



PRIDE RECOVERY: QUEER AND GETTING CLEAN

REGAN HANLEY AND RU HENSLEY





REGAN HANLEY

SHE/HER

- IT Lead Analyst, Stryker
- Board of Directors for OutFront Kalamazoo
- Manages Transcend and Pride Recovery groups.
- Sober for 37 years

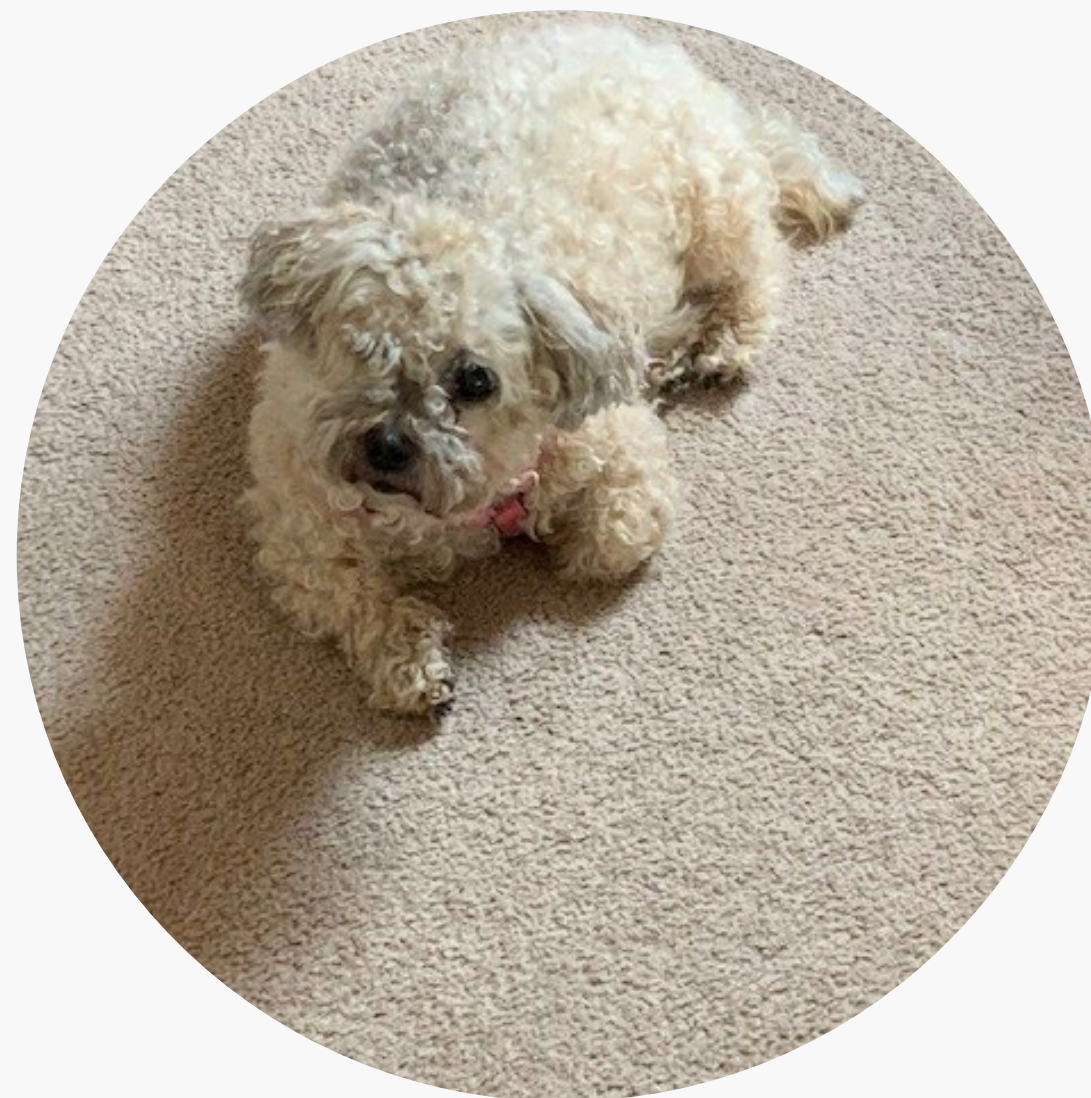
Disclosure Statement

Regan Hanley has no financial relationships or conflicts of interest to disclose.





Regan (right) and her children,
Colby (left) and Quinn (center)



Regan's dog, Izzy



Regan at OutFront Kalamazoo's
2023 Winter Gala



RU HENSLEY

THEY/THEM

- Senior at Western Michigan University - Bachelors of Social Work (BSW) Program
- Youth Program Coordinator at OutFront Kalamazoo
- Co-organizer of Kalamazoo Youth Pride
- Lead facilitator of Connections weekly group for LGBTQIA+ youth
- Sober for 5 months

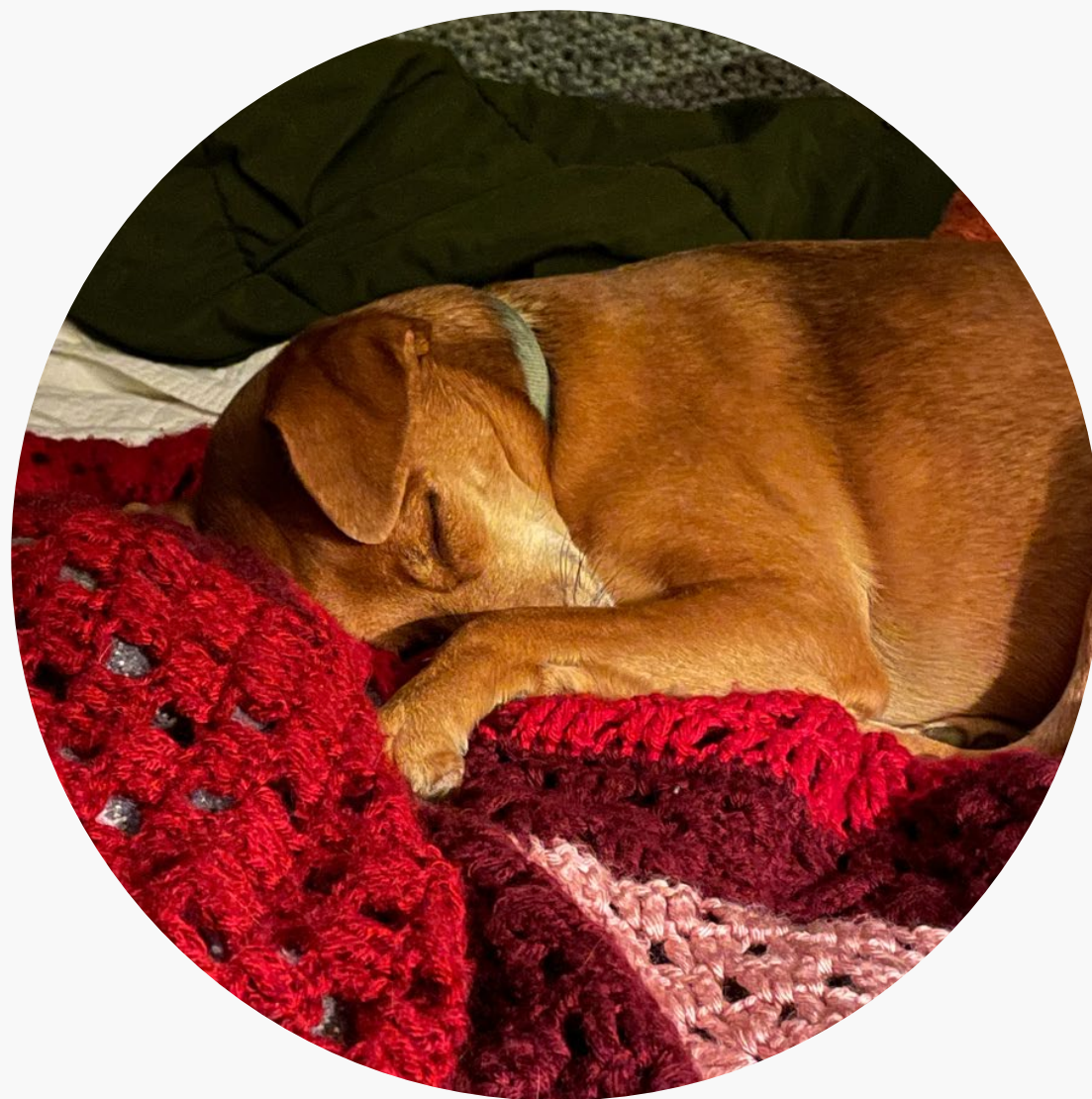
Disclosure Statement

Ru Hensley has no financial relationships or conflicts of interest to disclose.





Ru (right) and their partner,
Ja lil (left)



Ru's family's dog, Franny



A portion of a crocheted
blanket made by Ru

To begin, each one of us has all of these four characteristics:

TERMS TO KNOW

- Sex Assigned at Birth
 - Assigned by doctors, typically based on the appearance of genitalia.
- Identity
 - A person's internal, psychological sense of who they are - how they feel on the inside regardless of their genitalia or sex assigned at birth.
- Expression
 - The ways someone communicates their gender to others.
- Orientation
 - Who a person is emotionally, physically, sexually, or romantically attracted to.

TERMS TO KNOW

- **L**esbian: woman who is attracted to women
- **G**ay: man who is attracted to men
 - is often used as an umbrella term for people who are attracted to same gender
- **B**isexual: person who is attracted to same gender and another gender.
 - closely related to pansexual.
- **T**ransgender: umbrella term for person whose gender identity differs from sex assigned at birth
- **Q**ueer*: umbrella term for the LGBTQIA+ community & the study of the community (Queer Theory)
- **I**ntersex: person with both male & female biology
- **A**sexual / **A**romantic: person who doesn't experience sexual/romantic attraction towards others

TERMS TO KNOW

- Ally: person who takes action to help uplift marginalized groups
 - Being an ally is not an identity. Allyship is an ongoing practice.
- Androgynous: gender presentation that exhibits both or neither male & female characteristics
- Gender Dysphoria: clinical term for the significant distress caused when Sex Assigned at Birth does not match with gender identity
- Gender Euphoria: the positive feelings & improved mental health that can result from Gender Affirming Care
- Two-Spirit: Term used by some Indigenous North Americans to describe Native people who fulfill a traditional third-gender (or gender-variant) role in their culture.

ORIGINAL
DATE OF
SOBRIETY

COMING OUT
TO FAMILY



SOBRIETY AND
COMING OUT

TREATMENT
AND LENGTH
OF SOBRIETY

REGAN'S JOURNEY

FAMILY
HISTORY

VALUE OF
DRY THIRD
SPACES

MUSIC
SCENE &
SOBRIETY

EMERGENT
ADULTHOOD &
SOBRIETY



RU'S JOURNEY

QUEERNESS
& SOBRIETY

FAMILY
HISTORY



DEBRIEF / Q&A

KEEP IN TOUCH!



Ru Hensley (they/them)
email: ru@outfrontkzoo.org



Regan Hanley (she/her)
email: cqhanley@gmail.com



OUTFRONT
K A L A M A Z O O

340 S. Rose St., Kalamazoo, MI 49007
website: outfrontkzoo.org
phone: (269) 349-4234