

THE “T” GUIDE

A TRANSGENDER RESOURCE GUIDE TO UCF



LGBTQ+ Services | Social Justice and Advocacy
Division of Student Development and Enrollment Services

Table of Contents

What is the “T” Guide.....	3
UCF’s Resources.....	4
Social Justice and Advocacy.....	4
LGBTQ Services.....	5
Multicultural Student Center.....	6
Student Health Services.....	6
Counseling and Psychological Services.....	7
Registrar’s Office.....	8
Housing and Residential Life.....	9-10
UCF Victim Services.....	11
Student Legal Services.....	11
OIE/Title IX.....	12
Wellness and Health Promotion Services.....	12
All-Gender Restrooms.....	13
Community Resources.....	14
Mental Health Therapists.....	14-15
Primary Care Physicians.....	15
Endocrinologists.....	16
Education/Community Support.....	17
Youth Services.....	17
Aging Support.....	18
Veteran Services.....	18
Gender Expression.....	19



What is the “T” Guide?

The Transgender Resource guide was developed out of the UCF LGBTQ+ Services office.

The purpose of the guide is to connect transgender UCF students to the resources and individuals that are available to support transgender identity and transition.

The resources provided in the guide include UCF and the local Central Florida community.

Regardless of where you are in your transition or identity journey, there are resources available to you and you are supported.

UCF's Resources

Social Justice and Advocacy

- » Social Justice and Advocacy seeks to create purposeful action through intentional programming and engagement and is responsible for providing oversight to the Multicultural Student Center and LGBTQ+ Services.
- » For more information on Social Justice and Advocacy, including LGBTQ+ Services and the Multicultural Student Center, visit: sja.sdes.ucf.edu
- » Locations: Social spaces are provided for UCF students who are looking for resources, community, a place to hang out, or a quiet place to study. Locations are open to all students of all backgrounds, genders and sexual orientations.
 - o **SJA Lounge:** Student Union 207
 - o **Pride Commons:** Maintains an LGBTQ+ affirming space on campus at Ferrell Commons 171 in the courtyard near 63 South

Contact:

Edwanna Andrews, Director
Social Justice and Advocacy
Student Union 207
407.823.0401 | sja@ucf.edu
sja.sdes.ucf.edu



**Social Justice
and Advocacy**

LGBTQ+ Services

- » Facilitates the UCF Safe Zone Series for faculty, staff, and students to better advocate for the LGBTQ+ communities.
- » Provides student programming and resources geared towards the LGBTQ+ experience including:
 - o **Alliance Mentoring Program:** A mentoring program geared towards pairing LGBTQ+ students with LGBTQ+ faculty and staff based on experience and interests.
 - o **Lavender Council:** An advisory committee committed towards advising LGBTQ+ Services on up-to-date programming, including transgender identity and issues affecting the transgender community.
 - o **Speakers Bureau:** A program that trains students to become comfortable in discussing LGBTQ+ topics in front of an audience that are in relation to their own identity, including transgender issues.
- » Retains a full-time coordinator position to advocate for the needs of LGBTQ+ students, faculty and staff.
- » Provides opportunities for LGBTQ+ students to get involved in leadership roles.
- » Maintains relationships with all offices represented in the “T” Guide for up-to-date information on resources for transgender students.
- » Provides and updates a “Q” Guide to UCF Campus which includes resources for LGBTQ+ students which can be found on the SJA website.
- » Provides and updates an All-Gender Restroom map of UCF main campus. Digital version can be found at:
<http://sja.sdes.ucf.edu/docs/genderneutralrestroomsmmap.pdf>.
 A printed copy can be found in this guide between campus and community resources.

LGBTQ+ SERVICES

Contact:

Codie Frank, LGBTQ+ Services Coordinator
 Student Union 207
 Social Justice and Advocacy Lounge
 407.823.0401 | LGBTQ@ucf.edu
sja.sdes.ucf.edu/lgbtq



UCF's Resources

Multicultural Student Center

- » A student government funded agency, with a student executive board, that prioritizes educational programming on diversity and inclusion topics.
- » Maintains a position on the MSC student executive board geared towards LGBTQ+ student programming.
- » Chairs the **LGBTQ+ History Month** committee during the month of October.
- » Creates educational/advocacy programming for the student body, including **Transgender Day of Remembrance** and **Transgender Week of Visibility**.
- » Provides opportunities for LGBTQ+ students to get involved in leadership roles.



Contact:

MSC Student Director
Student Union 207
Social Justice and Advocacy Lounge
407.823.0401 | m_sc_sd@ucf.edu
sja.sdes.ucf.edu/m_sc

Student Health Services

- » Provides co-management of health care needs, including:
 - o SHS providers will **assist with referrals** to Central Florida community specialists who have expertise in initiating transgender endocrine therapy (hormones and other medications)
 - o **Follow up lab tests** (taken at UCF and sent to primary physician)
 - o **Refills** on hormone replacement therapy prescription needs when transition from male-to-female or female-to-male
 - o **Offer PrEP/PEP** after an appointment with a provider at the Health Center to discuss HIV prevention options and various cost assistance programs.
- » Safe Zone trained professional staff
- » Preferred name and pronouns on forms
- » *Purple Pod covers gynecological care needs*
- » *Note: Student Health Services does not provide initial Hormone Replacement Therapy prescriptions, but will refill an existing prescription from an outside medical provider.*

Contact:

Dr. James Schaus
UCF Student Health Services
407.823.2701 | james.Schaus@ucf.edu
shs.sdes.ucf.edu



UCF LGBTQ+ Services

Counseling and Psychological Services



- Facilitate groups for LGBTQ+ Students
 - **LGBQ (Lesbian, Gay, Bisexual, and Queer/Questioning)**
 - **TGNC (Transgender, Gender Non-conforming)**
- Each of these groups provides a confidential, communal space for LGBTQ+ students to come together and discuss identity-related issues they experience with a trained counselor.
- UCF CAPS has a specialized team of providers, the **Trans Care Team**, who collaboratively work to address the unique needs of transgender students at UCF.

Following a comprehensive assessment to determine appropriateness, CAPS provides gender related letters consistent with national and World Professional Association for Transgender Health (WPATH) standards.

For individuals who may require support beyond the scope of CAPS services, CAPS is able to connect students with community providers for further evaluation of their documentation needs and ongoing care.
- Provide one-on-one counseling appointments for LGBTQ+ students
- **Safe Zone** trained professional staff

Contacts:

Karen Hofmann, Director
 karen.hofmann@ucf.edu

Stephanie Preston, LMHC
 stephanie.preston@ucf.edu

Counseling and Psychological Services
 407.823.2811
 caps.sdes.ucf.edu

UCF's Resources

Registrar's Office

- » Preferred Name Change form is available (separate from legal name change) in PeopleSoft, a software that works with WebCourses and recognizes your preferred name in the system.
 - o Legal documentation is not required for preferred name change requests. (For legal name change, please see the Student Legal Services portion of this guide.)
 - o Preferred name change options effect:
 - Canvas (roster/advising)
 - Class Rosters
 - Grade Reports
 - Does NOT include student IDs
 - o Students can self-identify their gender (male/female/gender non-binary, etc.) in the gender marker change option on Preferred Name Change form.
 - o Form is available upon request.
- » *Note:
 - o The Family Educational Rights and Privacy Act of 1974, or FERPA, is the United States federal law that protects student records privacy review and disclosure rights. The law guarantees these rights for both current and former UCF students.
 - o Does not protect: name, enrollment, date of birth and student ID
 - o Protects grades, gender, GPA (requires signature for release):

Contact:

Brian Boyd, University Registrar
Millican Hall 161
407.823.3100 | brian.boyd@ucf.edu
registrar.ucf.edu



Housing and Residence Life

UCF Housing and Residence Life works with self-identifying Trans students on an individual basis to find the living situation that will work best for each student.

On the **“Personal Information”** page of the housing application, you may answer ‘Yes’ to the question, “Does your gender identity differ from your legally assigned gender?” (Your legal sex as listed on your admissions application is shown on the ‘Personal Information’ page).



Students checking **“Yes”**

to this question will receive an automatic email directing them to communicate with the specific staff members who can work with them to determine the best housing accommodations possible for their personal needs. Your answers will be confidential and shared with appropriate staff. Students may either communicate with Housing and Residence Life staff via email, phone call, or through an in-person meeting.

HRL works with students on an individual basis to determine the best available accommodations for their personal needs. Housing application, asks if: “sex as listed on your admissions application.” Does your gender identity differ from your legally assigned gender?

Below are previous accommodations made for transgender students; HRL cannot guarantee that all options listed will be available:

- » Community staff recognize preferred name and appropriate pronouns, including door tags.
- » Opportunities to exchange contact information with another transgender student who wants the same type of housing.
- » HRL works with students to identify a friend to room with, regardless of legal sex, for placement in 2 bedroom apartment (if available).
- » Assistance on use of online roommate matching service to find potential ally roommates roomsurf.com.
- » If a student identifies as LGBTQ+ upon their initial housing placement, they can discuss with area coordinator about room change.

UCF's Resources

Housing and Residence Life Continued

Room Types that have been offered to Trans students:

- » **Towers - Fall/Spring/Summer**
 - o Single private bedroom, private bathroom housing (1/1)
 - o Single private bedroom and bathroom (4/4)
- » **Neptune - Fall/Spring**
 - o Single private bedroom, private bathroom housing (1/1), not advertised on Housing website
- » **North View - Fall/Spring/Summer**
 - o Private bedroom, private bathroom (2/2), with a friend (regardless of legal sex), another transgender student, or with someone of your current legal sex
- » **Rosen - Fall/Spring**
 - o Private bedroom, shared bathroom (2/1), with a friend (regardless of legal sex), another transgender student, or with someone of your current legal sex (very limited)
- » **Nike/Hercules - Fall/Spring**
 - o Private bedroom, shared bathroom (2/1), with a friend (regardless of legal sex), another transgender student, or with someone of your current legal sex

Contacts:

Lynell Hodge, Coordinator of Assignments
UCF Housing and Residence Life
407.823.4472 | lynell@ucf.edu

Meredith Varner, Associate Director
UCF Housing and Residence Life
407.823.0048 | meredith.varner@ucf.edu

www.housing.ucf.edu



UCF Victim Services

- » Provides advocacy and creates awareness on LGBTQ+ relationships and intimate partner violence and sexual assault through services and programming. Services are available 24/7.
- » **All reporting is confidential**
- » Has preferred name and pronouns on forms
- » Staff **Safe Zone trained**
- » Experience with transgender students
 - o Open and respectful of identities
 - o Provide resources to students that are known to be LGBTQ+ friendly
 - o Encountered issues with students that are gender non-conforming because the local and community resources are all gendered
- » Works with UCF Police, Housing, and CAPS to provide services and referrals to students
- » Has an unmarked car for confidential transportation



Contact:

On-campus Location:
John T. Washington Center
Suite 108

Main Office/Location: University
Tower
12201 Research Parkway, Suite 450
Orlando, FL 32826
407.823.2425
askanadvocate@ucf.edu
victimservices.ucf.edu

Student Legal Services

- » Provides:
 - o **Legal name change** process with an assigned \$400 fee that includes support for advising with legal documentation and attending court appointments with students. Fee may be waived as needed depending on student financial needs.
 - o **Gender Marker Change option** from female-to-male or male-to-female on the legal name change form. Must be deemed post-operative with medical procedure.



Contacts:

Patricia Dullaghan, Director
patricia.dullaghan@ucf.edu

Jamie Owen, Assistant General Counsel
jamie.owen@ucf.edu

Student Legal Services
Student Union 304
407.823.2538
sls.sdes.ucf.edu

UCF's Resources

Office of Institutional Equity Title IX

There are **two types of discrimination** that can be reported by transgender students that are included under Title IX:

- » Overt behaviors that have caused significant distress, such as physical harm, verbal harassment, and cyberbullying. Title IX protects transgender students from physical or sexual abuse and all forms of discrimination
- » Covert behaviors such as policies that discriminate or exclude a particular person or group of people (e.g. the transgender community).

Contact:

Nancy Myers, Director of Office of Institutional Equity
Wayne Densch I Building, Suite 123
407.823.1336 | nancy.myers@ucf.edu
www.oie.ucf.edu

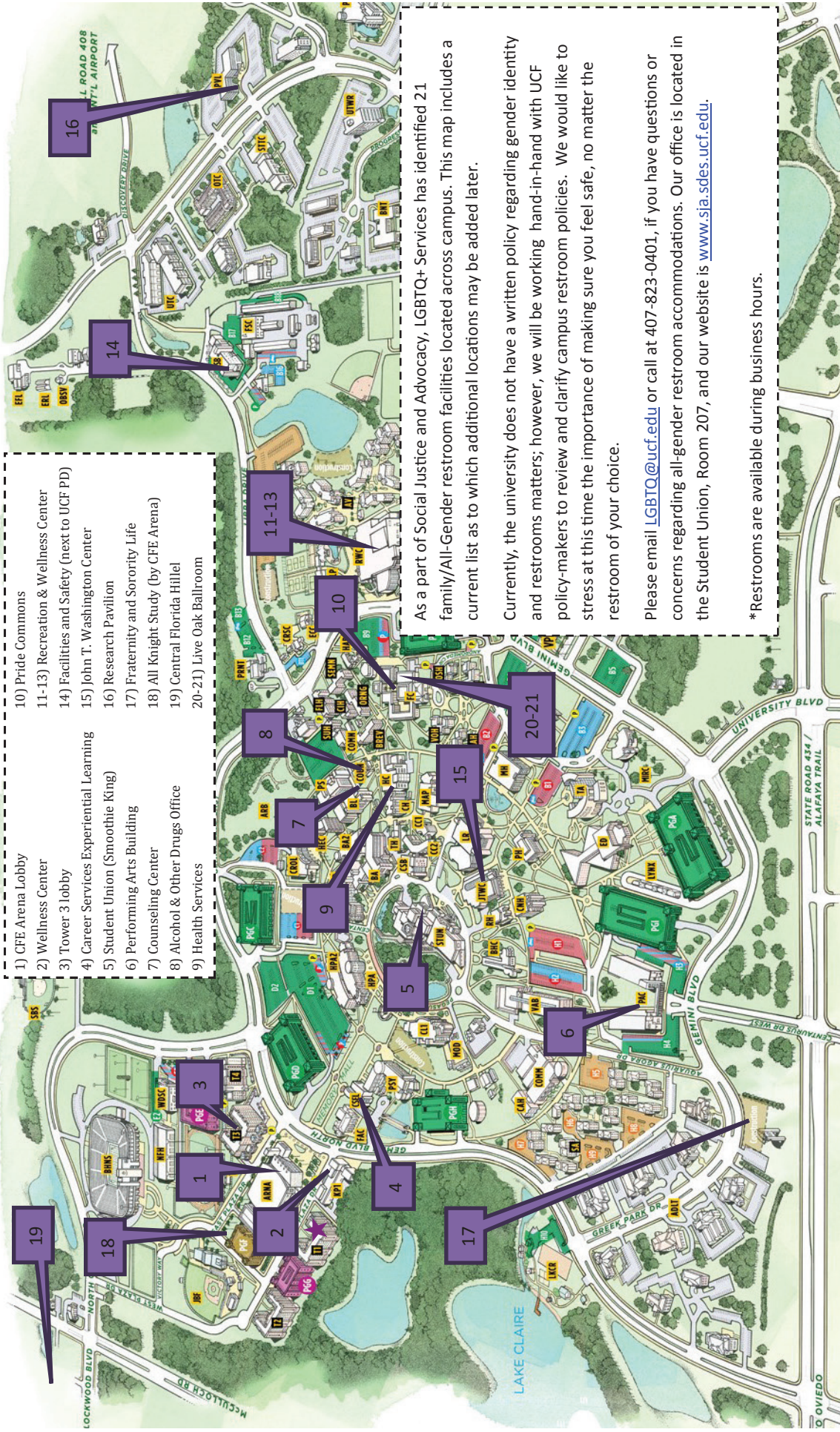
Wellness and Health Promotion Services

- » Staff trained on LGBTQ+ topics
 - o Sexual Risks
 - o HIV testing and counseling for LGBTQ+ students
- » Private and confidential HIV/AIDS rapid testing available
 - o Call 407.823.5841 to make your appointment.

Contact:

Gabriel Martinez, Sexual Health and Violence
Prevention Coordinator
Recreation and Wellness Center 111
407.823-.5841 | gabriel.martinez@ucf.edu
whps.sdes.ucf.edu

All-Gender Restrooms



- 1) CFE Arena Lobby
- 2) Wellness Center
- 3) Tower 3 lobby
- 4) Career Services Experiential Learning
- 5) Student Union (Smoothie King)
- 6) Performing Arts Building
- 7) Counseling Center
- 8) Alcohol & Other Drugs Office
- 9) Health Services
- 10) Pride Commons
- 11-13) Recreation & Wellness Center
- 14) Facilities and Safety (next to UCF PD)
- 15) John T. Washington Center
- 16) Research Pavilion
- 17) Fraternity and Sorority Life
- 18) All Knight Study (by CFE Arena)
- 19) Central Florida Hillel
- 20-21) Live Oak Ballroom

As a part of Social Justice and Advocacy, LGBTQ+ Services has identified 21 family/All-Gender restroom facilities located across campus. This map includes a current list as to which additional locations may be added later.

Currently, the university does not have a written policy regarding gender identity and restrooms matters; however, we will be working hand-in-hand with UCF policy-makers to review and clarify campus restroom policies. We would like to stress at this time the importance of making sure you feel safe, no matter the restroom of your choice.

Please email LGBTQ@ucf.edu or call at 407-823-0401, if you have questions or concerns regarding all-gender restroom accommodations. Our office is located in the Student Union, Room 207, and our website is www.sja.sdes.ucf.edu.

*Restrooms are available during business hours.



Community Resources

Central Florida: Orlando, Melbourne, St. Petersburg, Tampa Bay

Adapted from Equality Florida's Transgender Resource Guide

For full list of trans-friendly service providers, visit: www.eqfl.org/transactionfl.

The University of Central Florida ("UCF") does not endorse or recommend any of the service providers listed in this guide. They are merely listed as a resource for informational purposes. UCF makes no representations or guarantees whatsoever with respect to these service providers and/or any other non-UCF entities listed in this guide. UCF is not responsible for the services provided by any of these service providers and/or other non-UCF entities. It is the responsibility of the individuals or students to perform due diligence in researching the respective service providers listed in this guide, prior to utilizing any such service providers. By using the resources listed in this guide, the respective individual or student hereby expressly releases UCF and the UCF Board of Trustees from ANY AND ALL LIABILITIES, RESPONSIBILITIES, CLAIMS, DEMANDS, CAUSES OF ACTION OR INJURY, INCLUDING DEATH, that may be sustained by said individual or student related in any way to the use of such service providers or other non-UCF entities, whether caused by UCF's negligence or otherwise.

Mental Health Therapists

LMHC, CAP

3530 1st Avenue N., Suite 117

St. Petersburg, FL 33713

727.967.5975

Email: sara@atranslifematters.com

www.atranslifematters.com

3825 Henderson Blvd., Suite 405

Tampa, FL 33629

813.716.4264

Erin Robinson, Psy.D., L.P.

Counseling and Wellness Center,

New College of Florida

5800 Bay Shore Road

Sarasota, FL 34243

941.487.4254

Dominique Barritt

407.701.4230

www.dominiquebarritt.com

Tristan W. Byrnes, LMHC

New Transition Therapy

447 3rd Ave. N., Ste. 210

St. Petersburg, FL 33701

813.919.6185

Email: twbyrnes@gmail.com

www.tgtherapistfl.com

[Mental Health Association of Central Florida]

1525 E. Robinson St. Orlando FL 32801

407.898.0110

*Sliding Scale, doesn't take insurance.
Provides HRT and Surgery letters. Also
provides Skype appointments/sessions.*



Mental Health Therapists Continued

Specializes in working with transgender individuals and their families.

Dr. Amanda Veldorale-Griffin, LMFT

4090 Deltona Blvd
Spring Hill, FL 34606
352.232.5525
Email: Thefamilyalliance@gmail.com
Thefamilyalliance.webs.com

Sliding scale available for those with financial need. Offers Skype sessions. Hoping to start a support group.

Dr. David Baker-Hargrove, PhD, LMHC, DAPA, CCFC

801 N. Magnolia Ave., Suite 220
Orlando, FL 32803
407.963.5664
Email: david@drdavidbakerhargrove.com
twospirithealth.org

Accepts Blue Cross/Blue Shield, Cigna, Medicaid and Medicare. Offers discount payment options to those paying out-of-pocket (call or email to inquire).

Primary Care Physicians

Dr. Brenda Berry

(Gynecologist)
407.898.1500
brendabarrymd.com

Dr. Roberto Ortiz

Bliss Healthcare Services
2901 Curry Ford Rd, Suite 106
Orlando, FL 32806
407.203.5984
Email: Rortiz@blisshs.com

Dr. Hana Clements

1629 Lakeland Hills Blvd.
Lakeland, FL 33805
863.687.9333

Dr. Roy Finley

1100 62nd Ave S.
St. Petersburg, FL 33705
727.866.3166

Dr. Adrienne Burrowes

CFP Physicians Group
985 State Road 436
Casselberry, FL 32707
407.831.5252
www.cfpphysiciansgroup.com

Dr. Barry Rodwick

Internal Medicine
2349 Sunset Pt. Rd. # 405
Clearwater, FL 33765
727.216.6193

Dr. Pinero

407.426.9693
www.pineromedical.com

Community Resources

Endocrinologists

Dr. Paul Dimarco

417 Corbett St.
Belleair, FL 33756
727.441.4581

Dr. Wende Kozlow

3333 Cattleman Road, Suite 104
Sarasota, FL 34232
941.379.1777

Dr. Roberto Ortiz

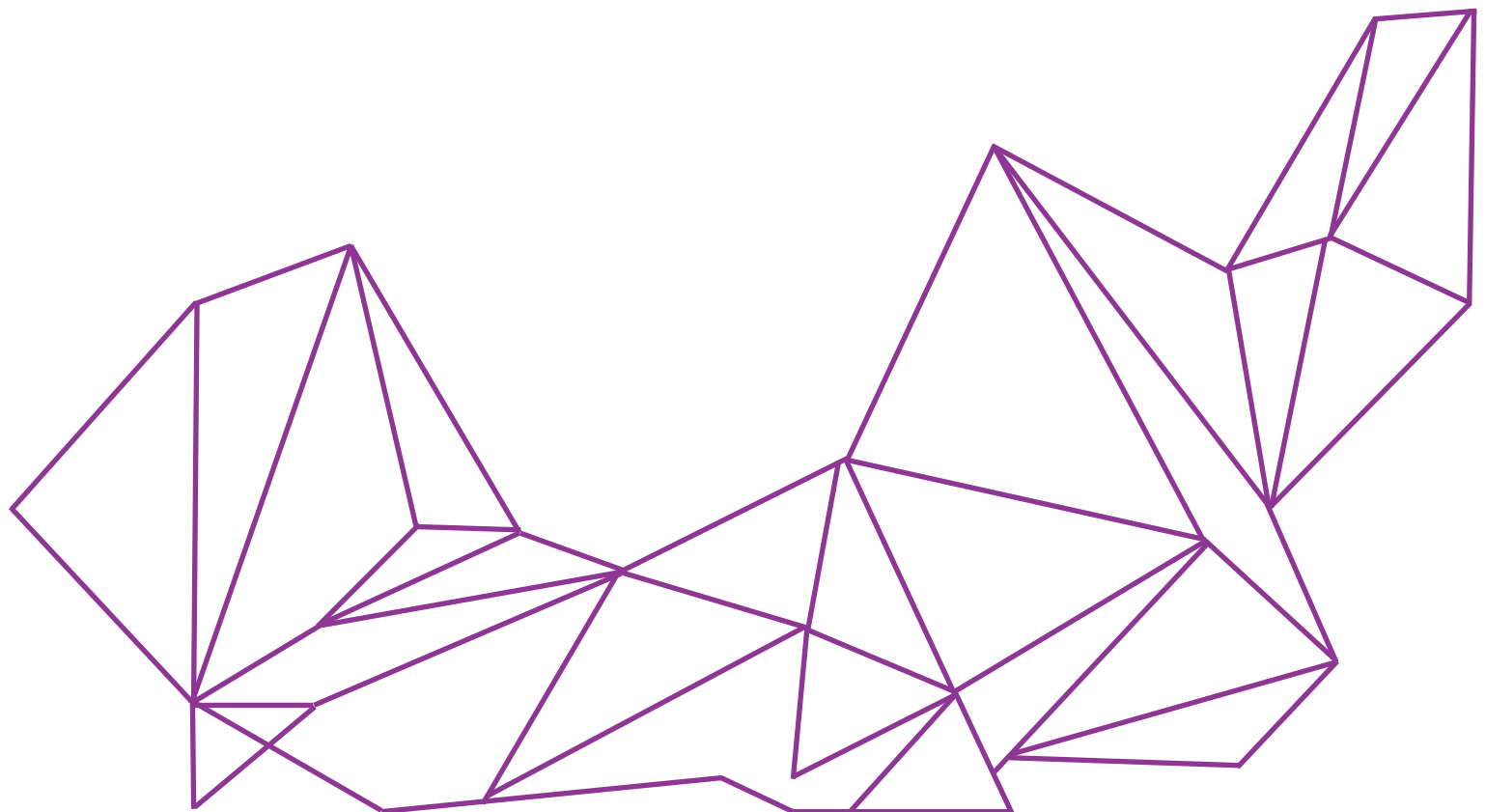
Bliss Healthcare Services
2901 Curry Ford Rd, Suite 106
Orlando, FL 32806
407.203.5984
Email: Rortiz@blisshs.com

Dr. Brenda M. Barry, M.D.

930 Lake Baldwin Lane
Orlando, FL 32814
407.898.1500 Ext. 10
Email: WomenCare@cfl.rr.com

*Accepts most insurances. Does not
take minors. Letter required. Physician
that will supervise HRT,
OB/GYN, (Estrogen for MTF).*

*Physician that will supervise HRT.
(Testosterone for FTM)*





Education/Community Support

LGBT Welcome Center

St. Petersburg, 727.201.4925
Email: ChrisR@metrotampabay.org
lgbtwelcomecenter.com

Metro Wellness & Community Center St. Petersburg Location

727.321.3854
Email: Info@metrotampabay.org
www.metrotampabay.org

Tampa Location:

813.232.3108

Pasco and Hernando Location:

727.494.7625

Transgender & Crossdressers: Phi Epsilon Mu

Transsupportfl.com

T-Network, Part of the Orlando LGBT Chamber of Commerce

321.800.3946
Email: gina.duncan@me.com
mbaorlando.org

Southern Comfort Conference (SCC)

Email: Christy@sccatl.org
southerncomfortconference.org

OneOrlando Alliance

Email: info@oneorlandoalliance.org

Youth Services

Zebra Coalition

407.228.1446
Email: info@zebrayouth.org
www.zebrayouth.org

Facebook: www.facebook.com/zebracoalition

PFLAG Orlando: Parents, Family & Friends Support

Email: pflagorlando@yahoo.com
www.pflagorlando.org

Community Resources

Aging Support

The Center, Orlando

Email: director@thecenterorlando.org

www.thecenterorlando.org

Veteran Services

Keri K. Griffin-Edenfield LCSW, CAP

Orlando Veterans Administration

Medical Center (Veterans Only)

Orlando, FL

407.621.2622

Email: Keri.Griffin@va.gov

Veterans Readjustment Counseling Services

Elisabeth Jackson

Orlando, FL

407.857.2800

Email: Elisabeth.Jackson3@va.gov

Interactive Online Veterans Shared Experiences

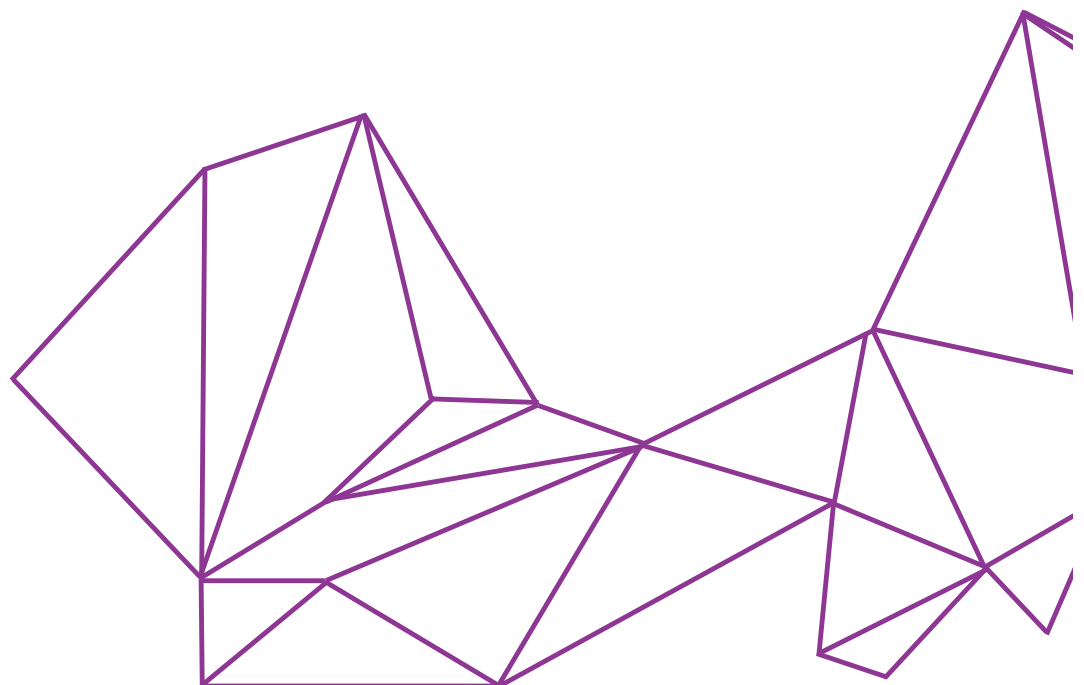
www.maketheconnection.net

American Veterans for Equal Rights

Email: info@aver.us

718-849-5665

Aver.us



UCF LGBTQ+ Services



Gender Expression

Vocal Coaching

Barbara Oliver M.Ed. CCC/SLP, Speech Pathologist

(Voice and Communication Training)
St. Petersburg, FL
727.418.3065
Email: babz1948@gmail.com

Ritzy Rags

(Wigs, Breast Forms, Cosmetics)
Orlando, FL
407-897-2117
Email: ritzyragsemail@aol.com
www.ritzyrags.com

Hair & Makeup

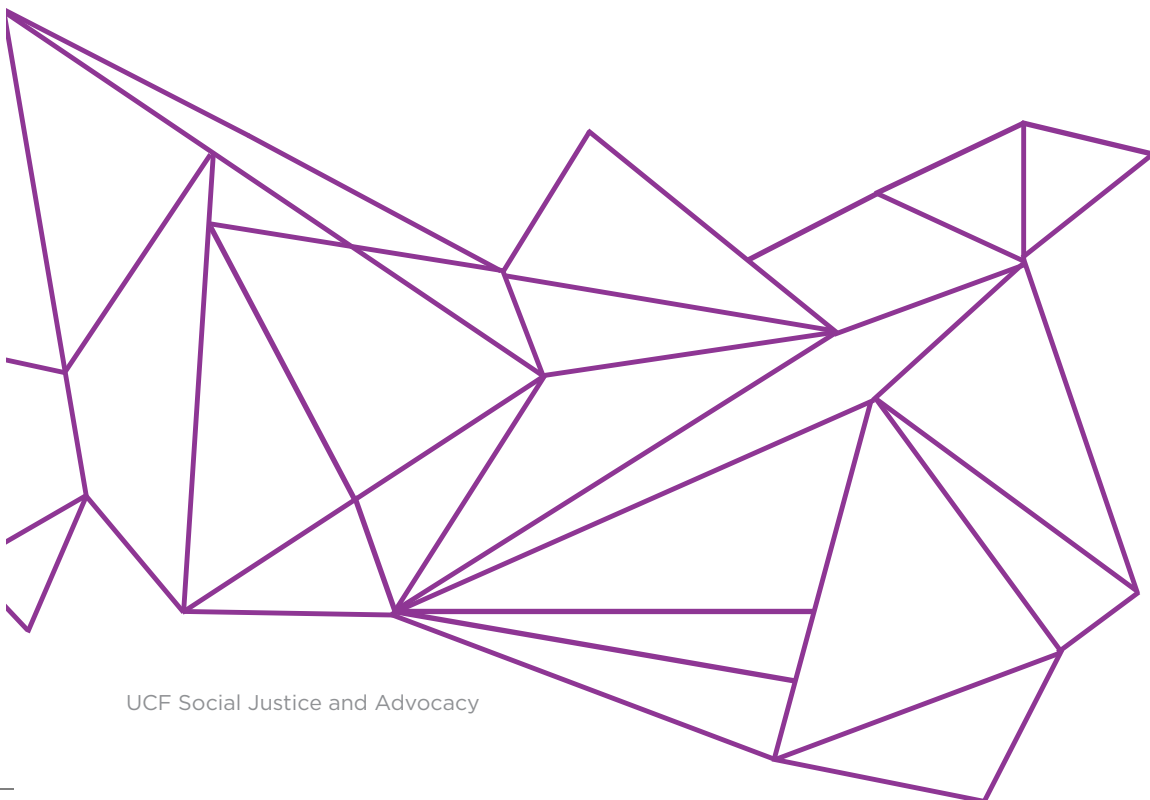
Wigs & More
(Trans Owned)
Port Charlotte
941.979.9999
Email: debbiebarry@gmail.com
www.wigsanmore.com

Vicki McLoughlin

(Mary Kay Cosmetics)
Orlando, FL
321.544.5579
Email: vickimc05@aol.com

Wig Villa

St. Petersburg, FL
727.823.3100
Email: wigvilla@verizon.net
www.wigvillaonline.com



FOR MORE INFORMATION:

 SJA.SDES.UCF.EDU

 SJA@UCF.EDU

 407.823.0401

UNIVERSITY OF CENTRAL FLORIDA

DIVISION OF STUDENT DEVELOPMENT AND ENROLLMENT SERVICES

SOCIAL JUSTICE AND ADVOCACY

LGBTQ+ SERVICES

STUDENT UNION 207

P.O. BOX 163230

ORLANDO, FLORIDA 32816-3230