

Intracommunity Challenges	Implications
<b>Divided ideologies.</b>	Intracommunity initiatives.
<b>Translated oppressions and lateral violence.</b>	
<b>Leaving others behind.</b>	
<b>Guardedness and self-seclusion.</b>	Possibly impacted by social justice work.
<b>Needs outstrip resources.</b>	
<b>Mental health as a barrier.</b>	
<b>Minority stress as a barrier.</b>	

# Intracommunity Strengths

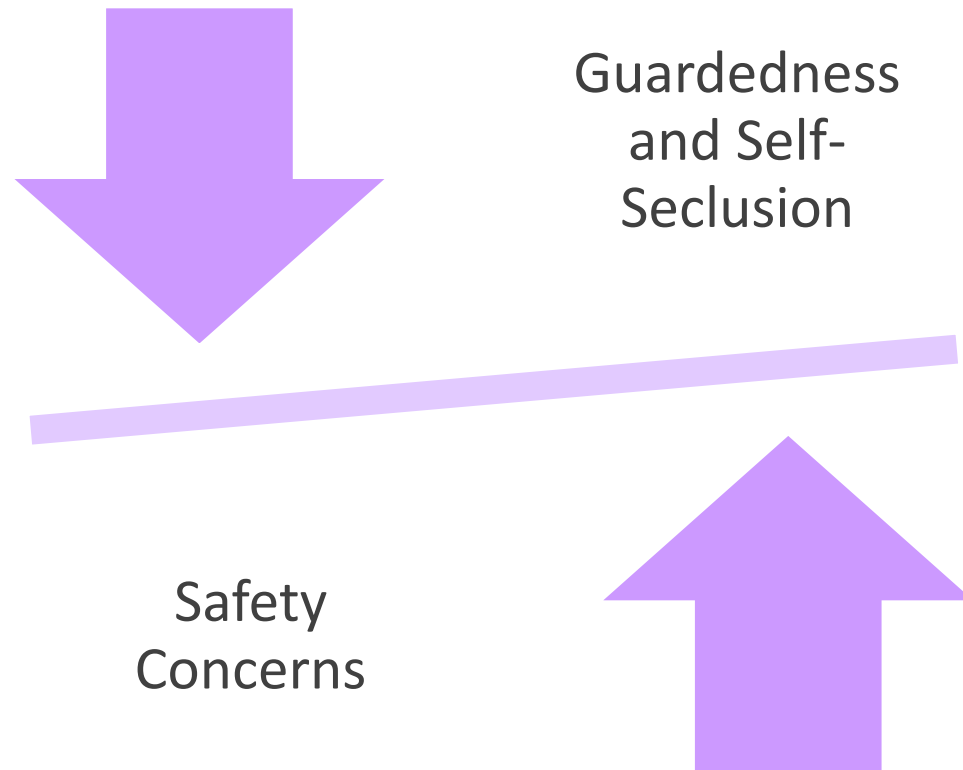
Intracommunity Strengths	Implications
Informal socialization and leisure.	Support and sustain community strengths and capacities.
Knowledge resource.	
Diversity and inclusivity.	
Trans sovereignty.	
Advocacy.	
Mental health support.	
Safety net.	
Evolving community.	
Shared experience.	
Individual strengths and positives.	
Community positives.	

# A Note on Findings

- Theme groupings are loose.
- Themes relate to one another heavily and are not isolated.
- Example:

***“Any community is protective of itself. This isn’t necessarily exclusive or isolationist.”***

# A Note on Findings Cont'd



# Impact of the Study Design

# Impact of Design

- PI from insider-outsider perspective<sup>18, 29, 30</sup>
- CBPR as research design<sup>14</sup>
  - Aimed to create accountable, anti-oppressive minority research<sup>6, 14, 18, 24, 27, 30</sup>
  - Emphasis on empowering and giving back to the community<sup>6, 34</sup>

***“I'm very excited it's going to come back to community because that's always my biggest challenge with them is like ‘But I can use those stats!’”***



# Limitations

1. Risk of researcher bias.
2. All study data were dependent on what community members chose to share.
3. Qualitative research is not generalizable.

# Where next?

- **Conferences...**  
to reach professionals.
- **Ebook...**  
to reach communities.
- **Digital manuscript...**  
to reach the rest.

# Want to know more?

Email Mateo Huezo (PI) at:  
[transcommunitysays@gmail.com](mailto:transcommunitysays@gmail.com)

# Discussion

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