

The Rainbow Book

A Student-Written Guide to LGBTQ+ Life in Gainesville and at the University of Florida College of Medicine

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PREAMBLE

Hello and Congratulations, Class of 2024!

We are so happy, grateful, and excited to have you here. The LGBTQ+ community of UFCOM is growing exponentially and every new addition has made incredible contributions to their class and to our institution as a whole.

It's not easy to be queer in medicine, whether you are a patient or a provider. In many ways you are a pioneer. LGBTQ+ providers remain a minority in our healthcare system, and LGBTQ+-specific medical training can be hard to come by. However, this is less and less true as time goes on, and we pride ourselves at UFCOM for improving the rates of both. Medicine continues to grow and change in ways our predecessors could never have imagined and LGBTQ+ medicine specifically is experiencing a time of great innovation. Despite this, there may be times when you feel intimidated, isolated, or misunderstood due to your identity. So above all, remember this: **You are not alone.** We, the LGBTQ+ community of UFCOM, are always here, and beyond that there are many outstanding networks of LGBTQ+ medical students, doctors, researchers, and more out there just waiting to meet you. Whatever identities you may hold connect you to a long history, powerful present, and promising future of LGBTQ+ students passionate about supporting and empowering future LGBTQ+ generations, providers and patients alike.

In truth your queerness is a great strength in medicine. You are entering this field with profound insight into the sociocultural aspect of medicine we all value so much. Understanding the many ways in which discrimination impacts care, valuing diversity and inclusion, and being able to communicate unique lenses through which to look at the world— these are all things you already have a head start in. Where you choose to go with your extraordinary potential is up to you, and we greatly look forward to getting to know you along the way.

With love and pride, Health Queer Alliance

OVERVIEW & FAQ'S

1. What is the purpose of this book?

We, the LGBTQ+ contingency of UFCOM, wish to properly welcome all LGBTQ+ students into our community. The purpose of this Rainbow book is to address all your LGBTQ+-specific wants and needs as you begin this new exciting part of your journey.

2. Who created this book?

This guidebook was created by Health Queer Alliance, a student-run LGBTQ+ club and resource for graduate and medical students at UF. Each year Health Queer Alliance hosts a variety of events ranging from monthly potlucks, to educational seminars, to student-created and student-run initiatives related to LGBTQ+ health and wellness. Anyone is welcome to join Health Queer Alliance, including allies!

For more information on Health Queer Alliance, you can always reach out on Facebook to the group, "UF Health Queer Alliance," or email the current executive board of HQA listed here on the Medical College Council website: https://mcc.med.ufl.edu/organizations/hga/

3. Will being openly LGBTQ hurt or otherwise affect my application?

The Office of Admissions at UF College of Medicine is committed to nurturing and promoting a welcoming, safe, respectful and inclusive environment, in which all of our applicants and students know they are valued regardless of sexual orientation, gender identity or expression. Furthermore, advancing equity and equality in medical education and healthcare cannot proceed without greater inclusion of the LGBTQ+ community at all levels. Therefore, our holistic admissions process actively recruits talented and high-achieving future physicians who represent the rich diversity of our state and the communities we serve, including greater representation of sexual and gender minority students. Disclosing one's sexual orientation and/or gender identity on the UF COM application is completely optional; choosing whether or not to do so will not negatively impact an applicant's chances for acceptance. We provide the opportunity for self-identification in the UF COM secondary, both to help us better understand and appreciate each applicant's unique personal story, identity and attributes, and in order to support the recruitment of a more diverse student community.

WHERE TO GO

Inspired by: Queer Girl City Guide: Gainesville, Florida

Check out the resources below for an idea of how AMAZING our little chunk of home is:

COMMUNITY

Pride Community Center of North Central Florida (PCCNCF)

- Provide meeting facilities and safe-space for LGBTQ and Progressive Groups.
- Host the Gay Switchboard a "hotline" for all things LGBTQ+ related in Gainesville -(352) 377-8915
- Transgender and youth support groups
- Host and support social and educational events for the LGBTQ family and friends.
- LGBTQ resource library and serve as an information hub for the LGBTQ community
 Contact:

Facebook Page

3131 NW 13th St, Suite 62 in Gainesville

Equality Florida

Equality Florida is the largest civil rights organization dedicated to securing full equality for Florida's lesbian, gay, bisexual, and transgender (LGBT) community. Equality Florida has advocated for pro-LGBT legislation and defeated **every** piece of anti-LGBT legislation filed in Tallahassee for many years.

FOOD

The food is one of the great jewels of Gainesville. There are so many family-owned restaurants featuring locally-grown produce and livestock from family farms and almost every restaurant has vegan and vegetarian options. The weekly Farmer's Market is a great place to stock up for your own home-cooked delicacies. Here are a few of our favorites:

Union Street Farmer's Market

You'll find everything from local produce, jams, jellies, fresh meat and bread to jewelry and other handmade goods.

Every Wednesday from 4:00 – 7:00 p.m.

111 E University Ave

The Top (30 N Main Street)

A "New American" style restaurant with everything from steak to tofu scramble. A nice spot for Sunday brunch, a full bar with nightly drink specials. Very vegan friendly!

<u>La Tienda</u> (2204 SW 13th Street)OOOoooooo... La Tienda, I just drooled. Want some authentic mexican food? La Tienda is one of our favorites! Get some amazing mole (mo-lay), a luchador mask and visit the deli in back.

Satchel's Pizza (1800 NE 23rd Avenue) is a Gainesville landmark. Their price point is a little high, but that is because Satchel believes everyone working at his restaurant should make a living wage and have benefits. The pizza isn't a traditional New York style, but boy is it delicious. They serve both vegan AND gluten free pizza, so all you animal lovers and celiacs can enjoy their delicious dough as well!



BARS & PUBS

Gainesville has a lot of bars and clubs downtown. Only one is officially a "gay bar" but downtown is very gay friendly for the most part. Here's an overview of the official gay nights:

The University Club (18 E. Univ. Ave)

The most popular LGBTQ+ club in Gainesville - open every night of the week, but is most popular on the weekends. Has DJ music, dancing, karaoke, drag shows, talent nights & other events.

ACCEPTING PLACES OF WORSHIP

Holy Trinity Episcopal Church

Accepting of openly gay and lesbian individuals, and has an AIDS ministry. 100 N.E. 1st St. Gainesville, FL 32601 (352) 372-4721

Trinity Metropolitan Community Church

11604 S.W. Archer Rd. Gainesville, FL 32608.

(352) 495-3378

Unitarian Universalist Fellowship

Unitarian Universalist congregations and their national association actively work to support equal rights and dignity for all people including gay, lesbian, bisexual and transgender people. 4225 NW 34th Street Gainesville, 32605

United Church of Gainesville

"Whoever you are and wherever you are on life's journey, you are welcome here." Since 1969 various national settings of the United Church of Christ have addressed the concerns of lesbian, gay, bisexual and transgender (LGBT) people in church and society, calling for welcome, inclusion and justice.

1624 NW 5th Ave.

(352) 378-3500.

RECREATION

There isn't much in terms of queer sports in Gainesville, but there are PLENTY of sports for participation and spectating alike. The University of Florida is home to Gator everything (football, baseball, basketball, volleyball, gymnastics).

One of the best parts of living in Gainesville is being so close to some amazing natural phenomena. We are about an hour-ish drive from either coast (Crescent Beach and St. Augustine (see right) on the East, Cedar Key and Horseshoe Beach on the Gulf) and less than an hour away from many artesian springs.

Gainesville has some of the most amazing bike trails, both road and mountain (well, it's Florida so technically hills). The **Hawthorn trail** is a 16 mile paved rail to trail that starts in downtown Gainesville, rides though Paynes Prairie and ends in Hawthorn, Florida. Make sure to stop off at the **Alachua Sink** to walk down the boardwalk to the prairie and see all kinds of wildlife like, herons, alligators, deer, wild horses and bison. The <u>San Felasco trail</u> is a world famous off-road bike trail system filled with more than 30 miles of rip-roarin' fun! There are many more on-road and off-road trails scattered around the town.





North Central Florida is home to dozens of <u>natural springs</u>. Whether you're floating in a tube down the Ichetucknee river or snorkeling over the sunken confederate ship in Troy springs, you won't be disappointed by any of these amazing treasures.

LGBTQ+ HEALTH RESOURCES

Please note that the opinions and information offered by the following organizations are presented in their original format, without independent review.

Ten Things Gay Men Should Discuss with Their Healthcare Provider

Ten Things Lesbians Should Discuss with Their Healthcare Provider

Ten Things Bisexuals Should Discuss with Their Healthcare Provider

Ten Things Trans Persons Should Discuss with Their Healthcare Provider

<u>Gay & Lesbian Medical Association (GLMA)</u>: GLMA's mission is to ensure equality in health care for lesbian, gay, bisexual and trans individuals and health care providers.

<u>ItsPronouncedMetrosexual.com</u>: It's Pronounced Metrosexual is a site where advocates of social justice can find helpful articles, fun graphics and other resources designed to be shared in an effort to advance social equity. The Genderbread Person v2.0 is an infographic that breaks down gender identity, gender expression, biological sex and sexual orientation into an easy to understand visual.

LGBTQ Affairs: LGBTQ Affairs strives to educate, advocate and support LGBTQ+ people and issues at the University of Florida and in the Gainesville community. Through student-centered programming, outreach, community building and advocacy, we are committed to creating a safe and developmentally supportive and affirming campus-community for students, staff, faculty, and alumni of all sexual orientations, gender identities, and expressions.



Trans Resource Network: The main goals of the Trans

Resource Network are: Increasing visibility of trans-specific and trans-relevant resources, forms, and educational materials by creating a central information hub accessible from the comfort of home; Increasing access to campus resources by ensuring up-to-date information and helping identify departmental staff experienced in assisting trans-identified students; Increasing trans inclusiveness by facilitating inter-departmental programming, issue identification, feedback / data gathering, and policy review; Increasing trans-competency across campus by providing opportunities for continuing trans education and by performing data-driven assessments of trans issues and concerns; and Facilitating gender exploration and development by putting students in touch with a network of professionals on and off campus trained and experienced in assisting both those who wish to transition and those who do not.

National Coalition for LGBT Health: The Coalition is committed to improving the health and well-being of lesbian, gay, bisexual, and transgender individuals through federal and local advocacy, education, and research.

Parents, Families and Friends of Lesbians and Gays of Gainesville (PFLAG Gainesville): PFLAG is a newly formed chapter of PFLAG, the nation's foremost family-based organization committed to the civil rights of lesbian, gay, bisexual and trans (LGBT) people.

<u>Pride Community Center of North Central Florida</u>: Pride, a 501(c)(3) charitable organization, provides information on local and national efforts and events with a focus on the members of the lesbian, gay, bisexual, trans and queer (LGBTQ) population.

Sexual Trauma/Interpersonal Violence Education (STRIVE) at GatorWell: STRIVE is a peer education group comprised of a diverse group of UF graduate and undergraduate students overseen by GatorWell Health Promotion Services. Through STRIVE, peer educators are involved in outreach, education, and advocacy initiatives related to the prevention of interpersonal violence. STRIVE educates, inspires, and empowers UF students to actively participate in creating a campus community that is free from interpersonal violence; seeks to promote individual and community accountability; and works to challenge beliefs and behaviors that encourage rape, sexual assault, relationship violence/abuse, harassment, and other forms of violence.

<u>Trans Student Educational Resources</u>: Queer and trans organizers have been making the distinction between gender identity, gender presentation / expression, sex, and attraction for decades, and TSER's The Gender Unicorn truly represents this intersectionality.

MENTAL HEALTHCARE PROVIDERS

Emily Franck Hoon, PhD, (352) 375-4666.

<u>Charles R. Martin</u>, Ph.D., (352) 375-7756

Caroline Pace, PhD, LMHC, LMFT, (352) 376-5543.

<u>Jennifer Sager</u>, Ph.D., (352) 379-2829

<u>Donna LaBarge</u>, Ph.D., (352) 379-2829

<u>Angela Koivula</u>, Ph.D., (352) 379-2829

Alachua County Crisis Line

24-hour telephone crisis intervention and counseling service offered by trained volunteers. All services are free.

218 SE 24th Street, Gainesville, FL 32641 (352) 264-6789

Alachua County Victim Services and Rape Crisis Center

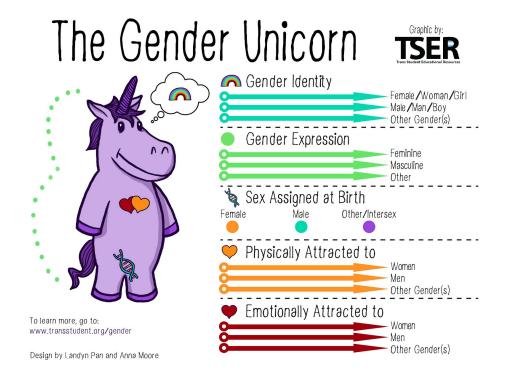
Community-based agency that offers emergency outreach to victims, comprehensive advocacy, support groups, and 1-on-1 counseling services to victims of all types of violent crime. A counselor-staffed 24 hour hotline is available.

218 SE 24th St, Gainesville, FL 32641

(352) 264-6760, or toll-free (866) 252-5439

UF Counseling & Wellness Center

Free counseling resources for students (352) 392-1575



NON-DISCRIMINATION POLICY & REPORTING

University of Florida Non-Discrimination, Harrassment, & Invasion of Privacy Policies

- 1) The University shall actively promote equal opportunity policies and practices conforming to laws against discrimination. The University is committed to nondiscrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, gender identity and expression, marital status, national origin, political opinions or affiliations, genetic information and veteran status as protected under the Vietnam Era Veterans' Readjustment Assistance Act. This commitment applies in all areas to students, Academic Personnel (AP); Technical, Executive, Administrative, and Managerial Support (TEAMS) staff; University Support Personnel System (USPS) personnel, and Other Personnel Services (OPS) employees. This commitment intends to reflect the University's belief that educational and employment decisions and access to University activities should be based on individuals' abilities and qualifications and not on irrelevant factors, as well as that the University values broad diversity within our community and is committed to diversity and eliminating discrimination.
- 2) It is the policy of the University that each employee and student be allowed to work and study in an environment free from any form of discrimination or harassment as defined in University regulations or law.
 - a) Sexual harassment is a form of sex discrimination under Title VII of the Civil Rights Act of I964. Sexual harassment is defined as unwelcome sexual advances, or requests for sexual favors, and other verbal or physical conduct of a sexual nature when:
 - Submission to such conduct or request is made either explicitly or implicitly a 2 term or condition of an individual's employment or academic status;
 - ii) Submission to or rejection of such conduct or request by an individual is used as the basis for employment or academic decisions affecting such individual; or
 - iii) Such conduct or request has the purpose or effect of unreasonably interfering with an individual's work or academic performance or of creating an intimidating, hostile work-related or academic environment.
 - b) Sexual misconduct is a form of sex discrimination. Sexual misconduct is defined as physical sexual acts perpetrated against a person's will or where a person is incapable of giving consent. For the purposes of this regulation sexual misconduct includes sexual violence, sexual exploitation, nonconsensual sexual contact and nonconsensual sexual intercourse. Sexual violence includes rape, sexual assault, sexual battery and sexual coercion.

- c) Disciplinary Action.
 - Any employee or student of the University who is found to have harassed or discriminated against another employee or applicant for employment or student, will be subject to disciplinary action up to and including dismissal or expulsion.
 - ii) Any employee or student in a supervisory capacity who has actual knowledge by direct observation or by receipt of a complaint of sexual harassment, or sexual misconduct and who does not report the matter directly to the Director of Employee and Labor Relations, shall be subject to disciplinary action up to and including dismissal or expulsion.
- 3) Complaints and Appeal Procedures. Any employee or student who believes that he or she is a victim of discrimination or harassment, including without limitation sexual harassment and sexual misconduct as defined above or retaliation for filing a claim of discrimination, may pursue informal resolution of the complaint or may file a formal written 3 complaint in accordance with University of Florida Regulations 1.0063 and 4.012. Employees and students may contact the Director of Employee and Labor Relations to seek assistance in informally resolving the complaint or in filing a formal complaint or grievance.
- 4) Invasion of Privacy. The University prohibits making, using, disclosing or distributing a recording of a person in a location or situation in which that person has a reasonable expectation of privacy and is unaware of the recording or does not consent to it; and any other conduct that constitutes an invasion of privacy of another person under applicable law or University regulations. Any employee or student of the University who is found to have so invaded the privacy of another person, shall be subject to disciplinary action up to and including dismissal or expulsion.
 - a) It shall not be a violation of this provision to make a recording authorized by the Florida Sunshine Law, any other law or University regulation or policy. Any making, use, disclosure, or distribution of an authorized recording must comply with the requirements of the applicable authorization, law and/or University regulation or policy, including without limitation obtaining any required notice or consent.
 - b) University policies may provide further information and requirements concerning making, using, disclosing and distributing recordings. Refer to University websites for policies on recording and on privacy.
 - c) Recording is defined as any recording, visual (for example and without limitation, photographs and videos), audio or both, in any medium, using any technology.

For official regulation: https://regulations.ufl.edu/wp-content/uploads/2012/09/1-006.2016.pdf

UFCOM Harassment Information and Procedures

The University of Florida College of Medicine is committed to maintaining a supportive and productive environment for its students, staff, house staff and faculty. Appropriate professional

behavior is expected at all times by every member of the College. The College of Medicine has adopted policies and procedures for addressing a serious form of inappropriate behavior: sexual harassment.

As stated in the University of Florida Policy on Sexual Harassment: "Sexual harassment occurs when the submission or acquiescence in conduct of a sexual nature is made a term or condition of an individual's employment or academic performance;

Conduct of a sexual nature by an individual is used as the basis for decisions such as employment, promotion, transfer, selection for training, performance evaluation or the basis of academic evaluation:

Conduct of a sexual nature creates an intimidating, hostile, or offensive work or educational environment or interferes substantially with an employee's work;

A sexual element is introduced into what should be a sex-neutral situation causing the boundaries when normally exist between the professional role and the personal relationship to become blurred; or

Subtle or overt coercion and threats are used to pursue a relationship." Basically, sexual harassment is any unwelcomed sexual reference or behavior (including verbal, gesture, pictorial or physical) that can create a hostile environment.

Individuals can help discourage sexual harassment by speaking up when incidents are observed or experienced; by being aware of possible misinterpretations of behavior that may be intended as friendly; by not being intimidated by threats of retaliation; by seeking assistance with any concerns that arise; and by immediately reporting substantive issues.

In the College of Medicine, students are encouraged to seek information, advice or counseling regarding a matter of sexual harassment from the Office of Student Counseling and Development. All communication will be held confidential. A separate counselor is available for members of the staff, housestaff and faculty who wish to seek confidential advice in matters of sexual harassment.

Programs to educate the College of Medicine community on the issue of sexual harassment and professional behavior will be presented regularly throughout each academic year. A primary goal of the Sexual Harassment Committee is to develop and promote effective programs to encourage appropriate professional behavior and to prevent the occurrence of sexual harassment in the College of Medicine.

UFCOM Harassment Form:

https://hr.ufl.edu/forms-policies/policies-managers/sexual-harassment/

UFCOM Statement of Diversity

Specific Aims:

- 1. **Cultural Transformation**: To continue to transition our organization beyond mere compliance to a culture of inclusion and celebration of individual strengths and retention of talent, where the value of diversity and inclusion is truly recognized and embraced as a path to institutional excellence.
- 2. Talent Discovery: To leverage all opportunities available within the State and our local community to maximize the opportunities for the recruitment and retention of individuals including faculty, staff, students, residents, administrators, managers and leaders throughout our organization, within the College of Medicine and in educational and training programs the College supports, including the MD, MD/PhD, PHD and PA programs.
- Community Engagement: To establish community partnerships that can champion diversity and inclusion efforts including recruitment and retention of faculty and staff, residents and students.
- 4. **Health Care Equity**: To further support and expand our efforts to understand the basis of health disparities and to reduce inequity through efforts in research, medical education, and outreach to our underserved community.
- 5. **Communication**: To disseminate through an effective integration with both a college wide and public campaign and social media strategy, a shared understanding of diversity and our transition to an environment of inclusion and the integration of such principles in the College of Medicine's mission, strategic vision and recruitment efforts. Leadership drives institutional commitment and activities. Senior leadership must publically embrace, through broad, repetitive and effective communication, a definitive and unequivocal position that diversity, inclusion, and health equity is synonymous with excellence. The diversity, inclusion and health equity strategy must be communicated as a top down initiative in terms of defining this imperative for excellence.
- 6. **Faculty Development**: To support the office of Faculty Affairs as a significant driver in diversity and inclusion actions. Planning, developing and mentoring to a pathway of success should be a priority that bridges the needs and requirements of individual departments and units, and must be viewed as a competitive advantage to prospective faculty residents and fellows. These actions must be a clearly evident investment in the individual success of each faculty member. The building of trust and reducing marginalization must be a key outcome.
- 7. **Development of Diversity Champions**: To support unit level (Department Chairs, Administrators and Program Directors) champions of diversity by: 1.) providing detailed data about the diversity of each program's faculty, trainee and staff applicant pools, interviewed applicants, and successful recruits; 2.) Holding each unit accountable for improving the diversity of all applicant pools, interviewed applicants and those ultimately joining the unit (department).
- 8. *Infrastructure support:* To support the Office for Diversity and Health Equity (ODHE) in expanding its missions to effectively coordinate and continually develop programs

impacting students, residents, faculty and staff that will benefit the College of Medicine's strategic effort in achieving excellence through diversity.

Full UFCOM Statement of Diversity:

https://osa.med.ufl.edu/files/2014/10/Statement-on-Diversity.pdf

Student Healthcare Center Policy

The UF Student Health Care Center is committed to non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, gender identity and expression, marital status, national origin, political opinions or affiliations, genetic information and veteran status. To that end, we strive to provide students the right medical care and advice related to their individual bodies and perspectives.

Several SHCC staff members have completed the Gator Allies workshops offered by <u>LGBTQ</u> <u>Affairs at UF</u>. From this training, participants have gained:

- Further understanding of heteronormativity and homophobia, and how it affects everyone;
- Further understanding of what it means to be an ally to the LGBTQ community; and
- Increased awareness and understanding of current LGBTQ issues.

Title IX at the University of Florida

The University of Florida has zero tolerance for illegal discrimination or harassment, sexual harassment, sexual assault, dating violence, domestic violence or stalking. Title IX of the Education Amendments of 1972 prohibits discrimination based on sex in any educational program or activity that receives financial support from the Federal government. Under Title IX, discrimination based on sex includes sexual harassment, sexual violence and sexual assault. Title IX also prohibits retaliation against individuals who complain about or participate in an investigation regarding an alleged Title IX violation.

The Office of Title IX Compliance provides support to those individuals/groups involved in allegations of sexual misconduct. Please use the form below to inform us of any incident(s) that may constitute a Title



IX violation, including sexual harassment, sexual assault, stalking, domestic/intimate partner violence, etc. If you or someone you know has been subjected to any of these types of behaviors, let us assist by providing any available information below.

If you would prefer to speak to someone or require assistance in completing this form, you may contact the Office of Title IX Compliance directly: https://titleix.ufl.edu/title-ix-resources/contact-us/ Title IX Inform Form: https://titleix.ufl.edu/title-ix-reporting-form/

Please click below to view flow charts detailing the reporting and resolution process for Title IX issues for students and employees, and the Student Conduct and Conflict Resolution process.

UF Student Title IX Process:

https://titleix.ufl.edu/wp-content/uploads/2020/01/Title-IX-Student-process-NEW-1-2020.pdf

UF Employee Title IX Process:

https://titleix.ufl.edu/wp-content/uploads/2020/01/Title-IX-Employee-process-NEW-1-2020.pdf

Click here for information regarding Student Conduct and Conflict Resolution Processes: https://sccr.dso.ufl.edu/

Click here for information regarding Employee Relations Processes:

https://hr.ufl.edu/manager-resources/employee-relations/

For statement of compliance: https://titleix.ufl.edu/

For Title IX Resources: https://titleix.ufl.edu/title-ix-resources/

TRANS & NON-BINARY RESOURCES

Pronoun Recognition

Email Sign-Offs

Many students edit their UF email sign-offs to reflect their new status as students. Some students and faculty of all genders have chosen to include their pronouns as part of this.

For example, a common sign-off is: Sincerely,

Your Name Your Pronouns MD(PhD) Candidate, 20XX University of Florida College of Medicine

In order to edit your sign-off, enter your webmail account and go to Settings→ Mail→ Signature. Here you can write whatever you want!

Notifying Faculty

You may wish to speak directly with your teachers about pronouns. Don't worry, you aren't the first! In the past students have communicated their pronouns to faculty through email, before class, and during initial/class introductions. Your advisor or a faculty member from the ally list can also help you figure out which method is most comfortable for you.

A suggested email script:
Dear,
My name is, and I am an MS1 about to begin your course in I wanted to make sure the faculty was aware that I use the pronouns I greatly look forward to meeting you in person!
A suggested in-person script:
Hi Professor, my name is I just wanted to let you know before we start that I go by pronouns. Thanks!

ID Pins

Some students choose to attach pronoun pins to their student IDs, which we wear everywhere in the hospital. We encourage everyone no matter what their gender identity or pronoun use to use these to help make UFCOM a more informed and accepting space! Pronoun pins and pronoun stickers can be acquired online, at many LGBTQ events, and at LGBTQ organizations like the North Central Florida Pride Center, UF LGBTQ Affairs (main campus), etc.



Pronouns in Lecture

We as a society and in medicine are still learning and creating the best terminology for all types of bodies and identities. You will at some point note binary language used in class, in text, and in your overall career. That said, many people are adjusting their language, changing from wording such as "men and women" to "biological male", "genetic female", and more. It is not perfect, but it is a work in progress, and in the past both students and faculty have successfully worked together to change things for the better in our curriculum. Your input is always welcome!

All-Gender Bathrooms

There are multiple all-gender bathrooms scattered throughout the school and hospital. These bathrooms are single occupancy and lockable. Students may choose to use them as an alternative to the assigned men's and women's locker rooms. The all-gender bathrooms you may need to access are listed below:

Harrell Medical Education Building (HMEB)

1st Floor 3rd Floor

College of Public Health and Health Professions (HPNP Building, next to HMEB)

Ground floor, G342

1st floor, 1342

2nd floor, 2342

3rd floor, 3187

4th floor, 4187

5th floor, 5187

UF Health Shands Children's Hospital (aka North Tower)

1st floor, 1211

2nd floor, 2501, 2503

3rd floor, 3295, 3297

4th floor, 4172, 4295, 4297, 4501, 4503

5th floor, 5295, 5297, 5501, 5503

6th floor, 6282, 6284, 6501, 6503

7th floor, 7501, 7503

8th floor, 8419, 8420

9th floor, 9501, 9503

10th floor, 10505, 10430

11th floor, 11501, 11503

UF Health Shands Cancer Hospital (aka South Tower)

1st floor, 1013

2nd floor, 2009, 2010

3rd floor, 3009, 3010

4th floor, 4010

5th floor, 5024, 5023

6th floor, 6024, 6023

7th floor, 7024, 7023

8th floor, 8010, 8023

UF Health Shands Emergency Room (within the South Tower)

1st floor, 1101, 1103

UF Health Davis Cancer Pavillion (aka Medical Plaza)

1st floor, 1312T C01, 1332T C01, 1350T

3rd floor, 3186T1, 3186T2, 3152T

4th floor, 4107T

UF Student Health Care Center (aka Infirmary, on main campus, 280 Fletcher Dr.)

Basement floor, B009

1st floor, 110, 139, 140

2nd floor, 205, 211, 223, 225, 238

3rd floor, 307

Student Recreation Center (smaller student gym on campus)

Ground floor, 010B

Veterans Affair (VA) Hospital

1st floor, E106-1

2nd floor, E201-1, A231A-1 3rd floor, A337-1, A340-1, A344-1 4th floor, A461A-1, A483A-1

If you have any difficulty finding these bathrooms a member of HQA would be happy to guide you.

An in-depth map of all UF all-gender bathrooms can be found at: https://www.google.com/maps/d/edit?mid=zlDwEvxxrYFg.kjDHoabYEEzs&usp=sharing

TransCARE: Supporting UF's Transgender Students

The <u>Counseling & Wellness Center (CWC)</u> and the <u>Student Health Care Center (SHCC)</u> are committed to serving all students at UF. Students who identify as transgender or may be exploring their gender identities are offered care that is confidential, compassionate, supportive, non-judgmental, ethical, and educational as they navigate the transition process

Counseling Services

The CWC has several counseling options for transgender and gender fluid students including gender identity themed groups. Both group and individual counseling provide a confidential, supportive environment that allows you to explore your gender identity and navigate the challenges that can often accompany the coming out and transition process.

- UF Students can call 352-392-1575 to schedule a brief consultation (30 minute appointment in which your level of care and need will be assessed).
- Recommendations from the assessment may include referral to a community provider, group/individual counseling, or other services.
- If your needs are better served at the CWC, then a follow-up group or individual session will be made prior to leaving the office.

Your counselor(s) can discuss the needs and time frame for any supportive documentation to assist you with your transition.



Check our groups listing for times and dates.

For more information: https://counseling.ufl.edu/transcare/

Campus & Community Resources

- LGBTQ Affairs UF
- PRIDE Community Center
- Alachua Tranquility Community Group (email)
- Alachua County Crisis Center

Student Healthcare Center Services for Transgender Students

Transgender students seeking hormone therapy may receive treatment at the SHCC (Infirmary Building, 280 Fletcher Drive).

- 1. Call 352-392-1161 and press "3" to access scheduling. If you are a new patient who has never been seen at the SHCC, or you do not know the name of your medical team, press "1" to establish care. All others may press "2".
- 2. When scheduling your appointment, please let the SHCC know you are seeking "transgender care" to be routed to the appropriate medical staff member. During the appointment your medical provider will discuss treatment options.
- 3. We encourage you to contact your insurance company ahead of your appointment to learn what services will be covered and which may have patient responsibility attached to them. Please feel free to contact SHCC Patient Financial Services if you would like assistance contacting your insurance about coverage: 352-273-4546.
- 4. Bring your UF ID, insurance card and list of questions for your health care provider to your appointment.

The online <u>Trans Resource Network</u>, hosted by LGBT Affairs, includes a myriad of resources for transgender individuals. As part of the initial stages of the network, physicians, nurse practitioners and the pharmacy manager of the center worked with Reilly-Owen Clemens, J.D. and other campus representatives to create a training program for the SHCC's medical, nursing and secretarial staff.

CURRICULAR INCLUSIONS

Required Lectures

The following lectures focus on LGBTQ+ inclusion and education and are a required part of our curriculum:

- Taking Sexual History in Introduction to Clinical Medicine
- Gender Identity in Introduction to Clinical Medicine
- Transgender & Non-Binary Panel
- LGBTQ+ Physician Panel
- LGBTQ+ Health Family Medicine Lecture

Optional lectures

• Annual Trans Health Week lunch series, hosted by Health Queer Alliance

Curricular Task Force

UFCOM is currently undergoing a curricular assessment for the inclusion of LGBTQ+ health topics in the curriculum. The task force is comprised of both students and faculty, and we always welcome more to join!

PBLs

At UFCOM we have a team critical thinking activity called "Problem-Based Learning" in which we work through a medical case in small groups and try to diagnose what is wrong. Many of these cases are based-off real life examples and some include LGBTQ patients and issues. PBL's occur during several courses throughout the pre-clinical years.

Electives

There are a handful of LGBTQ-specific electives offered in the 3rd and 4th years if you would like to explore specific health concerns for LGBTQ+ populations, such as Transgender Healthcare spanning from time spent with the UF Youth Gender Clinic to gender affirming surgeries with the OBGYN, Plastics, and Urology departments. If you would like to design a specific elective course geared toward other LGBTQ+ patients and health issues during your clinical years, there is a process to creating this curricula and finding mentors who practice this care.

Conferences

Students may apply for medical LGBTQ conferences and even receive a budget to attend them. Some well-known conferences include:

- Yale's Q-Med: Building LGBTQI+ Leaders in Health Care Conference, March
- UCSF's National Transgender Health Summit, April

- Emory University's National LGBTQ Health Conference, May
- TSER's Trans Youth Leadership Summit, July
- Philadelphia Trans Wellness Conference, July
- Women in Medicine for Queer Women in Medicine, May

QUEER PROJECTS AT UF

At UF, you will find many opportunities to create and be part of a variety of LGBTQ-related events, initiatives, research, and more. Below are examples of past and present projects done by UF students!

Admissions & Second Look

LGBTQ+ Hosting

We offer opportunities for interviewing students to be matched for housing with current LGBTQ+ students. This is a great way to get involved in the admissions process and open up your home/couch/air mattress to someone that is a part of the LGBTQ+ community.

Rallies, Petitions, Advocacy

Organized Medicine

Many of our students are involved in organized medicine on many levels - the Florida Medical Association, the Alachua County Medical Association, the American Medical Association, and the professional organization for every specialty that you can imagine. Our students have advocated for LGBTQ+ health in the past in many different ways through these organizations. If you have a specific area of interest that you are passionate about, there are mentors that can guide you through the process of how to make your idea into policy to create change in medical practice.

Outreach/Volunteering

LGBTQ+ Clinic Night

As a part of our student-run Equal Access Clinic, we have a monthly LGBTQ+ Clinic night that aims to create a welcoming and comfortable environment for all members of the LGBT community. We offer STI screening, rapid HIV testing, pap tests, while providing for many other screening and general healthcare needs. Our providers are trained and comfortable working with members of the LGBT community. Opportunities are available for volunteering and leadership!

STUDENT SPOTLIGHTS

To help get a sense of the student body you will be joining, featured below are spotlights of fellow LGBTQ+ students from past or current classes.



Joey Whelihan, Class of 2021

As of 2020, Joey Whelihan is a shining MS3 planning to pursue pediatrics. At the beginning of his career at UFCOM, Joey was unsure of how "out" he wanted to be; however, within the first week of classes it was evident that this was a place he could be out and active within the LGBTQIA+ community. Joey is involved in many facets of UFCOM, but has a particular passion for welcoming new students as a previous Orientation Chair for the Class of 2022. His involvement in politics and advocacy is evident as a representative on the Standing Committee on LGBTQ+ Issues for the AMA Medical Student Section. When not catching up on politics, Joey is scrolling through Netflix or sweating it out at OrangeTheory.



Erika Wert, Class of 2020

Everyone in UFCOM can agree that Erika has a huge passion for representation and advocacy for the LGBTQIA+ community. As a queer woman herself, Erika has taken the lead on many diversity projects within UFCOM. She is a fierce advocate for all marginalized populations, making her an amazing friend, peer, and soon-to-be physician. Upon meeting Erika you will feel her love and passion for making a positive change within her community. Erika's involvement is never-ending, but a few positions she holds are Director of LGBT Night at EAC, Health Queer Alliance Executive Board, and founding member of Student Educators for Equity & Diversity. When not typing away on her computer she spends her time painting, wood burning, and watching every Oscar-nominated film. Oh and petting her cats!



Phil Mackie, Class of 2022

Phil is one of the brave souls pursuing an MD/PhD, so I think we can assume he really likes school. Phil recognizes that being a member of the LGBTQIA+ community has given him an amazing group of friends. UFCOM fosters an environment that allows members of this community to be open and comfortable, with great allies that are ready to advocate. When not managing finances for Equal Access Clinic (quite a feat), Phil enjoys flexing his vocal chords in White Coat Company, swimming, and a good book. Phil is a shining prism of rainbow light within UFCOM, reach out to him if you have any questions or just want another friend. He's a great friend, I would recommend.



Kelsey Williamson, Class of 2022

Kelsey is a refreshing spirit within UFCOM. Since day one, she has been an active member of the LGBTQIA+ community at UFCOM as an advocate and a friend to everyone. As the co-president of Health Queer Alliance, and co-director of LGBT Night for Equal Access Clinic, Keslsey has made a large impact on caring for the LGBTQIA+ community and helping UFCOM continue to grow as an accepting home for its students. Kelsey loves to spend her time rollerblading, checking out the newest brewery, practicing yoga, or listening to the latest episode of "My Favorite Murder." Kelsey specifically wants all of the incoming medical students to know that "you are enough. You are talented, educated, hard-working, and caring enough to be a student at UFCOM. No matter how impossible it seems at times, you are going to get through this and make an amazing doctor."



Michaela O'Driscoll, Class of 2021

Michaela is grinding away on her MS3 year, hoping to pursue a career in Emergency Medicine or General Surgery. Her kind and calming presence is a welcome addition to all medical teams, and helps her serve patients to her fullest potential. Michaela is an active member of Health Queer Alliance, a site officer for Equal Access Clinic, and Director of LGBT Night for EAC. When she's not studying or advocating, you can find Michaela petting her cat (Mr. Link), eating all things vegan, surfing, or cheering on the Orlando Pride. Feel free to say hi or reach out if you see Michaela hanging around HMEB or the hospital!



Tyler Culpepper, MD, PhD, Class of 2019

Tyler is a UFCOM alumni still gracing us with his presence as an Internal Medicine resident! If you are lucky enough to rotate with him, you will find that he is a strong advocate for patients and medical students. Also if you have any questions about probiotics he is the expert and will talk your ear off about lactobacillus thanks to his PhD. Very good asset to the medical team, especially when trying to avoid c-diff. Tyler is openly out with all faculty and residents, finding no issues bringing his significant other to work events. When he's not on rounds at the hospital, you can catch Tyler running, riding his bike, or cheering on the Gators in The Swamp.



Katelin McDilda, MD/MPH Class of 2021

Katelin is finishing up her MPH and can't wait to hop back into her MS4 year. She identifies as a cis-woman who is still veryyy much on the path to figuring out her sexuality. Surprisingly to her, medical school created a safe space to allow her to question the heteronormativity with which she previously viewed the world. Overall, UFCOM has created a very supportive environment in which to do so. On the weekends Katelin enjoys petting any willing cat (they are very temperamental) and honestly just laying in bed. Oh and she just got roller blades so another hobby includes trying not to get a concussion while doing lap after lap around her parking lot while listening to the latest episode of "My Favorite Murder."

LGBTQ+ (HIS/HER/THEIR)STORY

Never forget that you are now part of a stunning, resilient, and powerful history of LGBTQ+ folx in medicine. Below is a small sampling of famous LGBTQ+ doctors in both the past and the present who have made great contributions to LGBTQ+ health. We can't wait to add your name to the list!



Marci Lee Bowers (1958-Present)

Dr. Bowers is considered the "rock star" of gender confirmation surgery. She is the first out transgender woman to do such surgeries (over 4000 in total!) and has made great innovations in the gynecological field. "I believe the surgery should be responsibly performed... It is the only morally responsible approach to this problem... and I will live to see that change be made globally."



Alan L. Hart (1890-1962)

Dr. Alan Hart was an American physician, radiologist, tuberculosis researcher, writer and novelist. He was in 1917–18 one of the first trans men to undergo hysterectomy in the United States, and lived the rest of his life as a man. He pioneered the use of x-ray photography in tuberculosis detection, and helped implement TB screening programs that saved thousands of lives.



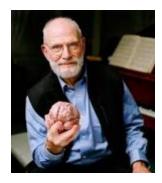
Ben A. Barres (1954-2017)

Dr. Barres, a brilliant neurobiologist, was the first openly transgender scientist in the National Academy of Sciences. He has done astounding work on CNS glial cells and on being transgender in medicine in his book, The Autobiography of a Transgender Scientist. "I marvel at how far the world has come in recent years... I did not know of any successful transgender scientists, and I worried... [but] My career went on as before without a hitch."



Nanette Gartrell

Dr. Gartrell is an American psychiatrist, researcher, lesbian activist and writer. Gartrell is the author of over 70 research reports on topics ranging from medical student depression to sexual minority parent families to sexual exploitation of patients by healthcare professionals. Her investigation into physician misconduct led to a clean-up of professional ethics codes and the criminalization of boundary violations. For this work, she was featured in a PBS "Frontline" documentary *My Doctor, My Lover.* Gartrell is also the author of *My Answer Is NO. . . . If That's Okay with You: How Women Can Say NO with Confidence.*



Oliver Sacks (1933-2015)

Dr. Sacks was a gay Jewish neurologist and prolific medical writer who spoke openly about his own struggle with depression and prosopagnosia. He in many ways defined the field of novelistic, humanitarian and patient-centered medical literature and did seminal work on innovative therapeutic treatments for previously-thought incurable or untreatable neurological conditions, such as the use of musical therapy and levadopa on post-encephalitic patients.

"What I write shows respect and appreciation, not any wish to expose or exhibit for the thrill... In examining disease, we gain wisdom about anatomy and physiology and biology. In examining the person with disease, we gain wisdom about life."



J. Edward Hill

In a speech entitled "Understanding, Advocacy, Leadership: The AMA Perspective on LGBT Health," Hill became the first president of the AMA to address the Gay and Lesbian Medical Association.

"I know that GLMA members and LGBT physicians have been treated unfairly by the AMA in the past. There is simply no excuse for discriminatory actions or exclusions based on sexual orientation or gender identity -- none. First, GLMA has opened [the AMA's] eyes to the diverse needs of LGBT patients, and second -- and just as important -- GLMA has told patients that

they have the right to expect a health care system filled with openness, fairness and equality."

His speech is considered by some as an historic turning point in the policy of the AMA's towards LGBT physicians after the events at New York Medical College during the tenure of the previous AMA president Dr. John Nelson.



Robert James Frascino (1952-2011)

Dr. Robert Frascino was an American physician, immunologist, and advocate for HIV-positive people. He was one of the first physicians to specialize in HIV during the outbreak of the AIDS virus in the early 1980s. After an occupational exposure to the virus in 1991 left him HIV-positive, his health declined, and he had to retire from his work as a physician in 1996. At that time, he became active in HIV/AIDS education and advocacy.

Frascino resided in California with his husband Steven Natterstad, whom he met in 1991. Natterstad, also an HIV specialist and concert pianist, had been hired to work for the same medical practice at that time. They were married in 2008, and Natterstad remained HIV-negative throughout their time together.

"Maybe I was meant to get this disease for a purpose. Maybe I'm here to remind everyone that we're in the third decade of this illness, that there are 42 million people infected and 22 million killed worldwide, and we still don't have a cure or vaccine even on the distant horizon.



Margaret Jessie Chung (1889-1959)

Dr. Margaret Jessie Chung was born in Santa Barbara, California, and was the first known American-born Chinese female physician. After graduating from the University of Southern California Medical School in 1916 and completing her internship and residency in Illinois, she established one of the first Western medical clinics in San Francisco's Chinatown in the early 1920s. A pioneer in both professional and political realms, Chung led an active personal life. As the only woman in her class, she adopted masculine dress and called herself "Mike," but

after having established a professional practice she reverted to conventional dress and her female name. She also openly had relationships with several women.



Fred "Fritz" Klein (1932-2006)

Dr. Fred "Fritz" Klein was an Austrian-born American psychiatrist and sex researcher who studied bisexuals and their relationships. He was an author and editor, as well as the developer of the Klein Sexual Orientation Grid, a scale that measures an individual's sexual orientation. Klein believed that sexual orientation changed over the course of a lifetime and that researchers underestimated the number of men that had sexual interactions with both sexes. Fritz Klein founded the American Institute of Bisexuality in 1998 which is continuing his work by sponsoring bi-inclusive sex research, educating the

general public on sexuality, and promoting bi culture and bi community.



Ethel Collins Dunham (1883–1969)

Ethel Dunham and her life partner, Martha May Eliot, devoted their lives to the care of children. Dunham focused on premature babies and newborns, becoming chief of child development at the Children's Bureau in 1935. She established national standards for the hospital care of newborn children, and expanded the scope of health care for growing youngsters by monitoring their progress in regular home visits by Children's Bureau staff.



Jesse Menachem Ehrenfeld (born 1978)

Dr. Jesse Ehrenfeld is an American physician. Ehrenfeld is Chair of the American Medical Association Board of Trustees and the Joseph A. Johnson Jr., Distinguished Leadership Professor of Anesthesiology, Surgery, Biomedical Informatics & Health Policy at Vanderbilt University School of Medicine. The inaugural recipient of the NIH Sexual and Gender Minority Research Award from the NIH Director, Ehrenfeld has been recognized for his contributions to advancing health equity. He lives in Tennessee with his husband.

A longtime advocate for patients, equality, and LGBTQ health, Ehrenfeld made international headlines on February 22, 2015, when he asked the newly appointed Secretary of Defense Ashton Carter his stance on letting transgender individuals serve in the military. The Secretary's response "I don't think anything but their suitability for service should preclude them [from serving]" — was his first public comment on the issue and the most favorable from a senior U.S. military official to date. Within hours, the event was being reported by news outlets all over the world and by the next afternoon the White House chimed in with its support, sparking even more media attention. This exchange was featured in the documentary "TransMilitary."

On February 27, 2019 Ehrenfeld testified alongside five transgender service members in front of the House Armed Services Committee Subcommittee on Military Personnel. In his testimony, Ehrenfeld said "I would like to state unequivocally that there is no medically valid reason—including a diagnosis of gender dysphoria—to exclude transgender individuals from military service."



Saul M. Levin

Dr. Saul Levin is a South African psychiatrist and business executive who works in the United States. He has worked in private consulting and in government administration. Since 2013,

he has been the CEO and medical director of the American Psychiatric Association. Levin is openly gay. His appointment as the CEO and medical director of the APA made him the first openly gay person to hold the position, and possibly the first openly gay person to lead an American national medical specialty society.



Martha May Eliot (1891-1978)

Dr. Marha Eliot was a foremost pediatrician and specialist in public health, an assistant director for WHO, and an architect of New Deal and postwar programs for maternal and child health. Her first important research, community studies of rickets in New Haven, Connecticut, and Puerto Rico, explored issues at the heart of social medicine. Together with Edwards A. Park, her research established that public health measures (dietary supplementation with vitamin D) could prevent and reverse the early onset of rickets. Martha Jane Eliot shared her personal life in a long emotional and domestic partnership with Ethel Collins Dunham, also a pioneering female

pediatrician, who was made the first female member of the American Pediatric Society and was awarded its highest award, the Howland Medal, in 1957.



Louise Pearce (1885-1959)

Dr. Pierce was a lesbian feminist activist in the field of medicine. She was an American pathologist who graduated at the top of her class from Johns Hopkins School of Medicine in 1912 and proceeded to become the first woman researcher at the Rockefeller Institute. Dr. Pearce helped develop a treatment for trypanosomiasis at a time when it was decimating entire populations worldwide. She also did seminal work on syphilis and cancer research. She lived with Dr. Baker and her life partner Ida Wylie from the 1930s until their deaths.



Lawrence D. Mass, M.D. (born in1946)

Dr. Lawrence Mass is an American physician and writer. A co-founder of Gay Men's Health Crisis, he wrote the first press reports on the epidemic that later became known as AIDS. He is the author of numerous publications on HIV, hepatitis C, STDs, gay health, psychiatry and sex research, and on music, opera, and culture. He is also the author/editor of four books/collections. In 2009 he was in the

first group of physicians to be designated as diplomates of the AMerican Board of Addiction Medicine. Since 1979, he has lived and worked as a physician in New York City, where he resides with his life partner, writer and activist Arnie Kantrowitz.



Pío del Río Hortega (1882-1945)

Dr. Río Hortega was a gay leftist sociopolitical activist and physician whose research on glial cells and discovery of oligodendroglia and microglia (also known as Hortega cells) got him nominated for a Nobel Prize in Medicine twice. He led Spain's national cancer institute in the 1930s studying brain tumors specifically and during the civil war rescued 5,000 histological preparations for radiotherapy. "Whoever possesses a refined sensitivity for artistic manifestations will appreciate...the science of histology."



Diane "Dee" Mosbacher, MD, Ph.D. (born in 1949)

Dr. Diane "Dee" Mosbacher is an American filmmaker, lesbian feminist activist, and practicing psychiatrist. In 1993, she founded Woman Vision, a nonprofit organization to promote equal treatment of all people through the production and use of educational media, including video. In 1994, she directed and produced *Straight From the Heart*, which was nominated for an Academy Award.



Sara Josephine Baker (1873-1945)

Dr. Baker was an out lesbian suffragist who saved millions of lives with her minority public health innovations. Her practices, detailed in her autobiography Fighting for Life, continue to be utilized worldwide, like the required presence of school nurses. "I have, perhaps unwittingly, done my share to bring state medicine into existence. I am reasonably certain that the next generation will see it immeasurably advanced."



Rebecca Anne "Becky" Allison (born in1946)

Dr. Allison is an American cardiologist and transgender activist. She served as President of the Gay and Lesbian Medical Association (GLMA) and as Chair of the American Medical Association's Advisory Committee on Lesbian, Gay, Bisexual, and Transgender Issues. In 1998, Allison created drbecky.com, a resource site focusing on the

medical, legal, and spiritual needs of transgender people. The website includes a compilation of statutes for amending sex on a birth certificate, a brochure on facial feminization surgery by Dougals Ousterhour, criticism of the controversial 2003 book *The Man Who Would Be Queen* by J. Michael Bailey, and a section on spirituality. Allison's website is frequently cited in guidelines for LGBT health care. In addition to the GLMA, she is Chair of the American Medical Association Advisory Committee on Gay, Lesbian, Bisexual, and Transgender Issues, and assisted in passage of AMA Resolution 22, "Removing Financial Barriers to Care for Transgender Patients."



Magnus Hirschfield (1868-1935)

Dr. Hirschfield, a gay Jewish socialist who lived through Nazi Germany, defined the field of sexology through his Scientific Humanitarian Committee's motto 'Justice Through Science'. He used medicine as a stepping stone towards LGBTQ equality, estimating over 43 million types of sexualities and genders. "Soon the day will come when science will win victory over error, justice a victory over injustice, and human love a victory over human hatred and ignorance."

Do you have physicians you'd like to add to the list? Please shoot us an email- we welcome all contributions!