



Family Tree Clinic Staff in the atrium

ONE YEAR ON NICOLLET AVENUE

On November 19, 2021, we closed the door to our St. Paul clinic and moved across the river to 1919 Nicollet Avenue in Minneapolis. The move was part of a capital campaign to build a new home that would help us meet demand, providing a safe and accepting medical home to those left behind by major health care systems.

For Lindsey Hoskins, Family Tree's Health Education Director, the new building has been a functional space for our organization to carry out more effective programming and provide our patients with a rewarding health care experience.

"Our new building makes it feel like Family Tree has leveled up. We are experts in this work and provide excellent healthcare and education; it feels very legitimizing to be in a beautiful, thoughtfully-designed environment. We intentionally created space to run more programming, and it is working!

We have nurtured lovely new community partnerships because of what we can do together here, and we have room for our youth programming (KiSS, *Freeing Ourselves/Finding Community*) to flourish," Lindsey said.

Designed by architectural firm Perkins & Will and using responses from patients, stakeholders and listening sessions conducted by our Community Engagement department, our building is a trauma-informed space that reflects the needs of the various communities we serve.

Jordyn Adeboye, Community Educator & Health Mentor at Family Tree, believes that the new building makes coming to work easier and enjoyable.

"It is such a privilege that we were able to secure the financial resources through our capital campaign," said Jordyn. "Using our resources in this way, in

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creating a building that is intentionally-designed and well-maintained, with lots of plants, with amazing, customized art pieces - is one way that we can show our patients and anyone who walks through our doors that we value them and have thought about their entire experience when interacting with Family Tree.”

Since moving into the new building, we have kicked off a successful drop-in program for LGBTQ youth in partnership with Avenues for Youth. We also hosted our first-ever Pride Party in our parking lot and our community loved it. KiSS, our summer program for LGBTQ teens, made its in-person return, having been virtual since the pandemic. We also had the chance to kick off several initiatives like the binder program for gender-expansive folks and our free LARC initiative, which provides access to IUDs and Nexplanon contraceptive implants at no cost.

We are proud to say we’ve served 830 new patients since we moved last November. When the Dobbs decision upended Roe v. Wade in June, we saw a dramatic increase in demand for our reproductive health services. Since that day, we’ve had a 9% increase in IUD and Nexplanon appointments, a 30% increase in birth control appointments, and a rise in post-abortion service requests. Understandably, we’ve seen a dramatic shift in the demand for emergency contraception - prior to Dobbs, most patients requested a single dose, but now 75% of

patients who request emergency contraception are seeking two or more doses.

The move has also been very positive for our staff, as they love the physical aesthetic and the chance to be more collaborative and work effectively in a team setting.

“At my previous job, none of the employee spaces had windows, and the windows in exam rooms were always closed, so in winter, you could go a whole workday without seeing sunlight. The assistants, providers, and managers had separate workspaces, and there wasn’t much interaction. The open clinic space [in Family Tree’s new building] allows staff to collaborate and communicate with one another. There are rooms to work in if needed, but without specific offices. It feels more democratic, and like we’re all working as a team to help each other and help our patients,” said Mollie Heil, Medical Assistant.

“Having a shared space to eat lunch and take breaks has allowed me to connect with staff who work in other departments more often. I feel like I know my co-workers better and have a better understanding of how the various parts of the organization fit together,” said Sawyer Plotz, Sexual Health & Violence Prevention Educator.

Most importantly, we have found our feet in our new community. Our Community Engagement Director, Jacki Trelawny is currently in talks with different partners at all levels to further our mission while building relationships within Black intersectional communities.

“There’s a lot of opportunity for being collaborative. It’s been really fun and exciting to invite people into this space, listen to their collaborative ideas, and find ways to increase community health. People can’t think about STI testing if they’re hungry or don’t have a place to live. People also deserve holistic healing, and I think that this space provides the potential for Family Tree to be able to lean into our holistic values,” Jacki said.

It has been an eventful year on Nicollet and while we understand there is still so much more to do, we are very excited for what lies ahead in our journey.



An exterior shot of the Family Tree Clinic building on Nicollet Avenue



A NOTE FROM Annie Van Avery

Dear Community,

This time last year you were learning that Alissa Light, our beloved Executive Director for more than a decade, was making a thoughtful transition from Family Tree Clinic. The baton was passed with grace and diligence. I am writing to you as I enter my 6th month in this role, surrounded by the light, colorful, welcoming spaces and community bustle of our new building.

Every time I walk into this joyful, light-filled space I am grateful. Grateful for the opportunity to lead a 51-year-old thriving nonprofit, grateful to be working in reproductive justice and sexual health, grateful for you - our beloved partners and supporters.

We have entered Family Tree's next chapter as innovators in radically inclusive, person-centered healthcare and education. Our history and passionate advocacy for the communities we serve has built deep trust with patients and participants alike. As we lean into this growing phase, we're sharing our learning and models throughout the region, expanding access and advocacy for all of us to live beautiful, authentic, whole lives.

We find ourselves at the forefront of such critical issues - bodily autonomy, and access to reproductive and gender affirming healthcare and sex education. As a storm of anti-trans, anti-LGBTQ+ and anti-sexual health initiatives surges across the nation, Family Tree Clinic keeps meeting the needs of our community one person at a time - centering our efforts on people marginalized by major health care systems. Family Tree is a safe harbor and a fierce amplifier of voices that have been ignored for too long. We are so grateful for this work, and are so committed to walking with our patients and community members on their paths.

I invite you to continue on this journey with us through your participation, advocacy, sharing of our mission, and support. Family Tree has such strong roots. We'd love for you to join us as we head into this next chapter, building the beautiful, healthy and joyful future we all deserve.

In partnership,

A handwritten signature in blue ink, appearing to read 'Annie Van Avery'.

Annie Van Avery
Executive Director, Family Tree Clinic



HELPING DEAF, DEAFBLIND, & HARD OF HEARING POPULATIONS ACCESS HEALTH CARE AND EDUCATION

Navigating the American health care system can be scary and confusing, especially for folks primarily identifying as Deaf, DeafBlind, DeafDisabled, Hard of Hearing, or Late-Deafened. The good news is that Family Tree Clinic has the tools to help make this a smoother process through our Deaf, DeafBlind and Hard of Hearing department (DDBHH). We believe all patients and their families deserve quality health care and compassionate service.

Staff member Heath Focken in the DDBHH department recently achieved his official certification as a Community Health Worker. Heath, who is Deaf, helps folks who are Deaf, DeafBlind, DeafDisabled, Hard of Hearing, or Late-Deafened, access the health care system by guiding them towards the care that best suits their needs.

The DDBHH department has also been busy in education, kicking off the fall edition of the Parents are Sexuality Educators workshop series with Cory



Bee Gehman, Margaret Montgomery and Heath Focken from the Deaf, DeafBlind, and Hard of Hearing Department

Silverberg. Cory is the critically acclaimed author of **You Know, Sex!** He recently gave a reading from the book in an ASL workshop with hearing interpretation. The well-received activity provided participants with practical tools, techniques and topics to support healthy conversations between young people and trusted adults.

For more information on parent classes or scheduling an intake appointment, email Director of Deaf, DeafBlind, Hard of Hearing Services Bee Gehman at bgehman@familytreeclinic.org.

EXPANDING ACCESS TO GENDER EXPRESSION GEAR WITH BINDER PROGRAM

In April 2022, we announced a new partnership with gc2b, a trans-owned company, to provide free chest binders for trans, non-binary, and gender-expansive people. The response to the initiative has been great, with many gender-expansive people in the Twin Cities benefiting from the program.



Models from a gc2b campaign © gc2b

For Maxwell Johnson, Family Tree's Patient Resources Specialist, inspiration for this initiative came naturally as a trans person working in health care. "I work with people in my community every day who are struggling to access the things they need. Being able to provide free binders to folks has been a small but mighty act of community care in a world full of barriers and inaccessibility," Maxwell said.

Living an authentic life shouldn't be the domain of people with disposable income or generous health insurance. With our 51-year history of providing sexual health care to people regardless of their ability to pay, this binder distribution program is a perfect example of Family Tree's commitment to communities that major medical systems have marginalized.

CREATING COMMUNITY FOR LGBTQ YOUTH WITH DROP-IN PROGRAM

This year, we kicked off a free drop-in program for LGBTQ youth presented in partnership with Avenues for Youth.

Freeing Ourselves & Finding Community is held at Family Tree Clinic on Thursdays with groups for teens ages 13-17 and young adults ages 18-24. Participants have meals together, get free bus cards, and have honest conversations with LGBTQ+ people in the community.

"Being a part of the drop-in program has been so rewarding. We started small but have since grown into a steady group of anywhere from 8-12 youth dropping by each week. It's been great to see the youth explore their gender identity and expression in the safety of the group. We're excited to grow more with the help of our community partners like Queerspace Collective and Hope Fullness!" said Taylor Chambers, Juvenile Justice Sex Educator at Family Tree Clinic and coordinator of the drop-in program.



Taylor Chambers, Juvenile Justice Sex Educator at Family Tree Clinic and coordinator of the drop-in program

If you have questions or want to let us know you're interested in participating, please email tchambers@familytreeclinic.org.

IT'S EASY

to get your sexual health questions answered

Contact the MN Family Planning + STI Hotline

HOURS M-Th: 9am - 7pm, Fri: 9am - 4pm, Sat: 10am - 2pm



TEXT ASKMN to 66746
answers within 24 hours



CALL 1.800.78.FACTS
talk with a health educator

Established in 1978, the Minnesota Family Planning & STI Hotline serves the entire state of Minnesota. The Hotline provides reliable, medically accurate, and confidential information for free via phone, text, and webchat. All our health educators are nonjudgmental, sex positive, and LGBTQ+ competent. The hotline services are sponsored by the Minnesota Department of Health, and operated by Family Tree Clinic.



1919 Nicollet Ave, Minneapolis, MN 55403



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Thanks for supporting Family Tree Clinic!

SAVE THE DATE

Our vision at Family Tree Clinic is to eliminate health disparities, and your donations make this a reality.

Please mark your calendars and join us on November 17, 2022, for Give to the Max Day. Help us provide culturally competent, innovative, and personalized sexual health care and education to our community.

