



A cross section of Family Tree's clinic team

WE'RE STEPPING UP TO MEET DEMAND

“ Absolutely wonderful gender [affirming] care with very professional and caring staff and providers ... I cannot express how wonderful and supportive Family Tree Clinic is and how grateful I am that they exist. Thank you! ”
 - PATIENT SINCE 2020

Despite the challenges facing our communities this year, feedback like this makes it clear that our efforts are making a difference. With attacks on essential healthcare increasing nationwide, especially for trans and gender-expansive folks, Family Tree is proud to be a beacon of hope.

Minnesota passed historic legislation in 2023, establishing the state as a trans refuge and protecting reproductive rights. People from all over the United States are now coming to Minnesota and Family Tree Clinic for healthcare.

“Recently, at least half of the new patients I have been seeing are from out of state or have recently moved to Minnesota in response to the slate of anti-trans legislation that has been going on in other states,” says Erik Haugland, MD at Family Tree. As the needs of our communities evolve, we’re focusing on building a dedicated team to meet them head-on.

“Our clinic team is gearing up for the increased demand for gender-affirming hormone care. We’re hiring more providers and staff to support our growing patient base, including medical assistants, RNs, and administrative specialists,” says Nyssa Krause, Clinic Director. “We’re excited to keep learning and improving to offer the best care.”

Since 1971, Family Tree Clinic has been a leader in providing comprehensive sexual healthcare and education in the Twin Cities area. We have a long

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legacy of directly responding to community needs that continues to this day.

“Right now we are seeing an explosive demand for hormone care services, particularly among adolescents due to appalling restrictions in nearby states,” says Kate Vaske-Wright, Medical Director. “Our team is working diligently to find innovative ways to meet this demand while maintaining top-notch, patient-centered, and trauma-informed care.”

We’re also working to build networks of support for trans health regionally. We’re training providers in rural areas across the upper Midwest to offer competent hormone care through our new Midwest Trans Health Education Network, funded by the Bush Foundation.

With Minnesota as a proud sanctuary state, Family Tree is dedicated to expanding our capacity to provide welcoming, affirming, joyful healthcare and education for our communities locally and for our

neighbors seeking care from across our borders. As a community clinic, you help make this possible.



Family Tree's front desk staff



A MESSAGE FROM OUR Executive Director

Dear Friends,

Autumn is a transitional period, as we say goodbye to summer and prepare for the season ahead. It's a time for noticing, letting go, gathering, and preparation. For Family Tree this fall has been filled with opportunities to use each of these senses to reflect on the incredible journey we've undertaken together.

Over the past few months we've been looking back at our 52-year history, gathering insights from patients and the community to better understand what brings healing and how we can keep providing excellent and affordable sexual healthcare and education in a sustainable way.

We often hear from our patients that they feel truly seen and well-cared for at Family Tree, and that means the world to us. We've also been assessing where we excel as leaders and innovators in areas that impact regional access to the care our patients value so much.

Fall is also a time to look ahead. With crisper air comes a fresh perspective. As we move forward, we're undergoing a strategic planning process that encourages us to dream beyond our current boundaries. We are working closely with you - our staff, patients, and supporters - to shape a future for Family Tree that continues to meet the evolving needs of our communities.

In the midst of all this reflection and visioning, our momentum is also picking up. We've seen a growing demand for our services across the region. Families are relocating to Minnesota so that their children can access our care. Calls are coming in from states with restrictions on sex education. And we're training providers across the Midwest to offer gender-affirming care.

In the coming months, let's embrace this time of reflection, visioning, and momentum. Let's cherish our roots and dream boldly of the future. Together, we'll keep our mission thriving, and continue cultivating the community that sustains us growing stronger with each passing season.

With heartfelt gratitude and determination,

Annie Van Avery
Executive Director, Family Tree Clinic

health

pride

FAMILY TREE CLINIC

community

support

NEW STRATEGIC PLAN WILL PROVIDE ROADMAP TO THE FUTURE

We are excited to announce that we have begun our strategic planning process, engaging staff, board, patients, and folks in the community to look at ways we can advance our vision and mission in the coming years.

Family Tree has witnessed tremendous change since our last five-year strategic plan was implemented in 2014. We have expanded clinic services, grown our health education and community engagement departments, and built an innovative new facility to better meet the needs of our communities. There is no better time to strategize the way forward than now.

“Strategic planning allows us to have a clear process for reflection, visioning, and creating a roadmap that we can follow and is aligned with our mission and values. It provides space for including our full communities’ voices to better understand what services and programs are relevant and where we



Family Tree staff in a meeting

have the ability to dream, together,” said Annie Van Avery, Executive Director.

Our new strategic plan will guide our organization forward on our path to eliminating health disparities and cultivating a healthy community.

NAME AND GENDER MARKER CHANGE CLINIC



Navigating the name and gender marker change process can be overwhelming. Recognizing this challenge, we launched a new partnership with Rainbow Health to host free name

and gender marker change clinics at Family Tree.

This August, Family Tree Clinic opened its doors to welcome trans and gender-expansive individuals seeking legal name and gender change information from volunteer lawyers.

Working with legal experts, folks went through the basics of filing for these changes and received help filling out forms. It was also an opportunity to have questions and concerns about the process answered.

At Family Tree, we support people in living full, authentic lives. We offer an array of resources that affirm and support the whole person, from legal assistance and mental health referrals to housing resources and insurance navigation.

Since Minnesota became a trans refuge state, Family Tree has had an increased demand for affirming services to support our growing community of trans, non-binary, and gender-expansive patients.

“We continually see a need for free and accessible legal assistance for people navigating the legal name and gender marker change process,” said Maxwell Johnson, Development Manager at Family Tree and co-organizer of the name change clinic. “Although the legal name change process can be daunting and tedious, it is a liberating and affirming experience for many.”

Our first name change clinic, in partnership with Rainbow Health, was a huge success with over 30 attendees. We plan to offer this event regularly.

SUSTAIN THE CHANGE: JOIN EVERGREEN, OUR MONTHLY GIVING PROGRAM!

Did you know that Family Tree has a monthly giving program called Evergreen?

Our Evergreen supporters are a passionate group of monthly givers on a mission to defend sexual and reproductive healthcare as a human right.

Join these incredible individuals, giving what they can every month to sustain our essential services.

Your gift helps make accessible, affirming, and affordable sexual health services and education a reality for all.

Join today at whatever works for you! Visit our website or email evergreen@familytreeclinic.org to sign up today.



IT'S EASY

to get your sexual health questions answered.

Contact the
MN Family Planning + STI Hotline



TEXT or CALL



1.800.783.2287

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



INSIDE

Meeting the Demand

A Message from our Executive Director

Name and Gender Marker Change Clinic



Thanks for supporting
Family Tree Clinic!

SAVE THE DATE

*Please mark your calendars and join us on
November 16, 2023, for Give to the Max Day!*

*Help us provide culturally competent, innovative,
and personalized sexual health care and
education to our community.*

give TO THE **MAX** 
Nov. 16, 2023