

Trans at Rochester

A Handbook for Transgender People Navigating Social, Administrative,
and Medical Gender Transition at the University of Rochester



UNIVERSITY of
ROCHESTER

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Trans at Rochester

A Handbook for Transgender People Navigating Social, Administrative, and Medical Gender Transition at the University of Rochester

by Nicholas Kasper

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For a more accessible version of this document, contact the Susan B. Anthony Center at sbac@ur.rochester.edu.

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About the Author

Nicholas Kasper is an undergraduate student at the University of Rochester. Kasper began working at the Susan B. Anthony Center in May 2016 and focuses on projects relating to the transgender community. He is also a member of the all-male a cappella singing group the Midnight Ramblers.

About the Center

The Susan B. Anthony Center works to bring awareness to and advocate for social justice and equality. We work in collaboration with the University community and partner with a wide range of local, national, and international organizations to fulfill our goal of translating research into policy. Visit www.rochester.edu/sba for more information.

Who Is This Guide For?

This guide was designed to help transgender and/or gender nonconforming students navigate social, administrative, and medical transition while attending the University of Rochester and living in the Rochester community. For brevity, the label “trans” may be used throughout the guide to refer to transgender and/or gender nonconforming people. However, the information contained in this handbook can be used by anyone who needs it, whether or not they identify as transgender and/or gender nonconforming. It can also provide faculty, staff, alumni, parents, and friends of the University with information about how to support trans and gender nonconforming students.

What Does This Guide Contain?

This guide contains how-tos and information pertaining to steps a student may take to transition their gender expression or identity. It also contains relevant information about aspects of student life that pertain to a trans or gender nonconforming student, such as housing and athletics. Contact information for campus and community resources are outlined as well.

What does this guide not contain? This guide does not contain general information about terminology that transgender and/or gender nonconforming people use, what it means to be transgender, how to come out as transgender to professors, family, or friends, or how to undergo transition. This guide also does not provide medical or legal advice.

As of fall 2016, there are no formal studies or publications about the University of Rochester community's treatment of trans and gender nonconforming people. Anecdotally, student opinion is generally quite positive. Most trans students easily find supportive peers, faculty, and staff, and new resources and programs are being introduced to further educate and inform students and staff about how to support the transgender community.

Safe Space

Safe Space is a University community training program that educates participants about LGBTQ issues in relation to their roles as professors, administrators, or other student support staff. Faculty and staff who have completed Safe Space training are given a Safe Space sticker to display near their office doors.

Safe Space is in the process of launching a "Trans 101" workshop that will be offered to faculty and staff who have already completed basic Safe Space training and are looking to expand their knowledge about gender identity and expression.

For questions about Safe Space training, contact Kristin Hocker in the Office of Human Resources.

Kristin Hocker, EdD

Organizational Development Specialist
(585) 275-9129
kristin.hocker@rochester.edu
College Town Offices, Ste. 3200

Nondiscrimination Policy

"The University of Rochester values diversity and is committed to equal opportunity for persons regardless of age, color, disability, domestic violence status, ethnicity, gender identity or expression, genetic information, marital status, military/veteran status, national origin, race, religion/creed, sex, sexual orientation or any other status protected by law. Further, the University complies with all applicable nondiscrimination laws in the administration of its policies, admissions, employment, and access to and treatment in University programs and activities."
(University of Rochester, Policy 106)

Morgan Levy, JD

Equal Opportunity Compliance Director
(585) 275-7814
morgan.levy@rochester.edu
271 Wallis Hall

Gender identity and expression are protected under the University of Rochester's nondiscrimination policy. For more information and resources about equal opportunity, visit the Equal Opportunity Compliance page at rochester.edu/eoc. Questions and concerns about compliance can be directed to Morgan Levy, Equal Opportunity Compliance Director.

Reporting Incidents

Student Sexual Misconduct Website

Some incidents of harassment and discrimination against transgender and/or gender nonconforming students fall under the domain of Title IX. Title IX ("title nine") is a law that protects people from sex discrimination at universities that receive federal funding, including the University of Rochester.

If you wish to report an incident that you believe violates Title IX, visit rochester.edu/sexualmisconduct/options.html for several options for reporting incidents.

Bias-Related Incident Reporting

A bias-related incident is characterized as a behavior or act—verbal, written, or physical—that is personally directed against or targets an individual or group based on perceived or actual characteristics. Bias-related incidents can be reported through the CARE Network's

Bias-Related Incident reporting form. Gender identity and gender expression are expressly included in the description of incidents that can be reported through this form.

If a bias-related incident report describes an incident that violates Title IX, it is forwarded to Morgan Levy, the Equal Opportunity Compliance Director, for review. Otherwise, it is reviewed by Jessica Guzmán-Rea, the director of the Paul J. Burgett Intercultural Center.

To File a Bias-Related Incident Report

1. Visit rochester.edu/care/reports.html.
2. Select the Submit button under “Bias-Related Concern.”
3. Fill out the form and click Submit.

Center for Student Conflict Management

The Center for Student Conflict Management (CSCM) is part of the Office of the Dean of Students. CSCM uses a variety of processes to resolve conflicts. Students who contact CSCM about a conflict will be connected with a staff member to discuss their options. If a student decides to pursue a conflict resolution process, a trained facilitator will lead and moderate the process. Contact the CSCM to speak to a staff member.

Center for Student Conflict Management

(585) 275-4085
conflict.management@rochester.edu
Wilson Commons 510

Paul J. Burgett Intercultural Center

In addition to its numerous resources and programs related to cultural competency and intercommunity dialogue, the Paul J. Burgett Intercultural Center (BIC) is responsible for reviewing and responding to Bias-Related Incident Reports. The director of the BIC is responsible for reviewing all bias-related incident reports. Serious incidents that have a wider impact on the University community may be reviewed and responded to by the Bias-Related Incident Executive Team.

Jessica Guzmán-Rea, EdD

BIC Director
(585) 275-9701
bic@rochester.edu
Douglass 305D

For more information about the BIC or bias-related incident reporting, contact Jessica Guzmán-Rea, the director of the BIC.

ALL-GENDER BATHROOMS

The River Campus has several all-gender bathrooms as well as some single occupancy-gendered bathrooms. Here is a list of those bathrooms on the River Campus. It should be noted that students who live off campus cannot access campus residence hall/apartment buildings with their student ID.

All-Gender Bathrooms

Anderson Hall, lobby	Hutchison Hall, room 321A
Brooks Crossing, basement	LeChase Hall, room 146 (has shower)
Dewey Hall, room 4-203	O'Brien Hall, room 150
Douglass Commons, 2nd floor (2)	Rush Rhees Library, 1st floor (multi-stall)
Douglass Commons, 3rd floor	Rush Rhees Library, 2nd floor
Douglass Commons, 4th floor (2)	Sage Hall, basement (2)
Drama House, all bathrooms (has shower)	Spurrier Hall, room 108
Gilbert Hall, 1st floor	Todd Union, room 105A
Harkness Hall, 1st floor (2)	UHS Building, all bathrooms
Hoeing Hall, 1st floor (2)	Wilson Commons, 3rd floor (2)
Hopeman Hall, room 402	

A full map, which includes Strong Memorial Hospital and the greater Rochester area, is available online at rochester.edu/sba/resources/trans_uofr. On the online map, bathrooms are searchable using the keywords “accessible” and “open to public” (the keyword “trash can” will be added soon). Note that at this time not all accessible bathrooms are tagged. Send corrections and suggestions to sbac@ur.rochester.edu.

NAME CHANGE

When you matriculate into the University of Rochester, the name on your application becomes the name on your student file, which is housed at the Office of the University Registrar. This name is also used throughout the various administrative departments. There are several ways to change your name at the administrative level, with varying degrees of formality. You may change your name in a few places independently of the registrar. You may also add a preferred name or change your name formally with the registrar. For day-to-day student life, you are free to use the name you are most comfortable with. You may ask that professors and peers use your chosen name and can request that it be used for student events and publications like the *Campus Times* newspaper.

Informal Name Changes

About Your Nickname

There are two fields that can be changed with the University registrar: your formal name and your preferred name or “nickname.” A nickname is a secondary first name that you can add to your file. The main difference between the two is that making a formal name change is much more far-reaching and comprehensive than adding a nickname.

The registrar’s office is not the only place one can designate a preferred name. For the remainder of this section, “nickname” will refer to the specific field in the registrar’s system, ISIS, and “preferred name” will refer to the various ways one can designate a preferred name.

Because of FERPA legislation, your parents may have access to your registrar’s file if you are a dependent for tax purposes. Visit the University’s FERPA information page at www.rochester.edu/bulletins/policies/ferpa to learn more about FERPA and “directory information,” or contact Morgan Levy (see page 7) for more information.

If you decide to add a nickname or make a formal name change with the registrar, your name can be changed with different departments. On the next page is a general list of the places where a nickname or formal name change can be used, as well as places where a change can be made independently of the registrar. If the text is bold, the name will be added or changed **automatically** after updating it with the registrar.

No Admin. Change	Nickname	Formal Name
Interlibrary Loan Account	Registrar (nickname field)	Registrar
CETL Tutoring Scheduling System	Online Directory	Online Directory
Housing Office	UR Email Alias	UR Email Alias
Athletics Department		Blackboard
		Student ID Card
		HRMS
		Campus Mail Center
		URMC Email
		CCC Website

Note: This list, particularly the list of departments that require no administrative change, is likely not exhaustive. Send corrections and suggestions to sbac@ur.rochester.edu.

To Add a Nickname with the Registrar

Contact Nancy Specht in the Office of the University Registrar to make an appointment. To your appointment, bring an informal written request to add a nickname to your student file. This can be as simple as a piece of paper with your current name, requested nickname, your signature, and the date.

Nancy Specht

University Registrar
(585) 275-5572
registrar@rochester.edu
Lattimore 127

If you would also like to change your gender marker, see “To Change Your Gender Marker with the Registrar” on page 16.

There are a limited number of places where your nickname can be used. One of the first places your new nickname will appear is the Online Directory, where you can edit your display preferences.

To Edit Your Directory Preferences

1. Visit info.rochester.edu/Directory. You should be under the “Student” tab.
2. Log in with your Net ID and password under the “Complete Search” heading.
3. Click the link that reads “Edit your directory preferences.”
4. You can select or deselect information that you would like to share or hide. “Public” is anyone who is not logged in to the directory with a University Net ID. “UR Community” is anyone who is logged in.
5. Hit “Save” at the bottom of the page to save your preferences.

Anyone who can log in to the online directory through a UR account can always see your name, nickname, and email address. However, you can edit the information shared to those who do not have a login.

You can also use your nickname to create an alternate, or alias, email address.

To Create a New Alias Email Address

1. Contact University IT (full-time staff, not student staff).
2. Tell them your online directory information was updated and that you'd like them to update the @rochester.edu email alias system. Your name should be updated instantaneously.
3. Visit it.rochester.edu/rochedualiaspages and log on using your Net ID and password.
4. Select a new alias address from the options listed under "New Address Options" and hit "Set Alias."

University Information Technology (IT)

(585) 275-2000, press 2
univithelp@rochester.edu
IT Center Help Desk

Your alias address should update within a few hours. Your alias address will be automatically listed in the online directory (see "To Edit Your Directory Preferences" on page 11 to change who sees this information).

Other Informal Name Changes

To Change Your Name with Interlibrary Loan

Note: If you have never created an account with the Interlibrary Loan system, this action does not need to be taken.

1. Visit illiad.lib.rochester.edu and log in.
2. Select "Change Personal Information" under the "Tools" heading toward the bottom of the menu on the left-hand side.
3. Update any outdated information and select "Submit Information" at the bottom of the page.

Any future messages you receive from the Interlibrary Loan system will use your preferred name.

To Change Your Information with the Center for Excellence in Teaching and Learning (CETL) Tutoring Scheduling System

Note: If you do not have an account with CETL's Tutoring Scheduling System website, this action does not need to be taken.

1. Visit rochester.mywconline.com and log in with your email address and password.
2. Hover over the "Welcome, Name" text and a short drop-down menu will appear. Click "Update Profile and Email Options."
3. Change the desired information and click "Edit Profile" to save your changes.

To Change your Name with Residential Life and Athletics

To change your name with Residential Life, see "Housing—Name and Gender Information" on page 18. To change your name with the Athletics Department, see "Athletics—Awards/Publicity" on page 20.

Formal Name Change

To Change Your Name with the Registrar

1. Contact Nancy Specht in the Office of the University Registrar to make an appointment.
2. To your appointment, bring the Student Name Change Form, available online or in the registrar's office. The form states that all name changes require legal documentation; this is not necessary for your name change.
3. If you would also like to change your gender marker, see "To Change Your Gender Marker with the Registrar" on page 16.

Nancy Specht

University Registrar
(585) 275-5572
registrar@rochester.edu
Lattimore 127

Your name will automatically update in the following places:

- Transcript
- Degree Audit
- Blackboard
- HRMS (campus job)
- Paychecks
- Tax Forms (W2)
- eAccounts (declining/URos)
- Class Rosters
- Financial Aid Office
- Office of the Bursar

If your legal name does not correspond to the name on your student file, it is still possible to access the full services of the University without interruption. Your legal name will be kept attached to your file at the financial aid and bursar's offices so that those services will not be interrupted.

Your legal name will NOT be kept on file with HRMS, and any non-direct deposit paychecks and other legal documents you receive will not bear your legal name. Direct deposit should not be interrupted. Your University-issued tax forms can be attached to your identity via your social security number or other identifying information. The nature of a formal name change is such that it is very likely, if not guaranteed, that your new name will be made known to your parent(s) or guardian(s).

If this is a concern for you, consider other methods of name change.

You can also update your name independently in the following places:

- Net ID (page 14)
- ID Card (page 14)
- URM Global (page 15)
- Campus Mail Center (page 15)
- CCC Website (page 16)
- Housing Office (page 18)

To Change Your Net ID

1. Contact University IT (full-time staff, not student staff).
2. Tell them your name has changed in ISIS and that you would like a new Net ID.
3. If you run in to any problems, ask to contact the supervisor of the person handling your ticket. Changing your Net ID is certainly possible!

University Information Technology (IT)

(585) 275-2000, *press 2*
univithelp@rochester.edu
IT Center Help Desk

To Get a New Student ID Card

1. Visit the ID Office in Susan B. Anthony Halls.
2. Be sure to bring:
 - a. Your old ID card, or \$15 if you wish to keep your old ID.
 - b. Recommended: A small sheet of paper that reads "Old name: (full old name), New name: (full new name)." This will help the ID office staff create your new ID card.
3. Tell them that your name has changed and request a new ID card. You'll be able to take a new picture, too!

If the name on your new student ID does not match your legal name, consider regularly carrying a form of identification in your current legal name if you do not do so already.

To Change Your Name in the URM Global Address List

Note: If you have never been issued a URM email address, your name is not registered with the URM Global Address List and this action does not need to be taken.

1. Contact the Information Services Division (ISD) Help Desk. The ISD states that calling is strongly preferred because bugs can be worked out much more easily over the phone.
2. Tell them that your name has changed in the Active Directory and that you would like to change your information in Global. Your username, email address, and name in Duo will be changed.
3. **If you use eRecord:** A name change with URM will disrupt your eRecord access. The ISD office recommends calling just before a weekend or other two-day period of time off.
4. **If you use Sharepoint:** When you contact the ISD Help Desk, mention that your name will also need to be changed in your Sharepoint drive. Changes in URM Global will not update Sharepoint automatically.

Information Services Division Help Desk

(585) 275-3200
Helpdesk_ISD@URM.Rochester.edu
apps.mc.rochester.edu/Forms/URM/HelpDesk

To Change Your Name at the Campus Mail Center

1. Visit the Campus Mail Center (CMC) in Todd Union.
2. Bring your new ID or an informal note with your student ID number, CPU box number, and new name. This will help the CMC staff find you in their system and change your name.
3. Head to the package store window and inform them that you need to change your name in the system. They will be able to change it at the computer.
4. Don't forget to visit the front post office window and ask to have the label inside your CPU mailbox updated as well.

The CMC's name system is updated annually from the bursar's office but can be manually changed at any time. You can change your name at the post office without undergoing a formal name change, but this guide does not recommend doing so. Otherwise, when your name is automatically changed back at the beginning of each academic year, it will be inconsistent with your student ID, which will cause problems when picking up packages.

To Change Your Information with Campus Community Connection (CCC)

1. Contact CCC—you can email, call, or chat live with support staff. This guide recommends the chat feature as the fastest and most reliable method of contact.
2. Inform them that you would like to change your name and/or gender marker. For your gender marker, you may select Male, Female, Other, or Prefer Not to Say.
3. Your information should be updated automatically.

CCC Support Site

(716) 270-0000
support.collegiatelink.net/hc/en-us

GENDER MARKER CHANGE

When you matriculate into the University of Rochester, the gender marker you specify on your application becomes the gender marker on your student file, which is housed at the registrar's office. For now, the options for gender marker are limited to Male and Female.

The gender marker on your student file does not dictate your participation in any gender-specific student groups or activities. It is not displayed on your class rosters and is not used for most University documents or correspondence, including tax forms.

To Change Your Gender Marker with the Registrar

1. Contact Nancy Specht in the Office of the University Registrar to set up an appointment.
2. To your appointment, bring an informal written request. This can be as simple as a piece of paper with your current gender designation, requested gender marker, your signature, and the date.

Nancy Specht

University Registrar
(585) 275-5572
registrar@rochester.edu
Lattimore 127

Your gender marker will not automatically update in any other systems, but it can be updated independently with the following departments:

- CCC Website (page 16)
- Housing (page 17)
- Athletics (page 19)

HOUSING

The Office for Residential Life and Housing Services works with trans and gender nonconforming students on a case-by-case basis to make the best housing arrangements for each student. Residential Life has a good reputation for providing safe and suitable accommodations for trans and gender nonconforming students. If any issue arises, Residential Life suggests contacting them as soon as possible. Students should also inform Residential Life of any family-related safety concerns; the housing contract is between the student and the University, and Residential Life staff has several options to increase student safety.

Incoming Students

Incoming freshmen and transfer students now have the ability to indicate their gender as Male, Female, Transgender, and/or Other on the housing contract they receive prior to move-in. Students who indicate a gender other than Male or Female are contacted via email by Karen Ely, director of Housing Operations, to assess the student's wants and needs (if any) before housing arrangements are made.

RAs, D'Lions, Freshman Fellows, and other Residential Life staff are not informed about the presence of a trans student on their hall or floor without the student's express permission. Residential Life staff has a good track record of maintaining confidentiality in a wide variety of situations.

Room Changes

Freshmen or incoming transfer students who want to make a room change after their initial room assignment should contact Residential Life and ask to meet with Karen Ely to discuss their housing needs. Room changes during the semester are limited. A room change between the fall and spring semesters can often be fulfilled when Residential Life is made aware of a student's needs before spring semester housing assignment. It should also be noted that a freshman might be placed in upperclass housing, but that this arrangement is generally a last resort for students who cannot be accommodated by freshman housing facilities.

Because of the wide variety of housing options available to upperclass students, these students generally have little trouble securing housing that meets their needs. If trans or

gender nonconforming upperclass students find themselves in an unsafe or undesirable housing situation after the housing lottery has ended or at any time during the year, they can fill out an upperclass room change form and submit it to Residential Life.

Name and Gender Information

When an incoming student is introduced into the housing system, their name and gender marker are pulled from the registrar's office and recorded in a separate system maintained by Residential Life. Students wishing to change their name and gender marker with housing may do so independently of the registrar.

Your name on file with Residential Life will be used for the roster of names given to Residential Life staff, the labels on any packets or information given to you by Residential Life, and any correspondence mailed directly from Residential Life. Mailings from Residential Life are rare and occur only in case of emergency, and staff is well versed in keeping student information confidential. As stated above, Residential Life should be made aware of any safety concerns related to a student's trans/gender nonconforming status and his or her family.

To Change Your Information with Housing

1. Email housing@reslife.rochester.edu and request that your name and gender marker be changed in Odyssey, the information system used by Residential Life.
2. In the email, provide your old name and/or gender marker, new name and/or gender marker, and your student ID number. For gender marker, you may select one of the following: Male, Female, Transgender, Other (the ability to select multiple options may be implemented soon). Also specify whether or not your name and gender marker have been changed with the registrar—this information helps Residential Life when dealing with other systems.

Karen Ely, EdD

Director of Housing Operations
(585) 275-3166
housing@reslife.rochester.edu
Gates 020

There is an option for notes to be added to your file. If you would like to add a gender clarification, your pronouns, your legal name, or any other information to this section of your file, include a note about that in your email to Residential Life. Your changes will be manually entered into Odyssey.

ATHLETICS

The Department of Athletics and Recreation is committed to the inclusion of all students who wish to participate in sports. Students should feel more than welcome to approach the department for accommodations or to report concerns.

Policy

Varsity Athletics

The varsity athletics programs at the University of Rochester follow the Inclusion of Transgender Student-Athletes policy published by the National Collegiate Athletic Association (NCAA) Office of Inclusion. The publication spells out guiding principles and best practices for schools, coaches, and fellow student-athletes as well as rules and regulations surrounding hormone therapies. Some of the main implications:

- Legal or administrative names or gender markers do not restrict participation of transgender student-athletes in NCAA athletics.
- Students who have taken, are taking, or plan to take hormones related to gender transition must submit a written request to the director of athletics before competing.
- Students assigned female at birth
 - On testosterone:** May compete on men's teams only.
 - Otherwise:** May compete on either men's or women's teams.
- Students assigned male at birth
 - On anti-androgens for more than one year:** May compete on men's or women's teams.
 - Otherwise:** May compete on men's teams only.

Intramural Athletics

Intramural athletics at the University of Rochester follow the guidelines of the National Intramural and Recreational Sports Association (NIRSA). Notably, no hormone restrictions are specified for athletes at the intramural level.

Club Sports

Most club sports, if they have any regulations above the individual organization's level, have individual league organizations and guidelines. Consult your league's guidelines for policies.

Facilities

Alternate bathroom, shower, and locker room facilities are available in the Goergen Athletic Center, and an alternate shower and locker room is available in Fauver Stadium.

Alternate facilities are available by key access only, and facilities may not be available during game times, especially weekends. To be given a key to these facilities and for more details about the schedule of availability, contact Kris Shanley.

Kris Shanley

Associate Athletic Director/Facilities
(585) 275-6277
kshanley@sports.rochester.edu
IT Center Help Desk, GAC Room 1115

Awards/Publicity

Student-athletes specify their preferred name to their coach/director at the start of participation in a program. In media coverage of a student-athlete, Athletic Communications will use the name provided by the coach and the pronouns that align with the gender of the team the student-athlete is playing on.

If you would like to change your name on your roster, talk to your coach/director or an athletics staff member (this guide recommends contacting Kris Shanley). If you would like to change the name and/or pronouns that are used for media coverage of you, contact Dennis O'Donnell, the director of Athletic Communications.

Dennis O'Donnell

Director of Athletic Communications
(585) 275-5955
dennis.odonnell@rochester.edu

GREEK LIFE

"While many fraternities and sororities maintain status as single-gender organizations, students are encouraged to pursue membership in any group that reflects their gender identity. . . . The FSA staff is happy to provide support and guidance to any student interested in joining a fraternity or sorority but is unsure how to navigate the recruitment process."
(FSA Office's FAQ Page)

The FSA has a nondiscrimination policy for all University of Rochester Greek organizations, and several fraternities and sororities also have internal policies for inclusion. The list below is nonexhaustive, and many organizations with no formal policy can and will accept transgender and/or gender nonconforming members.

Policy of Inclusion	No Policy	Policy of Exclusion
Alpha Epsilon Pi	Alpha Phi	Chi Omega**
Beta Theta Pi	Delta Kappa Epsilon	
Chi Phi	Delta Upsilon	
Delta Gamma	Gamma Phi Beta	
Delta Phi Omega*	Kappa Delta	
PanHellenic Association	Phi Iota Alpha	
Phi Sigma Sigma*	Sigma Alpha Mu	
Sigma Nu	Sigma Chi	
Sigma Delta Tau	Theta Chi	
Sigma Phi Epsilon		

*Written confirmation, no formal policy

**Policy of national organization

HEALTH CARE

Student Health Insurance

The University-sponsored Aetna Student Health Insurance covers care related to medical transition, including hormone therapy, medical and psychological counseling, and surgery (such coverage began with the 2014–15 academic year). A few important documents outline those services:

- The Summary of Coverage and Benefits gives an overview of the costs and coverage for general categories of treatment, including prescription medications and inpatient and outpatient surgery.
- The Plan Design provides more specifics and details about the student insurance plan.
- Aetna's Clinical Policy Bulletin on Gender Reassignment Surgery (CPB 0615) describes which specific procedures Aetna determines to be medically necessary, as well as the requirements to prove medical necessity for various gender-affirming surgeries.

All of these documents can be found by visiting the Aetna Student Health website, aetnastudenthealth.com, and searching for the University of Rochester. For assistance with navigating student health insurance, contact Linda Dudman, the University's patient advocate.

Linda Dudman

Patient Advocate
(585) 273-5770
ldudman@uhs.rochester.edu
UHS Room 227

University Resources

University Health Services

"At UHS, patients are treated with respect, dignity, and privacy in a caring and considerate manner.

The staff members of UHS appreciate the value of human differences. UHS vigorously opposes all intolerance and discrimination concerning differences including, but not limited to, the following: gender identity and/or presentation (including transgender); marital status; sex; sexual orientation. Our staff members are dedicated to providing a safe and confidential environment for patients to voice and discuss their health concerns and issues."

(GLBT Health Information on the UHS website)

University Health Services

(585) 275-2662
UHS Building, 1st floor

As of the spring 2017 semester, there are no physicians at UHS who can prescribe hormones or write physician's letters for surgery. UHS is in the process of hiring a new trans-friendly physician to serve the University of Rochester transgender community. Please refer to pages 24–26 for other University and community health care resources.

University Counseling Center

UCC is well equipped to treat students seeking gender-related mental health care. Students seeking individual therapy can be paired with counselors specializing in gender-related and transgender health. There is also an LGBTQ group therapy session held weekly during the academic year.

Some UCC counselors can write letters for hormone therapy and surgery. If you think you will need this service in the future, be sure to mention at your intake appointment that you are seeking gender-related mental health care and that you may need a psychological evaluation letter for hormones or surgery in the future.

Gender Health Services at Golisano Children's Hospital

"The Division of Adolescent Medicine at Golisano Children's Hospital, University of Rochester, has services available to aid families, youth, and young adults (through age 25) who identify as transgender, gender fluid, or have other questions or concerns about their gender."

(Gender Health Services website)

Katherine Greenberg, MD, heads the Gender Health Services clinic, which provides hormone therapy and social work services as well as coordinated care/referrals for mental health and surgical care. The website also has resources for teens, parents and families, providers, and schools. Gender Health Services prescribes hormones using the WPATH Standards of Care and requires a therapist's letter.

Contact or visit the Division of Adolescent Medicine's office at Strong Memorial Hospital to schedule an appointment. The office is located to the left of the main lobby in the Pediatric Specialties 1 suite. As of spring 2016, appointments are booked three to four months in advance.

University Counseling Center

(585) 275-3113
UHS Building, 3rd floor

Gender Health Services at GCH

(585) 275-2964
Strong Memorial Hospital, Pediatric Specialties 1 Suite

Community Resources

Trillium Health is a community health care organization that caters to the HIV+ and LGBTQ populations. It offers primary care, an on-site pharmacy and lab, insurance assistance, and various community support services. Doctors at Trillium prescribe hormones using the informed consent model, which does not require a therapist's letter.

Trillium Health

(585) 545-7200
trilliumhealth.org/contact.php
259 Monroe Ave.
Rochester, NY 14607

Call the main office at (585) 545-7200 to schedule an appointment. To get to Trillium's main office, take the Orange Line to the Monroe & Alexander stop and then walk along Monroe Avenue toward South Union Street (and downtown).

Other Providers

The Gay Alliance of the Genesee Valley provides a resource directory that includes a long list of trans-friendly health providers in Rochester and the surrounding areas. The list also includes legal resources and social support groups. Find it at www.gayalliance.org/gard/wpbdp_category/transgendertrans.

SUPPORT GROUPS

The University of Rochester and the greater Rochester area have several community support groups for trans and/or gender nonconforming people. This guide will provide resources that are specifically geared toward the trans and/or gender nonconforming community only. A list of general LGBTQ resources and support groups, such as Pride Network and the Gay Alliance of the Genesee Valley, can be found at rochester.edu/lgbtq/resources.html.

Campus Resources

TINT

University of Rochester TINT (Trans, Intersex, Non-Binary, and Two-Spirit) is a casual social group for trans, non-binary, genderfluid, genderqueer, two-spirit, and/or questioning (and more!) individuals who attend or are otherwise affiliated with the University of Rochester.

TINT meets weekly during the academic year, usually in the evenings. Contact uofrtint@gmail.com for access to the TINT Facebook group and for meeting logistics.

Community Resources

Genesee Valley Gender Variants

Genesee Valley Gender Variants (GVGV or GV²) is a social group for transgender, gender nonconforming, and questioning people to meet and socialize. The group is frequented by transmasculine, transfeminine, and non-binary folks of all ages and usually draws a crowd of 15 to 30 people each week.

GVGV meets every Thursday evening at 7 at Equal Grounds Coffee Shop, 750 South Ave. To get to Equal Grounds, take the Orange Line to the South & Alexander stop and then walk south along South Avenue toward Hamilton Street.

Trans Alliance of Greater Rochester

Trans Alliance of Greater Rochester (TAGR) is an age 18+ social and community support group that holds educational/social meetings for transgender and gender nonconforming people as well as allies.

TAGR meets on the third Saturday of every month at 3 p.m. at Open Arms MCC located at 707 East Main St. To get to Open Arms, take the Orange Line to the East & Alexander stop and then walk north along Alexander Street toward University Avenue.

Other Groups

The Gay Alliance of the Genesee Valley provides a resource directory that includes a list of support groups in Rochester and the surrounding areas. Find it at www.gayalliance.org/gard/wpbdp_category/support-and-social-activities-transgendertrans/.

Quick Directory

Name	Dept.	Phone	Email	Office
Kristin Hocker	Human Resources	(585) 275-9129	kristin.hocker@rochester.edu	Coll. Town Ste 3200
Morgan Levy	EOC Office	(585) 275-7814	morgan.levy@rochester.edu	271 Wallis Hall
Jessica Guzmán-Rea	BIC	(585) 275-9701	bic@rochester.edu	Douglass 305D
Nancy Specht	Registrar's Office	(585) 275-5572	registrar@rochester.edu	Lattimore 127
Karen Ely	Residential Life	(585) 275-3166	housing@reslife.rochester.edu	Gates 020 (Sue B)
Kris Shanley	Athletics	(585) 275-6277	kshanley@sports.rochester.edu	GAC Room 1115
Dennis O'Donnell	Athletics	(585) 275-5955	dennis.odonnell@rochester.edu	
Linda Dudman	UHS	(585) 273-5770	ldudman@uhs.rochester.edu	UHS Room 227
	CSCM	(585) 275-4085	conflict.management@rochester.edu	Wilson Commons 510
	University IT	(585) 275-2000, press 2	univithelp@rochester.edu	IT Center Help Desk
	ISD Help Desk	(585) 275-3200	Helpdesk_ISD@URMC.Rochester.edu	
	CCC Support Site	(716) 270-0000	support.collgiatelink.net/hc/en-us	
	UHS	(585) 275-2662		UHS Building, 1st floor
	UCC	(585) 275-3113		UHS Building, 3rd floor
	Adolescent Medicine	(585) 275-2964		SMH, 1st floor
	Trillium Health	(585) 545-7200	www.trilliumhealth.org/contact.php	259 Monroe Ave.
	TINT		uoftint@gmail.com	



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