



A cross-section of Family Tree Clinic staff by the murals

GROWING COMMUNITY CONNECTIONS

As we enter this new season at Family Tree Clinic, one of our goals is to stay grounded in our community. As a community clinic, we understand that we cannot work towards eliminating health disparities by ourselves and that community connections go a long way towards making this a reality.

We kicked off the year with our partners UnRestrict Minnesota, turning out at the Minnesota Legislature to support the Protect Reproductive Options (PRO) Act. This bill protects Minnesotans' right to contraception, the right to carry a pregnancy to term, and the right to abortion, and ensures the right to privacy for personal reproductive health decisions. It also prevents interference by politicians who seek to enact or defend medically unnecessary barriers to comprehensive reproductive health care. After passage through the House and Senate, Governor

Tim Walz signed it into law on January 31st.

February saw more community connections. We collaborated with the African American AIDS Task Force (AAATF) to commemorate National Black HIV/ Awareness Day. Renowned author and HIV advocate Rae Lewis-Thornton visited our clinic for a book reading and signing from her book 'Unprotected- A Memoir,' followed by an in-depth conversation with community members. We were also joined by A. Charlene Leach, Executive Director, AAATF. Special thanks to the folks at the African American AIDS Task Force for making this event a success.

Another connection was our free parent education event featuring Dr. Chelsea Johnson, feminist sociologist and co-author of the book Love Without Bounds. The event was hosted by Family Tree's Director of Community Engagement, Jacki Trelawny.

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“We had a deep and thorough time. Parents reflected and shared tools to support communication and coming together in our families,” said Jacki. “A highlight was a portion in Chelsea’s book that uplifted the many ways families can be separated: through incarceration, living in different countries, working away from home, etc. It got emotional with parents expressing sadness when separated from their families. As a group, we all shared tools we could use with our children to feel a loving presence, even when a physical presence isn’t available. Writing love notes, sending “hugs,” or video dinner dates all helped the group get through times of familial separation.”

In April, we participated in the first ever Minneapolis Public Schools (MPS) Gender Resource Fair, organized by MPS’ Out4Good program. The Out4Good initiative aims to make schools safe and



Dr. Chelsea Johnson, Co-author, Love Without Bounds with Jacki Trelawny, FTC’s Director of Community Engagement



Family Tree Clinic staff at the first-ever Minneapolis Public Schools Gender Resource Fair

supportive for LGBTQ students, families, teachers, and staff. During the Gender Resource Fair, Family Tree staff spoke to parents about gender inclusive and age-appropriate sex education. We also recommended books and shared information about our hormone care program. It was an excellent opportunity to connect with community members and share supportive resources for families.

Family Tree Clinic is also now a part of the Minneapolis Urban Initiative (MUI). MUI is a collective of organizations providing comprehensive sex education for families and teens. Sex education is essential to health care and should be available to all genders, sexualities, races, ethnicities, and abilities. MUI gives teens the knowledge, skills, and confidence to grow into happy and healthy adults.

Community connections, no matter how big or small, help amplify our work and provide space for community members to connect with our organizational vision.



A MESSAGE FROM OUR Executive Director

Dear Community,

I am writing from our beautiful building as we enter our second year in this space. A place filled with life, compassion, hope, and respect for each person who enters our doors. Our intention in building our new health care center was to create a hub for healing - a radically inclusive and trauma-informed home where, together, we could cultivate a healthy community.

While our vision was crystal clear a year ago, we could not have predicted that we would find ourselves at the intersection of unprecedented attacks on sexual and reproductive health, trans rights, and sex education from lawmakers across the country.

In this moment, Family Tree has stepped up as a sanctuary and a beacon for our communities far and wide. We're here for families and individuals seeking refuge from their home states where gender care is threatened. We're advising educators asking us how they can provide inclusive sex education to their students if their district bans it. We're collaborating with rural providers through our Midwest Trans Health Education Network, providing training to ensure gender care is accessible to people across the Upper Midwest - no matter where they call home.

Most importantly, we're doing this together. We're partnering with people most impacted by these barriers and asking, "Where do you find your healing?" And we're building on this collective wisdom to meet our community needs. As we have for 51 years, we're centering the voices of our communities as our guiding light leading us into the future. And the beautiful thing - the thing that gives us hope - is that our community continues to grow and expand as our light shines into places where Family Tree's essential services become increasingly restricted.

We know these are challenging times. But our incredible team of providers, educators, and engagement specialists are charting a path forward with our deeply held values - compassion, listening, bodily autonomy, collaboration, consent, and a deep commitment to justice.

Thank you for joining us. For seeking care with us. For supporting us.

In partnership,

Annie Van Avery
Executive Director, Family Tree Clinic



Enter into our

INTEGRATIVE HEALTH WING!



THE OSHUN CENTER FOR INTERCULTURAL HEALING

Named after the Yoruba goddess of the sweet waters, abundance, and ease, the Oshun Center for Intercultural Healing is an integrative health clinic + training center specializing in heart, soul, and womb healing, trauma-informed care, and allyship training for health and wellness workers.

Co-founded by Ihotu Ali and Malia Burkhart, the Oshun Center is home to eight bodywork therapists of color offering therapeutic and somatic massage, myofascial release, acupressure, craniosacral, energy work, and cultural and spiritual care modalities for all ages. The Oshun Center provides care in the spirit of cross-cultural appreciation, rather than cultural appropriation.

"We believe that no one should have to choose between Western, Eastern, or Indigenous medicines. Our pain and illnesses are wide and varied, as should our medicines be, and we deserve options, informed choice, and affordable access to them all," said Ihotu. "We deserve care that heals broken hearts as well as broken bones. We try to imagine what U.S. health care would look like if it had developed evenly and fairly, acknowledging the influences of folk medicine, midwives and homeopaths, Indigenous healers, techniques brought over by enslaved African doctors/healers, bonesetters, and spiritual guides. By telling the history of medicine's colonization and imagining its re-integration, we hope to bring healing and new medicines to all."

All Oshun Center practitioners identify as Black, Indigenous, or people of color; several identify as non-binary or LGBTQ. All have experience working with and warmly welcome clients of all identities.



Ihotu Ali and Malia Burkhart



Family Tree Clinic intentionally designed its building as a welcoming community oasis. As part of our commitment to advancing equity in health care, we built the Integrative Health Wing on the ground floor as a space where community members can access a variety of integrative health modalities on site. We subsidize tenant space for BIPOC and Trans integrative health practitioners to bring mental health, wellness care, and other culturally responsive modalities of healing to our collective communities. Services are offered on a sliding fee scale, sometimes billable to insurance, and focused on racial justice and anti-oppression.

TRANSCEND PSYCHOTHERAPY

Transcend Psychotherapy was founded in January 2020 by co-owners Max Abeln, LMFT (they/them), and Emily Abeln, MA, LP (she/her). The organization provides individual, relational, family, and group psychotherapy services to ALL people, focusing on working with transgender and queer-identified community members.

"We are a team composed entirely of transgender, non-binary, and queer-identified providers committed to responding to the ever-expanding need for safe and accessible gender-affirming mental health care. As our community continues to be under attack on a national level, these needs are rising dramatically. We are striving to create space in Minnesota for those already here and others seeking refuge," said Max and Emily.

Transcend Psychotherapy has grown its practice and vision to include a diverse and experienced group of providers. Together as a group, they bring decades of combined personal and professional experience to their work while sharing a deep gratitude for the ability to walk with folks as they navigate life's challenges.

They are also dedicated to de-pathologizing emotional suffering often caused by systemic oppression. Transcend Psychotherapy is actively working to dismantle mental health care practices formed from and upheld by systemic privilege from the industry centered in a dominant white, heteronormative, patriarchal, gender-binary narrative. Ultimately, the goal is to help those seeking care find healing, meaning, and connection through culturally affirming practices.



Max and Emily Abeln

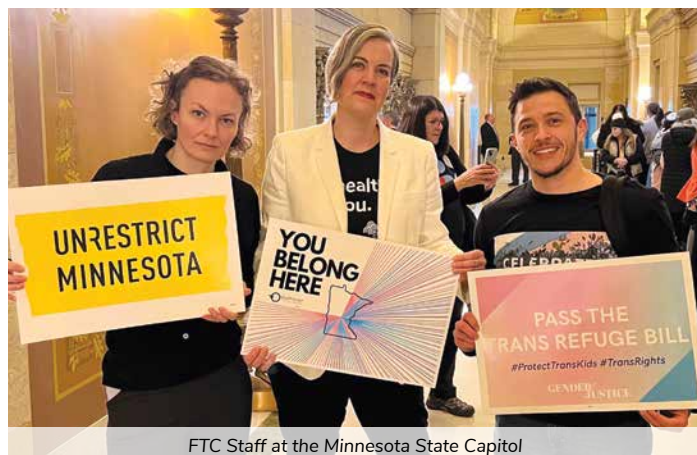


MINNESOTA PROTECTS BODILY AUTONOMY FOR ALL

Minnesota is a sanctuary! Thanks to the incredible work of elected officials and activists, the state recently passed historic legislation protecting LGBTQ rights, reproductive freedom, and bodily autonomy. This legislation includes a ban on “conversion therapy,” the Trans Refuge bill protecting those seeking and providing gender-affirming care, and the Reproductive Freedom Defense Act protecting those seeking and providing reproductive care.

Thanks to all of our partners for making MN a safer place for those seeking the services we provide, including UnRestrict Minnesota, OutFront Minnesota, and Gender Justice. Thanks also to the Queer Caucus, Representative Finke, and Lieutenant Governor Flanagan and Governor Walz! With discrimination and hatred rising nationwide, we’ve sent a clear message to the rest of the country: not in Minnesota. You belong here.

With a 51-year legacy in providing reproductive



FTC Staff at the Minnesota State Capitol

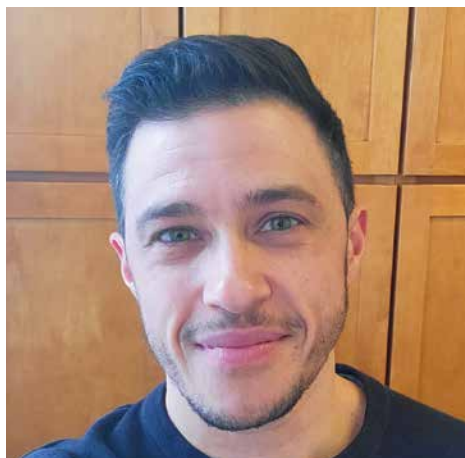
and sexual health care for Minnesotans, Family Tree Clinic is celebrating this huge win! But our work is not done. Please join us in the next steps by investing in essential services for all Minnesotans and those who seek sanctuary in our state.

Help us meet the need. Donate today by scanning the QR code at the back of this newsletter.

FAMILY TREE’S HEALTH EDUCATION DEPARTMENT IS EXPANDING ITS REACH ACROSS THE TWIN CITIES

Family Tree Clinic’s Health Education department continues to provide healthy sexuality presentations that are dynamic, fun, and inclusive in schools and community settings across the Twin Cities metro.

Sawyer Plotz, one of the Educators at Family Tree, is also a new Health Mentor at Loring Nicollet



Sawyer Plotz, Sex Educator & Health Mentor

Alternative School (LNAS). He provides on-site education and mentorship for students, including classroom presentations, small group learning, and one-on-one

guidance with students.

“LNAS is a progressive, close-knit school community just five minutes from Family Tree Clinic. Our educators have presented there as guest speakers for years, but as a Health Mentor, I’m now based at the school 2.5 days a week,” said Sawyer. “I’m looking forward to building a consistent, ongoing relationship with the students and staff at LNAS and to continue providing education to the broader community as well. It’s a unique opportunity that I’m excited about.”

The department is still busy with parent classes, puberty lessons, and sex education at local schools, juvenile detention centers, and community locations. Family Tree’s drop-in program for LGBTQ youth (Freeing Ourselves/Finding Community) is also thriving with skills workshops, resume building, and hosting local artists.

THE MIDWEST TRANS HEALTH EDUCATION NETWORK IS LIVE!

We've launched the first cohort of our new Midwest Trans Health Education Network! Funded by a grant from the Bush Foundation, Family Tree is training a network of providers in rural communities to offer competent hormone care for transgender and gender-expansive people across the Upper Midwest. Project manager Dylan Flunker is enthusiastic about the first cohort.

"This group of 20 providers are inquisitive and excited about learning how to offer gender-affirming hormone care," said Dylan. "Being able to access hormone care closer to home will have a huge impact on transgender and gender-expansive people in the region, and it's especially important to build strong networks of support for trans health with the wave of legislation restricting access to care in other states."

The Midwest Trans Health Education Network is designed as an engaging cohort experience. Providers attend monthly virtual sessions for six months, followed by care conferences. Providers are also invited to visit Family Tree. Participants receive



Dylan Flunker, Project Manager MTHEN and Kelsey Leonardsmith, FTC's Interim Medical Director

prescribing guidelines, sample forms and letters, patient education information, resource and referral guides, and more. Activities are eligible for AMA PRA Category 1 Credit.™

For more information, contact Dylan Flunker at dflunker@familytreeclinic.org.

IT'S EASY

to get your sexual health questions answered

Contact the MN Family Planning + STI Hotline

www.sexualhealthmn.org



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.



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INSIDE

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A Message from our Executive Director

The Midwest Trans Health Education Network is Live!



Thanks for supporting Family Tree Clinic!

SAVE THE DATE

Please mark your calendars and join us on June 28, 2023 for Give Out Day.

Support our commitment to improving the health of LGBTQ+ folks through affordable, respectful sexual health care and education.

