



# WEILAND HEALTH INITIATIVE

[weiland.stanford.edu](http://weiland.stanford.edu)

Fall 2020 FAQs

*Our mission is to promote mental health and wellness across the spectrum of gender identities and sexual orientations through education, training and clinical services at Stanford and beyond.*

## HOW DO I SCHEDULE A WEILAND CONNECTS OR ZOOM SESSION?

*Weiland Connects are 30 minute appointments where you can process feelings, brainstorm next steps and resources, learn about therapy, etc. They are also a great place to start if you don't know where to start!*

*If you've paid the Health Fee, you can schedule one directly through VadenPatientPortal. If not, please connect with us via the VadenPatientPortal by sending us a direct secure message, even if you have not paid the health fee. Just look for the "Message" menu item among the items on the left side of the portal screen. You can also contact one of the Program Managers (email on next page).*

## WHAT SERVICES DOES WEILAND OFFER?

*At this time, we are only licensed to provide individual therapy to students currently in California. For folks in CA, we continue to provide virtual drop-in hours called Weiland Connects and brief individual teletherapy.*

<b>Service Available:</b>	<b>In CA:</b>	<b>Outside CA:</b>
Brief Individual Counseling (teletherapy over Zoom)	●	
Weiland Connects (over Zoom)	●	●
Help finding queer/gender-affirming services in your area	●	●
QT Fund application access & aid (available week 5-7)	●	●
Queer Yoga (virtual)	●	●
Letters of Support (LOS) for surgery through Cardinal Care/Vaden in CA	●	
Referrals for LOS out of state	●	●

## WHAT'S OFFERED FOR BIPOC STUDENTS? WHAT IS WEILAND'S ANTIRACIST WORK?

*Weiland resolutely believes that #BlackLivesMatter and continues to invite BIPOC queer, trans, and non-binary members to connect with us to discuss resources.*

*Racial equity, social justice values, and aspirations of liberation are the foundations of Weiland's work and training. As a mostly white-staffed organization, we continue to combat our own internalized anti-Blackness, protest in solidarity, and support of abolishing systems that cause harm and dehumanize. We strive to challenge each other and others to be better co-conspirators in the dismantling of white supremacy and to decolonize our clinical service delivery.*

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## WHAT IS THE HEALTH FEE? WHAT'S ELIGIBILITY?

*To get Vaden Health services, you pay the Campus Health Fee (also called Axxess Fee during COVID times). This fee is tied to on-campus housing, not tuition- so undergrads in a "flex quarter" will be assessed the fee if living on campus. Off campus folx can pay the \$232/quarter fee in order to access Vaden services by contacting the Vaden insurance office.*

## WHAT GENDER AFFIRMING SERVICES ARE OFFERED AT VADEN?

*For folx in CA who have paid the health fee, you can receive HRT and PrEP telehealth follow up without labs. However if you need exams, labs, or injection instruction, this needs to be in person. If this is you, contact one of the Program Managers for help in accessing services.*

## WHAT IF I NEED A LETTER FOR SURGERY BUT I'M NOT IN CA?

*Go to thegalap.org to find someone! You can also contact the Program Managers for additional help finding someone in network.*

## WHAT IF I NEED HELP FINDING SERVICES IN MY AREA?

*One of our amazing WHAs made a database to find queer affirming providers that you can access with this QR code. You can also visit [psychologytoday.com/us/therapists](https://psychologytoday.com/us/therapists) for general referrals or [nqttcn.com/meet-the-team](https://nqttcn.com/meet-the-team) for QTPOC referrals. You can also get in touch with the Program Managers to support you in this process or the Referral Coordinator at CAPS to help you find someone.*



## WHAT IF I WANT GROUP THERAPY OR OTHER THINGS?

*We will continue to create virtual programming and give updates on our website. Even though Weiland clinicians can't do group telehealth, we want to connect you to services in the community or try to implement your service idea! Please reach out to the Program Managers!*

## PROGRAM MANAGERS:

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## WHAT ABOUT CO-PAYS?

*Many health insurance carriers have waived mental health and some medical co-pays since the onset of COVID. At this time, Cardinal Care has suspended MH copays for patients for therapy until 10/25/2020. If you feel you have been erroneously charged a copay by your Cardinal Care therapist, please reach out to Deb Schneider, Weiland Program Manager for help!*