

OFFICIAL GUIDE TO

# TRANS RESOURCES

AT STANFORD



## A few notes about the guide...

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.

*What do we mean by "trans"?*

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

*How do you know if these services are for you?*

No matter how you identify, if you have questions, concerns, doubts, or goals for anything related to gender, sex, and/or sexual identity- this guide was made with you in mind!



*Where can I connect with other trans folk?*

To connect with a community of trans-identified students, staff and faculty and their allies, join [transgender@lists.stanford.edu](mailto:transgender@lists.stanford.edu) by going to <https://mailman.stanford.edu/mailman/listinfo/transgender>. To get in touch with trans students who facilitate trans resources through Weiland Health Initiative and Queer Student Resources (QSR) or for help with navigating this guide with someone trusted, you can contact: [weilandhealth@stanford.edu](mailto:weilandhealth@stanford.edu).

Note for PostDocs: knowing that most services are geared towards undergraduate and graduate students, we have integrated Postdoc relevant information into this guide as well.

## Digital Crowdsourced Guide

We have decided to translate this document into a crowdsourced digital file so that we can continuously present up to date information. If you would like to suggest new content, follow these steps:

1. Follow this link to the Canva version of this guide.
2. Click on the "Add comment" button to the right of the page you would like to add content too (it looks like this -> ).
3. You will notice that all content is locked- this is to ensure some quality control of the information being added! Please  not unlock pieces of content.

Note: you will have to create a Canva account if you do not have one and your name will be visible to others if you interact with the document. If you do not feel comfortable leaving your name or account handle visible, feel free to email [Marissa Floro](mailto:Marissa.Floro) with your suggested changes.

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# COMMUNITY

While most student groups, on-campus events, 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+/queer themed undergraduate co-op house on campus and hosts community events including a biweekly Terrabytes, a series of queer health and wellness related programming, a quarterly all-campus party and other regular events. To learn about events at Terra, particularly given changes to programming due to COVID-19, contact: [Loisvw@stanford.edu](mailto:Loisvw@stanford.edu)

## QUEER STUDENT RESOURCES

Queer Student Resources (QSR) is dedicated to making Stanford a place where students of all genders and sexualities can flourish. Connect with community through Blk QTs, Trans&, QTPOC Kickback, QueerSalam and other affinity groups. Create queer poetry, sculpture, and performance art at weekly Queer Arts Initiative workshops. Stop by Wellness @ QSpot for tea, snacks, massage, acupuncture, and sound healing. Get involved with one of 10+ queer student organizations (QVSOs), or join Gender-Inclusive Stanford (GIS) to be part of the campus-wide effort to uplift students of all genders.

QSpot is a welcoming and inclusive space with plenty of couches, windows, sunlight, and views of the trees outside. (Visitors often say being in QSpot feels like being in a cozy treehouse!) QSpot is located on the second floor of the Firetruck House, is accessible by stairs and elevator, and is open to any Stanford student. It's a place to relax, study, hang out with the queer community and a growing family of potted plants. QSpot offers a computer cluster, a library, printing, and meeting space for activities and events exploring the diversity of queer experience and identity. QSpot is now virtual due to COVID-19. Visit us at [qspot.online](http://qspot.online) to learn about upcoming events, find community resources, and meet our staff. Wanna hang out with QSpot Staff or with friends? Come through to ~digital~ QSpot for QSR Virtual Social Hours! Social Hours run Monday-Wednesday during the afternoon and on Thursday and Friday mornings. Register at <https://bit.ly/35RtTMD> for an access code. We look forward to meeting you!

Contact: [QueerStudentResources@stanford.edu](mailto:QueerStudentResources@stanford.edu) 650-725-4222 or by visiting their website



Home | Queer Student...

[qspot.online](http://qspot.online)





## TRANS&

Trans& is a weekly 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, share resources, and hang out in community. Some weeks we have a dedicated topic of conversation, and other weeks we have a more casual gathering. 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: [transgender@lists.stanford.edu](mailto:transgender@lists.stanford.edu)  
Contact: [transresources@stanford.edu](mailto:transresources@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](mailto:trans_grad-pd@lists.stanford.edu)  
Contact: [transresources@stanford.edu](mailto:transresources@stanford.edu)

## COMMUNITY CENTERS

Each community center has student staff and resources for emotional support. For a full list of community centers, visit <https://communitycenters.stanford.edu/>.

# COUNSELING & GUIDANCE

For students seeking emotional and mental health services, there are many different organizations and services on campus, contact: [weilandhealth@stanford.edu](mailto:weilandhealth@stanford.edu).

## WEILAND HEALTH INITIATIVE

*"A spectrum of services for a spectrum of experiences"*

Weiland prides itself in centering queer experiences within all of its clinical services- be it collaborative individual therapy, consults for gender based-care such as hormones or surgery, issue-specific group programming, or drop-in community hours. Through our affirming and intersectional services, we hope to help you in your journey towards acceptance as you ground yourself in your truth. With multi-dimensional support and tailored resources, we strive to empower you as you explore your expansive possibility.

Weiland Health Initiative continues to provide virtual drop-in hours called Weiland Connects and brief individual therapy through Zoom. At this time, we are only licensed to provide individual therapy to students currently in California, but are absolutely providing Weiland Connects to folks no matter their location. Weiland Connects visits are one-time, 30-minute sessions held via Zoom where you can speak confidentially with a gender and sexuality-affirming clinician. If you've paid the Vaden Health Fee, you can go to [VadenPatientPortal](#) to sign up for one of our virtual Weiland Connects sessions. To learn more about our services, email [weilandhealth@stanford.edu](mailto:weilandhealth@stanford.edu).

## COUNSELING AND PSYCHOLOGICAL SERVICES

CAPS is the university's counseling center dedicated to student mental health and well-being, and is located on the second floor of the Vaden Health Center. (Note: Postdocs are served by the Faculty/Staff Help Center). CAPS offers a variety of services including brief individual psychotherapy, group therapy, wellness workshops, psychiatry services including medication management, and crisis intervention. Due to COVID-19, for the 2021-22 academic year CAPS anticipates that the vast majority of its services will be offered virtually, via telehealth or phone as appropriate. Please check the CAPS website for the latest updates on accessing services during COVID-19 adjustments:

<https://vaden.stanford.edu/caps>.

If you are interested in connecting with a CAPS provider who has specialized training in providing trans-specific services and/or gender affirming support, you can request this during your first CAPS Connects appointment (see below). This conversation is used to pair you with a clinician and/or services to match your needs.

# COUNSELING AND PSYCHOLOGICAL SERVICES

Any student who has not been seen at CAPS previously can call 650-723-3785 between 9 a.m. to 4 p.m. (PT), Monday through Friday, to schedule an appointment with a CAPS Connects counselor. Students who have been seen at CAPS previously can send their provider a secure message through the [VadenPatientPortal](#), or call CAPS to reconnect with their provider.

During your CAPS Connects appointment, you will be asked the following general questions to pair you with a clinician and/or services to match your needs:

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

During this conversation, 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.

For more information about CAPS clinicians and finding someone who is the right fit for you, you can visit the CAPS staff page at: <https://vaden.stanford.edu/people/counseling-psychological-services>

For any urgent concerns please call CAPS 24/7 at 650.723.3785.



## THE BRIDGE PEER COUNSELING CENTER

The student-run peer counseling center offers anonymous and confidential counseling from trained undergraduate and graduate students. Reachable 12pm (noon) to 9am via phone and open for in-person drop by from noon to midnight. (Closed university holidays and breaks.) Contact: (650) 723-3392

Location: 895 Campus Drive (Munger Building 2), Apt 102 [temporary for 2021-22 academic year]

# 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, ongoing individual counseling for distress related to trauma, and information about rights and reporting options. CST also offers support and guidance to help students navigate systems that can be confusing in the aftermath of trauma, including: obtaining medical care, making a report to the police or the Title IX office, and/or seeking accommodations related to housing or academics. CST support is also available for those who have questions about how to best support a survivor.

Initial visits at CST typically last between 30 and 60 minutes. During an initial visit your CST counselor will provide confidential support, offer information about your rights and reporting options, and check-in about your safety and well-being. Most importantly, you will be supported in making decisions about what next steps are best for you. You are in control of what you share at CST and can end an initial visit at any point you choose. Initial visits can be scheduled by calling our office during business hours or through the Vaden patient portal at any time.

CST is committed to supporting students wherever they may be. CST continues to offer a confidential “first stop” for students impacted by gender-based, sexual, and/or relationship violence. The following services are available to all students, regardless of location, via phone or Zoom video:

- Initial consultation
- Crisis response
- Brief counseling support
- Help with understanding rights and reporting options, obtaining academic and residential support, connecting to medical care, obtaining a forensic exam, or addressing safety concerns
- Support in connecting with other resources as needed
- 

Students living in California—including on the Stanford campus—are also eligible for ongoing therapy to treat concerns such as PTSD or depression resulting from gender-based, sexual, and/or relationship violence that occurred during the student’s time at Stanford or in a similar student role. CST can help students with referrals for therapy to address other concerns.

Please check out our website for up-to-date information about our services:

<https://vaden.stanford.edu/cst>

CST 24/7 Hotline: for urgent matters anytime call (650) 725-9955

CST Office Line: for non-urgent matters—including making appointments—during business hours call (650) 736-6933



# OFF-CAMPUS MENTAL HEALTH SERVICES

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. Given COVID-19 restrictions, telehealth therapy via virtual platforms is being offered as an alternative to in-person sessions. Cost of off-campus services varies depending on the provider, clinic, and whether you have private insurance or Cardinal Care. Your insurance company should have a list of in-network providers that you can reach out to who are gender-affirming. You may also schedule an appointment with a CAPS staff member for assistance in finding an off-campus provider on your insurance plan. This assistance can be arranged during a CAPS Connects appointment (as described above).

## *Finding a Gender-Affirming Therapist Off-Campus:*

This resource includes information on gender-affirming providers in the Bay Area, guiding tips for locating a provider in your area, financial resources available to help with costs of services, hotlines to support mental health, and other online resources.

[https://docs.google.com/spreadsheets/d/18CavwjtgP\\_eD8B1MB\\_9pH\\_FLqs6ZuL7QtDV4DKFox0s/edit#gid=688566059](https://docs.google.com/spreadsheets/d/18CavwjtgP_eD8B1MB_9pH_FLqs6ZuL7QtDV4DKFox0s/edit#gid=688566059)

## *How-To-Guide: Calling Therapists/Psychiatrists (CAPS website):*

Many students are uncertain what to say or how to initiate therapy with a provider in the community. [This how-to guide](#) gives useful tips to help you along the way.

## *Finding a Gender-Affirming Therapist Outside of California:*

Licensing laws restrict mental health providers from offering therapy to clients across state lines. This means if you are living in another state, you will need to search for a provider in that state. The “How-To-Guide” above is a good resource for navigating this process, as well as the following link: [Mental Health Care Away from Campus](#)

Weiland Health Initiative also offers support to students who are looking to establish care with an off-campus provider. Weiland Connects visits are 30-minute appointments that can be scheduled online through the Vaden Patient Portal. During this appointment you can ask questions and get support on the process of finding a gender-affirming therapist. If you’ve paid the Vaden Health Fee, you can go to [VadenPatientPortal](#) to sign up for one of our virtual Weiland Connects sessions. If not, you can schedule by emailing [weilandhealth@stanford.edu](mailto:weilandhealth@stanford.edu).

# OFF-CAMPUS QTBIPOC SPECIFIC RESOURCES

## **Black Emotional and Mental Health collective**

Find a therapist within your area using the Black Virtual Therapist Network. During virtual therapy, a therapist provides mental health support to clients through email, video conferencing, phone or online chatting options. Work with the therapist you choose to decide which virtual platform works for you.

<https://www.beam.community/bvtn>

## **Therapy for Black Girls**

Therapy for Black Girls has a listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls. This directory is not at all exhaustive and is meant to provide you with a place to start if you are looking for a therapist in your area.

<https://providers.therapyforblackgirls.com/>

## **Therapy for Latinx**

Therapy for Latinx leverages technology to serve as a national mental health resource for the Latinx community by working with licensed therapists across the country. We provide resources for our community to heal, thrive, and become advocates for their own mental health. Therapy for Latinx uses the latest technology to make it as easy as possible for people to find therapists, life coaches, emergency mental health centers, and free/low cost community clinics.

<https://www.therapyforlatinx.com/>

## **The National Queer and Trans Therapists of Color Network (NQTTCN)**

The National Queer and Trans Therapists of Color Network (NQTTCN) is a space for queer, gender non-conforming and trans therapists of color to build, resource, and support one another as clinicians and healers. NQTTCN also provides a dynamic list of trans and queer therapists and healers across the country.

<https://www.nqttcn.com/directory>

## **Inclusive Therapists**

Seeking counseling or therapy can be a vulnerable process. To that, add the challenges that marginalized populations face such as micro-aggressions, prejudice, and language/ financial barriers. Getting the right help can become an overwhelming task. Finding a therapist should not feel like a gamble. All identities in all bodies deserve equal access to quality, culturally responsive care. We aim to make this process simpler and safer. I'm glad that you're here.

<https://www.inclusivetherapists.com/>

## **Open Path Psychotherapy Collective**

Open Path Psychotherapy Collective provides middle and lower-income level individuals, couples, families, and children with access to affordable psychotherapy and mental health education services. You can also specifically search by “LGBTQ” and “Transgender issues”.

[Find a Counselor](#)

# FUNDING, RESOURCES, & MORE

## **The Okra Project**

The Okra Project is a collective that seeks to address the global crisis faced by Black Trans people by bringing home cooked, healthy, and culturally specific meals and resources to Black Trans People wherever we can reach them. The Okra Project also provides aid, community space, and other resources for Black trans folk.

<https://www.theokraproject.com/>

## **The Loveland Foundation Therapy Fund**

With the barriers affecting access to treatment by members of diverse ethnic and racial groups. Loveland Therapy Fund provides financial assistance to Black women and girls nationally seeking therapy.

<https://thelovelandfoundation.org/loveland-therapy-fund/>

## **Black Mental Health Alliance**

**Mission:** To develop, promote and sponsor trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black people and other vulnerable communities

<https://blackmentalhealth.com/>

## **Asian Mental Health Collective**

**Mission:** It is the mission of the Asian Mental Health Collective to normalize and destigmatize mental health within the Asian community.

<https://www.asianmhc.org/apisaa>

## **Other Resource Compilations**

- [Mental Health Resources For And By People of Color](#)
- [Four Ways People of Color Can Foster Mental Health & Practice Restorative Healing](#)
- [Black Mental Health Matters](#)
- [44 Mental Health Resources for Black People](#)
- [Black Advocacy, Resistance & Empowerment \(BARE\) Resources](#)

# 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).

## GENDER-AFFIRMING MEDICAL SERVICES

### *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 information on Gender Affirming Care. \*Note: Currently these webpages say to book “Transgender Health Care” appointment types through your VadenPatient Portal. As of 10/27/2021 the appointment type in the portal is named “Gender Affirming Care.”

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.

[Here is a document that shares names of CA based surgeons and websites that can help you plan surgery.](#)

Contact: Megan Gershon, R.N. or Karen Pendley, R.N. (650-725-0984) or send a secure message through the [VadenPatientPortal](#).

If you have questions regarding insurance coverage, contact the Vaden Insurance Office (650-723-2135)



# INSURANCE

If you are seeking gender affirming services, you may be utilizing your insurance. Navigating this process is often confusing and frustrating. There are several resources on and off campus which you can use to get help in navigating this process.

## **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 Megan Gershon (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
- Electrolysis hair removal
- Hormone Therapy
  - 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
  - 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://vaden.stanford.edu/insurance/cardinal-care-overview-and-benefits>

## **Cost of Hormone Therapy - All Insurances**

Because the cost of hormones can fluctuate, we encourage you to ask your pharmacist or doctor about the cost of hormones using insurance compared to paying out of pocket. In some cases the cost of hormones may be more affordable when paying out of pocket, especially when using coupons (like GoodRx). 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.

# INSURANCE

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(s) of support from a psychologist (available through CAPS)
- Obtain a referral from a medical professional (available through Vaden)
- 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.

# NAME AND/OR GENDER MARKER CHANGE

Trans students on campus have many options for changing their name and/or gender marker on university-wide documents and records. While many of these changes can be made without legal documentation, others (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 for help with this.

Email: [transresources@stanford.edu](mailto:transresources@stanford.edu)

Free legal consultation and court document review is available through:  
ASSU Legal Counsel Office  
Contact: [lco@assu.stanford.edu](mailto:lco@assu.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 [Axess](#) 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.

# NAME AND/OR GENDER MARKER CHANGE

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 [VadenPatientPortal](#) 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 Tresidder Memorial Union and ask for assistance from the ID Card Office. You will have to disclose that you are trans to the person who helps you in order to access this service, 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.

Unfortunately, this is only available for the Stanford University ID. Other schools and facilities (e.g. School of Medicine, SLAC) issue IDs that currently require that the legal name be displayed.

## *Changing SUNet ID*

To change your SUNet username, submit a help ticket to UIT requesting a change for gender-related reasons. If you encounter problems having this change approved, you can contact [Ashley Lippert](#) for assistance.

## *Changing Legal Name*

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

# NAME AND/OR GENDER MARKER CHANGE

## Replacement Diplomas

Your name will default to the legal name listed in Stanford University's educational records. It is your responsibility to verify when you apply to graduate in **Axess** that the diploma name listed is correct, or to provide any changes required, including hyphens, spaces, lower/upper case letters, accents, etc. No additional titles such as Esq. or Dr. etc, are permitted on the diploma name.

Changes to your diploma name can be made by submitting a Service Request. The completed request should be submitted prior to the application to graduate deadline posted on the Academic Calendar. No name change forms will be accepted after the late application to graduate deadline in Spring Quarter.

To order a replacement diploma with a different name, go to <https://registrar.stanford.edu/students/diplomas/how-your-name-appears-diploma>

## Changing Alumni Records

To change the name and/or gender in the alumni database, email [alumni-trans-record-updates@lists.stanford.edu](mailto:alumni-trans-record-updates@lists.stanford.edu) for assistance. Default settings in the alumni directory will show your former name at the time of matriculation. Alumni and students can hide the 'former student name' in the alumni directory account profile settings.

Contact: Barbara Pugliese ([bpugliese@stanford.edu](mailto:bpugliese@stanford.edu))

Leona Bassi ([Leona.bassi@stanford.edu](mailto:Leona.bassi@stanford.edu))

## All Gender Bathrooms

Stanford University is in the process of installing all-gender single-occupancy restrooms in all buildings on-campus.

A map of all gender-inclusive restrooms on campus can be found here: [https://diversityandaccess.stanford.edu/sites/g/files/sbiybj9951/f/a\\_g\\_restroomsmap2019\\_v5.pdf](https://diversityandaccess.stanford.edu/sites/g/files/sbiybj9951/f/a_g_restroomsmap2019_v5.pdf)

A postcard detailing issues and FAQs around gender-inclusive restrooms can be found here: [https://weiland.sites.stanford.edu/sites/g/files/sbiybj10466/f/restroom\\_card\\_2.pdf](https://weiland.sites.stanford.edu/sites/g/files/sbiybj10466/f/restroom_card_2.pdf)

AOERC has an all-gender locker room featuring private toilets and showers, as well as temporary storage lockers, vanity/sinks and changing areas. Unfortunately, ACSR does not have an all-gender locker room.

The poster is titled "Campus Considerations" and "Navigating CAMPUS RESTROOMS". It provides information about the installation of all-gender single-occupancy restrooms on campus. It includes a list of resources and contact information for the SGAO Office, Diversity & Access Office, and Weiland Health Institute. There is also a QR code in the bottom right corner.

**Campus Considerations**

These signs must comply with Title 24 of the CA Code of Regulations meaning they have to have 1. a sign with a graphic symbol of a triangle representing one or more and 2. a designator (such as being read by touch) sign and indicates the facility is restrooms for all occupant.

While the goal is to provide a safe and comfortable environment for all students, some students may have specific needs. These needs should be discussed with the SGAO Office, Diversity & Access Office.

These efforts include connecting existing single staff restrooms across campus, including all gender restrooms in every building, updating restrooms and locker rooms, and making a campus map available (see below).

**Resources**

SGAO Office of Student Access & Inclusion  
Diversity & Access Office  
Weiland Health Institute

SGAO Office  
Diversity & Access Office  
Weiland Health Institute

Physical guide to campus restrooms  
Physical guide to campus restrooms  
Physical guide to campus restrooms

SGAO Office  
Diversity & Access Office  
Weiland Health Institute

QR Code



# ACADEMIC RESOURCES

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

## Wellness 140: Wellness through Queerness (1 unit)

Explore the intersection of queerness, sexuality and wellbeing. Learn skills and practices to associate queerness with thriving and flourishing. This course integrates empirical psychological and neuroscientific research, community history, and health psychoeducation to provide frameworks for exploration. An interactive structure supports the reflection and development of your relationship with self, community, and queerness.

## 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).

FGSS Website: <https://feminist.stanford.edu/>

## 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>

# 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:

Office for Inclusion, Belonging and Intergroup Communication (IBIC)

QSR Student Staff Positions

Institute for Diversity in the Arts Community Arts Fellowship

Haas Center Cardinal Quarter Fellowships (including: Stanford Pride Fellowship)

# FINANCIAL AID & RESOURCES

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](mailto:shelby@stanford.edu)), phone 650-725-0251; to make an appointment: <https://go.oncehub.com/JeffShelby>

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.

## The Opportunity Fund (Opp Fund)

The Diversity and First Generation Office's Opportunity Fund is designed to financially assist undergraduate students who are experiencing a temporary financial challenge from a hardship or who are seeking funds for an opportunity related to their academic, professional, and/or social development. Requests for financial assistance are considered on the basis of what is recognized as a hardship or an opportunity that may not be funded through other means. As such, the Diversity & First-Gen Office considers each request separately.

Types of expenses generally covered by the fund:

- Travel costs related to a death or illness
- Assistance with laptop repair or replacement in the event of an emergency (one-time during your academic career at Stanford)
- Medical emergencies that are not covered by the Financial Aid Office
- Attending student conferences
- Expenses associated with parent/guardian/family attendance at major campus events (one-time during your academic career at Stanford, with the exception of graduation)
- Expenses associated with preparation for graduate/professional school admissions exams

# FINANCIAL AID & RESOURCES

Types of expenses NOT covered:

- Tuition or fees
- Health insurance
- Study abroad costs (with the exception of overseas seminars)
- Expenses which are standard considerations for financial assistance through the Financial Aid Office
- 

To apply for aid from the Opportunity Fund, go to

<https://docs.google.com/forms/d/e/1FAIpQLSexBhmlG0fb7HOWiaBkOMIM23OY0-OQQycZqdlO4S0i6NxK0g/viewform>. Due to the high volume of requests that we receive

through the Opportunity Fund it can take up to four weeks to receive a response. Please be sure to include all supporting materials with your application to prevent a delay in processing.

For questions or clarification regarding the Opportunity Fund, feel free to email

[Opportunityfund@stanford.edu](mailto:Opportunityfund@stanford.edu) or contact Adriena Brown: [adriena@stanford.edu](mailto:adriena@stanford.edu).

Support for Stanford Graduate Students: <https://ed.stanford.edu/academics/doctoral-handbook/financial-support/emergency-funding>.

## The QT Umbrella Assistance Fund (QT Fund)

To honor and expand both QSR and Weiland's mandate to support the health and wellness of students in the queer and trans communities, the QT Fund is designed to support students' medical, legal, and mental health fees associated with areas related to gender and sexuality. We created The QT Fund as a systemic way to address and support students lived experience of being Non Binary/Trans/Queer and to acknowledge the specific hurdles students encounter and burdens they bear when navigating systems at Stanford. We strive to be rooted in transparency and equity, to not act as gatekeepers, but rather to trust students' processes, transitions, and lived realities.

Our intention is for these funds to be used to support students to access services and other resources not available on campus. This can include funds to access counseling--out of pocket or co-pays--fees associated with gender affirmative medical services (hormones/surgery costs), and legal services.

Funds are provided by the Weiland Health Initiative and Queer Student Resources.

Applications happen in quarterly cycles and are reviewed by a small committee. All enrolled students at Stanford are eligible, including postdocs. No prior involvement in or affiliation with Weiland, CAPS, Vaden, or QSR is required.

You can find the application on the QSR <https://www.qspot.online/qt-umbrella> or Weiland [https://weiland.stanford.edu/sites/g/files/sbiybj10466/f/qt\\_fund\\_fall\\_2021\\_final24.pdf](https://weiland.stanford.edu/sites/g/files/sbiybj10466/f/qt_fund_fall_2021_final24.pdf) websites, or reach out to Deb Schneider, LCSW, Weiland Program Manager at [debsch@stanford.edu](mailto:debsch@stanford.edu).

# GENDER-AFFIRMING HOUSING

## UNDERGRADUATE HOUSING

### *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 Students Program at [edithwu@stanford.edu](mailto: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: Nate Boswell ([nboswell@stanford.edu](mailto: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, visit

<https://rde.stanford.edu/studenthousing/undergrad-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 made available for trans students looking for special housing accommodations.

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

# GRADUATE HOUSING

Gender-inclusive housing allows friends of different genders to be assigned to the same apartment. All Graduate Single Residences allow Gender-inclusive Housing.

Students interested in this option must:

1. Apply for first-round of assignments in May.
2. Apply as a group with your desired group member(s), prioritizing residences where you can fill the whole apartment.
3. After you receive your room assignment, file a Gender-neutral Room Assignment Request.
  - Log on to Axxess.
  - Under the Student tab, click on the Housing & Dining link.
  - Click Forms and Petitions on the main menu.
  - Select the request type Gender-inclusive Room Assignment Request.
  - Fill out the form to make your request.
4. Graduate student room assignments are made by the Graduate Housing Front Desks.

*FAQs about this process:*

**Who can take advantage of Stanford's gender-inclusive housing?**

This program is intended for students who wish to share a room or apartment with friends of a different gender. It is not intended for romantic couples, who are encouraged to apply for Couples without Children Housing.

*No Random Roommates & Roommate Pairings Match Apartment Size*

Students will not be matched with a random, opposite-gender roommate through this process. This is why it is very important to file a Gender-inclusive Room Assignment request in Axxess after receiving your assignment. Keep in mind that in your intended roommate pairings must match the size of the apartment or room type you are assigned.

*What happens if one of the roommates cancels their assignment or leaves mid-year?*

If one student cancels or leaves during the year, the remaining student(s) can request another roommate from students who have been assigned to the same housing location, or the entire space will revert to single gender (based on the majority of students remaining in the room/apartment). This may involve reassignments of some students.

Transgender students who need special accommodation due to gender identity/expression should contact Housing Assignments:

1. The request will be handled through a confidential process and staff will not ask for more information than is required to meet students' housing needs.
2. Placement priority will be given to students who notify Housing Assignments well in advance of the annual Draw or Lottery and who require accommodations based on their gender identity/expression.
3. Later requests will be handled as appropriate spaces become available.

Housing Assignments recognizes that students are not all alike but have different needs and desires. We will address concerns on a case-by-case basis.

*Roommate Conflicts*

If a student has a conflict with a roommate because of their gender identity/expression, the student should see their Graduate Life Dean first. Residence Deans are full-time, professional staff members who have taken part in training specifically on gender identity/expression issues.

<https://rde.stanford.edu/studenthousing/undergrad-gender-neutral-housing>

# ORGANIZATIONS & RESOURCES

## ATHLETICS

No formal restrictions exist for trans students looking to play club or recreational sports at Stanford.

Stanford's Policy on Inclusivity and Nondiscrimination for Transgender Varsity Student-Athletes can be found here:

[https://stanford\\_ftp.sidearmsports.com/Compliance/Inclusivity.pdf](https://stanford_ftp.sidearmsports.com/Compliance/Inclusivity.pdf)

More resources and services at: [Stanford Sport Psychology](#)

Contact:

Kelli Moran-Miller, PhD, CMPC, Director ([kemm@stanford.edu](mailto:kemm@stanford.edu))

Julie Sutcliffe, PsyD, Assistant Director ([jusut@stanford.edu](mailto:jusut@stanford.edu))

## GREEK LIFE

While the Greek system is still binaried, many trans folks may consider joining a sorority or fraternity. A guide is being constructed to provide accurate information about safety and inclusion to aid navigation through this process. Should you have any current questions about Greek life, please contact:

Amanda Rodriguez

Director, Fraternity and Sorority Life

Office of Student Engagement

[amrod@stanford.edu](mailto:amrod@stanford.edu)

## RELIGIOUS LIFE

The Office for Religious and Spiritual Life is a confidential resource that focuses on advocating for and supporting spiritual and religious engagement at Stanford. A primary part of its mission is collaboration with students, faculty and staff to provide a welcoming and inclusive resource on campus for transgender students. Please contact: [religious-life@stanford.edu](mailto:religious-life@stanford.edu).

**Refuge:** Queerness, Spirituality, and Religion is a group established through partnership between QSR and the Office for Religious Life (ORL) for any LGBTQIA+ person on a spiritual and/or religious path. We explore questions about the intersection of queerness, spirituality, and religion in community with one another. Through radical and mutual forms of care, kinship and safety, we aim to serve as a place of spiritual refuge.

# DISCRIMINATION

Stanford prohibits discrimination on the basis of sex, orientation, and gender identity. For help or advice concerning discrimination (including misgendering, incorrect use of name or pronouns, or exposure to invasive questions by faculty or peers), students can reach out to a number of on campus resources:

## Protected Identity Harm Reporting

The Protected Identity Harm Reporting process is the University's process to address incidents where a community member experiences harm because of who they are and how they show up in the world.

## Diversity and Access Office

Contact: Rosa Gonzalez ([rgonzalez@stanford.edu](mailto:rgonzalez@stanford.edu)) or [equalopportunity@stanford.edu](mailto:equalopportunity@stanford.edu)

## Title IX Office

The Title IX Office collaborates with the Stanford community to stop, prevent, and remedy sexual violence and gender-based discrimination through education, culture change, accountability, and empowerment. We offer options, resources, and accommodations to students of all identities affected by these issues and are committed to providing a fair, thorough, and prompt investigation and adjudication process.

Email: [titleix@stanford.edu](mailto:titleix@stanford.edu)

## Ombuds Offices

There are two Ombuds Offices at Stanford – one at the School of Medicine and the other serving the remainder of the university. The Ombuds Offices are confidential resources where students, staff, postdocs and faculty are welcome to discuss any concern that is interfering with their Stanford experience. The Ombuds will listen; offer information about relevant policies and procedures; make referrals to other resources at Stanford, and help individuals identify and evaluate options to address their concerns. In addition, the Ombuds Offices offer informal mediation services to individuals or groups at Stanford that are locked in a dispute. All contacts with the Ombuds Offices are kept strictly confidential, and for this reason, the Ombuds Offices do not accept formal complaints or put the University on “notice” of issues raised, but still can be a good place to discuss concerns and seek to work toward responsible systemic change.

## Office of the Ombuds

Contact: Brenda Berlin – 650.497.1542 ([ombuds@stanford.edu](mailto:ombuds@stanford.edu))

## Office of the Ombuds (School of Medicine)

Contact: James Laflin – 650.498-5744 ([jlaflin@stanford.edu](mailto:jlaflin@stanford.edu))



## Virtual Resources:

### Stanford Virtual Well-Being:

Access information on ongoing virtual events, well-being tips, and resources for faculty and staff available wherever you are via the Stanford Well-Being website.

<https://vaden.stanford.edu/virtualwellbeing>

### Stress Relief During COVID-19:

Student Affairs Web based Materials:

<https://studentaffairs.stanford.edu/covid-guidance>

This resource published by the California Surgeon General contains useful information about potential stressors associated with COVID-19 and shelter-in-place and provides concrete tips for a regular self-care routine.

[https://files.covid19.ca.gov/pdf/wp/california-surgeon-general\\_stress-busting-playbook\\_draft-v2clean\\_ada-04072020.pdf](https://files.covid19.ca.gov/pdf/wp/california-surgeon-general_stress-busting-playbook_draft-v2clean_ada-04072020.pdf)

### Trans-specific Resources:

There are many resources available, both in print and online, that can help you educate yourself or others about transgender identities and experiences. As starting points towards understanding the depth and complexity of gender identities, the [Trevor Project](#) has a resource on Trans+ Gender Identity that may be of use along with [PFLAG's glossary of terms](#).

Additionally, Stanford's QSR & Weiland student staff have put together a [First Aid Kit for Family Holidays](#) that contains many resources for queer and trans individuals staying at home and/or with family. For information on trans-related healthcare, this video series by Stanford physician Maya Adam is a good place to start.

Along with the aforementioned organizations PFLAG and the Trevor Project, national organizations involved in trans-related advocacy and outreach include the [National Center for Transgender Equality](#) and the [Transgender Law Center](#). Two major surveys of transgender individuals that can help shed light on the experiences of those who identify as trans are the 2015 U.S. Trans Study and the ongoing PRIDE study which is the first long-term national study of LGBTQ+ individuals.

Finally, [PFLAG](#) maintains a list of recommended reading on coming out and a transgender reading list for adults either or both of which may be of interest to you.

## MORE QUESTIONS?

Feel free to leave a comment or email [weilandhealth@stanford.edu](mailto:weilandhealth@stanford.edu)!