



THE **2018-2019**
OFFICIAL GUIDE TO
TRANS
RESOURCES
AT STANFORD

This is an official guide to resources and information pertaining to trans, non-binary, and gender questioning students at Stanford. This resource guide is a constantly evolving collaborative effort between members of the Stanford trans community, staff, and the many offices, services, programs and organizations at Stanford committed to supporting them.

In this guide, we use the term “trans” as a broad umbrella term encompassing many identities and experiences of gender.

To connect with a community of trans-identified students, staff and faculty and their allies, join transgender@lists.stanford.edu by going to <https://mailman.stanford.edu/mailman/listinfo/transgender>

To contribute new or updated information to this resource guide, please contact transresourceguide@stanford.edu

To get in touch with trans students who facilitate trans resources through Weiland and Queer Student Resources (QSR) or for help with navigating this guide with someone trusted, you can contact: transresources@stanford.edu



Community

While most student groups, on-campus event programming and other aspects of campus social life have continued to become more trans-inclusive, trans students can expect to find a thriving and welcoming community built around:

Terra House

Terra House is the unofficial LGBTQIA+ themed co-op undergraduate housing on campus and hosts frequent community events including a quarterly all-campus party, and weekly events. Terra happy hours and a Terrabytes, an event series on LGBTQ+ topics, occur on alternating weeks.

Contact: terrabitesteam@gmail.com

Queer Student Resources

Queer Student Resources (QSR) is a community of students, university staff, and faculty who work to make Stanford a place where people of all genders and sexualities can flourish. QSR forges connections through affinity groups like *Trans&* and *QTPOC Kickback*, hosts a wide range of events and activities (*Queer Arts Initiative*, *Sharing Our Stories at Stanford* and many others) and collaborates with campus partners like *Gender-Inclusive Stanford*, the *Weiland Health Initiative* and the *Centers for Equity, Leadership and Community* to help trans and nonbinary students find the resources they need to thrive at Stanford.

QSpot, on the second floor of the Firetruck House, is a queer oasis on campus: a place to study, chill, meet and host events. It features a library, computer cluster, and complimentary printing. QSpot is open to all undergraduate, graduate, and postdocs attending or visiting Stanford. Come through and say hey! We'll be glad to see you.

Contact: QueerStudentResources@stanford.edu

For a list of queer communities on campus visit the QSR website:
<https://queer.stanford.edu/communities>

Location: QSpot; Fire Truck House (2nd floor); 433 Santa Teresa Street, Stanford, CA 94305

Trans&

Trans& is a space for anyone who identifies under the trans umbrella, and anyone questioning their gender identity. We eat dinner together and do an intentional check-in where everyone has a chance to speak and share anything that is on their mind. It can be an opportunity to ask and answer questions together, share resources, and hang out in community. It is a safe space where the identities of attendees are not disclosed and anything shared is confidential. *To get notifications about Trans& events, join the trans mailing list:* trans@lists.stanford.edu

Trans Grads & Postdocs

An additional community of trans folks on campus, this group provides a space for graduate students and postdocs to connect with each other. The group gathers for official events about once per month, and the email list serves as a means for members of the community to connect with one another.

Email list: trans_grad-pd@lists.stanford.edu

Contact: Callum Bobb, cabobb@stanford.edu

Community Centers

For a list of community centers which each has student staff and resources for emotional support and advice:
<https://undergrad.stanford.edu/tutoring-support/community-center-resources>

Counseling & Guidance

For students seeking emotional and mental health services, we have many different organizations and services on campus:

Counseling and Psychological Services

CAPS is the university's counseling center dedicated to student mental health and well-being. CAPS offers a variety of services including brief individual psychotherapy, group therapy, psychiatry services including medication management, and crisis intervention. If you are interested in meeting with a provider who has specialized training in providing trans-specific services and gender affirming support, you can request this during your 15-minute initial phone appointment which is used to pair you with the best clinician and/or services to match your needs.

To make an appointment: call 650.723.3785 or book through the VadenPatient Portal

CAPS 24/7 Hotline (for urgent concerns): 650.723.3785

Once you have scheduled your initial phone appointment at CAPS, someone from CAPS will call you at the time you've selected. During this call, you will be asked the following general questions to pair you with the best clinician and/or services to match your needs:

- Your name as you would like to be called
- Reason for calling
- General mental health concerns
- Your preferences regarding the identity and specialization of the clinician you are matched with

This is an opportunity for you to find a gender-affirming clinician if you are visiting CAPS for any reason. During this phone call, you can also specify if you would like to meet with someone who

has specific knowledge or training in trans and gender-related topics and care.

If you are interested in long term care and support, there are also local providers who may be in your insurance network and available for long term counseling services. Your insurance company should have a list of in-network providers that you can reach out to who are gender affirming. For help navigating these lists or calling your insurance you may schedule an appointment with CAPS Referral Coordinator, Ariana Davidson. The best way to schedule an appointment with Ariana is to request this during your initial phone appointment or to call CAPS (650.723.3785).

For more information about contacting therapists and finding someone who is the right fit for you, you can visit the *Weiland website*: <https://weiland.stanford.edu/about-us>

Drop-in Hours at Terra House

Gender and Sexual Identities Drop-In Hours are a great resource if you would like to speak with a LGBTQIA+ affirming CAPS clinician about topics and concerns related to gender and sexual identities, resources on and off campus, and general questions about counseling in a confidential space. This resource is also available to faculty, staff, and student staff who wish to consult on how best to support a student around gender and sexuality topics. Each session is 30 minutes long and located in the Game Room at Terra House (look for signs posted on doors to Terra House).

To make an appointment: You can reserve an appointment online through VadenPatient portal and select Terra Drop-in (recommended; <https://vaden.stanford.edu/make-appointment>) OR you can drop-in.

Confidential Support Team (CST)

The Confidential Support Team (CST) offers free and confidential support to Stanford students impacted by gender based violence, sexual assault, and relationship violence. This includes domestic abuse, intimate partner abuse, stalking, and sexual or gender-based harassment and discrimination. CST services include brief emotional support and ongoing individual counseling. The CST also provides information about your rights and reporting options, as well as support throughout the reporting process if pursued. These appointments provide confidential support for students who have experienced sexual/relationship violence as well as for those who have questions about how to help a others experiencing sexual/relationship violence. Initial visits typically last 30-60 minutes. Your CST counselor will provide confidential support, discuss your rights, and options/resources related to reporting and further counseling. Most importantly, your CST counselor will support you in making decisions about what next steps are best for you. You can end an initial visit at any point you choose.

To make an appointment during business hours (8:30am - 5:00pm): call 650-736-6933 or through VadenPatient portal
CST 24/7 Hotline (for urgent concerns): 650-725-9955
Contact: Helen Wilson (hwilson3@stanford.edu)

Peer Counseling

Trans Office Hours

Trans resources student staff is available each week for drop-in hours at the QSR to help support you as you navigate any of the following topics: transitioning, health care and insurance, "coming out" conversations and talking about trans identity with cisgender people, being trans at Stanford, being trans in the classroom/workplace, families, how you're feeling, things that have

happened during your week, and whatever it is you want to talk about with someone else who's trans.

Contact: transresources@stanford.edu

Location: QSpot (Fire Truck House, 2nd floor)

The Bridge Peer Counseling Center

The student-run peer counseling center offers anonymous and confidential counseling from trained undergraduate and graduate students. Reachable 24/7 via phone and open for in-person drop by from 9AM to midnight.

Contact: (650) 723-3392

Location: Rogers house, 581 Capistrano Way

Weiland Health Initiative

The Weiland Health Initiative is a partnership between Vaden Health Center and the Queer Resources Center at Stanford University. Our mission is to promote mental health and wellness across the spectrum of gender identities and sexual orientations through education, training and clinical services at Stanford and beyond.

To learn more about the Weiland Health Initiative go to the website: <https://weiland.stanford.edu>

Email: weilandhealth@stanford.edu

Weiland staff: <https://weiland.stanford.edu/about-us>

Medical Services

Gender-affirming medical services can refer broadly to the services one may choose to access in order to align with a particular gendered identity or experience. These steps are sometimes included in what is often called “medical transition,” and each individual can opt to pursue any combination of these services, or none at all, in any order they choose (though there are sometimes benefits to the order in which they are initiated).

Access to Gender-Affirming Medical Services

Services include initiation and management of gender-affirming hormone therapy, medical follow up of treatment and referrals for gender affirming procedures. For students who need injections, our nurses will assist in teaching proper self-injection techniques and supply sharps containers. Answers to many questions related to hormone therapy, gender affirming surgery and sexual health can be found in the Vaden Health Center’s Interactive Student Transgender/Gender Expansive Health Resource Guide, found here: <https://vaden.stanford.edu/health-resources/lgbtqia-health/transgender-health/interactive-student-transgendergender-expansive>

Insurance

If you are seeking gender affirming services, you will likely utilize your insurance. Navigating this process can be confusing and at times feel frustrating. There are several resources on and off campus which you can use to get help in navigating this process.

For Students with All Insurances

If you would like assistance with preparing for surgery and

planning your aftercare you may schedule an appointment with the medical services continuity of care nurse:

Contact: Catherine Crawford-Swent, R.N. (650-725-0984) or send a secure message through the VadenPatient portal.

If you have questions regarding insurance coverage you may drop by or contact the Vaden Insurance Office (650-723-2135)

HNET Case Manager (Cardinal Care only):

Students should contact HNET customer care for the following:

- Getting a list of surgeons (there may not be the option to choose a surgeon with a specialty in gender affirming surgeries)
- Understanding benefit coverage for different procedures
- Answering questions about pre-authorization if a member wants to appeal a rejection and has questions about this process

Note: Phone numbers vary depending on EPO, PPO, HMO; applicable phone number should be located on the back side of issued insurance cards. We encourage you to utilize our on campus resource and reach out to Catherine Crawford-Swent (see above).

Student Health Matters (Cardinal Care only)

An advantage of having Cardinal Care is that the health benefits plan supports many gender-affirming services including:

- Mental health care with in-network gender affirming providers
- Gender-affirming Outpatient Surgery^a
- Electrolysis hair removal^a
- Hormone Therapy^b
 - a. Falls under “Tier 1 Medical benefits”
(Please note that a referral from a Vaden Medical provider to Cardinal Care insurance is required to receive these benefits)
 - b. Falls under “Prescriptions filled at Vaden Health Center or another Preferred Health Net pharmacy-specialty drug”

To see a full list of what is covered under Cardinal Care see:

<https://issuu.com/studenthealthmatters/docs/sta-vaden-health-matters-new-2018-19-flipbook>

Cost of Hormone Therapy

Because the cost of hormones can fluctuate, for students with any insurance we encourage you to ask the pharmacist the cost of your hormones using your insurance compared to paying out of pocket. In some cases the cost of your hormones may be more affordable when paying out of pocket. This may also be true for supplies including needles and syringes.

Steps for Gender Affirming Surgery – All Insurances

Because each of these steps can take varying amounts of time, we recommend starting this process as early as you feel comfortable and talking with your medical and mental health professionals about setting a realistic timeline, receiving support, and amount of recovery time needed which can vary depending on your surgery. Below is a general list of steps. Please note that additional steps may be necessary depending on the type of surgery you are seeking and the requirements for your individual insurance. You may choose to research the surgeons in your area before contacting your insurance provider, and some surgeons offer an insurance liaison service to assist you in navigating the complexities of insurance coverage. The steps that follow are only a guide and can often be done in a different order depending on the provider you choose to work with.

- Contact your insurance to understand your insurance coverage (e.g., copayment, deductible) and asking for a list of in-network surgeons
- Obtain a letter of support from a psychologist (CAPS is a resource)
- Obtain a referral from a medical professional (Vaden is

a resource)

- Schedule a consult with a surgeon
- Schedule surgery (often 6 months to 1 year in advance)

For most insurances, both a letter of support and a referral from a medical professional to insurance are required to apply for pre-authorization approval for gender affirming outpatient surgery.

For more information, Cardinal Care (Health Network) Versus Alternative Insurance Providers go to:

<https://vaden.stanford.edu/health-resources/lgbtqia-health/transgender-health/interactive-student-transgendergender-expansive>

Name and/or Gender Change

Trans students on campus have many options for changing name and/or gender on university-wide documents and records. While many of these changes can be made without legal documentation, others (transcript, paychecks, financial aid, medical records) do require documentation of a legal change. If you would like any assistance in this process Trans Office Hours is a great resource. *Email: transresources@stanford.edu.*

Changing Name and Pronouns in Stanford Systems

To change the name that displays on Canvas, class rosters and *some* other systems on campus:

1. Log into Axxess and click the icon in the upper right where it says “Hello, *legal name*”
2. Click “Personal Information” in the dropdown menu
3. Select “Preferred Name” for the “Name Type” option and enter in the name you would like to appear in the system

- Alternatively, log into Axess and navigate to the “NameCoach” link under the STUDENT tab. Fill out the prompts with the name and/or the pronouns by which you would like to be referred.
- Note: many information systems on campus are populated with your identifying information only once, when you first enter the university system. These may include: Parking and Transportation, EH&S, the Hume Center, Handshake, and many others. In this case you will likely need to reach out directly to each individual office or digital platform to edit how your name appears in their system.

To change the name displayed on sent emails: navigate to Settings -> Accounts -> Send mail as: -> edit info and enter your name.

Pronouns can also be added or edited in your medical records by selecting your profile in the top left side of the VadenPatient portal menu. There is also an option to specify your gender identity in the same section. However, the options are a work in progress.

New ID Card

To get an ID card that reflects a different name, go to the Student Services Center on the second floor of Tressider Memorial Union and ask for assistance from the ID Card Office. You will likely have to disclose that you are trans to the person who helps you, but they do issue new ID Cards to reflect an updated name, even if you have not legally changed it. If you would like someone to accompany you during this process please reach out to trans resources, or drop in at Trans Office Hours.

Changing Legal Name

To change the name and/or gender displayed on a student diploma,

paychecks and financial aid documentation, a student must bring official documentation of a name and/or gender change AND a government- issued photo ID with the new name and/or gender to the Student Services Center on the second floor of Tressider Student Union. Name/gender changes may take some time to be reflected on official documents.

To change the legal name and/or gender that appears on medical records, you will need to go to the Stanford Hospital (*not* Vaden Health Center) with documentation of a name and/or gender change AND a government-issued photo ID with the new name and/or gender.

Replacement Diplomas

To order a replacement diploma with a different name, fill out the Diploma Replacement Form with check and legal documentation attached.

(<https://stanford.app.box.com/v/diploma-replacement>)

Changing Alumni Records

To change the name and/or gender in the alumni database, email alumni-trans-record-updates@lists.stanford.edu for assistance. Default settings in the alumni directory will show the former students’ name as it appeared in the university registrar at the time of their graduation. Alums can change this in their alumni directory account profile settings.

Contact: Barbara Pugliese (bpugliese@stanford.edu);

Leona Bassi (Leona.bassi@stanford.edu)

Academic Resources

While academic resources on campus are generally clustered by department, many resources exist for trans students seeking trans-friendly and trans-inclusive academic experiences.

Feminist, Gender and Sexuality Studies

The FGSS Program at Stanford offers an undergraduate major, secondary major, minor and an interdisciplinary honors program. FGSS majors can declare an LGBT/Queer Studies subplan, though any student can take their courses. Popular courses include Transgender Cultural Studies (FEMGEN 118) and Narrating Queer Trauma (FEMGEN 116). A full list of LGBTQ+ courses can be found here: <http://feminist.stanford.edu/p-3061.html>

Studying Abroad

Many trans students enjoy studying abroad during their time at Stanford. As with most questions of identity, your social experience abroad will depend on many unique factors, perhaps most importantly, where you will be studying abroad. Some countries are more or less culturally accepting of LGBTQ+ identities. There can also be great difference in attitudes depending on whether you are studying in an urban or rural setting within the same country.

In addition to cultural and social attitudes, it is important to understand what laws a host country has regarding gender and gender identity. Being familiar with these laws and reflecting on your own level of comfort with them is crucial. If you are unsure where to begin learning about the attitudes, customs, and laws of your host country, reach out to a Bing Overseas Study Program (BOSP) staff member over email or through an advising appointment. Visit the [BOSP advising webpage](#) for details.

BOSP Website:

<https://undergrad.stanford.edu/programs/bosp/explore/study-abroad-overview/study-abroad-advising>

Opportunities and Fellowships

Stanford provides many opportunities for trans students to pursue academic excellence, social good and beyond. Though the selection of opportunities on campus is always changing, a few are highlighted below:

Diversity and First-Gen Office Student Staff Contact: Dereca Blackmon (dereca@stanford.edu)

QSR Student Staff:

<https://queer.stanford.edu/opportunities/apply-staff>

Institute for Diversity in the Arts Community Arts Fellowship (Summer):

<https://diversityarts.stanford.edu/opportunities/community-arts-fellowships>

Haas Center for Public Service and Women's Community Center Advancing Gender Equity Fellowship (Summer):

<https://haas.stanford.edu/students/cardinal-quarter/fellowships/advancing-gender-equity-fellowship>

Haas Center for Public Service Huffington Pride Fellowship

(Summer): <https://haas.stanford.edu/students/cardinal-quarter/fellowships/huffington-pride-summer-fellowship>

Gender-Affirming Housing

Many students hope to be matched with a good roommate and trans students are no different. Stanford Student Housing is here to help trans students from all years find the housing arrangements that work for them.

Frosh & New Transfers Program

For first-year and new transfer students, roommate assignment is the result of an in-depth matching process. For incoming new undergraduate students with questions or concerns about roommate selection, email Edith Wu-Nguyen, Associate

Dean for New and Continuing Students Program at edithwu@stanford.edu. Additionally, students who want their trans-specific concerns made a part of the matching process, including requesting a roommate of any gender, can write about them in the Approaching Stanford housing/roommate forms.

After roommate assignment, students can bring any questions or concerns to Residential Staff, Residential Fellows or Resident Deans.

Contact: Koren Bakkegard (kbakkega@stanford.edu),
Nate Boswell (nboswell@stanford.edu)

Gender-Neutral Housing

After frosh year, students can choose to live in student residences where gender-neutral housing is available. For more information: <https://rde.stanford.edu/studenthousing/gender-neutral-housing>

Cooperative Houses

Co-ops are student-managed residences in which residents jointly clean, cook and operate their houses. Residents in co-ops can usually opt into mixed-gender living arrangements. See: <https://rde.stanford.edu/studenthousing/cooperative-houses>

The Draw

During draw season, information is usually made available for trans students looking for special housing accommodations.

Contact: Jennifer Padilla-Wong (padilla-wong@stanford.edu)

Housing Over Winter Break

Stanford offers winter break housing at the Creekside Inn for international students and students who cannot go home for compelling reasons. Stanford heavily subsidizes the cost of staying at the Creekside Inn, and Financial Aid is available for students requiring assistance.

Contact: Jennifer Padilla-Wong (padilla-wong@stanford.edu)

All-Gender Restrooms

Stanford University is aiming to have all-gender single-occupancy restrooms in all buildings by 2020.

A map of all gender-inclusive restrooms on campus can be found here: <https://queer.stanford.edu/resources/gender-neutral-bathrooms>

Athletics

No formal restrictions exist for trans students looking to play club or recreational sports at Stanford. An all-gender locker room is currently under construction at the AOERC, which will feature private toilets and showers as well as temporary storage lockers, vanity/sinks and changing areas. Stanford's official policy for trans varsity student athletes can be found here:

<https://stanford ftp.sidearmsports.com/Compliance/Inclusivity.pdf>

Contact: Kristen Azevedo, M.Ed. (kristen.azevedo@stanford.edu)
or Kelli Moran-Miller, PhD, CMPC (kemm@stanford.edu)

Greek Life

An official policy for trans students in Greek Life is in the process of being written.

Contact: Amanda Rodriguez (amrod@stanford.edu)

Religious Life

The Office for Religious Life advocates for and supports spiritual and religious life at Stanford and is very open to collaboration with students, faculty and staff around creating a welcoming and inclusive resource on campus for transgender students. Please be in touch with The Rev. Dr. Joanne Sanders at (revjojo@stanford.edu).

Financial Aid

The Financial Aid Office is committed to supporting students from all backgrounds and circumstances and provides a confidential, accepting environment to discuss individual financial concerns.

Contact: Jeff Shelby (shelby@stanford.edu), phone 650-725-0251

Financial aid application instructions for undergraduates are at <http://financialaid.stanford.edu/undergrad/apply/>, and instructions for graduate students (except GSB, Law, and M.D. students) seeking federal student loans are at <http://financialaid.stanford.edu/grad/apply/>. GSB, Law, and M.D. students should contact the financial aid offices at their schools for instructions.

Sexual Assault

Undergraduate and Graduate Students

Stanford has many resources for students seeking assistance on matters related to sexual harassment and assault. A comprehensive brochure on the resources and reporting options for students can be found here:

<https://stanford.app.box.com/v/sexual-assault-resources>

For confidential support for students impacted by sexual assault or relationship violence, students can reach out to the Confidential

Support Team from 8:30 a.m. to 5 p.m. M-F at Kingscote Gardens

or call the 24/7 hotline at (650)725-9955.

Contact: Helen Wilson (hwilson3@stanford.edu)

Postdocs

Postdocs seeking assistance can contact the Sexual Harassment Policy Office: <https://harass.stanford.edu/>

Email: harass@stanford.edu

Confidential care can be found at the Faculty and Staff Help Center <https://cardinalatwork.stanford.edu/faculty-staff-help-center>

Email: Helpcenter@lists.stanford.edu

Discrimination

Stanford prohibits discrimination on the basis of sex, sexual orientation, and gender identity. For help or advice concerning discrimination, students can reach out to a number of on campus resources.

Diversity and Access Office

<https://diversityandaccess.stanford.edu/>

Contact: Rosa Gonzalez (rgonzalez@stanford.edu)
equalopportunity@stanford.edu

Office of Ombuds

<https://web.stanford.edu/dept/ombuds/>

Contact: Brenda Berlin (ombuds@stanford.edu)

Office of Ombuds (School of Medicine)

<http://med.stanford.edu/ombuds/>

Contact: James Laflin (jlaflin@stanford.edu)

Title IX Office

Website: <https://titleix.stanford.edu/>

More Questions?

Answers to additional questions may be found at (<https://queer.stanford.edu/>) or to speak with a member of the trans community email transresources@stanford.edu

