

RPT Minutes

November 18th, 2025, 6-8 pm

<https://us06web.zoom.us/j/89200942068?pwd=EycENusLwloEqfybVCJ6s22NABafR1.1>

Meeting ID: 892 0094 2068

Passcode: 822865

In Attendance: Natalie, Holly, laura, Ollie, Lisa, Aysa, Rutendo, Karen, Seb, Astrid, Ryan

Regrets: Blue, Jesse, Erik

Quorum: Y

1. Welcome, Introductions and Quick Updates (5 minutes)

- Approve Previous Meeting Minutes and Agenda
 - i. [October Minutes](#) -
 - 1. Moved - Ollie
 - 2. Seconded - Holly
 - ii. November agenda -
 - 1. Moved - Ollie
 - 2. Seconded - Holly

2. Updates (30 minutes)

- **Brief Bridge Report from CAT Meeting**- laura delivered updates from the Community Advisory Table (CAT):
 - i. A member has joined the Rainbow Inpatient Family Advisory group; updates from that space will be shared with CAT and then with RPT.
 - ii. The CPATH organization (Canadian Professional Association for Transgender Health) has resumed stable operation following major restructuring. Financial transparency and governance concerns were addressed earlier this year.
 - 1. A largely trans-led volunteer group revived the organization.
 - 2. Upcoming conferences are not yet confirmed.
 - iii. Separate from CPATH, laura also shared a call for educators supporting elementary and high school students to participate in a survey about menstrual equity; a link will be circulated.
- **TOH Gender Affirming Surgery Update** - laura on behalf of Erik
 - i. The **Advanced Practice Nurse (APN)** position has been posted; interviews will occur in the coming weeks.
 - ii. Once hired, the APN will focus on program development in collaboration with the existing clinical network.
 - iii. The APN will hopefully join RPT as a representative of the Ottawa Hospital alongside Erik.
 - iv. Staff education and development work continues in consultation with CCHC and the Rainbow Health Network.

- v. Surgical program timelines remain under review.
- **Updates on Symposium Contributions/Progress** - Holly and Laura
 - i. A free venue offer from The Royal was received; a second free venue offer from the Ottawa Hospital aligned better with event needs.
 - ii. A tentative date of March 9, 2026 has been identified (pending confirmation).
 - iii. A small request for funding has been submitted to local Ontario Health Teams to support event execution.
 - iv. Attempts to secure additional funding, including via the Ontario Trillium Foundation, have been unsuccessful so far.
 - v. Programming will include two presentation stages and approximately 5–6 sessions over a six-hour period.
 - vi. Further planning will proceed once venue and date are confirmed.
 - vii. The next major planning milestone is anticipated for January, unless earlier decisions require communication to the group.
- **Affirm Program Announcement** - Holly
 - i. Planned service wind-down on November 11 did **not** occur.
 - ii. The program will transition to a new organization (“Max”) which already provides navigation support for trans people, primarily related to mental health.
 - iii. Navigation tools developed by PPO will transfer to the new host organization.
 - iv. At this time, RPT members should continue to use the existing Affirm email process; no operational changes have been announced.
 - v. Holly will share updates as new information becomes available. POST Meeting update: Holly has received word the program will be paused - More information to follow
- **Academic Family Health Team (TOH)** - Holly
 - i. A joint proposal between the Academic Family Health Team and CCHC was accepted for presentation at the **International Conference for Academic Medicine**, scheduled in Ottawa the week of April 14–15, 2026.
 - ii. The presentation will focus on outcomes of trans health capacity-building work that began with RPT/CCHC training several years ago.

3. Activity: Dotmocracy to Prioritise Recommendations to OHE (30 minutes)

- Following [last month's activity](#) to generate strategic recommendations to present to OHE, Laura facilitated a multi-stage dotmocracy exercise to determine priority recommendations for submission to Ontario Health East (OHE).

4. Overview and Discussion:

- Natalie led a discussion on the characteristics of effective recommendations and barriers to implementation across the health system. Insights were drawn from past regional experiences. Key considerations:
- Evidence Requirements: Impact must be supported by both lived experience and

- provider-level data to influence OHE decision-making.
- Relationship Strategy: Success often depends on champions within OHTs, provider organizations, and OHE.
- Scalability and Feasibility: Recommendations should consider system, organizational, and workforce realities.
- Prioritization: A smaller, cohesive set of recommendations is more likely to gain traction than a long list.
- Alignment with System Priorities: Example: Ontario Health’s current emphasis on primary care expansion and integrated pathways may create an opportunity to align RPT recommendations.
- Discussion also touched on:
 - i. Whether recommendations should be tightly interconnected across macro/meso/micro levels.
 - ii. The importance of anchoring recommendations to an overarching intended impact (e.g., improving access to and quality of trans health care).
 - iii. Opportunities to align with existing provincial standards (e.g., HQO gender-affirming care standards).
 - iv. The possibility of parallel provincial advocacy, given existing work underway by consultants engaged at the Ontario Health level.
- The group will revisit strategy after receiving combined vote analyses in January.

5. Discussion: Identifying potential partners for Gender Journeys (15 minutes)

- As part of our work to roll out the GJ program across the region, we’d like help identifying the following:
 - i. Local grassroots queer, trans, Pride etc. organisations who may have members or volunteers who would be interested in being trained to run a peer support program
 - ii. Options for peer support trainings (in-kind, low/no cost) in the region
 - iii. Translators with knowledge of 2STIGD language who can translate course materials into French
 - Please send any suggestion to laura
 - CCHC envisions a **train-the-trainer model**, enabling sustainability once initial cohorts are trained.
- Early work this year focuses on building a framework and identifying training and translation resources, not program rollout.

6. Wrap Up and Next Steps

- There is no RPT meeting in December.
- The next meeting will be in person on January 20, with a virtual option available.
- Accessibility needs—including transit support—can be shared confidentially with laura.
- Food will be provided at the January meeting; members with dietary restrictions should inform Holly.

- Masking will be mandatory & Air purification will be confirmed prior to the meeting.