

GENDER AFFIRMING CARE

GUIDE TO SERVICES

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

FRESNO STATE. | Student Health and Counseling Center

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MEET OUR TEAM*

Welcome to the Fresno State Student Health and Counseling Center. This guide was created to inform you of the gender affirming services our center provides. We hope it will assist you in learning about and exploring care options that affirm your gender identity and promote your overall well-being. Our dedicated team is committed to creating a safe, respectful, and inclusive space for all students. Your goals, your identity, and your health matter to us. We are here to support you.

MENTAL HEALTH SUPPORT



Bryan Van Ravenhorst, LCSW

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 THERAPY

What is hormone therapy?

Gender affirming hormone therapy, sometimes referred to as Hormone Replacement Therapy or HRT, is a form of hormone therapy in which various hormonal and other medications are used to bring one's body in greater alignment with their gendered sense of self. Many people utilize 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 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 we offer here at the Student Health and Counseling Center to support your individualized journey.

What medication 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 THERAPY



Information about the Potential Benefits and Risks of Hormone Therapy

It's completely natural to have questions about hormone therapy and the potential side effects. An important thing to remember is that everyone's experience with HRT is unique, and your healthcare provider is the best person to guide you through the process. As a first step, we highly encourage you to have an open conversation about your goals with your provider. They will be able to provide you with personalized information, discuss the potential risks and benefits, and address any concerns you may have. Working together, you can make an informed decision that's right for you, based on your health needs and goals. Talking with a provider is a first and important step, one that can be challenging for many, and we want to ensure you have the support you need.

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 begin by receiving a packet of important information. This includes consent forms and a brief questionnaire to help your provider understand your goals and health background. After reviewing this information, you'll meet with a clinician to discuss your desired care. This is a chance to ask questions and address any concerns you may have.

At this point, the team will connect you with counseling services. This introduction is not a requirement for treatment. It is simply to make you aware of available resources and provide supportive materials you can use to learn more, explore services, and advocate for yourself if needed.

You may also be asked to complete labs to help your provider better understand your current health. While meeting with a mental health professional is not required as part of treatment, referrals may be offered on a case-by-case basis if additional support would be helpful.

At the end of your appointment, a follow-up visit will typically be scheduled within 2 to 4 weeks to continue the process.

You will not receive medications at your first appointment unless you are already receiving HRT 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 gender-affirming care.

WHAT TO EXPECT DURING APPOINTMENTS

You and your provider will discuss and establish a personalized plan of care that best aligns with your specific goals.

As a part of your personalized plan of care, your provider will 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

All resources listed here are available to all students.

Cross Cultural & Gender Center (CCGC)

The Cross Cultural and Gender Center is committed to fostering a sense of belonging at Fresno State. Whether through cultural heritage celebrations, awareness initiatives, or leadership development opportunities, the center serves as a hub for meaningful connections, learning, and empowerment. Stop by their space in the Thomas Building, where you will find the TLC Pride Room as well as lots of fun programming and events in support of the LGBTQ+ community and many others on campus.
ccgclgbtq@mail.fresnostate.edu
@fresnostateccgc on Instagram
Thomas Administration Building
559.278.4435

Queer Resource Line

Have questions about your mental health or what to expect in therapy? Interested in more information about gender-affirming care services offered at the health center? Looking for support with a problem or connections to resources on- and/or off-campus? Drop in to the Queer Resource Line to have a private and anonymous conversation with an LGBTQ+-affirming mental health professional via Zoom. For more information and to access the Queer Resource Line, please visit:
https://bit.ly/fsletstalk
Zoom: Wednesdays from 1 to 3pm.
No appointment necessary.

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 drop-in group facilitated by counselors at the health center for students to discuss LGBTQ+ identity and experience.
Please check the Student Health and Counseling Center website (studentaffairs.fresnostate.edu/health/counseling/groups) for the current meeting time and location for each semester.

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 on Instagram

OFF-CAMPUS RESOURCES

BlaQueer Fresno

BlaQueer Fresno is a community organization that supports the health, healing, and empowerment of Black queer, trans, and gender-expansive people in the Central Valley through culturally rooted services, resources, and community-building events.
blaqueer.org
@blaqueerfresno on Instagram

Casita Feliz

Casita Feliz provides comprehensive support, promoting health, equity, and justice for Latine LGBTQ+ and underserved communities.
casitafeliz.org
@casitafelizfresno on Instagram

Central California Legal Services (Free Legal Assistance)

Central California Legal Services (CCLS) provides free legal assistance for issues like discrimination, housing evictions, healthcare access, public benefits (including Medi-Cal), and medical debt.
centralcallegal.org
1.800.675.8001

Gender Alchemy

Gender Alchemy is a Fresno-based nonprofit that supports trans and gender-expansive people through free meals, peer-support groups, and community-building events focused on care, connection, and joy.
info@genderalchemyca.org
@genderalchemynpo on Instagram

LGBTQ Fresno

LGBTQ Fresno is a local non-profit organization that seeks to enhance the well-being of the lesbian, gay, bisexual, transgender, queer, questioning, intersex and two spirit communities by providing activities, programs and services that create and support community; empower community members; provide essential resources; and embrace, promote and support our cultural diversity.
lgbtqfresno.com
@lgbtqfresno on Instagram

OFF-CAMPUS RESOURCES

PFLAGFresno

PFLAG is the nation's largest and longest-running organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them. Since 1993, the Fresno chapter has been doing this work by hosting monthly support meetings and other events, engaging in advocacy and outreach, and creating a Queer Library and Queer Book Club.
559.434.6540
pflagfresno.org
@pflag_fresno on Instagram

Queer Hmong Intersectional Pride

Queer Hmong Intersectional Pride (QHIP) is a grassroots community-organizing group based in the Central Valley (led by and for queer and trans Hmong people) that is focused on intersectional justice, healing, belonging, and leadership development.
shai.chang@hipcalifornia.com
@qhip.ca on Instagram

The Source LGBT+ Center

Based in Visalia and serving the entire Central Valley, The Source LGBT+ center aims to provide supportive spaces within Valley communities for LGBTQ+ people to learn, grow, belong, and thrive. Services provided include: youth programs, trans-led support groups, gender affirming garments, anonymous HIV testing, PrEP enrollment, case management, education, and events.
thesourcelgbt.org
@thesourcelgbt on Instagram

Trans Lifeline

Trans Lifeline is a grassroots hotline and microgrants non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community. The hotline is a peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you're not in a crisis or if you're not sure you're trans.
translifeline.org
1.877.565.8860

Trevor Project

The Trevor Project is a non-profit organization which provides crisis services, peer support, advocacy, public education, and research in support of the LGBTQ+ community. The Trevor Project Crisis Line connects callers with immediate crisis support with trained, LGBTQ+ affirming counselors. The crisis line can be accessed by call, text, or online chat, and is available 24/7/365.
thetrevorproject.org
1.866.488.7386

OFF-CAMPUS RESOURCES

Medical and Mental Health Providers

Below is a list of LGBTQ+ affirming medical and mental health providers based in the community. Please contact them directly to verify insurance coverage and services provided.

Dr. Andrew See (Community Health Partners)

Provides primary care medical services, including gender affirming health care and PrEP.
559.603.7400

Fresno Collective for Inclusive Medicine

Fresno Inclusive is a queer-owned LGBTQ+ and ally clinic in Fresno, offering gender affirming gynecology, pediatrics, electrolysis, and primary care services.
fresnoinclusive.com

Kaiser Gender Affirming Care Pathway

Kaiser provides gender affirming care through a pre-built pathway for those covered by their insurance. Contact them for more information.

Planned Parenthood

Planned Parenthood provides comprehensive primary care and gender affirming health care at its Family First and Fulton Street Health Centers in Fresno as well as several centers throughout the Central Valley.
plannedparenthood.org

April Taylor-Salery, LMFT

Board Member of Trans-E-Motion and Member of WPATH. Provides letters of support for insurance to trans and gender-expansive individuals pro bono.
559.328.4664

Cultural Family Therapy

Private practice based in Fresno with LGBTQ+ affirming therapists who are WPATH members and provide gender affirming letters.
culturalfamilytherapy.com

Deeply Rooted Family Counseling

Private practice based in Fresno with LGBTQ+ affirming therapists who are WPATH members.
deeplyrootedfc.com

Veritas Counseling Services

Private practice based in Fresno with LGBTQ+ affirming therapists who are WPATH members and provide gender affirming letters.
veritascounselingservices.com

Community Partner Spotlight: Trans-E-Motion

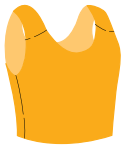
Trans-E-Motion

Trans-E-Motion is a volunteer-run nonprofit organization based in California's Central Valley that honors and celebrates the lives of transgender and gender diverse persons, both past and present, to bring about social change for the benefit of the community through activities, outreach, and events that provide education, advocacy, and support to all.

Trans-E-Motion facilitates workshops/events; offers rental assistance grants, medical transition grants, gender affirming garments, gender affirming service giveaways; and maintains a list of LGBTQ+ affirming medical and mental health providers in the community.
transemotion.com
@trans_e_motion on Instagram

Gender Affirming Garments and Supportive Grants

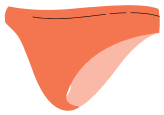
Trans-E-Motion provides gender affirming garments, including binders, shapewear, gaffs, packers, and breast forms, to Central Valley residents. They also offer a variety of grants to provide financial support. To apply for gender affirming garments or supportive grants, please visit **https://www.transemotion.com.**



Binders



Packer



Gaffs



Supportive Grants



If desired, gender affirming garments can be delivered to the Student Health and Counseling Center using the mailing address below:

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

IDENTIFYING SUPPORT SYSTEMS AND THE IMPORTANCE OF SELF-CARE

Support Systems

A strong support system is very important for individuals as they undergo gender affirming health care. 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. 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.

Self-Care

Self-care is about prioritizing your physical and mental well-being by doing activities that help you feel balanced and energized. Practicing self-care helps you to reduce stress, avoid burnout, and boost your overall health and wellness. Self-care practices also help you adapt to changes, build and maintain healthy relationships, and recover from setbacks. 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. If you are feeling stuck or overwhelmed, consider meeting with a mental health professional to assist you.

Self-Care Activity Ideas

- Setting a routine and sticking to it
- Getting enough sleep
- Exercise - even a short walk through campus helps!
- Eating nutritious meals
- Staying hydrated
- Meditation and mindfulness
- Cleaning and decluttering
- Journaling
- Engaging in favorite activities: Spending time with friends and family, watching a movie or TV show, listening to music, cooking, crafting or making art, etc.

FREQUENTLY ASKED QUESTIONS

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

Yes. A student may indicate their chosen name on the Fresno State student portal. This change will automatically upload to your Student Health and Counseling Center medical record. However, certain medical documents may still use the name that appears on your insurance card (even when that is not your chosen name).

What is the timeline between appointments for hormone therapy?

The time between the first and second appointments varies, but you can usually expect for the second to occur two to four weeks later.

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

If you are under the age of 18, consent from a parent or legal guardian is generally required for medical treatments, including hormone 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 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 mental health professional before or during hormone therapy?

No, it is not required for you to see a mental health professional (i.e. counselor or psychiatrist) before starting or while receiving hormone therapy at the Student Health and Counseling Center. While meeting with a mental health professional is not a required part of our treatment, on a case-by-case basis, a referral may be made if additional support may be beneficial. If you are interested in receiving mental health services, there are LGBTQ+-affirming providers available at the Student Health and Counseling Center.

Do I need a letter to access hormone therapy?

No, you do not need a letter to receive hormone therapy at the Student Health and Counseling Center. Our providers utilize the informed consent model as outlined by UCSF, 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.

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 below.



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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