



GENDER AFFIRMING CARE

GUIDE TO SERVICES

A department in the Division of Student
Affairs and Enrollment Management.
fresnostate.edu/health

FRESNOSTATE
Student Health and Counseling Center

TABLE OF CONTENTS

Meet the Team Meet our team and their services.	01
Hormone Replacement Therapy Get informed about hormone replacement therapy.	02
What to Expect at Appointments Learn about the appointment process.	03
Support Systems Learn about the values and benefits of a support system.	04
Self-Care Tips on how you can better take care of your health.	05
On-Campus Resources Take a look at the resources available on our campus.	06
Off-Campus Resources View the extensive list of off campus resources.	07
Essential Products Check out available applications for essential resources.	11
Confidentiality Read about our Privacy Policy.	12
FAQs Common questions from students.	13

MEET OUR TEAM*

A safe place for you to express your thoughts, feelings, and concerns.

MENTAL HEALTH SUPPORT



Bryan Van Ravenhorst, ACSW

He/Him/His
**Counselor and
LGBTQ+ Liaison**



Dianna Carrillo, ACSW

She/Her/Hers
Counselor



Shane Wilson, LCSW

He/Him/His
Counselor

MEDICAL SUPPORT



Dr. Huong "Jil" Nguyen, M.D.

She/Her/Hers
Endocrinologist



Sandra Loehner, FNP, DNP

She/Her/Hers
**Family Nurse
Practitioner**



Katie Ulrich

She/Her/Hers
Medical Assistant

*Appointments can be made through MyBulldogHealth or by phone at 559.278.2734.

HORMONE REPLACEMENT THERAPY

What is Hormone Replacement Therapy?

Gender-affirming hormone therapy consists of either feminizing (estrogen) or masculinizing (testosterone) hormones. Many people take hormone therapy as part of a gender transition to help their bodies and appearance align with their gender identity.

What medication route options are there?

Feminizing

- Estradiol
- Spironolactone

Masculinizing

- Testosterone Gel
- Typical Testosterone



Are there options for non-binary and other gender-expansive identities?

We understand that your journey with hormone replacement therapy (HRT) is not a one-size-fits-all approach and may be more fluid rather than aligned with a binary gender presentation. We offer options such as micro-dosing so that students can collaboratively work towards their desired results with the help of our providers. We want to ensure students feel heard and confident in their treatment options while navigating their HRT journey!

What medication route options are there?

- Micro-Dosing Options

WHAT TO EXPECT DURING APPOINTMENTS

Your First Appointment

Appointments range between 40-60 minutes.

Receive a packet of information.

Review and sign consents for treatment.

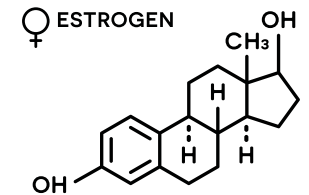
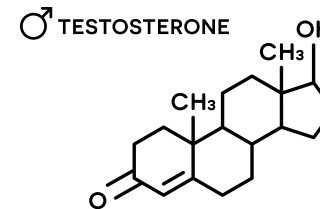
Discuss desired care needs with the endocrinologist.

Feminizing:

Involves taking medicine to block the action of the hormone testosterone. It also includes taking the hormone estrogen.

Masculinizing:

Involves taking the hormone testosterone. It stops menstrual cycles and decreases the ovaries' ability to make estrogen.



Order labs.

Schedule follow-up appointments (minimum of 2 weeks).

Your Second Appointment

Review results of labs

Establish a Plan of Care

Identify the desired care and medication route.

IDENTIFYING SUPPORT SYSTEMS

People who can be relied upon to notice that you are stressed or distressed.

These are people who:

- You have for social, physical, intellectual, emotional, and spiritual support.
- You are in regular contact with and can notice if there is a drastic change in your overall well-being.
- Who also nurtures the relationship and can provide reciprocity of that support.

SUPPORT SYSTEMS

Why is it essential to have a Support System?

To have someone you can reach out to in a time of need that can provide guidance, offer comfort, and stand by your side.

Benefits of a Support System

- Evidenced-based research has found that a network of supportive relationships reinforces individual resilience in times of stress, setbacks, or other difficulties.
- An excellent method of gauging when you are distressed or stressed, and in some cases, they may notice before you do.
- Practical benefits such as people who can provide helpful information, advice, guidance, and tangible support in times of uncertainty. This can enhance feelings of security.
- Support Systems can bolster you when you are feeling emotionally down or overwhelmed and need to process your fears, hopes, and dreams to make you feel seen and understood.

SELF-CARE

What is Self-Care?

Taking the time to do things that help you live well and improve both your physical health and mental health. This can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a significant impact.

Identifying your barriers to self-care?

Many things can get in the way of engaging in self-care. Remember to give yourself grace if you do not have time to engage in self-care. You can only do your best by identifying what your barriers are and finding alternatives. For example, you may want to engage in certain activities, but it conflicts with your class schedule. That is okay. You can always find a suitable replacement.

Tips: Self-care can look different for everyone and comes in many forms. It is okay to start small.

Self-Care Activity Ideas:

- Listening to music
- Watching favorite movie
- Meditating
- Reading a book
- Journaling
- Prioritizing sleep
- Go for a walk



ON-CAMPUS RESOURCES

Cross Cultural & Gender Center (CCGC)

A safe and welcoming environment for the Fresno State community. Fosters meaningful dialogue and activism that works to eliminate racism, sexism, hetero sexism, and other forms of oppression. **Ask about Queer Talks, a support group for LGBTQ+ students.**

Thomas Administration Building, Room 110A
Monday through Friday 8 a.m. to 5 p.m.
559.278.4435

OUTspoken

Curious about therapy or gender-affirming care? Looking for support with a problem or connections to resources? Drop-in to have a private and anonymous conversation with an LGBTQ+ affirming mental health professional. No appointment necessary.

Thomas Administration Building, Room 109B
Wednesdays, 1 to 3 p.m.

Q-Closet

FREE clothing to trans, gender-nonconforming folks, and anyone else who might need it. The clothing closet opens during scheduled pop-up shops.

Thomas Administration Building, Room 110
equity.fresnostate.edu/ccgc
@fresnostateccgc

Student Health and Counseling Center Pharmacy

Check out our pharmacy's affordable over-the-counter options! We've got everything you need to support your health and wellness. Stop by and explore!

559.278.6720
<https://studentaffairs.fresnostate.edu/health/medical/pharmacy>

True Colors

A safe space for LGBTQ+ identifying individuals to listen and talk with others about life, intersectionality, relationships, identity exploration, shared experiences, and other mental health concerns related to queerness.

Location varies. Please contact SHCC for more information or to enroll.
Fridays, 11 a.m.

United Student Pride

Fresno State's LGBTQ+ Student Organization
fresnostateusp@gmail.com
@fresnostateusp

OFF-CAMPUS RESOURCES

Central California Legal Services (Free Legal Assistance)

Services: Housing evictions, public benefits matters, social security benefits, disability denial claims, overpayment matters, harassment, and discrimination.

1640 N Street #200, Merced, Ca
1-800-675-8001
Free Legal Assistance

Central California Legal Services – Health Consumer Center

Services: Healthcare access issues, Medi-Cal denial, Covered California, and Managed Care, Issues, Independent Medical review requests, medical debt, and hospital bills.

1640 N Street #200, Merced, Ca
1-800-675-8001
Free Legal Assistance

Community Health Partners, Dr. Andrew See – Family Medicine

Services: Gender Affirming Care, Medical, Chronic Disease Management, Nutrition, Reproductive Health, etc.

2479 E Fir Ave, Fresno, Ca
(559) 603-7400

Cultural Family Therapy

351 E. Barstow Ave #102, Fresno Ca
(559) 500-6744
culturalfamilytherapy.com
Insurance: Anthem Medical (Non-PPO), MHN, CalViva, Health Net, Cigna

Family Acceptance Project

Services: Research and resources on family acceptance and rejection.
familyproject.sfsu.edu

Family Health Care Network, Dr. Diana Howard

Services: Gender Affirming Care, Hormone Replacement Therapy, Medical, etc. (low-cost services)
290 W. Wayne Ln. #2200, Fresno, Ca
1-866-342-6012

OFF-CAMPUS RESOURCES

American Civil Liberties Union (ACLU) Northern California

Services: Unlawful discrimination/violence, fair housing, civil rights violations, Harassment, disability rights, Sexual harassment.

**39 Drumm St, San Francisco, Ca
(415) 621-2493**

California Civil Rights Department

Services: Unlawful discrimination/violence, fair housing, civil rights violations, Harassment, disability rights, Sexual harassment.

**Calcivilrights.ca.gov/complaintprocess
1-800-884-1684
TTY: 1-800-700-2320**

California Health Collaborative

Services: Case Management, Breast and Cervical Health, Nutrition, Tobacco Prevention, Mental Health.

**Locations: Fresno, Chico, Sacramento, Visalia, San Bernadino, Hanford, Victorville, Madera and La Quinta
<https://healthcollaborative.org/>**

California Rural Legal Assistance, Inc (CRLA)

Services: Discrimination Complaints, Transgender Shelter Rights, Housing Discrimination, Harassment, Immigration, Name & Gender Marker correction, employment, Health Access, Public Benefits, and Education.

Locations: Salinas, Arvin, Delano, Fresno, Madera, Modesto, Stockton, Marysville, Santa Rosa, Oxnard, San Luis Obispo, Santa Maria, Coachella, El Centro, and Vista.

**1020 15th Street #20, Modesto, Ca
1-800-567-5339
LGBTQ@CRLA.org
Free Legal Assistance**

CA vs. Hate

Online reporting of hate crimes

**CAvsHate.org
1-833-8-NO-HATE**



OFF-CAMPUS RESOURCES

Gender Spectrum

Services: Works to create gender-sensitive and inclusive environments for all.
genderspectrum.org

LGBTQ+ Resource Center

Resources for all ages.

**1252 Fulton Street, Downtown Fresno
559.325.4527
10 a.m. to 5 p.m.
@fresnoec.lgbtq**

Madalyn Castanon, LPCC

**2575 E. Perrin Ave. #111, Fresno Ca
(765) 896-5030
www.castanoncounseling.com
IG: therapist_manmby
Insurance: Aetna, Cigna, Blue Anthem/Shield**



PFLAGFresno

Nation's largest organization dedicated to supporting, educating and advocating for LGBTQ+ people and those who love them.

**www.pflagfresno.org
559.434.6540
@pflag_fresno**

Planned Parenthood

Services: Reproductive Health, HIV Services, Mental Health, sexual testing, Gender-Affirming Care, Wellness, etc. (low-cost services)

Plannedparenthood.org

Trans-E-Motion

Provides support, advocacy, and education for the transgender community and allies. Includes annual Transgender Day of Visibility, Transgender Day of Remembrance, monthly support groups, and educational workshops/presentations to the professional, academic and allied communities.

**Transemotion.com
PO Box 1767, Clovis, CA 93616
@trans_e_motion**

- Rental Relief Fund
- Free Gaffs/Tucking Underwear
- Packer Program/Prosthetic Packers and Boxers
- Free Chest Binders

OFF-CAMPUS RESOURCES

The Source – LGBTQ+ Center

Services: HIV prevention, Human Immunodeficiency Virus (HIV) Testing, Hepatitis C Virus (HCV) testing, Case Management, Simplified Pharmacy Access, Emergency Financial Assistance, Nutrition, support groups.

109 NW 2nd Avenue, Visalia, CA
thesourcelgbt.org
(559) 336-0675

Valley Health Team

Services: Dental, Medical, Vision, Podiatry, Chiropractic, Behavioral Health, Women's Health, Chiropractic, Dermatology, Podiatry, Mental Health, Health education.

Locations in San Joaquin, Kerman, Firebaugh, Kingsburg, Fresno, Dinuba, Clovis, and Bishop
www.VHT.org
(559) 693-2462
Insurance: Covered California, Sliding Fee, Medicare, etc.

Westcare California Behavioral Education and Treatment (BEAT)

Services: Human Immunodeficiency Virus (HIV) Testing, Hepatitis B Virus (HBV) Testing, Hepatitis C Virus (HCV) testing, Mental Health Counseling, Combination residential/outpatient treatment and sober living, housing support, health education and harm reduction, case management, and linkages into care.

611 E. Belmont, Fresno Ca
(559) 237-3420
BEAT@westcare.com

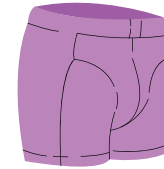


ESSENTIAL PRODUCTS



Free Chest Binders

Provided by Trans-E-Motion. For the transgender, gender-nonconforming non-binary, and two-spirit communities. All binders come from GC2B in half and full tank styles. **Provided by Trans-E-motion, One chest binder per person.***



Packer Program

Provided by Trans-E-Motion. Prosthetic packers and boxers for the trans masculine, gender-nonconforming, non-binary, and two-spirit communities. **Provided by Trans-E-motion, Four applications per person per year.***



Free Gifts

Provided by Trans-E-Motion. Tucking underwear available for the transgender, gender-nonconforming, non-binary, and two-spirit communities. **Provided by Trans-E-motion, Four applications per person per year.***



Rental Relief Fund

Provided by Trans-E-Motion. For transgender, gender-nonconforming non-binary, and two-spirit individuals living in Fresno County. **Provided by Trans-E-motion, For more information email transemotion@gmail.com.***



***To order any of these items email transemotion@gmail.com. Items can be ordered and delivered to the SHCC if desired.**

Attn: Katie Ulrich
5044 N. Barton Ave, M/S HC81
Fresno, CA 93740-8027

CONFIDENTIALITY



Your privacy is our foremost concern.

Unless specifically required by law or court order, we do not release private medical information without the consent of the student/patient. Medical and counseling records are confidential and entirely separate from your academic records.

To learn more about accommodations, various policies, and eligibility visit:

<https://studentaffairs.fresnostate.edu/health/about-us/policies.html>

FREQUENTLY ASKED QUESTIONS

Can the Student Health and Counseling Center use my preferred name?

Yes. A student may indicate their chosen name on the student portal. This change will automatically upload to the Student Health and Counseling Center medical record for the student. However, prescriptions and lab testing may have the name on the insurance card which may or may not be your chosen name.

Do I need a letter to get hormone replacement therapy?

No, you do not need a letter to receive HRT at the Student Health and Counseling Center.


Do I need to see a counselor?

No, it is not required to see a mental health counselor before starting or while receiving HRT. However, LGBTQ+-affirming mental health counselors are available at the Student Health and Counseling Center should you wish to seek support from them at any time while you are an enrolled student.

For additional FAQ

For more information about gender-affirming care services provided at the Student Health and Counseling Center, or to access additional frequently asked questions, please scan the QR code below to learn more!





We are committed to the care you receive at our center and your input matters to us. If you would like to provide feedback about an experience you had or would simply like to share your thoughts, suggestions, or concerns, you can do so by visiting bit.ly/SHCCfeedback. We would love to hear from you.

559.278.2734