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## **HEALTH & WELLNESS**

### University Health Services

University Health Services (UHS) provides a welcoming, safe environment for all students and is dedicated to LGBTQA inclusion in all of its services. Students will find that UHS is very sensitive to LGBTQA issues. UHS provides services to all Princeton University students without additional charge regardless of their insurance coverage. For information about services for domestic partners and children, please call 258-3129. Some of the services provided are listed below.

### Health Promotions & Wellness Services

Professional health educators work collaboratively with students and other members of the Princeton University community to promote an environment that fosters the development of healthy behaviors. A wide range of personal and community health issues are addressed, including nutrition and eating concerns, alcohol and other drug abuse, sexual health and relationship issues, physical illness, stress, depression, and anxiety. Certified health education specialists are available to meet one-on-one with students to discuss their health concerns, answer questions, and explore ways to create a healthier lifestyle.

### Sexual Health & Wellness Services

Located on the first floor of the McCosh Health Center, Sexual Health & Wellness Services provides confidential services for all students seeking information about LGBTQA health; STIs; HIV/AIDS; safer sex practices; birth control methods; preconception/contraception counseling; general sexual health care; pregnancy option counseling; and initial prenatal care with community referrals. Sexual & Wellness Services is staffed by physicians, nurse practitioners, gynecologists, and a health educator who provide education, counseling, testing, and general health care for individuals and couples in an open nonjudgmental atmosphere. Sexual Health & Wellness Services also has monthly drop-in hours for LGBT students. Please see the LGBT Center Calendar for specific times.

## Counseling & Psychological Services

Counseling & Psychological Services offers personal counseling and group therapy as part of their psychotherapy program for LGBTQA and questioning students. Staff members participate in ongoing discussion of sexual orientation issues as they affect clinical work with students and identify particular staff members who have a special interest or background in working with sexual orientation issues. The center maintains a referral list and referral guide to aid students seeking psychological services in the outside community. For more information, call 258-3285.

## SHARE (Sexual Harassment/Assault Advising, Resources and Education)

Located on the second floor of the McCosh Health Center, SHARE's services are available to students, staff members, and faculty who have experienced sexual assault, sexual harassment, or harassment based on sexual orientation. The SHARE counselors provide confidential counseling, advice, and support, and, depending on the circumstance, will work with you as an advocate to make a complaint to the appropriate University officials. Coming to the SHARE office for advice does not constitute reporting an incident, although this option is available should the individual choose to do so. The SHARE office provides confidential counseling and advocacy and 24-hour emergency services and coordinates the University response to sexual assault. (Refer to the pamphlet, "What Students on Campus Should Know About Sexual Assault.") For more information, call 258-3310.

## Hormones and Surgery Coverage

The University's Student Health Plan (SHP), which is available to all students, offers coverage for hormone therapy and gender confirmation surgery. If you are not covered by the University-sponsored plan, and are covered by a family member's health plan, then you will need to check specific guidelines of coverage. In addition, the University Health Services (UHS) does not provide prescriptions for hormone treatments. However, UHS clinicians are able to dispense hormones with prescriptions from treating medical providers. For a list of medical providers who have seen trans students and employees in the past, please see the list below.

## Counseling

Trans people see therapists for both trans and non-trans related topics. Although you do not have to see a counselor who is a gender identity specialist, someone who specializes in gender may be more likely to be trans-inclusive, friendly, and knowledgeable about trans-related issues and concerns. For general referrals, students may go to UHS' Counseling and Psychological Services (CPS), and staff and faculty may reach out to Care-bridge, consult their health plan provider list, or even seek a referral-related consultation through UHS. However, if you are looking for someone who is knowledgeable about and specializes in gender identity, below are a few providers in the area that students or staff have recommended in the past. If you are aware of someone we have not included who is nearby and/or easily accessible by public transportation, please let us know.

For those who are seeking hormones or surgery, it is important to note that some physicians will not help you begin the medical/physical component of transitioning unless you are also in active consultation with a therapist. Contact Judy Jarvis at the LGBT Center for a list of area practitioners.

**The Institute for Personal Growth**, or IPG, is a counseling and psychotherapy group in New Jersey and New York City. Its staff have been pioneers in the fields of gender and sexuality therapy, and a large proportion of their counselors are non-heterosexual and gender-nonconforming. For more information and to schedule an appointment visit: <http://www.ipgcounseling.com/lgbt/other/transgender-spectrum>.

**The Mazonni Center** is the only LGBT-specific healthcare provider in the Philadelphia region. For more information, visit <http://mazonnicenter.org/>.

The Mazonni Center's trans-specific services include but are not limited to: counseling and support groups, legal services, hormone therapy, primary medical care and referrals, and laser hair removal. For more information on their trans-specific services, visit: <http://mazonnicenter.org/content/trans-care-mazonni-center>.

**The LGBT Community Center** in NYC offers short-term individual and group counseling, extensive referrals to more intensive, LGBT-friendly mental health services, and referrals to private therapists in NYC through their Center Care program. For more information call 646-556-9300 and ask to speak with a Center CARE counselor or visit: <http://www.gaycenter.org/health/mentalhealth/services>.

The Gender Identity Project is an initiative at the LGBT Community Center. They offer monthly support groups that you can attend on a drop-in basis. Groups include the Femi-

nine Spectrum, Masculine Spectrum, Trans Families and Friends, and several trans-related groups for Spanish-speakers. For more information visit:  
<http://www.gaycenter.org/health/groups#gip>.

**Tracey L. Post** (MSW, LCSW) is an AASECT certified sexuality therapist and gender specialist. The former director of the Robert Wood Human Sexuality Program, Tracey is also a pending international trauma certified specialist. She has worked in the area of sexuality and gender identity for over 25 years as a therapist and as a nationally recognized teacher and trainer.

Location: 20 Nassau Street, Suite 237, Princeton, NJ 08540  
Phone: 609) 375-8727  
Email: [tlpcounseling@gmail.com](mailto:tlpcounseling@gmail.com)  
For more information, visit: [www.tlptlpcounseling.com](http://www.tlptlpcounseling.com).

**Damon Constantinides** (PhD, LCSW) is a psychotherapist and sexuality educator who specializes in gender identity and sexual orientation, sex and relationship, and adolescent counseling therapy. His office is in Center City, Philadelphia. He maintains a blog and organizes many workshops and support groups related to identity.

Location: 1315 Spruce Street, Philadelphia, PA, 19107  
Phone: (607) 592-2173  
Email: [damon@dmconsult.net](mailto:damon@dmconsult.net)  
For more information, visit: <http://www.therapistdamon.com>.

**Michele Angello** (PhD) is a certified clinical sexologist and gender specialist. She offers individual, group, and family therapy and facilitates several monthly support groups for transgender adults, youth, and parents. Her office is in Wayne, PA, which is only accessible by car.

Location: 987 Old Eagle School Road, Suite 719, Wayne, PA 19087  
Phone: 610-917-8561  
Email: [dr\\_angello@comcast.net](mailto:dr_angello@comcast.net)  
For more information, visit: <http://www.wayne-counseling.com/ma-b.asp>.

## MEDICAL PROVIDERS AND LGBT CLINICS

### University Health Services (UHS)

All students can be seen at University Health Services (UHS) for medical and psycholog-

ical concerns. As a trans patient, all medical providers are able to attend to your care. There are several “out” LGB medical and mental health providers who some LGBT students prefer to see. You may request one of these providers when you call to schedule an appointment. However, most UHS staff members have received training about transgender topics, in general, as well as training specifically about trans medical care. The LGBT Center recommends students receive primary medical care through UHS, which includes physicals, treatment for illness, pap smears, STI testing, mental health care, and many other services. As mentioned above, UHS staff does not provide initial prescriptions for hormones. However, UHS providers will offer continued hormonal therapy management and assistance with administering injectable medications, after initial consultation and start by an endocrinologist or other physician who specializes in trans health. In addition, students have received post-surgery follow up care, such as wound evaluations, drains and or sutures removed at UHS. If you have problems with any services, please follow up with the UHS Director or Associate Director of Medical Services or the Director of Counseling and Psychological Services or with the LGBT Center, as we are always trying to improve our services and responsiveness to the needs of our trans community. UHS clinicians are also able to provide referrals to outside specialists when appropriate.

**The Mazonni Center** (PA) is the only LGBT-specific healthcare provider in the Philadelphia region. For more information, visit <http://mazzonicenter.org/>. Their trans-specific services include but are not limited to: counseling and support groups, legal services, hormone therapy, primary medical care and referrals, and laser hair removal. For more information on their trans-specific services, visit: <http://mazzonicenter.org/content/trans-care-mazzoni-center>.

**Callen-Lorde** (NYC) offers medical, dental, and mental health-care services. All providers are experienced with and knowledgeable about issues particular to LGBT communities and communities living with HIV/AIDS. Se habla español. Their trans-specific services include, but are not limited to: STI screening and treatment, hormone therapy, and counseling. For more information on their trans-specific services, visit <http://www.callen-lorde.org/transgender.html>.

**The Papillon Gender Wellness Center** (New Hope, PA) was founded in 2000 by Dr. Christine McGinn, D.O. trans-identified plastic and reconstructive surgeon, whose formal training was tailored specifically to transgender surgery. Services include but are not limited to: gender confirmation surgery, hormone therapy, electrolysis, and counseling. The Papillon Gender Wellness Center is only accessible by car. For more information, visit: <http://www.drchristinemcginn.com/>.

In addition to the medical centers listed above, below is a growing list of medical providers in the area who trans students and employees have seen and endorse. If you are

a current student or employee and have additional providers whom you think should be listed, please contact Judy Jarvis at the LGBT Center.

**Dr. Jason Hollander** is a Princeton graduate from the Class of 1994. He is located near campus and sees students for a number of different reasons in addition to hormone replacement. Trans students have reported having a good doctor-patient relationship.

Location: 601 Ewing St. C-8, Princeton, NJ 08540

Phone: (609) 924-4433

Fax: (609) 924-4423

For more information, visit: <http://www.princetonendocrinology.net/>

**Dr. Wendy Warner** has trained in obstetrics and gynecology for which she still sees clients. She is also a nationally recognized holistic medical provider and sees patients for a wide variety of medical issues. Trans employees have seen her in the past for a wide range of medical concerns, including: urinary tract infections, hormone concerns, insomnia, and annual pap smears. (Note that Dr. Warner does not take insurance for office consultations. However, when tests are conducted, such as pap smears, these procedures are submitted to your health insurance carrier.)

Location: 940 Town Center Dr. Suite F-90, Langhorne, PA 19047

Phone: (215) 741-1600

Fax: (215) 741-1601

Email: [info@medicineinbalance.com](mailto:info@medicineinbalance.com)

For more information, visit: <http://www.medicineinbalance.com/>

**Dr. Lisa O'Connell** is a family physician and gender specialist who is also trans identified. She does not take insurance.

Location: 1390 Valley Road, Suite 1B, Stirling, NJ 07980

Phone: 908.647.1688

Fax: 908.647.5180

For more information, visit: <http://www.healthytransitions.md/index.html>