TRANS+ HEALTH GUIDE
This guide was created for the students of Occidental College in Los Angeles, CA to assist in navigating how to access trans+ resources within the healthcare and health insurance industry.

For the purpose of this guide, please note that the term "trans+" will be used as an umbrella term to represent a broad range of gender identities and experiences, including, but not limited to, people with the following identities: agender, pangender, bigender, non-binary, gender non-conforming, gender creative, polygender, genderqueer, genderfluid, two-spirit, trans men, trans women, and people of transgender history.

All of the art used in this guide is street art from around the globe - created by, inspired by, and in support of the trans+ community.
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AN INTRODUCTION TO TRANS+ HEALTH

Some people who identify as transgender or gender expansive choose to go through a process of transitioning from the gender they were assigned at birth to the gender that is consistent with their identity. The process of transitioning involves many aspects of a person’s social, emotional, and physical life.

The trans+ experience lies on a spectrum, and individuals choose options that reflect a gender expression that best aligns with their identity. Some trans+ people decide to take hormones but don’t do surgery, while others do surgery but not hormones. Some do both. Some do neither.

Regardless of gender identity, the decision to physically transition lies with the individual. It’s your decision what you want to do within the time frame that is comfortable for you. It is the medical provider’s or counselor’s job to guide you along the way.

This guide offers information on the local and universal options available to individuals as they explore their gender identity. Additionally, it seeks to affirm the emotional, social, and legal challenges that trans+ individuals may experience and offer tools to alleviate some of them.

We hope that this guide will provide you the tools to becoming your own best advocate. The providers at Emmons Wellness Center recognize both the challenges and the joys of transitioning and are here to support you.
Being trans+ is not a mental illness. However, many trans+ individuals experience dysphoria attributed to living in a body and social role that is not congruent with their sense of self, as well as living in a society that misunderstands and discriminates against them.

It is the responsibility of mental health professionals to cultivate a safe and therapeutic environment for trans+ clients, a space where clients feel supported, affirmed, respected and appreciated for their courage and resolve. In this way, counselors can be helpful to the trans+ community by providing informed, competent and compassionate mental health care.

Emmons Wellness Center offers brief psychotherapy for Oxy students, some of whom use this as an opportunity to explore their trans+ identity.

All Emmons counselors have experience working with the trans+ community and in addressing gender identity questions and concerns. For students interested in pursuing surgery, Emmons counselors are able to meet for an assessment and discussion about the process of preparing for surgery.

Therapists at Emmons are also able to provide documentation, such as a letter of support. This is likely to take more than one session, unless you already have an established relationship with an Emmons counselor.

Emmons counseling is free and available to all students. Insurance is never charged for counseling services. To schedule an appointment, call the front desk at 323.259.2657.
MEDICAL CARE

Deciding to utilize medical interventions to alter one's appearance and more closely match their identity is a personal choice. If you decide to pursue them, there are, depending on the age and gender identity of the individual, many interventions available:

- Puberty blockers that suppress the physical signs of puberty, which trans+ adolescents often experience as distressing.
- Hormone replacement therapy (testosterone for individuals wanting to be more masculine, and androgen blockers and estrogen for individuals wanting to be more feminine).
- Gender confirmation surgeries, including:
  - Top surgeries (mastectomy and male chest contouring; breast augmentation).
  - Bottom surgeries (phalloplasty, scrotoplasty, metoidioplasty with or without urethroplasty; hysterectomy, orchiectomy, vaginoplasty and labiaplasty).

Cosmetic surgeries may also be performed, such as tracheal shave and facial feminization surgery to help feminize facial features. Electrolysis or other hair-removal methods may also be considered to feel and appear more feminine.

Androgen blockers and estrogen help to feminize the body in a variety of ways, though they will not feminize the voice. Voice training can be used for this. Alternatively, testosterone will deepen the voice and promote hair growth on the face and body, hence there is typically little need for individuals who wish to masculinize their voice and body to seek voice training or cosmetic treatments.
MEDICAL CARE AT EMMONS

Emmons medical providers are experienced in providing care that is sensitive to all gender identities. Trans+ oriented services available at Emmons include:

- Reproductive health
- Free STI testing (for all students)
- Consultation on hormone replacement therapy (HRT) - what to expect and how to start the process.
- Assistance with medication administration if needed
- Free hormone levels testing for people on HRT
- Free pre-op physical exam for gender affirming surgeries
- PREP/PEP consultation and prescription
- Follow up blood test monitoring (billed through insurance)
- Referral to local providers for prescription.

Regardless of gender identity, the decision to physically transition lies with the individual. It’s your decision what you want to do and within a time frame that is comfortable for you. It is the medical provider’s or counselor’s job to guide you along the way.

GENDER AFFIRMING MEDICAL CARE

The staff at Emmons is here to guide and support you through this process, ensuring that your surgery will have the best possible outcome. This takes time: our best piece of advice is to take your first steps at least 3-6 months before your hoped-for surgery date.

Image: A tribute to the queer/trans+ community, part of the Clarion Alley Mural Project, San Francisco, CA, 2012
GENDER AFFIRMING MEDICAL CARE

Below are additional components of the process for attaining gender affirming surgery and determining if it is right for you. It is important to note that you do not need to have a binary (male/female) gender identity to pursue gender confirming surgery.

- Meet with a qualified mental health care provider for an assessment. Meetings will include a discussion about the surgery process and planning for a letter of support. This will likely take more than one session and can be accomplished at Emmons. Requirements for letters of support by a mental health provider vary by insurance; typically you will need one letter for top surgeries and two letters (from two different providers) for bottom surgeries.
- Determine insurance coverage and options by calling the patient support line for your insurance plan.
- Research area surgeons covered by your insurance. Plan to visit a few for a consult and to determine who will be best suited to assist you in this process. The Insurance Specialist at Emmons may be able to help you with this.
- Surgeons will require a referral from a primary care doctor. If you have the Student Health Insurance or a private PPO plan, you can get a referral from an Emmons medical provider once you have your letter of support.
- Schedule surgery date with sufficient time built in for recovery.
- After surgery, follow-up with medical care as-needed and as instructed by your doctor. Continue mental health care for as long as needed in collaboration with your therapist.
- Emmons' gender affirming care is informed by the World Professional Association for Transgender Health (WPATH) Standards of Care, Version 7.
For trans+ survivors of sexual assault, harassment, exploitation, stalking and intimate partner violence, identity and the discrimination surrounding identity often present barriers to seeking help and accessing legal, medical, and law enforcement resources. Below are resources available that are respectful of trans+ identities and seek to support all LGBTQ+ individuals.

**Project SAFE, Survivor Advocate**
Project SAFE provides advocacy, resources and support services for survivors/victims of sexual and relationship violence, including sexual assault, intimate partner violence, stalking and sexual harassment.
323-259-1359 / survivoradvocate@oxy.edu
oxy.edu/projectsafe

**RAINN (Rape, Abuse & Incest National Network)**
The nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country. RAINN offers support, information, advice and referrals from trained support specialists. All services are free, confidential, and available 24/7 for all survivors. RAINN can help survivors find care and treatment anywhere in the US - making it an excellent resource for students travelling in the US during college breaks.
800-656-HOPE / online.rainn.org

**FORGE**'s mission is to support, educate and advocate for the rights and lives of transgender individuals and SOFFAs (Significant Others, Friends, Family, and Allies). Forge offers referrals, workshops, and guides to healing for survivors and SOFFAs.
414-559-2123 / https://forge-forward.org
HEALTH INSURANCE

Every health insurance plan has different levels of coverage for various medical conditions, including gender affirming care. It is best to call your health insurance provider to determine which medical and psychological services are covered.

All students may visit Emmons for medical care. Visits for those with the student health insurance are free, though prescriptions and labwork will be subject to the deductible. Those without the student health insurance may visit Emmons and have their private insurance billed. Since many insurances do not cover Emmons services or cover them at an out-of-network rate, the remaining balance is billed to the student at a 50% discount.

To understand your options on campus, regardless of insurance, we suggest you make a free private appointment with the Emmons Insurance Specialist, by calling (323) 259-2657 or emailing at billing@oxy.edu.

STUDENT HEALTH INSURANCE

The Occidental College Student Health Insurance Plan through United Healthcare strives to offer complete transgender healthcare coverage. Services Covered under the Student Plan include:

- Psychotherapy, off-campus ($30 co-pay for in-network providers)
- Hormone Replacement Therapy (HRT) and related lab testing. HRT is subject to the school’s Prescription Drug Benefits, which ranges from $30 - $75 depending on the drug prescribed. For a better estimate of your drug co-pay, you can view the cost of each drug on the UHCSR website: https://www.uhcsr.com
STUDENT HEALTH INSURANCE

- Gender Affirmation (Reassignment) Surgery. Requirements:
  - A written psychological assessment from at least ONE qualified behavioral health provider is required for top surgery.
  - A written psychological assessment from at least TWO qualified behavioral health providers who have independently assessed the individual, are required for bottom surgery.
    - Additional requirements for bottom surgery include at least 12 months of successful continuous full-time, real-life experience in identified gender.
    - Complete 12 months of continuous HRT appropriate for the identified gender.

- For Male-to-Female, procedures covered:
  - Clitoroplasty (creation of clitoris)
  - Labiaplasty (creation of labia)
  - Orchiectomy (removal of testicles)
  - Penectomy (removal of penis)
  - Urethroplasty (reconstruction of female urethra)
  - Vaginoplasty (creation of vagina)

- For Female-to-Male, procedures covered:
  - Bilateral mastectomy or breast reduction (can be done as a STAND ALONE procedure - does NOT require bottom surgery procedures)
  - Hysterectomy (removal of uterus)
  - Metoidioplasty (creation of penis, using clitoris)
  - Penile prosthesis
  - Phalloplasty (creation of penis)
  - Salpingo-oophorectomy (removal of fallopian tubes & ovaries)
  - Scrotoplasty (creation of scrotum)
  - Testicular prostheses
  - Urethroplasty (reconstruction of male urethra)
  - Vaginectomy (removal of vagina)
  - Vulvectomy (removal of vulva)
STUDENT HEALTH INSURANCE

The following services are **not covered** by the Student Health Insurance. These services are considered cosmetic and elective.

- Abdominoplasty ("tummy tuck")
- Blepharoplasty (eyelid reconstruction surgery)
- Body Contouring
- Breast enlargement, including augmentation mammoplasty & implants
- Brow lift
- Calf implants
- Cheek, chin & nose implants
- Face/forehead lift and/or neck tightening
- Facial bone remodeling for facial feminization
- Fertility Preservation
- Hair transplantation
- Injection of fillers or botox
- Lip augmentation
- Lip reduction
- Liposuction
- Mastopexy
- Pectoral implants for chest masculinization
- Removal of the Adam’s apple
- Rhinoplasty
- Skin Resurfacing (e.g., dermabrasion, chemical peels, laser)
- Voice modification surgery
- Voice lessons & voice therapy

The following procedures for gender reassignment surgery **qualify for coverage** with Oxy Student Health Insurance Plan:

- $250 IN-NETWORK annual deductible
- Once the deductible has been met, students owe a 20% co-insurance (the co-insurance is only applicable up until the out-of-pocket max is reached).
- The total out of pocket max for the Student Health Insurance plan is $6,850.

Image: Chalk of January Marie Lapuz, an immigrant trans woman from the Philippines whose story is told in the doc "My Name Was January", Vancouver, Canada, 2018
LOS ANGELES RESOURCES

Los Angeles LGBT Center
1625 N. Schrader Blvd., Los Angeles, CA 90028, (323) 993-7500
https://lalgbtcenter.org/
Hours of Operation: Monday through Friday 8:00am to 8:00pm

Services include:
- Primary Care services
- Hormone therapy (including education and management)
- pre- and post- surgical care
- trans-sensitive pap smears, pelvic exams, and prostate exams
- Counseling services

Insurances Accepted: Medi-Cal, Medicare, most major insurance plans, and some HMOs.

UCLA Gender Health Program
1245 16th Street, Suite 125, Santa Monica, CA 90404, (310) 267-4334
https://www.uclahealth.org/gender-health/

Services include:
- Primary & Pediatric Care
- Hormone Therapy
- Chest Reconstruction/Top Surgery
- Genital Reconstruction
- Bottom Surgery
- Facial Reconstruction
- Gynecological Care
- Reproductive Health & Fertility, and Vocal Surgery
- Behavioral Health Services and Counseling.

Insurances Accepted: UCLA participates in over 100 local and national managed care networks, including select Medi-cal plans.
LOS ANGELES RESOURCES

Cedars-Sinai Transgender Surgery & Health Program
8635 W. 3rd Street, Suite 1070W, (Located in the WEST Medical Office Tower), Los Angeles, CA 90048, (310) 423-1500

Services include:
- Primary & Preventative Care services
- STD pre-exposure phophylaxis, screening & treatment
- Hormone Replacement Therapy
- Comprehensive male-to-female & female-to-male gender affirming surgeries, complex revision surgeries, urologic surgery, plastic surgery, otolaryngology (ear, nose, throat and facial) surgery
- Hysterectomy
- Colorectal reconstructive surgery
- Radiology diagnostic & surgical planning
- Fertility preservation
- Mental health & psychiatry services

Insurances Accepted: Medi-Cal, Medicare, most major insurance plans, and some HMOs.

Kaiser Permanente West LA Medical Center
6041 Cadillac Ave., Los Angeles, CA 90034, (323) 857-3818
https://thrive.kaiserpermanente.org/care-near-you/southern-california/transgender/

Hours: Monday through Friday from 7:30am to 5:00pm.

Services Include:
- Primary & Preventative Care
- Gynecologic Services
- Hormone Replacement Therapy
- Mental Health services, including individual, group and spouse/parent therapy and evaluations to determine readiness for gender affirming services

Insurances Accepted: Kaiser

Image: Trans flag stair, painted in celebration of 2017 Pride, Marseilles, France,
LOS ANGELES RESOURCES

St. John’s Transgender Health Program
Two Clinics:
- Warner Traynham Clinic
  326 W. 23rd Street, Los Angeles, CA 90067
- Williams Health Center
  808 W 58th Street, Los Angeles, CA 90037
(323) 541-1411
https://www.wellchild.org/transgender-health-program/

Services include:
- Primary & Preventative Care (medical, dental, behavioral health and pharmacy services)
- Hormone Replacement Therapy
- Referrals for Gender Confirming Surgeries
- Name and/or Gender Marker Changes
- Behavioral and mental health care (individual counseling, family counseling, and support groups)
- HIV and STI testing
- counseling and treatment
- Health insurance enrollment
- assistance with legal name/gender change paperwork
- PEP/PREP

Insurances Accepted: Medi-Cal, Medicare, and most major insurance plans.
This guide was created for the students of Occidental College by Emmons Wellness Center.

Emmons also encourages community members to utilize this guide for their own use and when providing resources and assistance to trans+ students. Community members may also reach out to the on-campus resources listed for confidential referrals to off-campus care.

**Emmons Wellness Center**
323-259-2657
emmons@oxy.edu
oxy.edu/emmons

**Oxy's 24/7 Confidential Helpline**
323-341-4141

**Additional On-Campus Support Resources:**

**Intercultural Community Center**
323-259-2522 / icc@oxy.edu
www.oxy.edu/about-oxy/diversity-inclusion/intercultural-community-center

**Project SAFE**
323-259-1359 / projectsafe@oxy.edu
www.oxy.edu/projectSAFE

**Office of Religious and Student Life**
323-259-2621 / young@oxy.edu
www.oxy.edu/student-life/resources-support/orsl

**Dean of Students**
323-259-2661 / deanofstudents@oxy.edu
www.oxy.edu/student-life/student-affairs/dean-students