



TRANS COLLABORATIONS

Accountable Research & Resources

WELCOME TO OUR FIRST NEWSLETTER!

Trans Collaborations has gone through an exciting period of growth in our first 3+ years of existence. We have had so many people contribute including participating in the research and other activities, our local and national boards who guide the work, and all of our collaborators. We hope this newsletter will keep everyone informed about what we are doing and continue to build our connections with all of the communities we serve. We will be putting out the newsletter 3-4 times a year. We hope you find it informative.

Deb Hope, Nathan Woodruff, and Richard MocarSKI
Co-Founders of Trans Collaborations



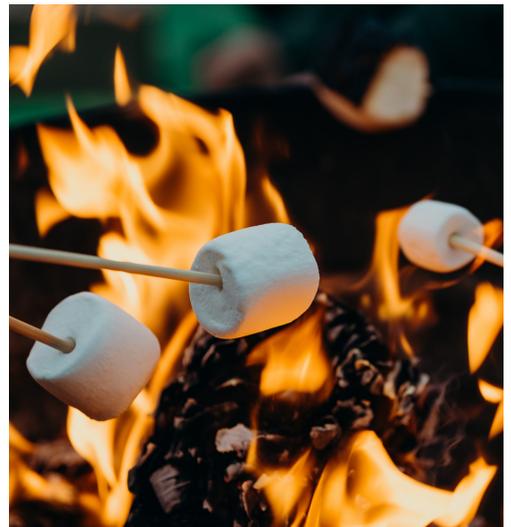
CAMP BOLD 2018

This past September, Trans Collaborations was able to turn the Local Board's long time dream into reality with our first Camp Bold, a camp for families that have transgender/gender non-conforming children. This year our Local Board was joined by five families with children ranging in age from 5 to 11 years old from Nebraska, South Dakota, and Iowa for a weekend of summer camp festivities.

Our Camp Director and Activity Leads, along with the help of volunteers, created an amazing, jam-packed weekend for all. Families spent time fishing, swimming, crafting, playing games, and running around. Along with these busy activities were more relaxed, less bustling times, which included nightly bonfires, camp songs and conversation times for people to come together and share their stories.

Camp Bold covered the cost of camp for families through the generous support of Trans Justice Foundation, the Unitarian Church of Lincoln, and the University of Nebraska-Kearney Office of Research.

Early on we defined success for the camp as families coming together and having fun. Feedback from campers showed that Camp Bold 2018 was a resounding success! We plan to be back next year with room for even more families. Watch for announcements in early summer, 2019.





International Scholar Brings State of the Art Training to TC Team

In early November, Trans Collaborations hosted Peter Norton, Ph.D. from Monash University in Australia for a workshop on his state-of-the-art approach to treating anxiety and depression. TC researchers and clinicians spent a full day learning about his evidence-based approach to helping adults overcome anxiety and depression by learning to change thinking and actions to lead more healthy and productive lives. The day after the workshop we considered how we can adapt his approach to make it TGNC – affirmative. This is the first opportunity to apply the Principles of Care for Psychological Services for TGNC folks in underserved areas that we have been developing over the last three years.

Dr. Norton's visit and training were funded by our Systems Science Team Building Grant from the University of Nebraska.

What does this mean for TGNC communities? This spring we will be ready to provide a short-term focused treatment for anxiety and depression for adults that is both one of the cutting-edge approaches to those common mental health problems AND is uniquely adapted for our TGNC communities. Once we are confident we have it right, we will be providing training for mental health providers to share what we have learned. All of this work comes from the wonderful input we have had from TGNC folks and mental health providers to help us prepare for this next step.

Update on New Research Projects

Trans Collaborations appreciates everyone who participates in our research. We strive to hear and amplify the voices of the transgender and gender diverse people to help them get the very best health and mental health care. All of our research is reviewed by our Local Community Board who keep the researchers accountable by asking “what will be the product for the community” and making sure that we provide reasonable compensation for people's time. We have several research projects starting soon.

Self-Advocacy Workshops. We have funding from the Omaha Community Foundation to bring our Self-Advocacy Workshops to Omaha. These workshops are led by Sim Butler, Ph.D., a nationally recognized expert in using your personal story to connect with other people. In this workshop, Dr. Butler will be showing participants how to connect with health care providers and use their voice to get better care. This is a hands-on workshop with a research component. The workshop cost, including lunch, is covered by the funding and we can pay you for your time to complete the research portion that will help us evaluate and improve the workshop. Workshops will be held on Saturday, December 8th and Sunday, December 9th in Omaha. Contact us to for more information or to sign up. Email: transcollaborations@unl.edu .

Helping Therapists Check-In on Clients' Emotion and Well-Being. We have been developing a survey that mental health therapists can use each session to see how their clients are doing from week to week. Starting in December, we will have an opportunity for further community input on the Trans Collaborations Clinical Check-in or TC3. Go to go.unl.edu/transcollaborations for more information.

Does the News Get Under Your Skin? We are partnering with Zachery DuBois, Ph.D. at the University of Oregon and Jae Pucket, Ph.D. at Michigan State University for a research study on how folks are affected by things that are going on in the world like transphobic or trans-affirmative news stories. This will starting in early 2019. Updates and how to sign up will be posted at go.unl.edu/transcollaborations.

Trans Collaborations is a community-based partnership between transgender and gender non-conforming people (TGNC) and academic researchers. Trans Collaborations began in 2014 out of a desire to improve health care services for TGNC people in the Central Great Plains. It works to establish a network of researchers and communities focused on creating accountable research and resources for TGNC communities in resource-limited areas.

Learn More: go.unl.edu/transcollaborations