

- c. Crisis Resource Information
- 6. Helpful Links
 - a. Basics: Terminology, Navigating Healthcare, WPATH Standards of Care
 - b. Health Resources
 - c. Health Insurance
 - d. Resource Centers
 - e. Legal Assistance
 - f. Trans-related groups in the Community
 - g. Resources for Parents
- 7. FAQs
 - a. Gender Affirming Letters of Support
 - b. Health Services
 - c. Counseling Services
 - d. Navigating Insurance

Meet Our Teams

bring those most impacted by **disparities in healthcare to the forefront** in an effort to provide high quality, affirming, and accessible care for queer and trans students.

Current Team Members include:

Student-Staff Representation:

- Eli Hess: Student Representative, Graduate School of Social Work
- Aoi Tsuda: QRC Representative/Intern
- Willow Grace Eckmayer: QRC Representative, Queeries Coordinator
- Mysterie Pena: QRC Representative, Transgender Resources and Retention Coordinator
- Quinn Westlynd: WHATster and SHAC Front Desk

Faculty Representation:

- Jeff Conn, PhD, CCC-SLP: Associate Clinical Professor, Undergraduate/Postbac Program Coordinator, Speech and Hearing Sciences, Portland State University
- Christina J. Sun, PhD, MS: Assistant Professor, Oregon Health & Science University-Portland State University School of Public Health

Staff Representation:

- Mark Bajorek, MD: Health Services Director
- Malia Band, RDH, MPH: Dental Services Director
- Chandra Gilder: Assistant Director of Clinic Operations
- Marcy Hunt, PhD, Counseling Services Director
- Amanda Ramirez, PhD: Licensed Psychologist
- Amy Ruff, LCSW: Mental Health Promotion Specialist
- Christi Ziegler: Student Insurance Coordinator

The Trans Health Care Clinical Consultation team is a multi-disciplinary team, consisting of health and counseling services staff, focused on providing high quality, comprehensive gender-affirming care for transgender, gender non-confirming, and gender-questioning students. Given the need for confidentiality and compliance with HIPAA requirements, this team is limited to health care professionals. The team meets for bi-weekly clinical consultation, discusses referrals when needed, and works to coordinate care for trans students seeking both mental and physical health care through SHAC. Team

- Marcy Hunt, PhD: Counseling Services Director
- Lisa Koralewicz, LCSW: Licensed Clinical Social Worker
- Karen Ledbetter, PhD: Licensed Psychologist
- Amanda Ramirez, PhD: Licensed Psychologist
- Caedy Young, PhD: Psychology Resident

The SHAC Trans Health Care Clinical Consultation Team uses an Informed Consent approach, and follows [World Professional Association for Transgender Health \(WPATH\)](#) Standards of Care for surgical letters. Our goal is to reduce barriers to accessing services, while also providing support around navigating both surgical and insurance requirements.

Informed consent around gender-affirming hormone therapy includes discussing the risks/benefits of hormone replacement therapy (e.g., potential side effects) with your provider and reviewing physiological aspects related to HRT.

Please note: We review these areas with both cis and trans clients who access medication through health services.

The informed consent form for gender affirming hormone therapy can be found at:

- [Masculinization Therapy Informed Consent Form](#)
- [Feminizing Therapy Informed Consent Form](#)

WPATH is

The process and timeline to obtain letters of support may be influenced by the type of surgical procedure, surgeon, insurance, and recovery process associated with surgery, as well as the availability/current wait for services.

Due to high utilization of our services, letters of support and/or accessing our services may take time. Our best piece of advice is to take your first steps 3-5 months before your initial consultation and/or hoped-for surgery date. Letters should typically be written within 6 months to 1 year of the date of the surgery.

Given COVID-19 concerns, many hospitals have paused their surgeries and services. However, some hospitals are still offering post-op visits and surgical consultations, which they are able to do through virtual online visits. As such, we recommend you consult your surgeon, hospital, and insurance regarding their timeline for services and letter requirements.

Please talk to your individual therapist if you need safe passage letters or letters of support around potenpassae0 g0 q

- The Trans Womxn's Affinity Group through the WRC will be meeting virtually this term. The Trans Womxn's Affinity Group (TWAG) works to create space in which trans femmes are welcome to share experiences, build community, and celebrate trans bodies and history. TWAG will meet on Zoom from 4:30pm to 5:30pm every Tuesday for the rest of the term. Students can contact jmm27@pdx.edu for the Zoom link.
- There are some [Q Center Affinity Groups](#) that are continuing to meet virtually. We encourage you to contact the group leaders for more information.

Below are two online support groups students who may have had their surgery postponed:

- [Resilience](#) - .

- [What I Need to Know About Trans Health Care via Planned Parenthood](#)
- [Trans Student Educational Resources](#)

- [Fertility and You](#)
- [Sexual Health For Transmen](#)
- [Sexual Health for Transwomen](#)
- [Information of Estrogen Hormone Therapy](#)
- [Breast Augmentation](#)
- [Healthcare Rights and Transgender People](#)
- [WPATH Standards of Care](#)

- [Transgender Health Care via Healthcare.gov](#)
- [Get Insured - Affordable Care Act Resources for the LGBTQ Community](#)
- [Transgender Health Insurance Guide to Marketplace](#)
- [Plans that Cover Trans Healthcare in Oregon](#)
- [OHP Handbook](#) See page 16.

- [OHSU Transgender Health Resources](#)
- [Sexual & Gender Minority Youth Resource Center](#)
- [National Resource Center on LGBT Aging](#)
- [UCSF Center of Excellence for Transgender Health](#) -- Information about routine care, HIV prevention, mental health and community education.
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Frequently Asked Questions

How are you working to incorporate Queer and Trans voices into SHAC policies regarding trans health care? SHAC values Queer and Trans voices. In 2013, we held listening sessions with trans students to discuss SHAC practices and policies for trans health care and current insurance coverage. Based on student feedback we advocated for student needs when negotiating insurance coverage, while also moving towards an informed

Currently, on the Queer and Trans Health Care Team, we have representatives from the QRC, Queer SHAC Staff, and Trans student representation. This team works to center student voices and bring those most marginalized to the forefront in an effort to provide high quality, affirming, and accessible care for queer and trans students. If you are interested in learning more about the team and ways to get involved, please contact Amanda Ramirez at amanda.ramirez@pdx.edu

We are also planning to host virtual envisioning sessions in 2020 for Queer and Trans Students of Color focused on envisioning health care both in and out of SHAC. In the Fall of 2019, [SAGE](#) conducted a campus climate survey focused on understanding queer and trans experiences on campus. We hope to use the survey and envisioning session results to better inform the work we do.

We recognize that change is an on-going process, and we are constantly striving to do better. If you have additional recommendations on how we can continue to support trans students, we encourage you to reach out to one of our Queer and Trans Health Care Team members, your SHAC provider, a Trans Consult Team member, the QRC and/or GDI. You can also submit anonymous feedback via our [online feedback form](#).

To whom can I provide feedback regarding current services offered and areas for improvement? You are encouraged to talk with your provider about any concerns you have with your working relationship, particularly if your needs are not being met. If you are dissatisfied with your provider you have the right to request a different one. You are encouraged to discuss this first with your current SHAC provider, but you may also request a change in provider with the Director of that SHAC department.

If you feel your rights have not been respected, or wish to file a complaint, compliment, or suggestion, you can:

- [Complete our anonymous online feedback form](#)
- Contact SHAC Director of Administrative Services, Heather Goah at 503-725-2552 or hsh@pdx.edu

If this is my first-time

Does PSU use a WPATH or informed consent approach?

We use an informed consent approach to gender affirming hormone therapy, and follow WPATH Standards for surgical letters. Our goal is to reduce barriers to accessing services, while also providing support around navigating both surgical and insurance requirements.

Where can I review the consent forms from HRT?

Consent forms are available on the SHAC Health Services website. The link can be found at:

