



Family Tree
Clinic

Be healthy. Be you.

Newsletter

Volume 12, 2019

Coming Full Circle: A Multi-Generational Family Tree Clinic Story

A parent who received services at Family Tree nearly 30 years ago was pregnant with one of our newly hired health educators – it's a story you must read to believe!

Nearly 50 years ago, sexual health care was so taboo people didn't know where to go to get treated. Back then, Family Tree was all volunteer run and provided services that included prenatal care and childbirth classes.

When Sawyer Plotz, our newly hired Sexual Health & Violence Prevention Community Educator, told their mom Mary that they were interviewing for a job at Family Tree Clinic, she said, "Oh Family Tree?! That's where YOU started."

Mary went on to explain that when she and Sawyer's dad were newly married, low income and sharing a car, she was able to walk to Family Tree for all of her prenatal care and childbirth classes while pregnant with Sawyer. She said the midwives at Family Tree were amazing, and she has nothing but happy memories of her time here.

"It's amazing to think about how Family Tree has evolved from being primarily a neighborhood clinic to a clinic that draws people from all over the Midwest because of our unique combination of services."

Sawyer Plotz, Sexual Health & Violence Prevention Educator

Sawyer had no idea their mom was ever a patient at Family Tree Clinic until they were applying to work here!

Thanks to the incredible contributions of people like you, Family Tree Clinic has grown and expanded over the years. A baby who benefited from their parent's access to prenatal care, has now grown up to be a Sexual Health and Violence Prevention Community Educator in their own right and is giving back to the very community where they began...offering affirming, individualized health education to a new generation. 🌱



Mary received care at Family Tree while pregnant with Sawyer (pictured above). Today, Sawyer is one of our newly hired community health educators!

Leading LGBTQ Healthcare in Minnesota

Organizations, clinics, and providers across the state reach out to us requesting to model our methods of care and train at our facility. It's one way we're changing healthcare delivery for the better.

Our level of LGBTQ cultural competency and affordability create an incredible demand for our services. Our transgender hormone care program has seen dramatic growth since its start in 2014 – a 652% increase to be exact.

We don't have enough exam rooms to meet the need, and we are tackling this problem in several ways, including expanding our own provider capacity and training healthcare providers across the state.

Even though patients travel from all over the Upper Midwest to obtain services at Family Tree, it would be ideal if people could access the services they need in their own communities to reduce the stress and expense of travel.

Most recently, we partnered with We Health in Duluth and Harbor Health in Fargo, ND. We Health launched their own sliding fee hormone care clinic based on Family Tree's model of care, and Harbor Health has worked with us to expand their services to meet the growing demand in the Fargo-Moorhead area.

Beyond partnering with clinics, we collaborate with the University of Minnesota to provide an

"It was important to me to get the skills I needed to be confident providing all kinds of care in my community. People deserve access to competent care, regardless of where they living."

Morgan, U of M Medical School student



University of Minnesota Medical School student, Morgan, is currently taking the LGBT health competency elective offered by the U of M in partnership with Family Tree Clinic. Morgan plans to become a rural family medicine healthcare provider.

elective that increases doctor competency around LGBTQ health. It is one of two electives in the country. Students shadow with Family Tree providers over the course of a semester, learning what it means to provide culturally competent services for LGBTQ communities.

Morgan is a University of Minnesota medical student currently taking this elective with a plan to go into rural family medicine. She recognizes the need for providers with LGBTQ competency in rural areas.

Family Tree Clinic is one of the few partnerships for medical students that address LGBTQ competency. Soon medical students like Morgan will graduate, increasing the capacity for access to care in rural areas. Your donations support this work, and result in greater health equity for all – *thank you.* 

Our Deaf, Deaf Blind, and Hard of Hearing Program is Growing!

We are the only clinic in the country providing these uniquely tailored services, and it's time to expand.

You did it! Thanks to your support and a grant from the Eliminating Health Disparities Initiative, Family Tree Clinic is able to fund a new educator in our Deaf, Deaf Blind, and Hard of Hearing Program.

This educator will expand access to parent classes by creating video lessons in American Sign Language (ASL). Giving parents the language tools they need to have authentic conversations with their children is critical to help children and teens have a positive relationship with their bodies, and protect themselves from sexual and emotional abuse, infections, diseases, and unwanted pregnancies.

When you support Family Tree Clinic, you're offering Deaf parents and parents of Deaf youth access to healthcare information in their native language of ASL. 🌐

"This is a fantastic step to provide better services for our communities! These videos will provide caregivers tools to be confident discussing much needed topics, like boundaries and consent."

Bethany Gehman, DDBHH Health Education Program Manager



Our Deaf, DeafBlind, and Hard of Hearing health educators Bethany and Ryder filming a video in American Sign Language.



Your support fosters award winning sexual health education!

Katie Robinson (pictured left), a Family Tree Community Health Educator, was awarded *Individual of the Year* at the 2019 MN Adolescent Sexual Health Summit for her work in juvenile detention centers. Congratulations Katie! 🌐

DOUBLE YOUR IMPACT – we have a \$10,000 match!

When you give on
November 14th, your donations
are twice as powerful. It's a
great way to do the most with
your charitable giving.

**SCHEDULE YOUR
DONATION TODAY:**
familytreeclinic.org

give
TO THE
MAX 

NOV. 14, 2019



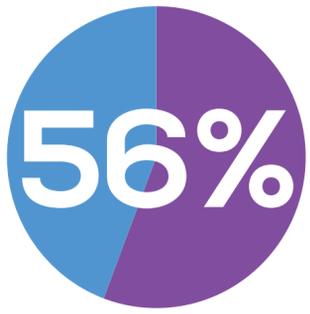
**Family Tree
Clinic**

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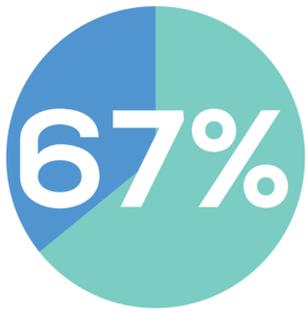


Check out the poster inside this issue!

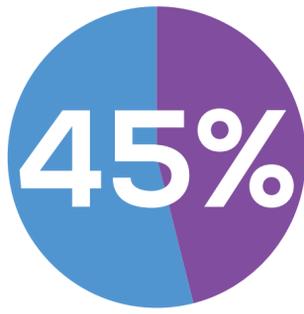
WHAT OUR COMMUNITY LOOKS LIKE



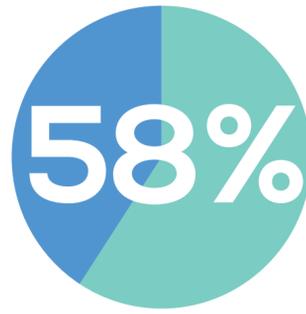
IDENTIFY AS MEMBERS OF LGBTQ COMMUNITIES



IDENTIFY AS WOMEN



IDENTIFY AS PEOPLE OF COLOR



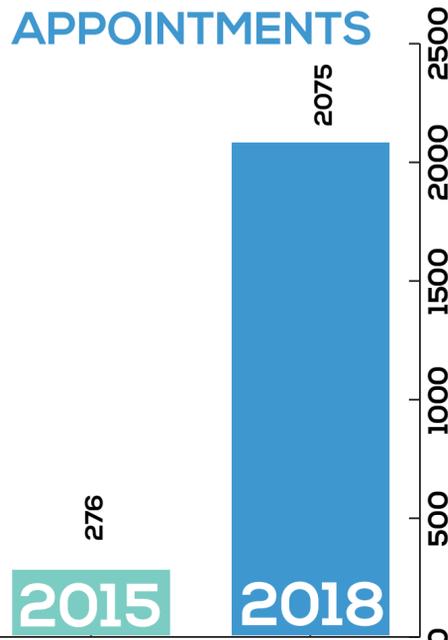
LIVE ON LESS THAN \$1,000 A MONTH

WE RISE
— BY —
LIFTING
EACH
OTHER

THE COMMUNITIES WE SERVE ARE POWERFUL



652% INCREASE IN HORMONE CARE APPOINTMENTS



WE HAVE THE LARGEST TRANS HORMONE PROVIDER PRACTICE IN THE UPPER MIDWEST.

"Family Tree provided a lifeline I couldn't find elsewhere."

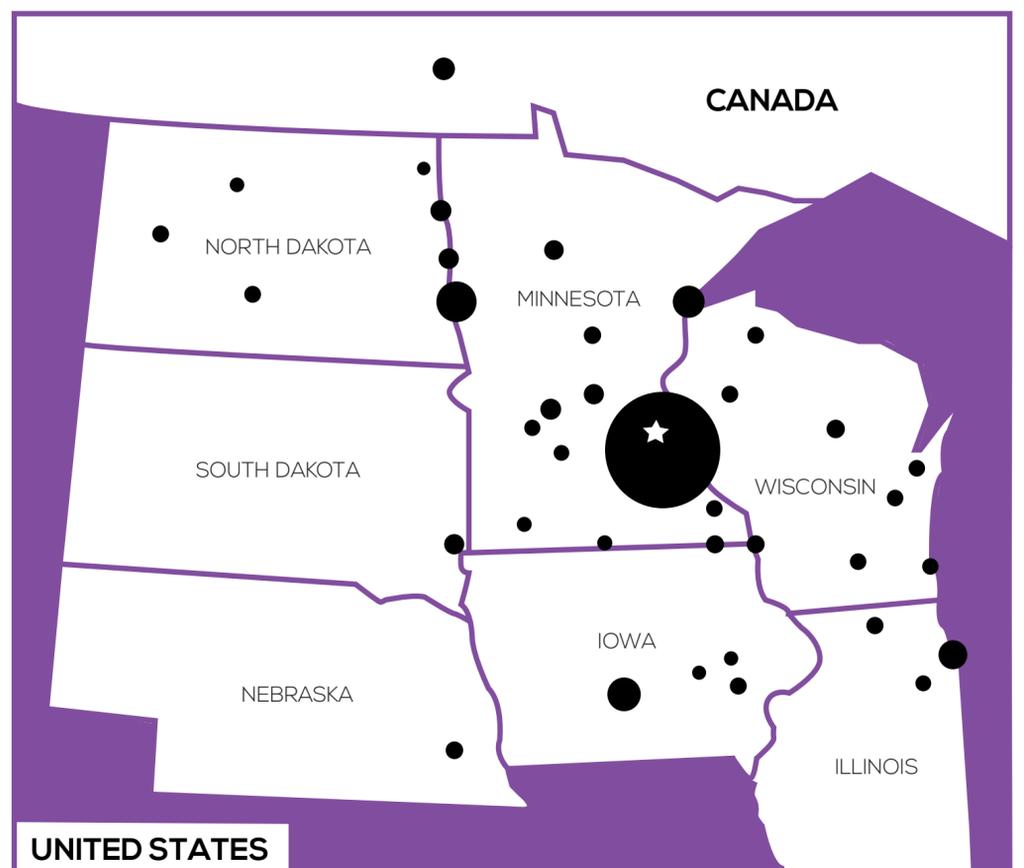
"There is no other clinic like Family Tree. This place saved my life."

WE WANT YOU...

To become a patient today!

Experience exceptional healthcare and do good for others at the same time. Insurance or no insurance — all are welcome!

Call or text 651-645-0478



Each dot represents an area from which patients travel — the larger the dot the more people come from that area. Patients traveled from as far as Winnipeg to receive care at Family Tree.