

2023-2024

# TRANS



# UCSB

A guide to community and transition



wellbeing  
UC SANTA BARBARA

resource center for  
**SEXUAL & GENDER DIVERSITY**  
UNIVERSITY OF CALIFORNIA SANTA BARBARA

# Introduction

Welcome to Trans@UCSB, a navigational guide for trans\* and gender diverse students at UC Santa Barbara. This collection of resources, recommendations, referrals, advice, and step-by-step instructions is intended to help students navigate gender exploration and transition on our campus.

The term “trans\*” is used frequently throughout this document as an umbrella term for transgender, transexual, nonbinary, gender non-conforming, gender questioning, and gender curious individuals. While we use this word to reference the shared experience of gender exploration, we encourage students to utilize this guide regardless of identity. We would also like to acknowledge that the process of transitioning varies widely by person. If, when, how, and why you decide to transition is completely up to you. Whatever your process looks like, your experience is valid and welcomed here at UCSB!

To best navigate this document, we recommend using a computer.

To see what topics are covered, you may refer to the table of contents. Clicking on a title will redirect you to that section. We also suggest using the Ctrl+F shortcut to search for keywords.

UCSB staff are here to provide support and guidance throughout your journey. If you have any edits, suggestions, resources requests, or unanswered questions, please reach out to the Health Equity Advocate at [equity@sa.ucsb.edu](mailto:equity@sa.ucsb.edu).

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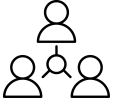
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# Support + Community

Social and emotional health is incredibly important for all students. It is easy to feel isolated and overwhelmed while adjusting to a new environment and academic system, especially when simultaneously navigating personal identities. Community involvement is a wonderful way to form support networks and access resources. This section covers some ways to find gender-affirming support and community at UCSB!



## Community & Social Spaces

### [The Resource Center for Sexual and Gender Diversity \(RCSGD\)](#)

The Resource Center for Sexual and Gender Diversity (RCSGD) serves as UCSB's LGBTQIA+ center, and is located on the 3rd floor of the Student Resource Building. The RCSGD exists to ensure that LGBTQIA+ students have the support they need to succeed at UC Santa Barbara. They are dedicated to improving the lives of trans\* students, staff, and faculty on and off campus through programming, advocacy, and community support.

The RCSGD has a physical space where students can study and spend time between classes, a computer lab with free printing, free snacks, free safer sex and menstruation supplies, and a whole lot of resources! Check out [their website](#) to learn more about what they do.

### [RCSGD Staff](#)

The RCSGD's career staff team offers one-on-one support to students on a variety of topics including legal name and gender change, campus advocacy, discrimination, LGBTQ community needs, resource referral, student organizations, and more. [Click here](#) to schedule a meeting! The RCSGD also offers confidential resources for those who have experienced interpersonal violence. For contact information, visit their [website](#).

### [RCSGD Events](#)

The RCSGD hosts [50+ events each quarter](#), many of which are trans-focused! Check out the [RCSGD on Shoreline](#) to register for upcoming events and to sign up for their newsletter. Also, don't forget to follow them on [Instagram](#) and [Facebook](#) to stay up to date.

If you have feedback or ideas about trans\* centered programming at UCSB, please fill out this [Trans\\* Feedback Form](#). You can also reach out to the RCSGD's Trans\* Empowerment Coordinator at [trans@sa.ucsb.edu](mailto:trans@sa.ucsb.edu) with any questions!

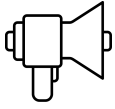
## Local Events

Here are a few other events that are popular amongst QT communities on and off campus:

- [Residence Hall Events](#)
  - The three [LGBTQ+ Living Learning Communities](#) host multiple events each quarter. If you live in an LLC, make sure to keep an eye out for emails and messages from your RA and join your residence hall group chat if applicable. This is an easy way to get involved and meet your neighbors!
- [Student Org Events](#)
  - Many LGBTQ+ student orgs such as Out in STEM (OSTEM) and Queer and Trans Community (QTC) host regular meetings and special events throughout the year. Join a group on [shoreline](#) or follow them on Instagram to see what they have planned!
- [Rocky Horror Picture Show](#)
  - Each quarter, Creatures of the Night Production Company hosts a showing of The Rocky Horror Picture Show with a live shadow cast at the IV theater. Keep an eye out on [IV Arts' instagram](#) for the next showing!
- [UCSB Pride Week](#)
  - Every spring quarter, UCSB's Trans and Queer Commission hosts a week full of pride-centered events to celebrate LGBTQIA+ students. [Follow their instagram](#) to see what they have planned this year!
- [Santa Barbara Pacific Pride Festival](#)
  - Every August, The Pacific Pride Foundation hosts the Santa Barbara Pacific Pride Festival at Chase Palm Park. The festival offers live entertainment, food trucks, booths, activities, and more!
- [Lisa's Place - Trans Social Group](#)
  - The Santa Barbara Transgender Advocacy Network (SBTAN) hosts weekly trans discussion groups in addition to some special events. Check out what they have going on at [Lisa's Place](#)!
- [Gay Santa Barbara](#)
  - Gay Santa Barbara is an instagram page that collects and posts LGBTQ+ events happening in the Santa Barbara area. [Follow them here!](#)
- [Glitter Brunch](#)
  - Wildcat Bar has a weekly daytime drag show on Sundays called [Glitter Brunch](#)! These shows sell out fast, so be sure to get tickets in advance.  
*This is a 21+ space.*
- [Queer Pop-Up Bar](#)



- One Wednesday every month, Gay Santa Barbara holds a gay/queer pop-up night at a local bar. The location changes monthly, so be sure to check their [Instagram](#) for the most up-to-date information. *This is a 21+ space.*



## Campus Involvement + Jobs

### [Working at the RCSGD](#)

The RCSGD employs 15+ students each year in a multitude of roles. These student staff positions help host events, develop new resources, guide students, and keep the RCSGD lounge up and running. Working at the RCSGD is a great way to get involved with community and build out your resume while still in school. Check out their [About the Student Staff](#) page to meet the current team. If you are interested in working for the RCSGD, keep an eye on their [Handshake page](#). The RCSGD conducts hiring for the next academic year starting in winter quarter and staff training takes place at the end of summer.

Here is a list of all current student staff positions (available positions may vary by year).

Undergraduate student positions:

- Outreach Coordinator
- LGBTQ+ Housing Coordinator
- Lounge Coordinator
- Office Assistant (OA)
- Marketing Coordinator
- QTBIPOC Empowerment Coordinator
- Trans and Nonbinary Empowerment Coordinator
- Indigenous Empowerment Coordinator
- Programming Assistant
- Education Coordinator
- LGBTQIA+ Wellness Coordinator
- LGBTQIA+ Housing Coordinator
- Monarch Intern

Graduate student positions:

- Graduate Assistant for Graduate Student Events
- Graduate Assistant for LGBTQIA+ Wellness
- Graduate Assistant for Education Initiatives

## [Volunteering at the RCSGD](#)

If you want to get involved at the RCSGD on your own time, consider joining their Volunteer/Mentorship Program. Volunteers can choose when, what, and how much they participate. They may help with tabling, button making, flier distribution, special events, group facilitation, and more. Check out [this page](#) to get started!

## [TQCOMM \(Trans and Queer Commission\)](#)

The Trans and Queer Commission, or TQCOMM, is an entity of UCSB's Associated Students (AS) dedicated to serving the LGBTQIA+ community on campus. TQCOMM provides funding and support for many of UCSB's major LGBTQIA+ events. They also host UCSB's Pride Week celebration every Spring! Reach out to TQCOMM if you want to [receive funding](#) for an event or [bring an issue](#) to the attention of student representatives. If you want to join the commission as a board member, keep an eye out for election announcements on their [instagram](#).

## **Student Organizations**

Student organizations are a great way to meet other queer and trans\* people on campus. Since these groups are student-run, their levels of engagement and activity may vary by academic year. Check out [this page](#) for a list of LGBTQIA+ student organizations at UCSB. If you would like to revive an LGBTQIA+ student organization, reach out to the RCSGD's [Program Coordinator](#) for help.

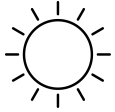
## **Online Communities**

There are a few online community spaces for queer and trans\* students at UCSB! Here's what they are and how to join them:

- [LGBTQ+ UCSB Discord Server](#) - This student-run server has many channels to chat, share events, plan meetups, and make friends. It is the largest LGBTQ+ chat at UCSB with over 500 members.
- [Transfem Discord Server](#) - This student-run server is a great place to get connected with trans-fem students at UCSB.
- [Trans@USCB GroupMe](#) - This chat is run by the RCSGD's Trans Empowerment Coordinator and offers a space for trans, nonbinary, gender non-conforming, or gender questioning students to get connected. It is also a great place to stay up to date on trans+ events, seek advice, and ask questions.
- The [RCSGD Instagram](#) regularly posts about queer community at UCSB!

## Living Learning Communities (LLCs)

[Living Learning Communities](#) (LLCs) provide the opportunity to live with other LGBTQIA+ students on campus! There are three LLCs for queer and/or trans\* students at UCSB. To learn more, check out the [housing section](#) of this document!



## Mental Health

### [Therapy - Counseling and Psychological Services \(CAPS\)](#)

UCSB's Counseling and Psychological Services (CAPS) provides free mental health services to enrolled UCSB students and has therapists equipped to support the trans\* community! CAPS primarily provides short-term therapy, but they can also help you find a long-term provider. Call CAPS at (805) 893-4411 for an intake appointment. To be paired with an LGBTQ+ clinician, indicate your interest in LGBTQ+ specific counseling during your intake.

### [Group Counseling/Support Groups](#)

CAPS currently runs three LGBTQ therapy groups.

- TransFormative - Support group for trans\* and nonbinary students
- True Selves - Support group for LGBTQIA+ students
- Inqueery - Support group for LGBTQIA+ graduate students

Check out which groups are currently active and how to sign up [on the CAPS website](#).

### **Trans and GNC Talks - Gender Discussion Group**

Trans and GNC Talks are a weekly discussion group facilitated by the RCSGD which offers a trans-run, community-based support option for trans\*, nonbinary, gender non-conforming, and gender questioning students. Trans and GNC Talks are a great place for students who are questioning their gender, thinking about transitioning, seeking resources, or wanting to spend time with other gender diverse folks! Check out the RCSGD on [Shoreline](#) for details and event registration. For questions email [trans@sa.ucsb.edu](mailto:trans@sa.ucsb.edu) or join the [Trans@UCSB group chat](#).

## Interpersonal Violence Support

Campus Advocacy, Resources, and Education (CARE) provides services for the prevention and intervention of sexual assault, relationship violence, stalking, and harassment. All services are free, confidential, and available to students, staff, and faculty of all identities. If you would like to speak to someone at CARE, you can make an appointment [here](#). If you need immediate assistance, please call their 24/7 emergency line at (805)893-4613.

CARE is a confidential resource, meaning they are not required to report any information to [Title IX](#) or the [Clery act](#). The RCSGD also has a confidential resource available, [click here to learn more](#).

# Social Transition

Social transition is an act or process in which a person changes the way they interact with or are viewed by others to align with their gender identity. Social transition is the most common form of gender transition due to its relative accessibility, but it is not a requirement to be trans. Social transition looks different for everyone. The aspects covered below are in no way an exhaustive or mandatory list. Please feel free to explore at your own pace and utilize these resources in accordance with your own comfort levels.

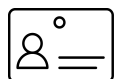


## Questioning and Gender Exploration

Exploring your gender identity is a common way to learn more about yourself and does not necessarily designate you as trans. That said, we welcome any student questioning their gender to enter our trans\* spaces so they have the support and resources to explore what gender means to them.

If you are unsure how you feel about your gender, try filling out this [Gender Exploration Worksheet](#) (please make a copy). If you are curious about gender expression, but aren't sure where to start, check out our [Beginner's Guide to Gender Euphoria](#).

If you would like to discuss gender with a licensed therapist, look into [CAPS'](#) short term counseling. If you would like to discuss gender with other trans\* and nonbinary students, consider attending [Trans and GNC Talks](#). For one-on-ones with trans\* advocates, reach out to the [Trans Empowerment Coordinator](#), [Associate Director](#) at the RCSGD, or [Health Equity Advocate](#).



## Name and Gender Change

### [Lived Name and Gender Change at UCSB](#)

The UC-wide [Gender Recognition and Lived Name Policy](#) requires UC campuses to use a student's lived name in all situations where legal name is not required. There also must be a minimum of three gender options (woman, man and nonbinary) on all university documentation. This policy should be in full effect by December 31st, 2023. If you encounter a department that is not in compliance after this date, please contact: [ennburke@ucsb.edu](mailto:ennburke@ucsb.edu).

[The RCSGD's Name and Pronouns Change page](#) outlines how to input your lived name into various campus systems. Please refer to [the Registrar's Name Page](#) to see what systems will list your lived name vs your legal name. Because there are so many different systems on our large campus, it may take some time and persistence to make sure your name and/or gender is consistent throughout all platforms. If you encounter any difficulty, please email [RCSGD@sa.ucsb.edu](mailto:RCSGD@sa.ucsb.edu).

Your lived name may be displayed on your diploma with proof of current use. Please refer to [this page](#) for more information. Additionally, alumni who have changed their name legally since graduating may request a [replacement diploma](#) for a fee.

If you encounter issues with professors or teaching assistants (TAs) using the wrong name, please fill out this [Name and Pronouns Advocacy form](#) to have the RCSGD reach out on your behalf!

## **Name and Gender Change (Legal)**

The RCSGD's career staff can help you file a legal name and gender change. They will provide the paperwork and walk you through the process. If you would like assistance with a legal name and gender change, please email [r CSGD@sa.ucsb.edu](mailto:r CSGD@sa.ucsb.edu). Please note, the RCSGD staff cannot give legal advice.

For an outline of what to expect, [this guide](#) by the Transgender Law Center provides a breakdown of the name and gender change process in California.

Once you have filed the paperwork and received confirmation of your legal name and/or gender change (official court document in the mail), please refer to the Registrar's [Preferred and Legal Name page](#) to update your name and/or gender in campus systems.



## **Pronouns**

The RCSGD's [pronoun page](#) provides a basic introduction to pronouns. You can download their pronouns poster in multiple languages to hand out or hang up wherever you need! The RCSGD also has free pronoun pins available in their lounge and at events.

If you would like someone to talk to your professors about your pronouns or provide pronoun education on your behalf, please fill out this [Name and Pronouns Advocacy form](#) or email the Trans Empowerment Coordinator at [Trans@sa.ucsb.edu](mailto:Trans@sa.ucsb.edu).



## Gender Neutral Facilities

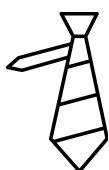
### All-Gender Restrooms

While there are currently gender-neutral restrooms in more than half of all campus buildings, we are constantly working to expand this number. Please refer to [this map](#) to find one closest to you!

### **Universal Locker Rooms at the Recreation Center**

The UCSB Recreation Center recently unveiled its new universal locker rooms. These three individual rooms are single-use and ADA-accessible with a toilet, sink, shower, bench, and diaper changing station. The rooms are available on a first come first served basis to anyone with a Rec Cen membership (automatic for students). These universal locker rooms are located at the end of the Rec Cen main entrance hallway, between the last squash court and the gendered locker rooms.

These locker rooms do not contain lockers. There are lockers available for rent in the mens and womens locker rooms and in the common space of the Multi-Activity Court (MAC). The Recreation Center is working to add lockers that would accompany the universal changing rooms.



## Gender Presentation

Gender presentation/expression usually refers to the way one presents their gender visually. This may or may not correlate with one's gender identity. While gender expression varies greatly from person to person, common aspects include hair, body shape, clothing, and accessories. One's voice, mannerisms, and the way they take up space may also play a role in how they present their gender to the world.

If you're just starting out with exploring gender expression, check out our [Beginner's Guide to Gender Euphoria](#).

### **Hair**

There are limited, explicitly trans-affirming salons and barbershops near UCSB due to our relative isolation from large cities, but we have found the following businesses to



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be fairly supportive. These recommendations cover a broad range of budgets and hair types; please look at the prices closely before booking an appointment. If you would like to add a shop to the list, email [trans@sa.ucsb.edu](mailto:trans@sa.ucsb.edu).

- [Shear Envy](#)
  - Located in Goleta/Santa Barbara
  - Basic cut price: \$40
- [The Edge](#)
  - Located in Goleta
  - Basic cut price range: \$40-60
- [Richie's](#)
  - Locations in Isla Vista and Montecito
  - Basic cut price range: \$35-55
- [TheOnlyAlloy](#)
  - Located in Isla Vista
  - Basic cut price range: \$30-45
- [Coastland Santa Barbara](#)
  - Locations in downtown Santa Barbara and Montecito
  - Basic cut price: \$50
- [Full Spiral Salon](#)
  - Located in downtown Santa Barbara
  - Specialize in curly and natural hair
  - Cut starting price range: \$250-450

## Gender-Affirming Product Library (GPL)

Gender-affirming products can be costly and are often only available to purchase online. It can be difficult to figure out what size, style, and brand to buy when you can't see the products in person. Our Gender Product Library offers an opportunity for students to see, touch, and ask questions about a wide variety of gender-affirming products. To view our Gender Product Library, [schedule a viewing appointment](#) with our [Health Equity Advocate](#). They can also help you choose what types, sizes, styles, and brands might be right for you. We want you to feel confident and excited about affirming your gender!

Refer to our [Gender Product Spreadsheet](#) to see what products we currently have available for viewing. Our items include binders, gaffs, shapewear, packers, penis prosthetics, breast forms, auto-injectors, prosthetic nipples, binding tape, tucking tape, padding, STPs, sex toys, wigs, and dilators. Items in the library are only for

reference/education and unfortunately cannot be taken home by students. You do not have to identify as trans\* to view this library.

## Gender Affirming Product Program (GAPP)

UCSB's Gender Affirming Product Program (GAPP) is a 5-year program funded by the [Student Fee Advisory Committee \(SFAC\)](#). This program aims to provide free gender-affirming products for trans\*, nonbinary, gender non-conforming, and gender questioning students who may have difficulty accessing these supplies on their own. If any obstacles (finances, logistics, safety, etc.) have prevented you from obtaining safe and effective gender-affirming items, please check out this [interest form](#). Applications will open at the start of each quarter (fall, winter, and spring) and will close once funds have been exhausted for that quarter.

*This program is scheduled to launch during the 2023-2024 academic year and may not be accepting applications at the time you are reading this. The [interest form](#) will open once GAPP has launched.*

## Binder Exchange Program

The RCSGD's Binder Exchange Program is a way for trans\* folks at UCSB to pass their binders on to students in need. If you are in need of a binder and can't afford to buy one, please contact the Trans Empowerment Coordinator at [trans@sa.ucsb.edu](mailto:trans@sa.ucsb.edu). If you no longer need your binder or have a binder that no longer fits you, please consider donating to this program so we can continue to provide free binders to students in need. Donations can be dropped off at the RCSGD front desk (3rd floor of the SRB) or coordinated with [trans@sa.ucsb.edu](mailto:trans@sa.ucsb.edu).

## Gender-Affirming Product Mini-grants

The RCSGD is able to provide mini-grants\* to students who cannot afford gender-affirming items. The RCSGD can also help if you are unable to safely order/receive a gender-related product without being outed or questioned. If you need help purchasing a gender-affirming item, please reach out to the RCSGD at [r CSGD@sa.ucsb.edu](mailto:r CSGD@sa.ucsb.edu) and specify what kind of help you need (financial, discretionary, logistical, etc.).

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\*Mini-grants must be awarded through the financial aid office and therefore, have the potential to minorly impact your existing financial aid. If you have concerns about financial aid impact, email [rcsgd@sa.ucsb.edu](mailto:rcsgd@sa.ucsb.edu).

## Voice Training

If you have UC SHIP and would like to see a licensed speech pathologist, please reach out to your primary care physician for a referral. Our recommended in-network licensed speech pathologists are Lisa Bolden at [UCLA](#) and Katherine Yung at [SF Voice](#). There are no in-network providers for UC SHIP in the Santa Barbara area but voice therapy is frequently and easily conducted via video chat.

If you would prefer a free option or want to avoid going through insurance, you can check out the voice training classes offered by the Los Angeles LGBTQ Center's [Trans\\* Lounge](#) every few months. Events are free, but you must register as a Trans\* Lounge member to access their calendar.

# Medical Transition

Medical transition is a process in which someone changes their body to better reflect their gender. Common forms of medical transition include hormone replacement therapy (HRT) and a variety of gender-affirming surgeries. Medical transition is less common than social transition as it is often more expensive, less reversible, and difficult to access. Medical transition looks different for everyone and is not a requirement to identify as trans\*. There are many ways to medically transition and all are valid. In fact, many trans\* people don't seek medical transition at all.



## Hormone Replacement Therapy (HRT)

Hormone replacement therapy (HRT) is the process of administering synthetic hormones to one's body. HRT may be used to supplement or replace hormone production in people of all ages and genders. There are two primary types of hormone therapy: Estrogen (feminizing hormones) and Testosterone (masculinizing hormones). Hormone therapy can help affirm one's gender identity, decrease feelings of dysphoria, and improve mental health.

Some informational resources from Student Health:

- [Gender-Affirming Hormone Therapy - SHS](#)
- [Estrogen and Androgen Blockers - SHS](#)
- [Testosterone - SHS](#)

If you are unsure if you want to start HRT and would like to talk to someone, consider scheduling an appointment with the [Health Equity Advocate](#) or attending [Trans and GNC Talks](#).

### HRT with UC SHIP

If you have UC SHIP (University of California Student Health Insurance Plan), getting on HRT is relatively easy and inexpensive. Through UC SHIP, most covered prescriptions, including HRT, cost \$5\*. To start HRT with UC SHIP, contact a gender care clinician through your [Student Health Portal](#) via the [gender health care button](#).

At your appointment, your Student Health gender affirming care clinician will discuss hormone options, administration methods, and a general timeline of effects. Once you and your clinician have settled on a method and dosage, they will write you a prescription. Your prescription should be available within the next day or two. If you pick up your prescription at the Student Health Pharmacy, \$5 will be charged to your BARC account marked as "Student Health Services," appearing the following month. This charge will not contain any medication information. You may also ask your clinician to send your prescription to a pharmacy of your choice.

\*Some specialty prescriptions, like brand medications with no generic alternative, do not fall under the \$5 prescription rule. For more information about what medications are covered and how much they cost, look at [UC SHIP's formulary](#) first, then Student Health's [price comparison sheet](#).

## HRT with Other Insurances

If you are seeking Hormone Replacement Therapy but don't have UC SHIP, your process will differ by insurance. You will likely be able to start HRT by talking to your primary care physician or getting a referral to an endocrinologist. You can search for endocrinologists or gender care physicians by calling your insurance's customer service line or using their online provider search system. While Student Health *can* provide care for students without UC SHIP, the student would be responsible for the *full cost of service* as no other insurances are accepted by SHS. To acquire gender-affirming care outside of Student Health, we often refer students to [Planned Parenthood](#) or the [Isla Vista Neighborhood Clinic](#). Both of these clinics accept multiple insurances and provide gender affirming care to the surrounding community.

If you have [Kaiser](#), please note that the closest Kaiser location is in Ventura, about an hour south of UCSB. Kaiser Permanente members can call the Transgender Care Line at 323-857-3818 Monday through Friday 7:30 am to 5:00 pm to speak to a nurse case coordinator. For information about benefits coverage, please contact Member Services at 800-464-4000.

If you have Medi-Cal and would like to receive services in Santa Barbara county, make sure to change your address with your [county office](#). In Santa Barbara and San Luis Obispo counties, Medi-Cal is administered by CenCal Health. You can find a CenCal provider directory [here](#) and their provider search page [here](#).

Additionally, the [Santa Barbara Transgender Advocacy Network](#) (SBTAN) has created a list of [trans-approved community resources](#) from doctors to dentists to therapists. While this is not an exhaustive list, it is a great starting point.

## Syringe and Needle Resources

### Acquiring supplies:

You can purchase syringes and needles from the Student Health Pharmacy or wherever you pick up your prescription. For local resources, refer to Pacific Pride's [Syringe Exchange Program](#) – call ahead to check if they have your needle size available. For contactless options, check out the [Trans Needle Exchange](#) to have free needles mailed to you.

### Needle Disposal:

Needles can NOT be thrown away with your regular trash. To dispose of your needles, you will need to use an official sharps disposal container. You can get a free sharps container from the Student Health Pharmacy. Santa Barbara county also has a [free mail-back needle disposal program](#) where you can get a free sharps container mailed to your residence (success with this program varies greatly).

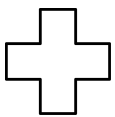
Once your sharps container is full, you will have to drop it off at one of the two *approved* drop-off locations below:

- Santa Barbara County Public Health Department, Franklin Clinic — 1136 East Montecito Street, Santa Barbara, CA, 93103
- Santa Barbara County Public Health Department, Santa Barbara Clinic — 345 Camino del Remedio, Santa Barbara, CA 93110

Student Health is *NOT* an approved drop-off location, please *DO NOT* attempt to bring a full sharps container to Student Health.

### *Injection Help:*

If you have a fear of needles or struggle with injections, talk to your doctor about setting up nurse injections or pick up a free shotblocker from the RCSGD front desk. If neither of these options work for you, you can look into purchasing an [autoinjector](#). To learn more about autoinjectors or to see one in person, book an appointment to view UCSB's [Gender Product Library](#).



## **Gender-Affirming Surgeries**

Gender-affirming surgery refers to any surgical procedure which may be used to make someone feel more comfortable with their body in a way that affirms their gender. Gender-affirming surgeries are not limited to the trans\* community, nor are they a requirement of transition. Some trans\* people do not seek surgery while others may undergo a number of gender-affirming surgeries over the course of their life. There is no one right way to use surgery in your gender transition!

### **Gender Affirming Surgery with UC SHIP**

If you're interested in getting a gender-affirming surgery using UC SHIP insurance, here are some steps to take.

# UC SANTA BARBARA

1. Check if your procedure is covered
  - a. Most gender-affirming procedures are covered under UC SHIP. You can find information about what gender-affirming surgeries are covered by UC SHIP on the UC SHIP Transgender Benefits Flyer. Find the most updated version on Student Health's [Trans Health Care page](#).
  - b. [Non-surgical procedures](#) such as electrolysis or laser hair removal are eligible for reimbursement rather than direct insurance coverage.
2. Get a referral
  - a. You *must* get a referral from your primary care physician before receiving any services outside of Student Health, including gender-affirming surgeries.
3. Acquire a letter of readiness
  - a. Your insurance and/or surgeon may require one or two letters from certified mental health professionals to approve your gender-affirming surgery. Under UC SHIP, any surgeries involving genitals or reproductive organs (bottom surgery, hysterectomy, etc.) require *two* letters and surgeries not involving genitals or reproductive organs (top surgery, FFS, etc.) require *one* letter. Please check with your surgeon's office about letter requirements before committing to a surgery date. Check out the [Letters of Readiness](#) section below for more details on how to get your letter(s) written.
4. Find a surgeon/provider:
  - a. If you want insurance to cover your procedure, it is important to select a surgeon that is in-network with UC SHIP. If your surgeon is an Anthem Blue Cross in-network provider, then your insurance will cover 80% after you have met your annual deductible. There are currently no in-network surgeons who offer gender-affirming surgeries in the Santa Barbara area which means you will likely have to travel. Here are a few ways to find an in-network surgeon:
    - i. Meet with a [social worker](#) at student health who can give you a list of providers, walk you through the approval process, and answer most insurance-related questions.
    - ii. Refer to UC SHIP's Transgender Provider list which can be found on [this page](#).
    - iii. Use your UC SHIP information to login to [Anthem's website](#) and use the provider search option to find possible surgeons.
  - b. Consider booking consultations with multiple surgeons to make sure you find the right fit. Once you find a surgeon that you trust and feel



comfortable booking with, the surgeon's office will collect any necessary paperwork and help you select a surgery date.

5. Cost and Payment:
  - a. Costs for gender-affirming surgeries vary widely by procedure, location, provider, and insurance coverage. It is difficult to get an accurate estimate of costs before surgery. Talking to your surgeon's office and the hospital/surgery center about estimated costs will help you prepare. If you anticipate difficulty paying for your procedure, refer to the [Medical Financial Help](#) section below.
  - b. Many surgeons/hospitals will require you to pay the estimated cost a few days before the surgery. Ask about a payment plan if needed. After surgery, your insurance may update the cost based on how the procedure went (complications, anesthesia, nausea medication, etc.) and any discounts you might qualify for. You could receive a partial refund or be asked to pay the difference depending on what adjustments are made.
6. Transportation:
  - a. Hospitals and surgery centers require you to have a designated driver before going through with surgery. This person will need to check you in, pick you up, and drive you home from surgery. Many hospitals will refuse your operation if you do not have a designated care person and will refuse to let you leave the hospital after surgery without that person present. Public transportation or rideshare services will not fill this requirement. If you can't find reliable transportation for your procedure, consider reaching out to the [Trans@UCSB group chat](mailto:Trans@UCSB).
7. Time off work or school:
  - a. If you can, plan your surgery during a school break or holiday. If you can't, consider asking for remote work/school options or giving a time frame for when you can return. You may need a doctor's note to prove medical need which your primary care physician or surgeon's office should be able to provide. [Contact DSP](#) if you will need school accommodations.
  - b. Time frames will vary but you can expect to return to light work after...
    - i. 6-8 weeks for bottom surgeries
    - ii. 2-4 weeks for top surgeries
    - iii. 2-3 weeks for facial surgeries

## Gender Affirming Surgery with Other Insurances

Covered procedures and approval processes may vary by insurance, but most of the above steps should still apply. To see what is covered, look for your insurance plan's

benefits catalog or call the phone number on your insurance card and ask about gender-affirming services. If you have a non-UC SHIP health insurance and would like help navigating gender-affirming surgery, please reach out to a [UCSB social worker](#) or our [Health Equity Advocate](#).

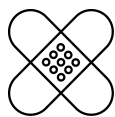
If you have more than one insurance, you may be eligible for double coverage on your gender-affirming surgery. If you have UC SHIP and another insurance, please note that UC SHIP will default to your *secondary insurance* anywhere outside of Student Health. If you pursue gender-affirming surgery with two insurances, your non-UC SHIP insurance will be billed *first* with the remaining bill being sent to UC SHIP. If you share insurance with your parents or family, they will likely be able to see that you are pursuing gender-affirming surgery. If you would like UC SHIP to be your primary insurance coverage, you will have to remove yourself from any other health insurance plans, including your parents'. To learn more about the details of double coverage involving UC SHIP, please email the health insurance team through your [Student Health portal](#).

## Letters of Readiness for Surgery

Insurance companies and surgeons often require one or two letters from a mental health professional to prove the medical necessity of a gender-affirming procedure. These letters certify that the patient has been diagnosed with gender dysphoria by a licensed clinician. We acknowledge that this system is an act of gatekeeping and can be invalidating for many trans\* people. Until systemic change can be made regarding this requirement, we try to ease the burden by providing easy and affirming channels for students to request these letters.

If you are seeking a consultation for a letter of readiness, please call CAPS at (805) 893-4411 and tell them you are seeking a letter for a gender-confirming surgery or procedure. You will be scheduled for a Brief Assessment phone call (10-15 min) with one of the clinicians, during which you can specify your wish for a letter consult. You will then meet with one of CAPS's letter-writing clinicians, who will follow WPATH Version 8 Guidelines for Surgery Readiness (the legal and ethical standard used by UCSB CAPS and other UC campuses). The letter-writing process typically involves two meetings with a clinician which will involve a structured clinical interview and at least one follow-up appointment. Once letters are written, they are the property of the student and typically considered valid for one year by most physicians (duration time can vary). CAPS has multiple clinicians equipped to write gender-confirmation letters meaning they can provide more than one letter if need be.

If you are seeking a letter for gender-affirming surgery and already have a therapist or psychologist who is supportive of your transition, you may ask them to write your letter. If they don't know what to write, please refer to [this guide](#).



## Gender-Affirming Procedures (non-surgical)

Some non-surgical gender-affirming procedures are handled differently by UC SHIP. In cases where the provider cannot bill your insurance directly, you will have to pay in full and submit a claim to be reimbursed. You have up to one year after the date of service to submit a claim.

To submit a UC SHIP claim:

1. Print and complete [this claim form](#).
2. Make a copy of the itemized bill/receipt(s) for hair removal services.
3. Make a copy of your referral (accessible from student health portal).
4. Mail those 3 items to the address provided on the claim form.

If you have questions about or need help with this process, please contact a [social worker at Student Health](#). For additional information about insurance or UC SHIP, contact the UC SHIP Insurance Office at [SHSinsurance@sa.ucsb.edu](mailto:SHSinsurance@sa.ucsb.edu) or through your [Student Health portal](#).

## Hair Removal

There are no *in-network* providers for electrolysis or laser hair removal in the Santa Barbara area, but students with UC SHIP can still get the procedure covered. To take this route, you will need a referral from a Student Health clinician. You will have to find a provider, pay for the procedure up front, then file a claim and submit the receipt to UC SHIP. You will be reimbursed for 80% of the cost after you meet your \$300 deductible.

Local recommended hair removal providers:

- Turner Medical Arts - Santa Barbara - 805-214-4217
- Evolutions Medical & Day Spa - Chapala St. - 805- 335-8546
- The G Spa & Laser Center - Santa Barbara - 805-682-4772

## Fertility Preservation

Similar to hair removal, fertility preservation is not billed directly to insurance and requires going through the claims submission process. You will need a referral from a Student Health clinician. Our recommended local provider is Dr. Allen with the [Santa Barbara Fertility Center](#). STI screenings are required.

Check out these educational resources if you are curious about fertility for [transfeminine folks](#) or [transmasc folks](#)!



## Medical Financial Help

Medical transition can be expensive! There are a few UCSB specific grants and relief funds that might help you afford surgery. If you are concerned about being able to pay for your surgery, reach out to a [UCSB social worker](#) or talk to your surgery center about payment plans/charity options.

## [Educational Opportunity Program \(EOP\) Grant](#)

The AS/EOP Grant funds can be used to meet unusual expenses incurred by members of UCSB's Educational Opportunity Program (EOP) for first-generation university students. To be eligible for the grant, a student must be [an EOP member, enrolled at least half time, and receiving need-based financial aid](#). Medical expenses, including gender-affirming care, not covered in full by a student's insurance can be covered by this grant. For medical procedures and appointments, EOP must pay the bill directly. For summer surgeries to be covered, the student must be enrolled in at least one summer session. Additionally, costs must be incurred within the current fiscal year (July 1st-June 31st) to apply.

To apply, students must make an appointment to see an EOP counselor. During the appointment the counselor will review eligibility and application requirements. If eligible, students will complete the application with the EOP counselor. Appointments may be scheduled on their website, by calling (805) 893-4758, or by visiting the EOP front desk in the Student Resource Building, Suite 221. We recommend starting your application as soon as you have an estimated cost. The application takes time to process and this grant tends to run out of funds by the end of the academic year.

## [Student Medical Emergency Relief Fund \(SMERF\)](#)

The Jack Canfield Student Medical Emergency Relief Fund (SMERF) provides grants to students with expenses related to medical, dental, psychological, and optical *emergencies*. For the purpose of this fund, a medical emergency is a condition, injury, or illness that poses a risk to a person's life, long-term health, or well-being and requires timely intervention. Prescription or medical care costs related to ongoing, non-emergency conditions are NOT Covered. Gender-affirming surgeries have been covered in the past, but must be evaluated on a case-by-case basis. [Apply here!](#)

## [Campus Medical Care Assistance Fund \(CMCAF\)](#)

CMCAF exists to provide financial assistance, in the form of a grant, to UC SHIP students and enrolled dependents who are experiencing significant out-of-pocket medical expenses due to an *unforeseen* medical emergency. Grants may be requested for a minimum of \$500 up to the student's out-of-pocket maximum of \$6,600. If awarded, the student is encouraged to consult a tax professional.

Students can [apply here](#) at any time as long as they meet these eligibility requirements:

- Good financial standing (no UC student account balance)
- Medically necessary service (listed on the [CMCAF FAQ](#))
- Already acquired the service
- *Must have exhausted all other means of payment* with proof of applying for Charity Care with the medical provider of service (copy of provider response required).

## [Equity in Mental Health Fund \(EMH\)](#)

The EMH fund at UCSB is specifically intended to address the financial barriers which prevent students from accessing mental health resources. Some examples of costs associated with Mental Health include assessment & testing, medications, and co-pays that are not already covered by insurance. Other expenses related to accessing needed mental health services & supports may be considered. If you would like to be considered for this fund source in particular, please indicate "Mental Health" on the SMERF application under Type of Emergency.

## [Community financial Fund \(CFF\)](#)

CFF is a student-run organization and part of Associated Students. They promote financial literacy awareness and educate students on various personal finance topics. Their mission is to provide valuable knowledge to prepare students to become financially literate during college and maintain a lifetime of financial well-being.

The CFF grant is not need-based. All UCSB undergraduate students are welcome to apply. Each student applicant is eligible one time per fiscal year (from July 1st-June 30th). To apply, students must attend one of the quarterly Financial Literacy Workshops presented by members of the CFF Board. Workshop attendees who pass the post-workshop quiz and submit a qualifying one-page essay addressing the workshop prompt will be eligible for a \$200 grant, processed through the Office of Financial Aid. There will be a quarterly cap on funds distributed to ensure students applying later in the year have the same access to the grant as students who apply at the beginning of the year. Sign up for a quarterly workshop [here](#).

## [LGBTQIA+ Scholarships and Internships](#)

Here is a list of [scholarships and internships](#) compiled by the RCSGD. While these forms of assistance are not specifically medical, some of these funds may be used for medical costs or to ease other financial burdens.



## **Advocacy and Navigation**

### [Health Equity Advocate](#)

If you need help with access or navigation regarding healthcare, health insurance, gender transition, gender-affirming products, medical discrimination, or any other health equity concern, reach out to UCSB's Health Equity Advocate. The HEA can answer questions, provide one-on-one support, help with system navigation, refer you to resources, and advocate on your behalf across campus. Schedule a [30-minute](#) or [50-minute](#) meeting via Shoreline or email at [equity@sa.ucsb.edu](mailto:equity@sa.ucsb.edu). The Health Equity Advocate also runs the [Gender Product Library](#) — an educational resource for students interested in gender-affirming products. You can book a Gender Product Library viewing appointment [here](#).

## Social Worker

If you have unanswered questions or need assistance in navigating UC SHIP, you can schedule a meeting with a social worker at Student Health. Shereen Barr (she/her) is our main contact for questions about trans\* healthcare coverage under UC SHIP. She can help with questions about insurance coverage, provide a list of in-network providers/surgeons, and explain how to obtain pre-authorization for surgeries. She can also refer you to other health insurance resources as needed and facilitate communication between you and UC SHIP.

There are two ways to schedule a meeting with Shereen – no need for a referral:

Student Health Portal:

1. Login to [SHS portal/gateway](#)
2. Go to "Messages"
3. Click "New Message"
4. Click "Student Health Service"
5. Click "Message your Mental Healthcare Provider" under the "Mental Health" section
6. Repeat step 5 for following page
7. Click "Select Recipient"
8. Find Shereen Barr and send her a message
9. Subject could be "Trans Healthcare Insurance Questions" or whatever else you might need

Phone:

1. Call Behavioral Health Office Manager at 805-893-3371
2. Request an appointment with Shereen Barr

## **Trans Empowerment Coordinator**

The Trans Empowerment Coordinator is an RCSGD student staff position dedicated to empowering and advocating for trans\* and nonbinary students. They facilitate trans\* friendly spaces and events through the RCSGD and provide one-on-one support for trans\* students. If you would like to discuss gender, coming out, trans\* resources, event ideas, or any other trans-related questions, you can email them at [trans@sa.ucsb.edu](mailto:trans@sa.ucsb.edu).

## Healthcare Experience Feedback

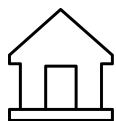
If you have encountered obstacles, discrimination, or other negative experiences while obtaining or attempting to obtain healthcare on UCSB's campus, please fill out this [feedback form](#). Health inequity refers to any experiences, in the context of healthcare, that make an individual feel uncomfortable, concerned, ignored, uncared for, or discouraged from receiving further/future care. Things to report here may include misgendering, deadnaming, medical bias, refusal to treat, provider's use of harmful stereotypes, inaccessibility of care, website/online/promotional inaccuracies, discrimination due to identity or appearance, or any other form of health discrimination you may encounter while pursuing healthcare at UCSB. Feedback may pertain to Student Health, CAPS, Health and Wellness, or any other health related campus entity.

If you wish to provide feedback directly to Student Health Services, check out their [Patient Feedback Page](#).



## Basic Needs

Due to the impacts of discrimination and systemic oppression, trans\* individuals often have limited access to basic needs like housing and food. This section outlines some of our campus' basic needs resources, specifically as they pertain to obstacles commonly faced by trans\* students.



## Housing

The Isla Vista/Goleta/Santa Barbara area is extremely housing impacted. It can be difficult to find any housing, let alone housing that is trans-friendly. This section covers a few of the LGBTQ+ housing options in the area; check out the RCSGD's [housing page](#) for more information. If you need help finding trans\*/queer-friendly housing or have any questions regarding the housing process, please reach out to the Queer and Trans Housing Coordinator at [qthousingcoordinator@sa.ucsb.edu](mailto:qthousingcoordinator@sa.ucsb.edu).

### On Campus Living Learning Communities (LLCs)

Living Learning Communities (LLCs) provide a unique and engaging community experience through cultural, identity, or academic themes. There are three LLCs for queer and/or trans\* students at UCSB. To apply for an LLC, you will specify which LLC you are interested in from a drop-down list when filling out your UCSB housing contract application. If you encounter an unsafe situation in university housing (including transphobic/homophobic roommates or other hostile environments), please talk to your RA as soon as possible. If you are not comfortable talking to your RA, feel free to contact any other housing staff member (e.g. Assistant Resident Director or Resident Director) or the [Queer and Trans Housing Coordinator](#).

- Sex and Gender Expansive (SAGE) Community
  - Location: [San Nicolas Residence Hall](#)
  - This is a residence hall centered around students with gender experiences beyond the traditional binary of cisgender man or woman, including but not limited to: transgender, nonbinary, gender non-conforming, agender, gender queer, gender questioning, intersex, medically transitioning, and other gender expansive identities and experiences. SAGE also welcomes students who are part of the LGBTQIA+ community and/or are committed to gender equity and to centering the experience of gender and sex expansive community members. The SAGE community is located in the San Nicolas residence hall.
- Rainbow House
  - Location: [Manzanita Village](#)
  - This is a residence hall option for students who are LGBTQIA+. This is a space to develop, foster, and explore identity as well as get connected to LGBTQIA+ resources inside and outside of the Rainbow House. This is first and foremost a space for LGBTQIA+ identified individuals to feel safe and to prosper.

- Lavender Living
  - Location: Gibraltar Village in the [Santa Ynez Apartments](#)
  - This is an apartment option for students who are LGBTQIA+ (not available for 1st or 2nd years). This is a space to develop, foster, and explore identity as well as get connected to LGBTQIA+ resources inside and outside of the Lavender Living LLC. This is first and foremost a space for LGBTQIA+ identified individuals to feel safe and prosper.

## On Campus Gender Inclusive Housing

If you are interested in gender inclusive housing options on campus, please fill out this [Gender Inclusive \(GI\) form](#). This form is your opportunity to tell the QT Housing team what living situation and roommate pairing would make you the most comfortable. It is recommended that all trans\* students at UCSB interested in on-campus housing fill out this form, even if they are not interested in a roommate matching process, as it helps the QT Housing team provide resources to trans\* students.

## Off Campus Housing

- [Newman House](#)
  - Newman House is an LGBTQ+ housing co-op in Isla Vista which may be recognized by its bright murals and plentiful pride flags. Newman endeavors to create a safe and supportive environment for students of the LGBTQ+ community and foster a welcoming community for all. Newman House has nine separate apartments (six 2-bed 1-bath units and three studios) but maintains many aspects of communal living. The fire pit in front, gardens, composting system, and mural paintings on Newman's walls allow members to be creative and communal. There is a house charge for Newman's 27-30 residents which covers laundry, parking, water, trash, gas, electricity and cable internet. Unlike the other Isla Vista co-ops, there is no meal plan for the Newman building, but members may participate in house potlucks.
- For more general housing options, check out this rental advice page from [Campus Housing](#).

## Rapid Rehousing

If you find yourself in an unsafe living situation or are under threat of losing your housing, please reach out to the UCSB basic needs team for [rapid rehousing resources](#).



## **Food**

### UCSB Food Resources

UCSB has many resources available to make sure students are food secure. Check out the [basic needs page](#) to learn about the A.S. Food Bank, CalFresh advocates, cooking classes, and more!

### CalFresh - Preferred Name

CalFresh is a federally funded nutrition assistance program so a legal name is required to apply. However, the application has a section where you can provide a "preferred name". This name would be seen on your CalFresh documents and by your case worker. If you have any questions about the application process, reach out to a UCSB [CalFresh advocate](#).

### CalFresh - Name Change

If you've completed a legal name change, there are two ways to update your CalFresh account. Proof via official documentation is required for both:

1. Through UCSB - Reach out to [thrive@ucsb.edu](mailto:thrive@ucsb.edu), explain that you have legally changed your name and attach documented proof (court order or official gov documents). They will send it over to the county to process (takes anywhere between 1-7 business days) and the assigned case worker will call you to verify the information. The changes should be reflected soon after.
2. Through Santa Barbara County - Submit a change of information form to the Benefits Service Center through [DSS Octopus](#) – the county's secure document system. Include your name change documents with your submission and follow up with a phone call to the Benefits Service Center once it is uploaded to verify receipt of documents (1(844) 289-4682, menu option 3). The form should be processed in roughly 1-7 business days.

## Snacks

- 'Healthy Snack Stations'
  - Snacks can be found throughout the Student Resource Building in "Healthy Snack Stations" provided by UCSB Basic Needs and UCSB's promise scholars. Just remember to scan the QR code if you take a snack so they can continue to provide this great resource!
- [Fresh Fruit Stations](#)
  - Fresh fruit can be found in stations around campus provided by Health and Wellness.
- [RCSGD](#)
  - If you want to make a cup of tea or heat up your lunch, the RCSGD in the Student Resource Building (SRB) has a hot water station, fridge, and kitchenette available for student use. They also have snacks available at events and host quarterly community dinners for trans\* students and QTBIPOC students.

# General Info and Reference

Couldn't find what you were looking for? Check out some of our remaining resources below!



## Campus Policies

[Gender-Inclusive Facilities 2015](#)

[UC-wide Gender Recognition and Lived Name Policy](#)

[Discrimination, Harassment, and Affirmative Action in the Workplace 2018](#)

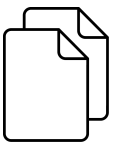


## Bias Incidents

If you experience discrimination, hate, or violence on/near campus pertaining to your gender identity or presentation, please consider filing a [bias incident report](#). You may submit a bias report for yourself or on behalf of the impacted party. You have the right to remain anonymous if you choose.

If you would like to walk through the reporting process with a staff member, please reach out to the RCSGD at [RCSGD@sa.ucsb.edu](mailto:RCSGD@sa.ucsb.edu).

If your bias incident is related to healthcare or health entities on/near campus, please fill out the [healthcare experience feedback form](#) or contact the [Health Equity Advocate](#) to discuss advocacy needs or reporting options.



## Resources and Shareables

[Queer Trans Health Pamphlet](#)

[RCSGD Pamphlet](#)

[Gender Euphoria Guide Poster](#)

[Gender Euphoria Guide Zine](#)

[Pronouns Posters](#)

- [English](#)
- [Spanish](#)
- [Mandarin](#) and [Mandarin Pronouns FAQ](#)
- [French](#)

[Trans and Nonbinary Sex Ed Presentation](#)



## FAQ

- How do I start HRT at UCSB?
  - [See HRT section above for more details.](#)

- How do I get gender affirming surgery?
  - [See gender-affirming surgery section above for more details](#)
- How do I get electrolysis/laser hair removal?
  - [See hair removal section above for more details](#)
- What if I have two insurances?
  - If you have UC SHIP and another insurance simultaneously, UC SHIP will default to your *secondary insurance* anywhere outside of Student Health. This means that your other insurance will be billed *first* before the remainder is sent to UC SHIP. If you would like UC SHIP to be your primary insurance coverage outside of Student Health, you will have to remove yourself from any other health insurance plans, including your parents'. To learn more about the details of double coverage involving UC SHIP, please call the Student Health Insurance Office at (805) 893-2592, or email them through your [Student Health Portal](#).
- Can my parents see my prescriptions or what medical treatment I get?
  - Due to FERPA and HIPAA guidelines, UCSB's Student Health Services cannot disclose your private medical information without your express permission. Unless you have signed a release of information or have otherwise given express permission for your medical information to be shared, your parents should not be able to access any of your health info. If your parent makes BARC payments, any prescriptions or services charged to your BARC account will be displayed only as "Student Health Services". If your parents' address is listed as your home address with the University, bills, prior authorization notices, or other health insurance related mail may be sent to that address. If you are listed on your parents' or guardians' health insurance, the account owner may be able to access your billing and claims history.
- Can my parents see if I change my lived name in GOLD?
  - It depends. For the most part, as a college student and adult, your parents have little access to records stored by the University. However, if you have granted your parents access to one of UCSB's systems or send them documents from UCSB that may have your name listed, it is possible they will see your lived name. Please check the table on [this page](#) to see which names will/can be used in different campus systems.
- How can I get help purchasing a binder or other gender-affirming product?
  - For binders, check out our [Binder Exchange Program](#) which provides free, gently used binders to students in need.
  - For other gender affirming products, check out our [Gender Affirming Product Program](#) or reach out to our [Health Equity Advocate](#).



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- What if I have a question that isn't answered here?
  - For community, advocacy, and one-on-one support, reach out to the RCSGD's [Associate Director or Director](#).
  - For general information, resources, or questions regarding LGBTQ+ support and on-campus resources, email [RCSGD@sa.ucsb.edu](mailto:RCSGD@sa.ucsb.edu).
  - For gender transition and health related questions, email the [Health Equity Advocate](#).

## Trans\* Glossary

If you encounter any terms you are unfamiliar with related to gender identities or trans\* experiences, please refer to our trans\* glossary. Due to its length, it is best accessed as a separate document. Please click the link below!

 [Trans\\* Glossary](#)

# UC SANTA BARBARA

resource center for  
**SEXUAL & GENDER DIVERSITY**  
UNIVERSITY OF CALIFORNIA SANTA BARBARA

wellbeing  
UC SANTA BARBARA