**LGBTQIA+ Interdepartmental Resource Document**

**University of Tulsa Resources**

**Office of Diversity, Equity, and Inclusivity**

<https://utulsa.edu/diversity/>

As part of the Diversity Action Plan, the Office of Diversity, Equity & Inclusion works to attract and retain diverse students, staff and faculty, develop campus-wide programming addressing diversity and inclusion issues and cultivate resources that nurture a diverse campus community.

* Resources:
	+ Chevron Multicultural Resource Center is a safe space
	+ Safe sex resources

**Student Experience**

<https://utulsa.edu/student-experience/>

From learning to conduct research to mastering time management practices, TU offers a broad range of academic resources tailored to developing learning proficiencies and self-advocacy skills leading to academic and personal success. Click the link to learn more about the resources and opportunities that are available.

**The Counseling and Psychological Services Center (CAPS)**

<https://utulsa.edu/counseling-services/>

The Counseling and Psychological Services Center offers clinical services to all students and a broad range of professional, educational, and consultative services to faculty and staff. We are trained to help college students adjust to the changes and transitions of college life as well as to help faculty and staff function more effectively in their roles.

* Resources:
	+ Consultations
	+ Online self-help toolkit/resources
	+ On demand webinars for mental well-being and skills building
	+ Virtual topic groups
	+ Individual, couples, and group therapy
	+ Resources related to mental health and COVID-19

**The Student Success Coaches and New Student Programs**

<https://utulsa.edu/student-success-coaches/>

The Student Success Coaches and New Student Programs provide students with a welcoming and responsive place to find support throughout their first-year at The University of Tulsa. First-year students are paired with a professional student success coach who engages them in challenging and holistic conversations to help students articulate their goals, identify barriers that hinder their success, develop action plans, and provide accountability to enhance their success.

* Resources:
	+ Peer mentors can connect you to appropriate services.
	+ Orientation provides a plethora of information about different resources on campus and where to find them. During orientation materials and resources are distributed.

**Office of Violence Prevention**

<https://utulsa.edu/sexual-violence-prevention-education/>

If you or someone you know has been hurt by sexual assault, domestic violence, dating violence, or stalking, The University of Tulsa is here to help. You have the right to live, learn, and/or work in a safe and welcoming environment. Violence is unacceptable, and University of Tulsa policy prohibits any form of sexual misconduct, sexual assault, domestic violence, dating violence, and stalking.

**Survivor Advocate** 918-631-2965, tu2965@utulsa.edu

TU’s survivor advocate is available during regular business hours and by appointment to provide assistance with resources and advocacy. The survivor advocate can assist in the following: safety planning, facilitating SANE Exams, filing a protective order, accompaniment to court hearings, advocacy while speaking with law enforcement or campus security, and a number of other services. Please contact the survivor advocate’s office in Hardesty Hall at **918-631-2965 or by email** tu2965@utulsa.edu if you have questions or to request assistance.

### Title IX Coordinator – 918-631-2313, TitleIX@utulsa.edu

### To raise concerns or to file a complaint under the Title IX Policy, Leah Asbury at TitleIX@utulsa.edu, 3135, 918-631-2313. For more information please view the [Notice of Rights under Title IX](https://utulsa.edu/student-affairs/notice-rights-title-ix/).

**Dean of Students – 918-631-2510**

The Dean of Students or designee is available to help and work with students throughout the process, addressing short-term and long-term personal or academic issues that might arise, including options for assistance with changing academic, living, transportation, and working situations if requested and available. Visit the [Office of Student Affairs](https://utulsa.edu/student-affairs/).

 **Office of Campus Security – 918-631-5555,** 3115 East 8th Street

Campus Security urges anyone who has experienced sexual violence to call **918-** **631-5555** immediately. A campus security officer can also be summoned by pressing the red button on any of the emergency phones (blue lights) or the phones outside residence halls located throughout the campus community. Campus Security recommends the prompt reporting of sexual violence, domestic violence, dating violence, and stalking. However, reports filed at a later date are also received. Reporting an incident does not obligate a person to press charges.

**Housing/Gender Inclusive Living**

<https://utulsa.edu/housing-dining/gender-inclusive-living/>

On-campus housing at TU is assigned by the student’s sex captured through the original admissions process information. Most of our living areas are assigned by sex in halls, wings, and/or suites based on living community. In meeting the needs of the student, TU will recognize and respect the gender identity the student has established with Housing. Staff will not ask for any more information than is required to meet the student’s housing needs, and all disclosed information will be kept strictly confidential. The Housing assignment specialist will, through conversation and specific knowledge regarding the living environments, provide students with the options available to them. This includes a specialized living area in LaFortune House that allows students to live in a suite, regardless of their sex, gender identity, or gender expression, or the sex, gender identity, or gender expression of their room or suite mates.

Gender Inclusive Housing option, the [Gender & Sexuality Inclusivity Living Learning Community](https://utulsa.edu/gender-sexuality-inclusivity-llc/) in campus apartments, and TU’s commitment to house trans, genderqueer, non-binary, and gender non-conforming students via discussions based on individual and specific needs have all been developed out of the expressed needs from our students.

**CaneCares**

<https://utulsa.edu/student-affairs/canecares/>

Students at TU take care of themselves and take care of one another.  CaneCares is a simple online tool for you to communicate any concerns or observations you may want to share about a friend, a neighbor, or your community.  CaneCares reports are read by TU staff members trained to assist in many ways. CaneCares provides a convenient way for you to step in and make sure a fellow student gets the help that they may need.

* Resources:
	+ Submit any concerns related to student well-being/concern, COVID-19, bias/discrimination, sexual harassment/assault, housing related issues, non-emergency mental health related issues, student code of conduct issues, or other general concerns.
	+ You can submit and communicate multiple concerns in one place.
	+ CaneCares can also be submitted anonymously if you are not comfortable with disclosing your identity.

**Student Organizations**

**Pride at TU** utulsapride@gmail.com

A group for Bisexual, Lesbian, Gay, Transgender, Queer, Intersex, Questioning, Asexual, and Allied individuals who come together for support, friendship, and campus events planning. In order to maintain openness, Pride holds confidentiality is up most important. Our meetings are strictly confidential, as are our membership lists and a person’s sexual orientation. We do not hand out information without the consent of that person. Because we realize that not everyone is at the same place regarding their sexuality, we are especially welcoming to those who are in the process of coming out and also to those who are, in general, unsure of their sexuality. Thursdays at 9pm. Email utulsapride@gmail.com for info.

**Society for Gender Equality** utulsa.sge@gmail.com

SGE is an open group for TU students advocating for gender equality. SGE recognizes not only the powerful influence of gender, but also class, race, disability, sexual orientation, gender identity, and gender expression on individuals’ lived experiences and life chances. We aim to foster a safe space to raise concerns, ask questions, and share our thoughts. Mondays at 8pm. Email utulsa.sge@gmail.com for info.

**Transgender Student Support Group**

This is a support group for Trans folks that meets virtually every Friday 4pm-5pm. Email kelsey-hancock@utulsa.edu for more details.

 **Little Blue House** (918) 280-8430, linda-davis@utulsa.edu

The Little Blue House fosters an interfaith voice for peace and social justice on The University of Tulsa campus. The LBH is comprised of University of Tulsa students of all faiths and backgrounds — including those who are not sure if they have a faith. The LBH is a ministry of inclusion, meaning that we believe everyone is a child of God and that all are welcome — regardless of faith tradition, race, gender, sexual orientation, national origin, age, ability or background. We’re located at the literal Little Blue House at 2839 East 5th

**LGBTQIA+ Coordinated Community Response Team Subcommittee** prevention@utulsa.edu

The LGBTQIA+ subcommittee of the CCRT will work to provide education, training, and resources which confirm that interpersonal violence within the LGBTQIA+ community does exist, that more barriers are present within the reporting process for community members, and that provided resources will be inclusive to all university members, both within faculty staff and student populations.

**TU Related Helpful Information**

**How to Change Your Pronouns in Self-Service**

The University of Tulsa is an inclusive community that welcomes people of all identities and is dedicated to creating structures that support all our students and employees. Community members may choose to make their pronouns visible to the TU community by updating them via Self-Service.

**Instructions:**

1. Log in to Self Service.
2. Navigate to User Options from the menu on the left side of the screen.
3. Click on User Options.
4. Click on User Profile.
5. Click on Edit Personal Identity to update your pronouns.
6. Pronoun options:

She/Her/Hers

He/Him/His

Zie/Zim/Ziers

Xe/Xem/Xyrs

They/Them/Theirs

1. Use My Name as Pronoun

**How to Change Your Name for Class Rosters and Diploma**

<https://portal.utulsa.edu/offices/registrar/SitePages/Preferred%20Name%20Declarations.aspx>

To request use of a preferred name, rather than a legal name, for class rosters and internal university communications, please complete the form below and submit to records@utulsa.edu.

**City of Tulsa Resources**

**Oklahomans For Equality (OkEq)** 918-743-4297

<https://www.okeq.org/>

Oklahomans for Equality (OkEq) seeks equal rights for Lesbian, Gay, Bisexual, and Transgender (LGBT) individuals and families through advocacy, education, programs, alliances, and the operation of the Dennis R. Neill Equality Center. For members of the LGBT community OkEq can provide targeted resources and support in a comforting environment.

* Resources:
	+ Supportive community of staff and volunteers
	+ Rainbow library and art gallery
	+ Support groups
	+ Counseling services
	+ Targeted services for transgender persons, LGBTQ+ youth, LGBTQ+ older adults, and others
	+ Equality Business Alliance
	+ Services specifically for children and families
	+ OKEq Health Clinic

**Transgender Support Groups**

<https://www.okeq.org/transgender-support.html>

For a list of support groups in Tulsa for transgender folks and friends/family of transgender folks click the link.

**Mental Health Association of Oklahoma**

<https://mhaok.org/>

The Association’s statewide work is dedicated to promoting mental health and the equity of access to mental health care through advocacy, education, research, service, and housing.
Our work includes housing, mental health education, support groups, pro bono counseling, mental health screening and referral, suicide prevention, peer-to-peer recovery services, employment readiness, community health and wellness initiatives, and criminal justice advocacy.

* Resources:
	+ Suicide prevention
	+ Support groups
	+ Housing information
	+ Employment support

**Domestic Violence Intervention Services (DVIS)**

<https://dvis.org/>

DVIS, a Tulsa Area United Way agency, is the only nonprofit agency in Tulsa, Okla., and the surrounding communities to provide comprehensive intervention and prevention services to men, women and, children affected by domestic and sexual violence. The DVIS mission is to rebuild lives affected by domestic violence and sexual assault through advocacy, shelter, counseling, and education.

* Resources:
	+ Resources related to domestic abuse, sexual assault, stalking, and teen dating violence
	+ Crisis hotline
	+ Individual and group counseling
	+ Crisis walk-ins
	+ Free education presentations
	+ Case management and safety planning
	+ Safe shelter while escaping domestic violence and/or sexual assault
	+ Advocacy through linkage and referrals to other social service providers as needed
	+ Assistance with transportation needs such as bus tokens and bus passes
	+ Legal services

**Community Outreach Psychiatric Emergency Services** 918-744-4800

<https://www.fcsok.org/services/crisis-services/>

A free and confidential 24/7 telephone crisis line and mobile crisis service, provides emotional support children and adults in suicidal crisis or emotional distress. We can also work with family members, friends, schools, law enforcement and other professionals to ensure safe resolutions and intervention plans are put in place.

**New Day Speech Therapy** 918-928-9676

<http://www.newdayspeechtherapy.com/>

Full-service speech pathology practice providing services to children through adults. We specialize in voice modification therapy for transgender adults.

**Peoria Health Center/Planned** 918-858-4661

<https://www.plannedparenthood.org/health-center/oklahoma/tulsa/74120/peoria-health-center-2416-90740/lgbtq>

Services offered:

* Hormone Replacement Therapy
* Education
* Resources
* Referrals

**\*\*Transgender Health Services (Located in OK City)** 405-429-7940

<https://trustwomen.org/clinics/oklahoma-city/patient-care-services/transgender-health-services>

* Resources:
* Hormone therapy
* Labs following hormonal therapy
* Check-ups and wellness checks
* STI and STD testing and treatment
* Rapid testing for HIV, chlamydia and trichomoniasis
* Assistance with changing legal documents
* Referral to LGBTQIA-friendly behavioral health/physicians if needed
* Referral to plastic surgeons, two of whom are available for breast reduction
* Urologist referral available for male-to-female surgery as well as residual
* prostate surgery

**Gender-Affirming Faith Communities**

<https://www.okeq.org/efa-faith-communities.html>

Oklahomans for Equality (OkEq) provides a list of gender-affirming faith communities. Click the link above for information.

**National Resources**

**National Suicide Prevention Lifeline** 800-273-8255

<https://suicidepreventionlifeline.org/>

Crisis intervention and free emotional support are available, which is helpful when you need confidential assistance during a time of emotional distress for you or a loved one. The helpline is open 24/7, and a live online chat is available as well.

**Trans Lifeline** 877-565-8860.

<https://translifeline.org/>

Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

**GLAAD**

<https://www.glaad.org/resourcelist>

GLAAD compiled a list of national resources organized by topic. Click the link to see the full list.

**The Trevor Project**

<https://www.thetrevorproject.org/>

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, queer & questioning (LGBTQ) young people under 25.

* Resources:
	+ Trevor Support Center: A place where LGBTQ youth and their allies can find answers to frequently asked questions
	+ Information on how to prevent suicide
	+ Coming out handbook
	+ Information on intersectionality
	+ Coping with mental health challenges
	+ Connect with the TrevorLifeline 24/7 at 1- 866-488-7386, text “Start” to 678678, or chat online

**Coming Out to Your Parents**

<https://www.strongfamilyalliance.org/how-to-come-out-to-parents/?gclid=Cj0KCQiAyoeCBhCTARIsAOfpKxgytWypzyBnFXaupm2E4Uo4XXABYMT7XQi0KHLv8lwebmnoe_A687YaAvT4EALw_wcB>

**Plume: Gender-Affirming Hormone Therapy**

<https://getplume.co/how-it-works/>

Plume provides gender-affirming care directly from your smartphone. Our experienced healthcare providers understand the unique needs of the trans community.  Membership with Plume includes everything you need to start, continue, and maintain your gender-affirming hormone treatment. We know everyone has different goals for their transition and we are here to help you navigate your journey.

**LGBTQIA+ Community Events**

**Oklahomans For Equality (OkEq):** 918-743-4297

<https://www.okeq.org/event-calendar.html>

OkEq host a variety of different community events. To learn more about the events and the event calendar click the link.

**LGBTQIA+ Related News**

**LGBTQ Nation**

<https://www.lgbtqnation.com/>

News about LGBTQI issues from around the world.

**GLAAD**

<https://www.glaad.org/>

GLAAD rewrites the script for LGBTQ acceptance. As a dynamic media force, GLAAD tackles tough issues to shape the narrative and provoke dialogue that leads to cultural change. GLAAD protects all that has been accomplished and creates a world where everyone can live the life they love. Their website provided updates on LGBTQIA+ related news and coverage.

**How to Be an Ally**

The below information are some helpful tips to being an ally. This is not an exhaustive list, being an ally is a life-long process and requires ongoing humility and education. The information below is from <https://www.glaad.org/resources/ally/2>

1. Be a listener
2. Be open-minded
3. Be willing to talk
4. Be inclusive and inviting
5. Don’t assume someone’s gender and sexual orientation. Don’t assume everyone is straight. Not making assumptions will give them the space they need if they haven’t come out yet.
6. Anti-LGBT comments and jokes are harmful. Let your friends, family and co-workers know that you find them offensive.
7. Confront your own prejudices and bias, even if it is uncomfortable to do so.
8. Defend your LGBT friends against discrimination.
9. Believe that all people, regardless of gender identity and sexual orientation, should be treated with dignity and respect.
10. If you see LGBT people being misrepresented in the media, contact us at glaad.org.

Here are some helpful resources for allyship:

* <https://pflag.org/allies>
* <https://www.glaad.org/resources/ally/2>
* <https://www.cnn.com/2018/06/22/health/lgbt-how-to-be-an-ally-trnd>
* <https://www.hrc.org/resources/being-an-lgbtq-ally>

**Are we missing anything?**

Let us know! Contact prevention@utulsa.edu to let us know if you would like additional information.