Challenging Expectations: What Health Equity Looks Like at Family Tree and in Our Community

We're partnering with Hamline University to examine the way health equity plays out in our local community and to explore new ways to approach health care delivery.

As a Family Tree Clinic supporter, you already know that there are differences in the quality of health and health care across different communities. Yet, what can we do to bridge those gaps so everyone receives the health care they need and deserve? What does health equity look like in a clinic setting? How does it impact health care delivery? How does Family Tree Clinic’s approach to health equity differ from other community clinics?

Hamline University students are working to answer those questions and more via a community-based participatory research project using PhotoVoice.

Through this type of research, students not only take pictures of the clinic (HIPPA compliant, of course), but they also take pictures of its surroundings or find other images outside the clinic that tell a story about the experience at Family Tree. Students have been surprised by their findings.

“This project helps me truly see the individuality that every person brings and the need to uplift different identities [in health care],” said Daunte. “Family Tree is different from any other health care setting I’ve experienced.”

continued page 2

Hamline University students Hailey and Raie holding signs they made for their “take over” of Family Tree’s Instagram account. You can see images of their research on Instagram by visiting @familytreeclinic.
Excellent care, a safe space, a healthier life because of Facebook.com/FamilyTreeClinic

Challenging Expectations

When their research is complete, students will produce a podcast highlighting their findings. They will also have a public gallery showcase highlighting how we approach equitable, patient-based care.

If you’re interested in a sneak peak at what care looks like through the experience of these students and community members, visit our Instagram account (@familytreeclinic) where research findings are being showcased visually.

We are thrilled to have the Hamline students at Family Tree Clinic and look forward to what other insights they provide in the months to come.

People like you make this work possible. Thank you for supporting us as we continue to engage community members and fine-tune the Family Tree patient experience.

Pictured right: Hamline University students Robbie and Kelsey prepping research images at Family Tree. The wall behind them displays questions and images included as part of their research project.

Family Tree sets the bar high in terms of what a clinic should do for patient care. I never imagined health care could look like this. I wasn’t a patient before this project, but I certainly am now.

-Hamline University student

You Asked, and We Listened...Now Offering PrEP!

We are thrilled to announce the start of Family Tree’s new PrEP program! PrEP (or pre-exposure prophylaxis) is a highly effective way for folks who are at high risk for getting HIV to lower their chances of getting the virus.

Taking PrEP daily lowers the risk of contracting HIV from sex by over 90% and from injecting drugs by over 70% (according to the Center for Disease Control).

If you’re interested in learning more or making an appointment, please give us a call at 651-645-0478.

Facebook.com/FamilyTreeClinic
Donor Spotlight: The Scott Sisters

Melissa, a community acupuncturist, wrangler of two small chuckleheads and a giant dog ... Elizabeth, an evaluation researcher, parent to a home-schooled 11-year-old, and philanthropic organizer, are avid supporters of Family Tree Clinic. One of the ways they support our community is by donating grocery store gift cards for patients traveling long distances — sometimes up to nine hours — to receive care here.

When did you first get connected to Family Tree?

E: I first connected as a patient seeking queer-friendly, sex positive healthcare.

M: My sister recommended me to Family Tree. My experience at the clinic was great. Everyone was friendly and welcoming. Even though I didn’t qualify for some of the services that might be able to save me money on my visit, their efforts and initiative kind of blew my mind.

Why do you support our work?

E: My focus is giving to groups that are doing transformative queer, racial, and reproductive justice. While the majority of my giving is to direct organizing work, it’s clear to me that Family Tree is very much sustaining many of the organizers I love and support.

M: I give my time and money to Family Tree because I love what they do, and I want them to be able to do more of it.

They are dedicated to providing services to folks facing barriers in access to care. They advocate for their patients and actively strive to create a culture within their clinic that is patient-centered, welcoming, and accessible to any person seeking care.

This is what health care should look like. It can be this awesome!

What’s one thing you would want others to know about the clinic?

E: Everyone on staff I’ve met has been so incredible. I come to Family Tree for all my sexuality healthcare needs because it is truly affirmative to all the parts of who I am.

M: The thing I tell people most about Family Tree is to GO THERE! At some point in our lives we all need reproductive and/or sexual health services.

Thank you Elizabeth and Melissa for everything you do. We LOVE partnering with you!
You Make it Possible: Sex Education via Videophone

Deaf, DeafBlind and Hard of Hearing (DDBHH) youth and adults deserve sex education that meets their needs. Thanks to you, that’s happening across Minnesota!

Imagine being the only Deaf student in a rural Minnesota district, and your teacher and interpreter aren’t sure where to turn to turn when it comes to sex education. Thankfully, that’s where we come in...

Thanks to the support of people like you, Judy Klopp, Health Educator Serving Deaf, DeafBlind, and Hard of Hearing People, is able to teach students via videophone (Judy pictured left teaching via videophone technology).

Even when travel time and budgets are limited, we’re able to reach students by using videophone. Plus, we work to tailor positive Sex Education for the DDBHH communities to meet the needs of all students, whether it be visual, tactile, role-playing, or vocabulary. It’s sex education the way it should be!

Principles of Pleasure: Let’s Talk about It!

We’re changing the conversation around pleasure in sex education and therapy.

The Principles of Pleasure: Working with the Good Stuff as Sex Therapists and Educators by therapist Laura Rademacher, MA, LMFT, CST and Family Tree’s Director of Education, Lindsey Hoskins is a response to the lack of tools professionals have access to when it comes to talking about pleasure.

Drawing on Laura’s therapy work and Lindsey’s experience teaching sex education, this book provides concrete tools for working with folks of all orientations and gender expressions.

You can buy your copy today in the clinic, online, or even directly from Lindsey (pictured right) by emailing her at lindsey@familytreeclinic.org.

Pleasure positivity can be a meaningful and liberating awakening for people for have struggled their whole life with feelings of guilt and shame. When an educator, doctor, or therapist approaches sexuality from this viewpoint, the ripple effects of confidence may lead to tremendous impact on one’s ability to feel peace and joy in their life as it pertains to their body and relationships.

-Lindsey Hoskins, Director of Education