

RPT Jan 21st Minutes

- **Activity - Visioning exercise**

- Visioning Exercise - Part 1: Imagining the Future of the RPT Participants shared why they felt it was important to be part of the RPT:
 - Ollie said seeing other trans community members, especially during remote times, was motivating and provided a sense of community.
 - Stephanie said the RPT represents a "reason for being" and a dedicated cause that everyone is working towards.
 - Holly said the RPT provides networking, validation, and motivation that keeps her coming back.
 - Karen said the RPT represents "hope" - the fact that the group is coming together means the work is getting done.
 - Krista, as a new guest member, said the RPT provides a community of support in a rural setting.
- Participants shared what inspires and motivates them to participate in the RPT:
 - The opportunity to collaborate, care, and learn from trans, Two-Spirit, and gender-diverse folks to improve systems.
 - The sense of being part of a network working towards a shared goal.
 - The validation and motivation the RPT provides, even during challenging times.
 - The ability to have a direct link to many service organizations in one space.
- Visioning Exercise - Part 2: Imagining the Future of Gender-Affirming Healthcare Participants shared their visions for the ideal future:
 - Stephanie emphasized the need for less siloing and more integration of gender-affirming care into family healthcare.
 - Holly highlighted the importance of addressing systemic issues like lack of access in rural areas and the need to prioritize marginalized communities.
 - Krista envisioned a future where gender-affirming care is not seen as a specialized, siloed service, but rather integrated into all primary care.
- Participants discussed the supports and relationships needed to bring this future to life:
 - The importance of peer support, community knowledge, and lived experience, not just formal credentials.
 - The need for better training and education for all healthcare providers. Healthcare providers need to treat their patients as humans and equal for care to be successful.
 - Improved coordination and navigation of the healthcare system to reduce barriers and delays.

- **Discussion - Terms of Reference**

- Jacob presented updates to the terms of reference for both the RPT and the Community Advisory Table (CAT).

- During the discussion on the updated terms of reference for the RPT and the Community Advisory Table (CAT), the participants provided the following preliminary feedback:
 - The importance of conducting a "skills audit" to better understand the expertise and resources within the RPT. This would help the group leverage existing skills and identify gaps.
 - Maintaining a live, up-to-date map of services and care providers in the region. This would allow the group to have a clear understanding of the strengths and gaps in the area.
 - Consider term limits or rotating participation on the RPT to ensure diverse representation and engagement over time. Some participants noted that while certain members may be committed, their ability to attend meetings regularly may fluctuate.
- **Next Steps:**
 - Jacob will be sending out an email to the group with the updated terms of reference, highlighting the sections that have been changed. He encouraged everyone to review the documents and provide feedback, noting that this would be an iterative process over the coming months.
 - The terms of reference will also be shared with the Community Advisory Table (CAT) during their meeting on Friday, and the CAT will have the opportunity to provide their feedback as well.
 - The group agreed that taking the time to get the terms of reference right, with input from both the RPT and the CAT, would be important before finalizing them and moving forward with the work plan for the next fiscal year.
- **Discussion - Dedicated Collaborative Time**
 - The group discussed introducing a new section in meetings for members to share ideas, initiatives, or challenges they are facing. This would provide a more informal, lower-stakes space for sharing and potentially getting input from the table.
 - Suggestions included:
 - Offering this 15 minutes before the official meeting start time
 - Capturing the shared information in a central repository (e.g. bios, Slack channel) for future reference
 - Integrating it as a standing agenda item, while remaining flexible based on time constraints
 - Balancing the time commitment for members while maximizing engagement. There was a discussion around the feasibility of adding new agenda items and the need to manage meeting time effectively.
- **Updates and Announcements**
 - Krista, a new guest from the Ottawa Valley Family Health Team in Almonte, introduced herself. Their team has recently received funding to develop a dedicated Trans Health Program and is eager to be involved with the RPT.

- Holly announced an upcoming networking event hosted by the Department of Family Medicine, which will feature a keynote address on gender-affirming care. The event has over 70 registered attendees.