



Frequently Asked Questions: Trans+ Students



Table of Contents

| | |
|--|----|
| Health Care: | 3 |
| Q: Does the student health insurance cover hormones?..... | 3 |
| Q: Does the student health insurance cover surgery? | 3 |
| Q: Does the student health insurance cover endocrinologist visits? | 3 |
| Q: Does the student health insurance plan include counseling? | 4 |
| Q: What gender therapists are in the area?..... | 4 |
| Q: Where are endocrinologists in the area? | 4 |
| Campus Resources:..... | 5 |
| Q: What is the process for gender inclusive housing and who can I talk to?..... | 5 |
| Q: Where are the gender inclusive restrooms?..... | 5 |
| Q: What is the process for changing your name on campus? | 5 |
| Q: Organizations and allies for trans+ on campus?..... | 6 |
| Q: Protections under Title IX? Rights as a trans+ student on college campuses? | 6 |
| Q: Where to report discrimination/harassment?..... | 6 |
| Q: Email template for emailing professors about name and pronouns? | 7 |
| Q: Where are the safe spaces? Who is safe zone trained? | 7 |
| Community Resources:..... | 8 |
| Q: Are there off-campus meeting/support groups? | 8 |
| Q: What are some resources for non-binary individuals?..... | 8 |
| Q: What is the process for legally changing your name in Colorado?..... | 8 |
| Q: What is the process for legally changing your name from out of state? | 8 |
| Q: What is the process for legally changing your gender marker in Colorado? | 8 |
| Q: What is the process for legally changing your gender marker from out of state?..... | 9 |
| Q: What documents do you need to change after you change your name? | 9 |
| Other Questions: | 10 |
| Q: How do I come out to friends and family?..... | 10 |
| Q: What are the pronoun(s) list? Where can you tryout your pronouns and/or name?..... | 10 |
| Q: Where can you find cheap clothing to match gender identity? | 10 |
| Q: What are some resources for family and community rejection?..... | 11 |
| Emotional:..... | 11 |
| Financial: | 11 |
| Religious:..... | 12 |

Q: How can we improve this document? 12
Colorado/Mines Specific Crisis Resources:..... 13
LGBTQ+ Specific Crisis Hotlines:..... 14

Health Care:

Q: Does the student health insurance cover hormones?

A: The student health insurance plan does cover hormone therapy. Since both testosterone and estrogen are on the prescription drug list, they will be evaluated based on the three-tier drug plan that the insurance company uses. The three-tier drug plan is as follows: most generics (which would include testosterone and estrogen) are classified as tier-one drugs and cost \$15, tier-two drugs have a \$30 copay, and tier-three drugs have \$60 copay. There are a couple of restrictions with some of these prescriptions. Those marked with an E means it can be excluded, or not covered by the student health insurance. Those marked with an SL indicates that there is a supply limit: for example, you may only be able to fill your hormone prescription for 30 days at a time.

More information about the Student Health Insurance Program is available at:
<http://studentinsurance.mines.edu/Student-Insurance-home>.

Contact Information:

Kathy Ebeling
Student Health Benefit Plan Coordinator
303-273-3388
ship@mines.edu

Student Health Center
1770 Elm St.
Golden, CO 80401
shc@mines.edu
(303)273-3381

Q: Does the student health insurance cover surgery?

A: The student health insurance currently does not cover gender reassignment surgery of any kind.

Q: Does the student health insurance cover endocrinologist visits?

A: The student health insurance does cover endocrinology visits. Endocrinologists are classified as specialized doctors under the school health insurance. This means that you should find an endocrinologist who is covered under the school insurance plan. For those able to make the commute, the Denver Health facility is in Network and tends to be very trans-friendly. The Copay for in network endocrinology visits is \$25. To find a provider that is in network with the student health insurance plan, you can look specifically at the following website: <https://connect.werally.com/>. Once you are on this website you can search what kind of doctor you are looking for and it will show you what providers are in-network.

Side Note:

Bloodwork should also be covered by the Student Health Insurance. The blood testing network LabCore is the in-network blood testing provider.

Q: *Does the student health insurance plan include counseling?*

A: Yes. To see an in-network mental health provider there is a \$25 Co-Pay, but no limit to the visit number. To find a mental health provider in-network with the school's insurance, follow the link: <https://provider.liveandworkwell.com/content/laww/bh/en/spa.html#provider-home>. From here you can search for a mental health provider near you. Once you search in your area, you also have the option to narrow down what kind of mental health provider you are looking for (i.e. therapist, psychiatrist, etc.)

Q: *What gender therapists are in the area?*

A: A list of therapists in the surrounding areas is available at the Gender Identity Center's website: <https://giccolorado.org/resources-2/therapists/>. A similar list of resources is available at: <http://mines.orgsync.com/org/ostem/resources> in the document Trans+ GIC Resources.

Q: *Where are endocrinologists in the area?*

A: A list of doctors that are trans+ friendly and can prescribe hormones is available at: <http://mines.orgsync.com/org/ostem/resources> under the Trans+ GIC Resources Document.

Campus Resources:

Q: *What is the process for gender inclusive housing and who can I talk to?*

A: Gender Inclusive housing is fully integrated into the online housing application. When filling out the housing application, there will be an option to choose gender inclusive housing. This will cause the system to show you potential roommates that also chose gender inclusive housing. If you have questions about gender inclusive housing, you can talk with Mary Elliott, the Associate Director of Residence Life. Another housing option, Mines Park, is also technically Gender Inclusive where you get to choose your roommates to live with you.

Contact Information:

Department of Residence Life and Housing
Campus Living Office (located in Elm Hall)
(303) 869-LIFE (5433)
housing@mines.edu

Mary Elliott
Campus Living Office (Elm Hall)
303-869-5522
mfelliot@mines.edu

Q: *Where are the gender inclusive restrooms?*

A: A list of gender inclusive restrooms on campus is available at the following link at the bottom of the page: <http://mines.orgsync.com/org/ostem/resources>

Q: *What is the process for changing your name on campus?*

A: If you have successfully completed a legal name change, you will need to print off the following form and take it to the registrar:
<http://inside.mines.edu/UserFiles/File/academicAffairs/registrar/Forms/Name%20Change%20Form.pdf>. You will need to bring your new driver's license and they would prefer if you bring your final decree of name change to expedite the process. If you're employed on campus, you also need to take your new social security card to HR.

If you have not completed a legal name change, the campus Banner system currently prevents students from providing a preferred name on the system. This means that students cannot change their name on Trailhead, Canvas, or in the BlasterCard system. Students can change their preferred name within the email system so that others will see this name when they receive emails. Instructions for doing this are located at the following link at the bottom of the page: <http://mines.orgsync.com/org/ostem/resources>. Students can also change the name shown on their BlasterCard by contacting Mary Elliot in the Campus Living Office (contact information above). However, this will not change the name shown when you swipe your BlasterCard.

Q: *Organizations and allies for trans+ on campus?*

A: The main LGBTQ+ organization on campus is oSTEM (out in science, technology, engineering, and mathematics). The website for this organization is:

<http://mines.orgsync.com/org/ostem>

Q: *Protections under Title IX? Rights as a trans+ student on college campuses?*

A: Title IX is a guide for how schools are required to treat students, however the state of Colorado has explicit protections for the LGBTQ+ community. Under Title IX, LGBTQ+ students are protected from harassment and discrimination, although both terms are ill-defined. Under Colorado law, the Colorado Anti-Discrimination Act explicitly outlines the rights of LGBTQ+ individuals and the Colorado Civil Rights Division has expanded this definition to be inclusive of educational facilities. Here at Colorado School of Mines, the discrimination policy specifically identifies sexual orientation and gender identity on the list of protected identities. In Fall of 2016, Title IX wrote a letter to oSTEM, which can be found at the following link: <http://mines.orgsync.com/org/ostem/resources>

Contact Information:

Title IX Office

<https://inside.mines.edu/POGO-Title-IX>

Katie Schmalzel

Prevention Programs Manager

303-273-3260

kschmalz@mines.edu

Karin Ranta-Curran

Title IX Coordinator, Director

303-384-2558

krcurran@mines.edu

Q: *Where to report discrimination/harassment?*

A: Discrimination complaints can be filed with the Title IX office on the Mines campus. The Colorado School of Mines discrimination policy can be found at:

<http://bulletin.mines.edu/policiesandprocedures/>

Contacts:

Title IX Office

<https://inside.mines.edu/POGO-Title-IX>

Katie Schmalzel

Prevention Programs Manager

303-273-3260
kschmalz@mines.edu

Karin Ranta-Curran
Title IX Coordinator, Director
303-384-2558
krcurran@mines.edu

Q: *Email template for emailing professors about name and pronouns?*

A:

Dear Professor _____,

My name is _____, and I will be attending your _____ course on _____ at _____ this semester. I am transgender and have not yet legally changed my name. On your roster is my legal name, _____. I would greatly appreciate it if you refer to me as _____ and use _____ pronouns when referring to me. Thank you for your understanding, and I look forward to starting your course this week!

Sincerely,

Q: *Where are the safe spaces? Who is safe zone trained?*

A: A list of Safe Zone trained faculty is available at: <http://mines.orgsync.com/org/ostem/faculty>

A: list of Safe Zone trained organizations is available at:
<http://mines.orgsync.com/org/ostem/organizations>

Community Resources:

Q: *Are there off-campus meeting/support groups?*

A: Both the GLBT Community Center of Colorado and the Gender Identity Center of Colorado host weekly support groups for the Trans+ community. More information can be found at the following links to find the dates and times of these groups.

GLBT Community Center of Colorado

<http://glbtcolorado.org/transgender/transgender-program-calendar/>

Gender Identity Center of Colorado

<https://giccolorado.org/events/>

Q: *What are some resources for non-binary individuals?*

A: There are non-binary support groups at both the Gender Identity Center and the GLBT Community Center of Colorado.

GLBT Community Center of Colorado

<http://glbtcolorado.org/transgender/transgender-program-calendar/>

Gender Identity Center of Colorado

<https://giccolorado.org/events/>

Q: *What is the process for legally changing your name in Colorado?*

A: While we cannot provide legal advice, the process for a legal name change and forms for a legal name change can be found on the Colorado Courts website:

https://www.courts.state.co.us/Forms/Forms_List.cfm?Form_Type_ID=25

Further advice on the name change procedure, as well as information about changing documents after the name change has gone through the courts, can also be found at the following address:

<http://www.transequality.org/documents/state/colorado>

Q: *What is the process for legally changing your name from out of state?*

A: Information about the legal name change process for any state can be found at the following link: <http://www.transequality.org/documents>

Q: *What is the process for legally changing your gender marker in Colorado?*

A: Information for legally changing your gender marker in Colorado is given on the following website: <http://www.transequality.org/documents/state/colorado>. This requires that you have a form filled out by your physician. This form can be found here:

<https://www.colorado.gov/pacific/sites/default/files/DR2083.pdf>. There are instructions attached to the form about the overall process.

Q: *What is the process for legally changing your gender marker from out of state?*

A: The ability to change your gender marker varies by state. You can check the following website to see if there is any information on the state you are looking for:

<http://www.transequality.org/documents>

Q: *What documents do you need to change after you change your name?*

A: The documentation you will need to change after you change your name varies from person to person. Some of the bigger items are Social Security Card, Driver's License, Passport, Birth Certificate, School information, and bank information. Other possibilities include: health insurance, car insurance, employer, post office, doctor's office, etc.

Other Questions:

Q: *How do I come out to friends and family?*

A: There are so many answers and it is very specific to the person and their family situation. You could go to a trans support group if you can and ask people for their stories and advice. This will give you a range of ideas so you can figure out what could be suitable for your situation. The tone you set has a big influence on how easily and comfortably people roll with it. If you expect to get a lot of questions, decide what you're comfortable answering in advance and prepare a narrative for people who may need to hear a backstory to make sense of it, such as parents. Think about how much the different people in your life need to know and what information is appropriate for whom. Obviously, there will always be more to your experience than what they hear, so you need to decide how much and which parts of your story are relevant to the person you're coming out to. Also, consider what YOU need to feel as safe and strong as possible throughout the process. Here are a few easy and accessible resources to share with family members that also help educate them:

<https://www.pflag.org/sites/default/files/Our%20Trans%20Loved%20Ones.pdf>

https://www.amazon.com/gp/product/B00867Y6OU/ref=oh_aui_d_detailpage_o00?ie=UTF8&psc=1

Q: *What are the pronoun(s) list? Where can you tryout your pronouns and/or name?*

A: Going to any support group meeting at the GLBT Center or the Gender Identity Center you are always encouraged to use whatever name or pronouns you feel best fit. Another option is trying a new name at a coffee shop so you can hear someone call it out. There are also various online websites with pronoun lists that you can look at to see what pronouns you feel fit.

Q: *Where can you find cheap clothing to match gender identity?*

A: There is a Trans Clothing Exchange blog: <http://transclothesexchange.tumblr.com/>. This provides a place where trans+ Individuals exchange old clothing or clothing that they no longer need. Some items are free, other require payment. It all depends on who is the seller. Keep in mind there are a lot of blogs with this goal. This is not the only website with this purpose. The GLBT Community Center of Colorado, as well as the Gender Identity Center of Colorado both put on events called 'clothing swaps.' This is an opportunity for people in the trans+ community to come in and trade old clothing for clothing that matched their gender identity. Other options for cheap clothing include: ARC thrift store, goodwill, and other similar thrift stores. There is also a Goodwill Outlet in downtown Denver that has very cheap clothing (sold by weight, not by item). This Goodwill Outlet is located at 4355 Kearney St, Denver, CO 80216. For women with larger feet, there is a store called Studio Lites in downtown Denver, however they are a little pricey. This store is located at 25 W 3rd Ave, Denver, CO 80203

GLBT Community Center of Colorado

<http://glbtcolorado.org/transgender/transgender-program-calendar/>

Gender Identity Center of Colorado
<https://giccolorado.org/events/>

Goodwill
<http://www.goodwilldenver.org/>

ARC Thrift Store
<https://www.arcthrift.com/>

Q: What are some resources for family and community rejection?

A: Family rejection is faced by many individuals in different ways. This can be emotional, religious, financial, and other rejection. The resources provided previously in this packet can help you deal with the various forms of rejection. This answer has been split up into three parts: emotional, financial, and religious rejection.

Emotional:

Dealing with emotional rejection is very difficult. There are multiple resources, both on and off campus where you can talk through your identity and the reactions of those that are close to you. The Counseling Center on campus provides counselors to students at little cost. Information for the Counseling Center can be found below:

Colorado School of Mines Counseling Center
1770 Elm Street
Golden, CO 80401
303-273-3377
<https://inside.mines.edu/CNSL-home>

In addition to the Counseling Center, the Gender Identity Center of Colorado also provides gender identity specific counseling on a sliding scale. This can range anywhere from \$1 to \$35 depending on your financial situation and the arrangement you set up with your individual counselor.

Gender Identity Center of Colorado
120 Bryant Street
Denver, CO 80219
(303) 202-6466
<https://giccolorado.org/services/counseling/>

Other resources for finding accepting therapists can be found within the GIC Trans+ Resources packet at the following link: <http://mines.orgsync.com/org/ostem/resources>.

Financial:

A big concern within the LGBTQ+ community is being disowned financially by unsupportive family. Within Mines, there are a couple of places where you can look to find financial support. The Financial Aid office is a place where you can go to discuss tuition aid and how

no longer receiving financial support will affect how much aid you need to receive to continue attending Mines. Contact information for the Financial Aid Office is available below:

Financial Aid Office
303-273-3301
finaid@mines.edu
http://family.mines.edu/Financial_Aid

The school is also willing to work with students on housing during the school year, over the summer, as well as during other breaks. This discussion would need to take place with the Residence Life and Housing department. The information for residence life is found below:

Department of Residence Life and Housing
Campus Living Office (located in Elm Hall)
(303) 869-LIFE (5433)
housing@mines.edu

Mary Elliott
Campus Living Office (Elm Hall)
303-869-5522
mfelliot@mines.edu

Outside of the school, there are groups in Denver that work to find affordable housing for individuals within the LGBTQ+ community. These groups can be found through the Gender Identity Center of Colorado. There is also the Transgender Housing Network that pairs trans+ individuals without a place to stay with individuals who can provide short term housing.

Gender Identity Center
<https://giccolorado.org/resources-2/housing/>

Transgender Housing Network
<http://www.transhousingnetwork.com/>

Religious:

There are a lot of accepting religious institutions in and around the Golden area. A list of these can be found at the gender identity center website.

Gender Identity Center – Religious Resources
<https://giccolorado.org/resources-2/religious/>

Q: How can we improve this document?

A: We are always looking to improve our resources and provide the most up-to-date information. If anything is incorrect or missing from this document, please email oSTEM at: mines@ostem.chapters.org

Colorado/Mines Specific Crisis Resources:

| | |
|---|---|
| <p>CSM Public Safety publicsafety.mines.edu Public safety concerns, suspicious incidents, crimes and emergencies.</p> | 303-273-3333 |
| <p>Student Health Center healthcenter.mines.edu Routine medical and dental issues.</p> | 303-273-3381 |
| <p>Jefferson Center for Mental Health www.jeffersonmentalhealth.org Jefferson Center is a partner of Colorado Crisis Services. This 24/7, state-wide crisis network offers a hotline, walk-in centers and mobile services throughout the state, for any mental health, substance use or emotional crisis.</p> | 303-425-0300 |
| <p>ULifeline: Mental Health Resources for College Students www.ulifeline.org/mines/ ULifeline is a comprehensive, confidential, online resource center where you can feel comfortable searching for the information you need and want regarding mental and emotional health. Take a look around and explore what ULifeline has to offer!</p> | Text START to 741-741 or call 1-800-273-TALK (8233) |
| <p>Colorado Crisis and Support Line www.ColoradoCrisisServices.org When you call Colorado Crisis Services, you will be connected to a crisis counselor or trained professional with a master's or doctoral degree. We offer translation services for non-English speakers, we engage in immediate problem solving, and we always make follow-up calls to ensure you receive continued care. Our walk-in crisis services are open 24/7, and offer confidential, in-person crisis support, information and referrals to anyone in need. View the map to find walk-in crisis services near you.</p> | Text TALK to 38255 or call 1-844-493-TALK (8255) |
| <p>National Suicide Prevention Lifeline www.suicidepreventionlifeline.org The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.</p> | 1-800-273-TALK (8255) |
| <p>Suicide and Crisis Hotlines in Colorado www.suicide.org Suicide prevention, awareness and support.</p> | 1-800-784-2433 |
| <p>CARE at Mines Crisis Assessment, Response and Education At Mines inside.mines.edu/Student-Life-Care This website provides useful information regarding recognizing and responding to situations that can cause distress in individuals.</p> | |

*Resources from list provided by the CSM Counseling Center (<http://counseling.mines.edu/CNSL-resources>)

LGBTQ+ Specific Crisis Hotlines:

Trans Crisis Hotline:

(877) 565-8860

<https://www.translifeline.org/>

The Trevor Project:

Lifeline:

1-866-488-7386

TrevorText:

Text the word “Trevor” to 1-202-304-1200

Available Thursday and Friday 4 p.m. to 8 p.m. ET

TrevorChat:

<http://www.thetrevorproject.org/pages/get-help-now#t>

Available 7 days a week, 3 p.m. to 9 p.m. ET

LGBT National Help Center

1-888-843-4564

<http://www.glbthotline.org/>

Other Crisis Hotlines Available at: <https://www.ostem.org/crisis-hotlines>