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The following are 24/7 hotlines for connecting you to supportive people to talk with at anytime.

**Trevor Project:**

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

Contact Number: **866-488-7386**

**Trans Lifeline:**

We are Trans Lifeline. We provide culturally competent services to Trans and gender nonconforming people in crisis; We work with stakeholders within and without the Trans community to end the plague of Trans suicide; We empower Trans people to help other Trans people in the darkest moments of their lives.

Contact Number: **877-565-8860**
The Trans* Resource Guide provides informational support to all students about how SUNY Oneonta is actively working towards making the campus a safe and comfortable space for trans* students, faculty, and staff. A trans* person, broadly defined, is someone who does not identify with the sex they were assigned at birth. There is a large spectrum where a person could fall in terms of being gender non-conforming, and our goal is to make everyone feel comfortable and safe. The guide will also give campus community members the opportunity to have information that can make trans* life much easier, including names of trans* friendly resources on and off campus. It will provide the necessary information about how an individual who is trans* may be able to access housing accommodations, name change policies, location of gender neutral restrooms, and safe spaces on campus where they are able to get mentoring or basic help with college day-to-day life. All in all, this guide will help improve the climate on campus for trans* and gender non-conforming students, faculty, and staff. It will be updated as more information becomes available and as policies change. If you have information that you feel belongs in this guide, email gsrc@oneonta.edu.

For more information about transgender student identities, click here.
Diversity Statement:

“The College at Oneonta is an academic community that values diversity. Diversity at the College is an inclusive value that encompasses race and ethnicity, nationality, religion, gender, sexual orientation, sexual identity and gender expression, age, ability, socio-economic status, and other aspects of identity.

As a campus community, we believe that every individual is important in a unique way and contributes to the overall quality of the institution. We are committed to recruiting and retaining diverse faculty, staff, and students, and to fostering a learning environment which draws strength from, celebrates, and honors diversity. We strive to eliminate prejudice and discrimination; to respect the dignity of all persons; and to learn from differences in people, ideas, experiences and opinions.”

Approved by the President’s Council on Diversity, 2004
Approved by the President’s Cabinet, 2004
Revised Statement approved by the President’s Council on Diversity, 2007
Revised Statement approved by the President’s Cabinet, 2007

To learn more about the SUNY College at Oneonta Diversity record and initiatives, visit the Diversity at Oneonta page at here.
Sexual Violence Prevention and Response:

The State University of New York and SUNY Oneonta are committed to providing options, support and assistance to victims/survivors of sexual assault, domestic violence, dating violence, and/or stalking to ensure that they can continue to participate in College/University-wide and campus programs, activities, and employment. All victims/survivors of these crimes and violations, regardless of race, color, national origin, religion, creed, age, disability, sex, gender identity or expression, sexual orientation, familial status, pregnancy, predisposing genetic characteristics, military status, domestic violence victim status, or criminal conviction, have rights, regardless of whether the crime or violation occurs on campus, off campus, or while studying abroad.

To learn more about the SUNY College at Oneonta Victim/Survivor Bill of Rights, click here.
The staff at the Health Center wants you to be comfortable coming to the Health Center to address your health care needs. The nurses and providers at the Health Center are aware, educated, and non-judgmental about the special issues, concerns, and health risks in the LGBT community. Our health center staff can be considered to have basic cultural competence training including a brief overview of LGB and trans* issues. Many of the staff have also been through our Safe Space training program.

In the health history form the Health Center asks for a trans* person’s preferred name and gender, but they do not ask about one’s sexual orientation. However, in official records, legal gender and names must be used.

As of January 1st of 2015, the Health Center has an updated policy that has included coverage of trans* services as a part of the College’s Health Insurance. Also, as of January 11th of 2015, the Health Center has also included coverage to hormones for the purposes of transition.

**Gender Dysphoria Treatment and Counseling**
Several Counselors at the Counseling Center have received advanced training in working with Transgender students and the WPATH Standards of Care. The Counseling Center may provide an evaluation and letter for students wishing to seek gender confirming surgical intervention on a case-by-case basis and must be feasible within the Counseling Center’s 10-session limit on services. To access gender-confirming hormone treatment, NY state does not require letters from a mental health provider, however some insurance companies may.

Here is a link to both policies:

[SUNY Oneonta Transgender Health Services](http://www.oneonta.edu/development/gsrc/TransResourceGuide.asp)
Since 2013, the counseling center provides annual training to its counselors specifically on addressing clinical issues in gender identity and expression, and many of them have also been through the Safe Space program. They are competent to provide counseling and support on a wide variety of issues related to sexual orientation, gender identity, transition, etc. However, counselors have a 10-session limit in seeing students. If you would like more long term counseling, students would be referred to friendly service providers in Albany or locally such as:

- **Choices Counseling**: **Address:** 523 Western Ave #2a, Albany, NY 12203  **Phone:**(518) 438-2222
- **Justine Woolner-Wise, LMSW (Oneonta)**:  **Phone:**(607) 287-5156
Housing

Residential Community Life invites the Gender and Sexuality Resource Center in regularly to train both its Residence Hall Directors and its Residence Advisors on LGBT issues. There are several options in housing accommodations for trans* students, including Safe Space Housing, Gender Inclusive Housing, and case-by-case accommodations.

Safe Space Housing
Through the Safe Space Housing program, students can elect, as part of room selection (for returning students), or residence application form (for incoming students) process, to participate in confidential housing in which all roommates have indicated a desire to be placed with supportive people. Safe Space housing is clearly defined on the form as “being supportive of the lesbian, gay, bisexual, trans*, queer, questioning, and ally community (LGBTQQA).” This selection is only used for matching purposes and is not indicated on any markings or even in Residence Hall Director records.

Gender Inclusive Housing
This community is designed to allow students of any gender identity/sexual orientation to live together within one living unit in a supportive environment through apartment-style housing (currently located in Higgins Hall). This option includes a shared private bathroom for those living in the unit. Upperclassmen may apply for this housing accommodation with a group of supportive friends. Staff assigned to the Gender Inclusive housing community receive additional, specialized training regarding LGBT issues above and beyond other Residential Community Life staff, and have a close working relationship with the GSRC. There is a separate application for GI housing that begins before regular housing application. Carefully review all materials regarding room selection for specific direction regarding applying for the Gender Inclusive housing community. Application to participate in the Gender Inclusive Housing community does not guarantee placement in this type of housing.

Specific Accommodations
As of 2015, Residential Community Life reviews all special housing requests on a case-by-case basis and is willing to make accommodations for trans* students. Students whose gender identity does not match their legal records can request a manual override of the legal gender-marker-based default housing process. Residential Community Life staff and GSRC professional staff can help facilitate this process.

Other
Residential Community Life has also been in the process of remodeling several buildings, and most of the newer building include gender neutral restrooms. Most residence halls have gender neutral bathrooms in the lobby. For more information regarding Safe Space Housing or Gender Inclusive housing, please contact the Office of Residential Community Life or connect with the Director of the Gender and Sexuality Resource Center.
For many of the past several years, the athletic department holds diversity training inclusive of LGBT identities for athletes and staff.

With regard to participation in intramural athletics, gender identity issues are dealt with on a case-by-case basis and policies are currently being reviewed and revised.

With regard to varsity athletics, SUNY Oneonta is a proud member of the NCAA and abides by all its policies. The NCAA has established the following policy on trans* issues in intercollegiate sports participation to accommodate trans* students. The NCAA guidelines can be found below and students interested in competing in varsity sports in a gender other than that assigned at birth will be handled on a case-by-case basis.

**NCAA Policy on Transgender Student-Athlete Participation**

The following policies clarify participation of transgender student-athletes undergoing hormonal treatment for gender transition:

1. A trans male (FTM) student-athlete who has received a medical exception for treatment with testosterone for diagnosed Gender Identity Disorder or gender dysphoria and/or Transsexualism, for purposes of NCAA competition may compete on a men’s team, but is no longer eligible to compete on a women’s team without changing that team status to a mixed team.
2. A trans female (MTF) student-athlete being treated with testosterone suppression medication for Gender Identity Disorder or gender dysphoria and/or Transsexualism, for the purposes of NCAA competition may continue to compete on a men’s team but may not compete on a women’s team without changing it to a mixed team status until completing one calendar year of testosterone suppression treatment.

Any transgender student-athlete who is not taking hormone treatment related to gender transition may participate in sex-separated sports activities in accordance with his or her assigned birth gender.
- A trans male (FTM) student-athlete who is not taking testosterone related to gender transition may participate on a men’s or women’s team.
- A trans female (MTF) transgender student-athlete who is not taking hormone treatments related to gender transition may not compete on a women’s team.

[NCAA Guidelines]
Chase Physical Education Building
In terms of using a changing room or restroom in the Chase Physical Education Building, the swimming and diving head coach has kindly stated that the pool is a safe space and intends to make it as comfortable as possible for trans* students. Subsequently, trans* students are free to use the locker room and bathroom that matches their gender identity and the staff of the Chase Building have been informed of this and should an issue arise the staff will handle the situation accordingly. In addition, if a trans* student does not feel comfortable using either bathrooms, there is a private bathroom located right off the pool deck that is open to any trans*-identified student. There is also a Gender Neutral Bathroom between rooms 105 and 106.

Alumni Field House
In the Alumni Fieldhouse, men’s and women’s locker rooms offer privacy through private showers, changing stalls and toilets. The 3rd floor has dedicated all gender bathrooms (see pages 12-13 for more). Accommodations have been made for trans* athletes by allowing them to privately use visiting coach locker rooms in the field house as schedules allow. Coaching and Athletics staff are dedicated to improving accommodations for trans* athletes as renovation opportunities arise. If a student has a question about using locker rooms or bathrooms in Alumni Field house, please contact GSRC or Athletic Directors.
A majority of the staff members of the Registrar’s Office have participated in various LGBT-inclusive diversity trainings. They have policies in place for requesting name and gender marker changes on transcripts and other official documents.

**Legal Documents**
Official transcripts, financial records, campus ID’s, etc. are considered legal identity documents and therefore must match other legal forms of identification. At this point in time, no official document includes gender markers or gender referents such as Ms. and Mr. However, students and alumni may request a gender marker change with evidence of a legal gender marker change (such as a court order). For legal name changes, the Registrar’s Office will accept any government issued document such as a driver’s license. Transcripts and other documents will be updated, however, any archived paperwork or documents from other institutions on file will not be altered.

**Preferred Names**
Although there is nothing that can be done to replace a trans* student’s preferred name with their birth name in all documents, there will be a form that can substitute their preferred name and gender in forms such as: the class roster, residence life documents, the my Oneonta portal (which includes Blackboard) and the email display name (and other school correspondence). Click here to find the registrar form for indicating a preferred name which differs from legal identification.
Restrooms

Listing of Residence Halls and Administrative Buildings that have Gender Neutral Restrooms below.*

If you prefer a link to the interactive map click here.

Residence Halls

**Golding**- 1 GN Restroom
- 128- First Floor, Go into entrance take a right first door on your left, Shower

**Grant**- 5 GN Restrooms
- 114; 213 A; 213B; 313A; 313B

**Hays**- 2 GN Restrooms
- Room 114- First Floor, Go into Entrance and take a right, Shower
- Room 124- First Floor, Go into entrance and take a left, Shower

**Higgins**- 2 GN Restrooms
- First Floor, Go into Entrance and take a left, 2 Restrooms are right next to Soda Machines
- Room 103, No Shower

**Hulbert**- 4 GN Restrooms
- Room 316 B– Third Floor, tub and sink (locking door, cleaned regularly) nearest entrance near dining hall
- Room 579A– Fourth Floor, tub and sink room (locking door, cleaned regularly) main entrance nearest
- Room 460– Fourth Floor, next to RD Office, toilet no shower
- Room 462– Fourth Floor, next to GRD Office, toilet no shower

**Huntington**- 2 GN Restrooms
- Room 113- First Floor, Go into entrance and take a left, Shower
- Room 124- First Floor, Go into Entrance and take a right, Shower

**Littell**- 2 GN Restrooms
- 128- First Floor, Go into entrance and take a right it’s the first door on your left, Shower
- 229- Second floor, Next to Storage Room off of Lounge, Shower
- 329- Third floor, Next to Storage Room off of Lounge, Shower

**Sherman**- 2 GN Restrooms
- 114- First Floor, Go into entrance pass the lounge and take a right it’s the first door on your left, Shower
- 124- First Floor, Go into entrance take a left, Shower

**Tobey**- 1 GN Restroom
- 153- First Floor, Go into entrance take a left it’s the room across from the seating area, Shower

**Wilber**- 1 GN Restroom
- First Floor, Go into entrance take a left it’s the room across from room 130, Shower

*This listing may change as renovations happen. Please contact GSRC staff with questions about renovations and spaces under construction.
Restrooms

Administrative Buildings

Alumni Field House – 4 GN Restrooms
Room 302 - 3rd Floor: North side of the building near coaches offices; Room 303 - 3rd Floor: North side of the building near coaches offices; Room 314 - 3rd Floor: South side of the building near Athletic Department Main Office; Room 315 - 3rd Floor: South side of the building near Athletic Department Main Office

Chase PE - 1 GN Restroom
Second Floor, Room 218A, Go into main entrance, go upstairs and make a right

Fitzelle Hall - 12 GN Restrooms
There are 4 bathrooms on each floor that are gender neutral. They are located on the staff office side of the building, 2 on one wing, 2 on the other.

Health Center - 3 GN Restrooms
Two restrooms, First Floor, Go into main entrance, first two doors on the right (One stall and one urinal) One Restroom next to Conference Room 108 A

Human Ecology - 2 GN Restrooms
First Floor, Restroom across from Nutrition Suite 104A-F, Go into Main Entrance and take a right
Second Floor, Restroom across from room 201, Restroom is left of the central staircase.

Hunt Student Union - 1 GN Restroom
Ground Level, Right off of Waterfront room 19

Lee Hall (Center for Multicultural Experiences): 1 GN Restroom
Upper level, through the entrance on the right, across from the welcome desk

Milne Library - 1 GN Restroom
Located on Third Floor in front of Alden Room

Morris Conference Center (Bacon Hall) - 1 Multi-use GN Restroom
Inside of Bacon Hall on lower level, Restroom across from room 27, Multi-use Restrooms, Showers and Tubs

Netzer - 1 GN Restroom
First Floor, 134, Next to Continuing Education

Schumacher Hall - 1 GN Restroom
First Floor, Between Rooms 105 and 106, Go into main entrance and take a right

Alumni Hall – 1 GN Restroom
There is one bathroom of single occupancy located on the first floor tucked away in the very short passage between the Admissions waiting area and the entrance to the Office of Alumni Engagement.
Getting Connected and Supported on Campus

SUNY College at Oneonta has over 100 student clubs and organizations on campus; there is place for everyone to connect with others. Here is a list of clubs and organizations that trans* students will find to be particularly welcoming.

**Peer Mentor Program**
Contact: Director of Student Diversity and Advocacy

**Center for Multicultural Experiences (CME)**
Contact: Manager of the CME, or stop in during open hours (Lee Hall)

**Gender and Sexuality Resource Center**
Contact: Director of The GSRC, or stop in during open hours (2nd Fl. Hunt Union)

**Gender and Sexuality Alliance**
Contact: President of the GSA
For the complete listing of campus clubs and organizations, click here.

**Safe Space Program**
Contact: Director of The GSRC

**Sexual Harassment and Gender-based discrimination resources**
Contact: Title IX Coordinator

Additional Sources of Support on Campus

**Office of Equity & Inclusion**
Contact: Chief Diversity Officer

**Counseling Center**

**Health Center**

**Know Violence** (Sexual Assault Prevention)
Contact: Health Education Office
The GSRC has hosted a number of events and educational programs focused on gender identity and expression, including:

⇒ Transgender Awareness Week
⇒ Transgender Day of Remembrance Vigil
⇒ Pronouns Matter Campaign and peer education program

Check out our events page [here](http://www.oneonta.edu) for current events.
Dealing With Discrimination & Harassment

**Discrimination Policy** – the College shall not discriminate against any employee or applicant for employment or admission to the College because of race, color, gender, religion, age, pregnancy, national origin (including ancestry), disability, being a disable veteran or veteran of the Vietnam era, sexual orientation, gender expression and gender identity, marital status, or any other protected category.

To file a complaint, go to the Office of Equity and Inclusion, 133 Netzer Administration Building and complete the complaint form.

To view the complete *Discrimination Policy and Grievance Procedures for SUNY Employees and Students* go to [http://www.oneonta.edu/admin/oei/policies/DiscrimBroch.pdf](http://www.oneonta.edu/admin/oei/policies/DiscrimBroch.pdf)

**Harassment and Sexual Harassment Policy** – harassment creates a hostile environment and can be created by verbal, written, graphic, or physical conduct that is severe, persistent and/or pervasive and interferes or limits the ability(ies) of a person or persons to work or learn.

Sexual harassment is usually defined as repeated unwelcome and unwanted sexual advances, or sexual allusions, unwarranted references to sexuality or sexual activities, requests for sexual favors, and other speech or conduct of a sexual nature. Sexual harassment can occur among peers, supervisors and supervisees, faculty/staff and students.

Both types of harassment can be experienced or caused by anyone regardless of gender.

In the event of harassment and/or sexual harassment between students, speak confidentially with the Affirmative Action Officer to informally resolve the complaint. For more details see the Student Code of Conduct. The next step is to contact the Office of Judicial Affairs to file a formal complaint.

In the event of harassment and/or sexual harassment between students and College employees, use the College Discrimination procedure described above.

To view the complete *Harassment and Sexual Harassment Policy and Grievance Procedures for SUNY Employees and Students* go to [http://www.oneonta.edu/admin/oei/](http://www.oneonta.edu/admin/oei/)
Judicial Issues
The Code of Conduct describes the College’s expectations of students and provides a process for responding to allegations of student misconduct on and off campus. The Office of Judicial Affairs acts as an advocate for students. See the website here for more information.

The College prohibits bias incidents and hate crimes, and the University Police Department (UPD) has a procedure for reporting these. A complete description of the Bias Incidents Protocol can be found here.

Bias incidents are defined as acts of bigotry, harassment, or intimidation directed at a person or group based on national origin, ethnicity, race, age, religion, gender, sexual orientation, disability, veteran status, color, creed, or marital status. Examples include derogatory messages on walls or message boards, use of derogatory names, etc. Find the bias incident reporting form here.

Hate crimes, also called bias crimes or bias-related crimes, are criminal activities defined by NY state penal code as crimes in which, “victims are intentionally selected, in whole or in part, because of their race, color, national origin, ancestry, gender, religion, religious practice, age, disability or sexual orientation.”
Medical Resources in the Community

The following is a list of physicians who practice in the Oneonta area. Please note that these physicians have not been consulted about their experience with treating trans* individuals.

**Family Practice**

Carolyn Wolf-Gould, M.D.
Chris Wolf-Gould, M.D.
Susquehanna Family Practice
Web: [click here](http://www.oneonta.edu/development/gsrc/TransResourceGuide.asp)
1 Fox Care Dr Ste 103
Oneonta, NY 13820
607-431-5757

**Endocrinology**

Amy E. Freeth, M.D.
Endocrinology Bassett Healthcare
Cooperstown - For appointment, call (607) 547-3300

Joseph M. Hughes, M.D.
Endocrinology
Bassett Healthcare
Cooperstown - For appointment, call (607) 547-3300
Bassett Hospital of Schoharie County – call (518) 254-3456
Norwich – call (607) 336-6362

Jessica C. Rockwell, M.D.
Endocrinology
Bassett Healthcare
Cooperstown - For appointment, call (607) 547-3300
Herkimer – For appointment, call (315) 867-2700
Medical Resources in the Community

**Plastic and Reconstructive Surgery**

**Jeffry Rockmore, M.D.**  
Plastic and Reconstructive Surgery  
For a free consultation, call (518) 438-0505  
Web: click [here](#) for information and [here](#) for photos

**Dr. Melissa Johnson, M.D., FACS**  
Pioneer Valley Plastic Surgery  
100 Wason Avenue  
Springfield, MA 01107  
Click [here](#) for FTM and [here](#) for MTF procedures

**Additional Medical Resources**

WPATH Standards of Care—[here](#)

Transbucket—“a health care and surgery resource for the entire online trans* community.” [http://www.transbucket.com/](http://www.transbucket.com/)
In 2014, Ithaca College and Out for Health (a project of Planned Parenthood in Ithaca, NY) wrote an amazing guide called, “KNOW-HOW: THE TRANS PERSON’S GUIDE TO GET ALL OF THE LIFE DOCUMENTS AND ESSENTIAL PAPERWORK YOU’LL NEED TO MAKE YOUR WAY IN THE WORLD”

**Download it Here.**

### Birth Certificates
(NY State)

From [Lambda Legal](http://www.lambdalegal.org) as of 2014:

The New York State Department of Health, Vital Records Division has a policy providing for the change of sex designation on birth certificates upon the receipt of a completed application and a notarized affidavit on professional letterhead from a physician (M.D. or D.O.), nurse practitioner, physician assistant, licensed in the United States, who has treated, reviewed, or evaluated the gender-related medical history of the applicant. The notarized affidavit must include: a statement noting that the provider is making his/her findings upon independent and unbiased review and evaluation and is not related to the applicant; the medical professional’s license number; and a statement that the applicant has undergone appropriate clinical treatment.
“Know-How: The Trans Person’s Guide to Get All of the Life Documents and Essential Paperwork You’ll Need to Make Your Way in the World”

Download it [Here].

**Name Change**

To obtain a legal name change in New York, an applicant must submit a petition to the court. The applicant must publish notice at least once in a designated newspaper within 60 days of the court issued name change order. Individuals who have a felony conviction are subject to additional notice requirements. The publication requirement may be waived and the records may be sealed for the applicant’s safety, if approved by the court. (N.Y. Civ. Rights Law § 60-65).

**Driver’s Licenses**

In order to update name and/or gender on a New York ID, the applicant must submit (1) a new application for an ID, (2) a court order certifying the name change (if applicable), and/or (3) a letter signed by a physician, psychologist, or psychiatrist certifying the applicant's gender identity.

For links to all necessary forms, go to National Center for Transgender Equality’s document center, [here](http://www.oneonta.edu/development/gsrc/TransResourceGuide.asp)
“Know-How: The Trans Person’s Guide to Get All of the Life Documents and Essential Paperwork You’ll Need to Make Your Way in the World”

Download it Here.

Federal Documents

- **Passports**—From the National Center for Transgender Equality: “In June 2010, the State Department announced a new policy to issue passports that reflect a person’s current gender when either a previous passport or other personal documentation presented by an applicant reflects a different gender. Under the new policy, a transgender person can obtain a passport reflecting his or her current gender by submitting a certification from a physician confirming that he or she has had appropriate clinical treatment for gender transition. This policy replaces the Department’s old policy, which required documentation of sex reassignment surgery. In January 2011, the State Department made further improvements to its new policy.” [Click here](#) for more.

- **Social Security**—From the National Center for Transgender Equality: “Under current policy, a transgender person can change their gender on their Social Security records by submitting either government-issued documentation reflecting a change, or a certification from a physician confirming that they have had appropriate clinical treatment for gender transition.” [Click here](#) for more.
Legal and Spiritual

**Legal Resources**

(Name change assistance and other legal assistance)

Dennis Laughlin, Esq. Tracy’s Law Office  
15 South Main Street, Suite 103  
Oneonta, New York 13820  
Email: [dennis@donovanlaughlin.com](mailto:dennis@donovanlaughlin.com)  
Website: [www.donovanlaughlin.com](http://www.donovanlaughlin.com)

Byrgen Finkelman, Attorney at Law (Individual Advocate)  
Slingerlands, NY  
Email: [transhelpny@gmail.com](mailto:transhelpny@gmail.com)

There are also a number of other Legal Advocacy resources in NY State, concentrated in the New York City area. [Click here](http://www.oneonta.edu/development/gsrc/TransResourceGuide.asp) for more.

**Spiritual/Religious Resources**

First United Methodist Church*  
66 Chestnut Street  
Oneonta, NY 13820  
607-432-4102  
Website: [www.firstumc-oneonta.org](http://www.firstumc-oneonta.org)

*This congregation is a member of the Reconciling Ministries Network.

UU Society of Oneonta, Inc.**  
12 Ford Avenue  
Oneonta, NY 13820  
607-432-3491  
Email: [uuso@uuso.org](mailto:uuso@uuso.org)  
Website: [www.uuso.org](http://www.uuso.org)

**This congregation has taken part in the Unitarian Universalist Association’s Welcoming Congregation Program to become more inclusive towards bisexual, gay, lesbian, and/or trans* people.
Out and About in Central New York

The city of Oneonta is located in Otsego County and is part of the Central Leatherstocking Region of New York. Other counties in this region include: Broome (Binghamton), Chenango, Madison, Montgomery, Oneida, and Schoharie.

The **Pride Center of the Capital Region** is the largest and closest community center in this region. They have the following **Trans*-specific programs** on a regular basis:

---

**Trans Meet n Greet**

Informal gatherings take place on the Third Tuesday of each month in the Rainbow Cafe at 332 Hudson Ave in Albany from 7-9 PM. This is a great way to meet new people, socialize in a safe environment and connect with friends.

**Trans Pride Discussion Group**

A topic centered discussion takes place at the Pride Center every First Tuesday of the month from 7-9 PM. Topics range from legal issues to successful transition in the workplace to coming out. Join us for a discussion or volunteer to present about a topic of interest! For more details call the Pride Center at 462-6138 or send us an [email](mailto:)
For most recently updated version of this guide got to http://www.oneonta.edu/development/gsrc/TransResourceGuide.asp

**Out & About**

**Selected Web Resources**

[Hudson’s FTM Guide](#): A comprehensive guide for trans*masculine people including grooming and clothing tips, health information, etc.

[The Art of Transliness](#): A masculine-of-center web resource with writing, events and community information.

[Kinsey Confidential Blog](#): A compiled list of resources for “SOFFA” (significant others, friends, family and allies of trans* people)

[Laura’s Playground](#): A comprehensive guide for trans*feminine people including shopping links, healthcare information, etc.

[TS Road Map](#): Another comprehensive (trans*feminine) guide including sections for “basics,” “physical,” “sexuality,” “real world” and more

Know Your Rights—

- [Airports and Travel](#)
- [Schools](#)
- [Employment](#)
- [Public Accommodations](#)
- [Healthcare](#)
For most recently updated version of this guide got to http://www.oneonta.edu/development/gsrc/TransResourceGuide.asp

Resources

Other Resources

Diversity Rules Magazine: www.diversity-rules.com

Empire State Pride Agenda: http://www.prideagenda.org

The Gender Book: http://www.thegenderbook.com/

Home of the Genderbread person: http://itspronouncedmetrosexual.com/

Legal Aid Society of Mid-New York: http://www.lasmny.org


National Center for Trans* Equality: http://www.transequality.org


Youth Resource—Online community for LGBT youth, including peer chat: http://www.youthresource.com/


Trans* Law Center: http://www.trans*lawcenter.org/

Transbucket— " a health care and surgery resource for the entire online trans community": http://www.transbucket.com/

WPATH— World Professional Association for Transgender Health (who publishes the “Standards of Care”): http://www.wpath.org

Facebook Groups and Pages (search for...)

- Albany Queer Exchange*
- Greater Oneonta LGBT Networking*
- Facebook Transgender Alliance
- Affirming Transgender Rights

* requires prior approval by an administrator