



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

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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**



**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 (GAHT) or Hormone Replacement Therapy (HRT) consists of either estrogen or testosterone hormones. Many people take hormone therapy as part of a gender transition to help their bodies and appearance align with their gender identity!

We understand that your journey with hormone replacement therapy is not a one-size-fits-all approach and may be more fluid rather than aligned with a binary gender presentation. Below is a list of medications and treatment options offered at the Student Health and Counseling Center. We want to ensure students feel heard and confident in their treatment options while navigating their HRT journey!

What medication route options are there?

- Estradiol Tablets
- Spironolactone Tablets
- Finasteride Tablets
- Testosterone Gel (Topical)
- Testosterone Injectable
- Micro-dosing Treatment Options (Low-Dose)



For additional assistance regarding outside insurance:

If looking to use outside insurance, need prior authorization, or would like to use a pharmacy outside of the Student Health and Counseling Center, please consult with your provider at your first appointment for additional assistance.

HORMONE REPLACEMENT THERAPY



For information about the potential benefits and risks of HRT.

It's completely natural to have questions about hormone replacement therapy and the potential side effects. It's important to remember that everyone's experience with HRT is unique, and your healthcare provider is the best person to guide you through the process. Before starting HRT, we highly encourage you to have an open conversation with your doctor at your first appointment. They will be able to provide you with personalized information, discuss the potential risks and benefits, and address any concerns you may have. Together, you can make an informed decision that's right for you, based on your health needs and goals. You're taking an important step in your journey, and we want to ensure you have the right support!

Scan the QR code to explore information about HRT/GAHT, available treatment options, and potential side effects, as provided by the University of California, San Francisco (UCSF).



WHAT TO EXPECT DURING APPOINTMENTS

Appointments typically range between 40 to 60 minutes.

Your First Appointment

During your first visit, you'll start by receiving a packet of important information, which will include consent forms and a brief questionnaire to help your provider understand your goals and health background.

After reviewing this information, you'll discuss your desired care needs, ask any questions, and address any concerns you may have with the provider.

This is also when your provider will likely order the necessary labs to get a clearer picture of your current health. You will also have the option to seek support from a mental health professional, as HRT medication can sometimes affect overall mental well-being.

At the end of the appointment, a follow-up will be scheduled (typically in about 2 to 4 weeks) to continue the process.

You will not receive HRT at your first appointment unless you are already receiving HRT treatment and are continuing care at the Student Health and Counseling Center.

Your Second Appointment

During this visit, you'll review the results of your labs with your provider, who will guide you through understanding how these results relate to your overall treatment plan. Please keep in mind that the lab results will determine the safest option(s) for your transgender care.

WHAT TO EXPECT DURING APPOINTMENTS

Together, you'll discuss and establish a personalized plan of care that aligns with your specific goals. This is an important step, as the approach to hormone replacement therapy can vary from person to person.

Your provider will then help you choose a treatment route that feels right for you, considering your unique health needs and preferences. This process is highly individualized, and adjustments may be made along the way to ensure your care is as effective and comfortable as possible.

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 scan the QR Code.



ON-CAMPUS RESOURCES

Cross Cultural & Gender Center (CCGC)

The CCGC at Fresno State offers a welcoming space for fostering dialogue and activism aimed at addressing racism, sexism, and other forms of oppression. Ask a CCGC representative about upcoming LGBTQ2S+ programming/events.

ccgclgbtq@mail.fresnostate.edu.

**Thomas Administration Building
559.278.4435**

OUTspoken

OUTspoken provides an opportunity for private, anonymous conversations with an LGBTQ+- affirming mental health professional for those seeking therapy or gender-affirming care. Drop in on Wednesdays from 1 to 3 p.m. No appointment necessary.

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

Q-Closet

Q-Closet offers free clothing to trans, gender-nonconforming individuals, and anyone in need. It operates during scheduled pop-up shops in the Thomas Administration Building, Room 110.

**Thomas Administration Building, Room 110
559.278.4435**

Student Health and Counseling Center Pharmacy

The Student Health and Counseling Center Pharmacy offers affordable over-the-counter health products to support your wellness.

**5044 N. Barton Avenue, Fresno, CA 93740
559.278.6720**

True Colors

True Colors is a safe space for LGBTQ+ individuals to discuss identity, relationships, and mental health concerns related to queerness. Sessions are held on Fridays at 11 a.m. – contact the Student Health and Counseling Center for location details.

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

United Student Pride

United Student Pride (USP) is an on-campus organization at Fresno State that offers a variety of educational and social activities, providing opportunities for involvement. USP strives to create a safe, supportive, and inclusive environment for all students.

fresnostateusp@gmail.com

OFF-CAMPUS RESOURCES

American Civil Liberties Union (ACLU) Northern California

The ACLU offers support for unlawful discrimination, civil rights violations, and sexual harassment.

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

CA vs. Hate

CA vs. Hate allows individuals to report hate crimes online. Visit CAvsHate.org or call 1-833-8-NO-HATE to report incidents.

California Civil Rights Department

This department provides services for discrimination, civil rights violations, and harassment.

**Calcivilrights.ca.gov/complaintprocess
1.800.884.1684
TTY: 1.800.700.2320**

California Health Collaborative

The California Health Collaborative offers case management and services for health, tobacco prevention, mental health, and more across various locations. Visit healthcollaborative.org for services.

Locations: Fresno, Chico, Sacramento, Visalia, San Bernardino, Hanford, Victorville, Madera, and La Quinta.

California Rural Legal Assistance, Inc (CRLA)

CRLA provides free legal assistance for housing, healthcare, transgender shelter rights, and more.

**1020 15th Street #20, Modesto, CA
1.800.567.5339
LGBTQ@CRLA.org**

Central California Legal Services (Free Legal Assistance)

Central California Legal Services provides free legal assistance for issues like housing evictions, public benefits, and discrimination.

**1640 N. Street #200, Merced, CA
1-800-675-8001**

Central California Legal Services – Health Consumer Center

CCLS offers free legal assistance with healthcare access, Medi-Cal, and medical debt.

**1640 N. Street #200, Merced, CA
1-800-675-8001**

OFF-CAMPUS RESOURCES

Community Health Partners, Dr. Andrew See – Family Medicine

Dr. Andrew See provides gender-affirming care, chronic disease management, and reproductive health services at Community Health Partners.
2479 E Fir Ave, Fresno, Ca
(559) 603-7400

Cultural Family Therapy

Cultural Family Therapy offers counseling services focusing on cultural perspectives and mental health, helping clients address societal challenges and personal growth.
351 E. Barstow Ave #102, Fresno, CA
559.500.6744
Insurance: Anthem Medical (Non-PPO), MHN, CalViva, Health Net, Cigna

Family Acceptance Project

The Family Acceptance Project offers research and resources on family acceptance and rejection for LGBTQ+ individuals. Visit familyproject.sfsu.edu for more information.

Family Health Care Network, Dr. Diana Howard

Dr. Diana Howard provides gender-affirming care and hormone replacement therapy through low-cost services at Family Health Care Network.
290 W. Wayne Ln. #2200, Fresno, Ca
1-866-342-6012

Gender Spectrum

Gender Spectrum works to create gender-inclusive environments for all individuals, providing resources and support. Visit genderspectrum.org for more information.

LGBTQ+ Resource Center

The Fresno EOC LGBTQ+ Resource Center offers support for all ages, providing resources and community connection.
1252 Fulton Street, Downtown Fresno
559.325.4527

Madalyn Castanon, LPCC

Madalyn Castanon provides therapy services with a focus on LGBTQ+ issues and mental health, accepting various insurance plans.
2575 E. Perrin Ave. #111, Fresno, CA
765.896.5030
www.castanoncounseling.com

OFF-CAMPUS RESOURCES

PFLAGFresno

PFLAG Fresno is dedicated to supporting and advocating for LGBTQ+ individuals and their families. Visit pflagfresno.org or call for resources.
559.434.6540

Planned Parenthood

Planned Parenthood offers reproductive health, HIV services, mental health support, and gender-affirming care. Visit plannedparenthood.org for more details.

Trans-E-Motion

Trans-E-Motion provides support and advocacy for the transgender community, including workshops, support groups, and events like Transgender Day of Visibility. Visit transemotion.com for more information.

The Source – LGBTQ+ Center

The Source provides HIV prevention, testing, case management, and support services to the LGBTQ+ community.

109 NW 2nd Avenue, Visalia, CA
559.336.0675
thesourcelgbt.org

Valley Health Team

Valley Health Team offers a wide range of health services including medical, dental, and behavioral health at multiple locations in the Central Valley. Visit VHT.org or call (559) 693-2462 for more information.
Locations in San Joaquin, Kerman, Firebaugh, Kingsburg, Fresno, Dinuba, Clovis, and Bishop

Westcare California Behavioral Education and Treatment (BEAT)

Westcare offers HIV testing, mental health counseling, and residential/outpatient treatment for individuals facing substance use and health challenges.
611 E. Belmont, Fresno, CA
559.237.3420
BEAT@westcare.com

IDENTIFYING SUPPORT SYSTEMS AND THE IMPORTANCE OF SELF-CARE

Support Systems

A strong support system includes people you can rely on during stressful times—those who offer emotional, physical, intellectual, and social support. These individuals are in regular contact with you and can notice if something feels off, offering guidance, comfort, and companionship. A good support system can help you navigate challenges, providing reassurance and a sense of security. Research shows that supportive relationships improve resilience and help you better manage stress, setbacks, and uncertainties. They can also provide practical advice, resources, and a safe space to process your emotions.*

Self-Care

Self-care is about prioritizing your physical and mental well-being by doing activities that help you feel balanced and energized. It can reduce stress, boost your health, and improve your overall quality of life. Self-care looks different for everyone, and even small, everyday acts can make a difference. If you're facing barriers to self-care—like time constraints or conflicting schedules—remember to be kind to yourself. Identify what's holding you back and try to find alternative solutions. Start small, and don't be afraid to make self-care work for you.

Self-Care Activity Ideas

Listening to music, watching a favorite movie, meditating, reading or journaling, prioritizing sleep, or going for a walk.

*You can access more information about identifying support systems, self-care solutions, and overall resources and support by visiting Trans-E-Motion at www.transemotion.com.



ESSENTIAL PRODUCTS BY TRANS-E-MOTION



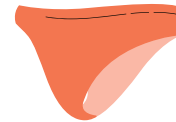
Free Chest Binders

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



Packer Program

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



Free Gaffs

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



Rental Relief Fund

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.** If desired, items can be ordered and delivered to the Student Health and Counseling Center using the below mailing address.

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

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.

What is the timeline between appointments for hormone replacement therapy?

Typically the timeline between the first and second appointment varies and can span between two to four weeks.

If I'm younger than 18, am I still eligible for hormone replacement therapy?

If you are under the age of 18, consent from a parent or legal guardian is generally required for medical treatments, including hormone replacement therapy, unless specific conditions are met. Minors aged 15 and older may be considered emancipated if they are financially independent and living away from home, such as in campus housing or an off-campus apartment. Emancipated minors, as well as international, married, or financially independent students, can often consent to their own medical treatment. For mental health counseling visits, minors aged 12 and older may consent to outpatient services without parental consent if they are deemed mature enough to engage in treatment. For more detailed information about California's laws regarding minor consent, please refer to Teen Health Law at www.teenhealthlaw.org. You can also call the Student Health and Counseling Center to learn more about additional policies and forms at 559.278.2734.

FREQUENTLY ASKED QUESTIONS

Do I need to see a counselor?

No, it is not required to see a mental health counselor before starting or while receiving HRT. (A mental health counselor visit is different from a psychiatrist visit). 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.

Our provider of Gender-Affirming Care (GAC) follows the guidelines established by UCSF, which recommend assessing your emotional and psychological readiness for medical transition. This evaluation process is designed to ensure you're prepared for the potential physical and emotional impacts of transitioning.

UCSF uses the informed consent model, which means that you are empowered to make decisions about your transition after understanding the risks and benefits with the guidance of knowledgeable healthcare providers. The goal of the evaluation is to offer support and ensure you're making well-informed choices about your care, with the understanding that your well-being is always the top priority.


Do I need a letter to get hormone replacement therapy?

No. You don't need a letter to receive hormone replacement therapy.

For additional FAQs

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 on the right.





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

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