

AUCD Sexual Health Special Interest Group (SIG)

February 8, 2022

2pm -3pm ET

<https://uky.zoom.us/j/831542613?pwd=OFozT0NSU25JRm14eC9McWg1TnRudz09>

Meeting ID: 831 542 613

Password: SHSIG

Total participants: 31

Overview: 2:00-2:20 ET

- A. Welcome Sexual Health SIG Overview - AUCD Sexual Health Page
 - a. <http://www.aucd.org/template/page.cfm?id=975>
 - b. Store SIG quarterly meeting agendas, notes, and resources
- B. Upcoming webinar: Online Relationships and Safety with Maryjo Kryle, PhD
(Date/time TBD)
 - a. We have sub-topics that we brainstormed at a previous meeting:
[Brainstorming for online safety webinar](#). Let us know if you have additional input!
Pleasure rose to the top as a focused topic <insert chat>
From Christine Drew to Everyone:
Maybe also thinking of sensory needs and realizing that not everyone likes every sexual activity and stating that clearly for folks?
From Pat Carney DDS she/her to Everyone:
given enough support to pursue and understand pleasure in their sexual relationships.
Linda Sandman shared - Jon Woods video to professionals to consider attitudinal barriers. Suggested as a spotlight speaker at future meeting
The Real-Talk Resource: <https://www.real-talk.org/>
- C. Participant Engagement Warm-Up
 - a. Poll: What topics related to sexual health and disability are most important right now?
Trauma informed care and services - 11%
Supporting LGBTQIA+ people with disabilities - 21%
Working with parents and guardians - 10%
Pleasure as prevention - 13%
Reproductive health care access - 11%
Consent and sexual decision making - 19%
Sex education policy - 6%
Communicating about sexual health (marketing, recruitment, messaging) - 10%

- b. Community building in breakout rooms (8-10 min):
 - i. Introduce yourselves: What's rocking your world right now?

February Program Spotlight: 2:20 - 2:40 ET

A. Please welcome our guest: Tara M. Lutz, Ph.D., M.P.H., MCHES, Training Director, University Center for Excellence in Developmental Disabilities (UCEDD). UConn School of Medicine - Cataloging reproductive and Sexual Health Care Resources

B. Notes from Chat:

- From Christine Drew: I have a friend who is an OBGYN and yeah, we've talked about this and she'd also love resources.
- From Pat Carney DDS: Is the GYN Handbook still available? This was a helpful tool to assist with expectations for OBGYN appointment. Tara responded that it is available through the internet but is outdated and not readily accessible in you would need to know what you are searching for.
- From Morigan Hunter : AWN has some providers listed

<https://awnnetwork.org/autistic-womens-health-provider-survey-results/>

- From Lydia Hamilton: At the Center for Health Equity at Indiana Institute on Disability and Community we have been developing/piloting a sexual health and healthy relationships curriculum for those with IDD and we have included preventive exams and mammograms
- This curriculum is in pilot phase and exams are included within the program and providing information about what exams are and why they are important along with advocacy for women during appointments.
- From Regina Firpo-Triplett: I like how Tara focused on a very specific experience. It really helps hone in on appropriate resources. I think that is an important and effective approach for meeting the needs in the field.
- From Sharon Delvisco: That is a great resource. In the Healthy Relationships Matter curriculum we developed with grant funding, we included an explanation of pap exams and we talk about digital rectal exams. We use medical equipment to demo. So that people can interact with the equipment to understand what to ask and what to expect.
- Something to consider for sharing this resource is the quality of organizations themselves sharing the resources
- For individuals a suggestion was made to work with the centers for independent living but not necessarily the best place for educating families.
- People First is active self advocacy group in Louisiana.
- From Christine Drew to Everyone: They're usually relying strongly on parents.

- From Morigan Hunter (they/them) to Everyone: Autism Society of Oregon recently helped to create puberty education library kits for families, reaching out to other affiliates like them might be good for reaching families
- Family to Family Health Information Centers: Suggestion for youth and children with special healthcare needs as a good outlet for resource sharing. SIG Community Resource Sharing: 2:40 - 2:55 ET

A. Do you have any...

- a. Questions or support requests for the SIG community?
- b. Resources to share?
- c. Ideas for future program spotlights?

- Question was posed about how requests have been for support around sexual health and support - has there been an increase because of COVID and social isolation. Concerns with accessibility of online content.
- From Christine Drew to Everyone: We have some planned presentations through our Regional Autism Network coming up for parents and professionals. I can send flyers to folks. The next one is Feb 11 Friday night and Feb 22 during the day. Feel free to email me cmd0109@auburn.edu
- First time here, Paige from Mad Hatter Wellness! Just wanted to share: Our two-week conference surrounding healthy relationships and sexual health for people with disabilities started yesterday. There are events for everyone. <https://madhatterwellness.com/conference-2022/>

Wrap Up & 2022 Meetings: (LCM)

- Tuesday, May 10th @ 2:00 -3:00 ET
- Tuesday, August 9th @ 2:00 - 3:00 ET
- November TBD with 2022 AUCD Conference