



Celebrating 50 Years of Family Tree Clinic

Fifty years later, we're still responding to the needs of the community.

In 1971, when a neighborhood needs assessment showed a gap in reproductive health care access, a group of community volunteers and health care workers came together to respond to a public health need. Led by John Beattie and Karla Ekdahl, both from Macalester College, this grassroots movement delivered non-judgmental, patient-centered sexual health care and education to anyone in need. No one was turned away who couldn't pay.

Family Tree Clinic was officially incorporated as a nonprofit by year's end, its work powered by an amazing group of 150 volunteers, providing community-driven solutions to health disparities. At first serving students from five surrounding colleges, Family Tree's impact in the community quickly grew. By the end of the decade, Family

Tree began operating the Minnesota Family Planning and STD Hotline — reaching people across the entire state with medically accurate sexual and reproductive health information.

Over the decades, Family Tree continued expanding its services by launching a health education program providing comprehensive sex ed in area schools that today reaches 15,000 youth and parents every year. In 2004, Family Tree added a Deaf, DeafBlind, and Hard of Hearing program which is the only program of its kind in the country.

In 2009 Family Tree launched the LGBTQ Health Access Initiative in response to the need for health care that respected and celebrated LGBTQ people's identities. The impact of this initiative has

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Photos from Family Tree Clinic's archive 1973-1974

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been incredible: the percentage of patients who identify as LGBTQ has grown from 9% in 2009 to almost 60% today. Family Tree also trains medical students in LGBTQ-inclusive health care delivery, in partnership with the University of Minnesota.

The LGBTQ Health Access Initiative impacted who we serve and the services we provide as well. Family Tree piloted an informed consent model for gender affirming hormone care in 2015 which grew to serve patients through the Upper Midwest and has been replicated by other clinics in the state.

Today, Family Tree has outgrown its current location in St. Paul, so we're building a beautiful new clinic and education center in Minneapolis, scaling up to better serve our community's needs.

A lot has changed since 1971, but much has stayed the same. People are in need of compassionate, competent health care on a sliding scale. Sex education is critically important to the health and well-being of people. And those who have been historically pushed to the margins best understand the solutions necessary to change our world for the better.

“As we look ahead to the next 50 years and beyond, the sky’s the limit. Just as we’ve done every day for the last 50 years we’ll continue to stay grounded in the power of connection, the value of listening, and the truths of our communities.”

-Alissa Light, Executive Director



Our Community Engagement team, Jacki Trelawny and Nadia Mohamed, giving out safer sex supplies this fall.



Photo credit: Annie Van Avery

Dear Community,

This announcement is sent to you with love and gratitude. I'm thrilled to share with you my planned transition from the ED role in the Spring of 2022.

Working at Family Tree has been the honor of a lifetime. It has been humbling to work alongside visionaries and fierce advocates for inclusive, human-centered health care. In the 11 years since I became the Executive Director, this work has made clear to me that when we deeply listen to each other and gather our communal strengths and histories, the possibilities are endless.

This transition is intentionally aligned with the next chapter for Family Tree, as we plan our move to a new sexual health and education center in Minneapolis at the end of this year. The launching of the new facility will be perfect timing to advance a next phase of leadership for Family Tree, continuing a long history of transformation to meet community needs.

I'm grateful for your support of this powerful organization and know you'll join me in celebrating the next iteration of Family Tree Clinic.

With much love and light,

Alissa Light



Family Tree is so grateful to Executive Director Alissa Light for 11 years of thoughtful and intentional leadership. Under Alissa's leadership, Family Tree has doubled in size, expanded its reach, and responded to community needs in authentic and innovative ways. We know that Alissa's heart, commitment and joyfully collaborative style have had an indelible impact on Family Tree.

Alissa began talking with the Board about succession planning over a year ago, giving us time to thoughtfully plan for this transition. We've retained the search firm DRG, with the intention of placing a new Executive Director in Spring 2022. Please stay in touch as we head boldly into the next iteration of Family Tree in our new clinic and education center later this year, and thank you for your support.

"Under Alissa's leadership over the last 10+ years, Family Tree has a foundation strong enough to withstand change. The opportunities for the organization to grow are a direct result of Alissa's strong ability to lead, support and make decisions with integrity."

-Jason Jackson,
Transition Committee Co-Chair and Board Member

"Alissa's leadership at Family Tree and in the community has been a shining example of courage, compassion, and dedication to what health care and education should be. Her commitment to patient centered care, racial justice, and transparency has made Family Tree a much respected and loved organization."

-Chris Reisdorf,
Transition Committee Co-Chair and Board Member

Crossing the River: Our Move to Minneapolis!



Family Tree Clinic's New Building is Scheduled to Open November 22nd

Family Tree Clinic is excited to announce that our new clinic and education center is on schedule to open this November. The new clinic is located in Minneapolis at 1919 Nicollet Avenue, in the Stevens Square neighborhood.

In this new building Family Tree Clinic will increase patient access with expanded hours, more exam rooms, new staff, and more room for our community partnerships.

We will transition all services to the new

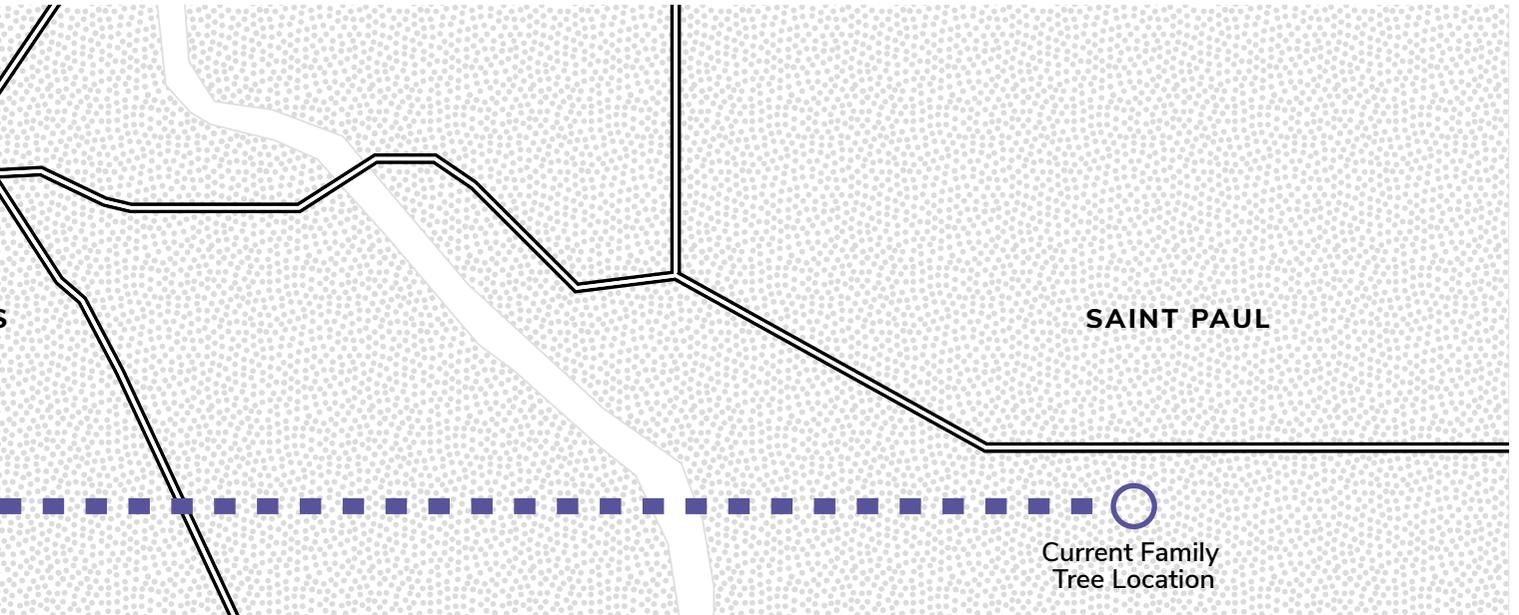
location on November 22nd, so if you have an onsite appointment previously scheduled for this date or later, your appointment will be in Minneapolis, not St. Paul.

We do not anticipate any interruption of services as we say goodbye to our location in St. Paul and move to our new home in Minneapolis.

Please call or text the clinic at 651-645-0478 if you have questions or need to reschedule upcoming appointments.



The new clinic is easy to get to whether you bus, drive, bike, walk, or roll. It's close to major freeways, and the 2, 17 and 18 bus routes stop nearby. Because it's in one of Family Tree's fastest-growing patient zip codes, many of our patients can even walk to the clinic.



Come See Our Gorgeous New Home

SAVE THE DATE DECEMBER 18, 2021

Ticketed guided tours of the New Family Tree Clinic
Info coming soon at familytreeclinic.org

THANK YOU!

As we close in on the finish line on our new building, your donation matters.

Support the campaign for the new Family Tree Clinic with a donation at powertobuild.org

and thank you for moving the needle on health care equity.



Family Tree Clinic is Thrilled to Welcome Two New Providers to Our Staff!



Lexy Millet (she/her) is a certified nurse midwife who previously worked at Roots Community Birth Center. Prior to becoming a midwife, she worked as an RN on med-surg, postpartum, and labor & delivery units, and she's passionate about working in the areas of reproductive justice and health equity.



Nora Powers (she/they) is a physician assistant who was previously a Family Tree volunteer. Before discovering their passion for patient-centered health care, they worked in an environmental microbiology lab. Nora is dedicated to providing inclusive, justice-minded care and pursuing health care for all.

Family Tree Capital Campaign Co-Chair Honored at National Philanthropy Day



On October 15, John Sullivan received an award from the Association of Fundraising Professionals Minnesota in recognition of his deep commitment to community and service to nonprofits.

John is the Executive Vice President, General Counsel and Corporate Secretary for Carlson, Inc., and has provided invaluable leadership as Co-Chair of the campaign for the new Family Tree Clinic, alongside Trudy Richter and Chad Kampe.

For more than three decades, he has served numerous nonprofits in board and leadership capacities, most recently completing his term as Chair of the Board of Trustees of the Minneapolis Foundation and currently serving on the Board of the Matthew Shepard Foundation. Congrats, John - we're honored to work with you and thrilled by this recognition of your leadership in our community!

Comprehensive Sex Education is Proven Effective in New Study of FLASH curriculum

A new study published in the *Journal of Adolescent Health* found sex education curriculum implemented by Family Tree is clinically proven to reduce unwanted pregnancy.

“We’re excited to teach and train folks in FLASH because it’s based in theory, it meets students where they are, and allows for family participation in the conversation.”

-Tatum Bishop,
Health Education Manager

Family Tree’s education department was instrumental in implementing a study of the impact of FLASH, a widely used sexual health education curriculum developed by Seattle & King County public health.

FLASH is designed to prevent unintended pregnancy, STI/STDs, and sexual violence, and to increase knowledge, confidence and skills regarding reproductive health.

Family Tree Clinic is one of few certified FLASH training organizations in the Midwest.

This six-year study involved the participation of 1,500 young people in the Midwest and South of the United States. Students were surveyed before the program began, at three months and at 12 months post-program.

This research is a huge step in showing the evidence that comprehensive sex education works.

Key findings from the published study showed that High School FLASH:

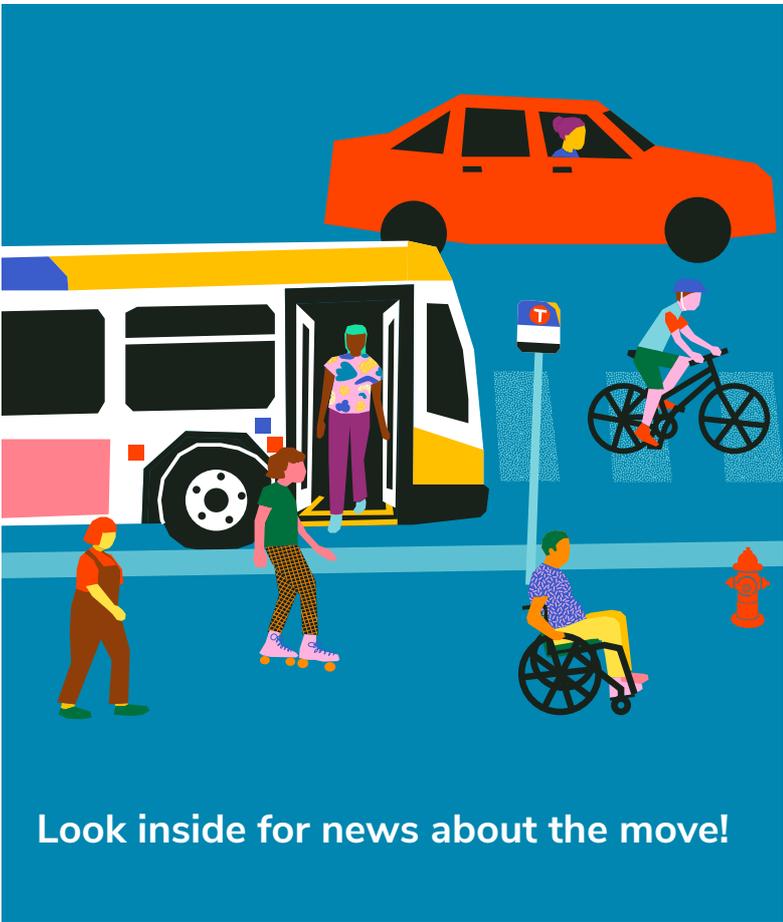
- Increased birth control and condom use among students who had not previously had sex, compared to peers who had not received FLASH.
- Increased confidence to say no to sex, compared to peers.
- Increased confidence to acquire and use condoms correctly, compared to peers.
- Improved understanding that birth control is effective and that other teens are also successfully using birth control.
- Over 90% of the youth that received FLASH would recommend it to a friend.



A social media post of one of FLASH’s core concepts



1619 Dayton Ave, Suite #205 St. Paul, MN 55104



YOU MAKE A DIFFERENCE!

From the very beginning, Family Tree Clinic has been built on community support. Your donations make our vision of ending health disparities possible and real.

Mark your calendar for November 18th, Give to the Max day, and help us ensure everyone has access to quality health care, regardless of their ability to pay.

