

Newsletter

Volume 13, 2020



Family Tree
Clinic



Community Partnerships: Mother-Baby Program at Hennepin Healthcare

Your support fosters an environment for moms to build the skills and confidence to talk to their children about bodies and sex

On a chilly February morning, Lindsey Hoskins, Family Tree's Health Education Director, makes her way to downtown Minneapolis to meet a small group of women in the Mother-Baby Program at Hennepin Healthcare. She arrives in a room where moms sit in chairs arranged in a circle, playing with their babies while waiting for their group to start.

Our education department collaborates with the Mother-Baby Program to provide moms with the knowledge and resources they need to educate their own children about bodies and sex.

"Some of the women in the program didn't get the information they needed when they were younger, and

"Lindsey's willingness to be responsive and patient-centered means that the moms feel safe, supported, and encouraged to ask hard questions."

Tasa Leikvoll, mental health professional
with the Mother-Baby program

they want to do better for their own kids," said Tasa Leikvoll, a mental health professional with the Mother-Baby program.

The Mother-Baby program offers a range of mental health services to support pregnant women and families with children ages newborn to five. Outpatient and Day Hospital care focuses on improving the mental health of mothers and providing skills and resources to build parenting confidence.

Lindsey speaks in a steady, matter of fact tone that makes the daunting topic of teaching their kids about healthy sexuality seem more manageable. A recent survey revealed how meaningful and helpful the information is to the mothers. One mother commented, *"The subject was something no one ever really brings up and was nice to have an open conversation about."*

This impactful program collaboration is possible due to the incredible support of people like you. Thank you. 🌟

We're Expanding Capacity for Hormone Care Through Collaboration

Your contributions make gender-affirming care more available for everyone

In the past five years, the need for gender-affirming hormone care has grown more dramatically than any other service provided at Family Tree Clinic. In order to keep pace, we have expanded our own provider capacity each year and consult and train healthcare providers across the state to meet the need in their own communities.

Family Tree Clinic's collaboration with the University of Minnesota's Nurse-Midwife Program is one of the valuable partnerships we've developed to expand access in the state of Minnesota and beyond.

Melissa Avery, the specialty coordinator for the University's Nurse-Midwife Program, recently spent a day at Family Tree shadowing Jen Demma, our Clinical Practice Director, to learn about the care strategies we employ at Family Tree.

Your contributions to Family Tree Clinic have a powerful ripple effect on the greater community. Our partnerships increase access to the people who need it the most. 🌱

"Jen is an excellent role model and mentor to my midwifery students who look forward to incorporating gender-affirming care into their practice as midwives."

- Melissa Avery, specialty coordinator for the University's Nurse-Midwife Program



Jen Demma and Melissa Avery at Family Tree Clinic

ASL Storytime

Our health educators are working remotely and moving their education efforts online

Our Deaf, DeafBlind and Hard of Hearing educator team has responded to a lack of access to stories told in American Sign Language (ASL) by delivering a series of ASL video stories for Deaf students. This content is a valuable point of connection while students are away from school and especially important to students whose families do not know sign language. 🌱



Our Deaf, DeafBlind and Hard of Hearing educator team: Corey Disher, Bethany Gehman, and Ryder Aster

Family Tree Clinic in the Time of COVID-19

Thanks to you, we are maintaining a critical point of healthcare access during an uncertain time.

The COVID-19 pandemic has shown us how interconnected we all are and proven how critical healthcare access is for the most vulnerable among us. It shows us the best way to maintain community health is to care for everyone.

With larger health centers and hospitals working to manage the coronavirus pandemic, community health clinics are more vital than ever in providing urgent and preventative care for patients.

"We need our healthcare sector across the state to function as an ecosystem. As some parts of our healthcare ecosystem become primary response centers for COVID-19, other parts of the system must focus resources and staff on caring for the fundamental healthcare needs that continue in our communities. If we neglect the foundational health of our communities, we have another kind of public health crisis on our hands," said Alissa Light, our Executive Director.

The Centers for Disease Control and Prevention have named community health clinics — like Family Tree Clinic — as core safety net providers to society's most vulnerable populations. Because of you, Family Tree Clinic is able to provide high-quality, sliding-scale healthcare, regardless of a person's ability to pay.

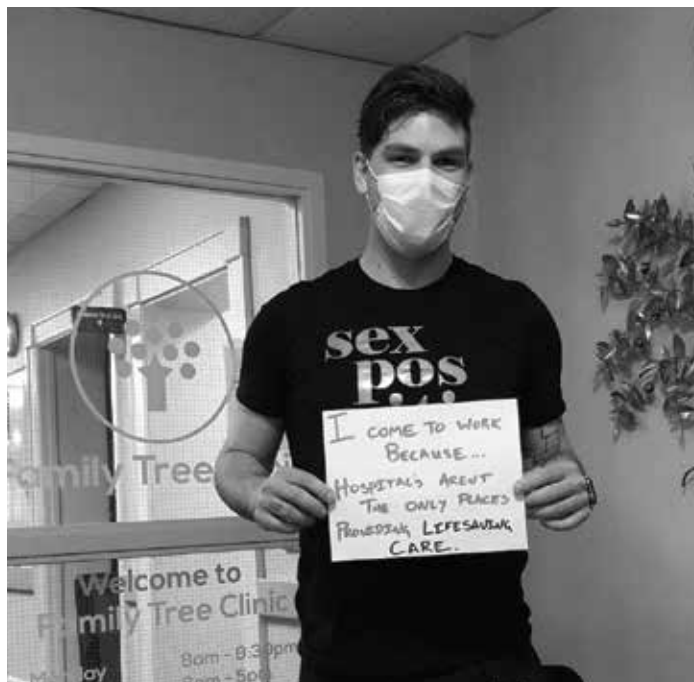


The people we serve need us now more than ever. That's why Family Tree's COVID-19 Rapid Response Team has worked tirelessly to implement telehealth services. Telehealth allows our patients to get many of their healthcare needs met via video-conference-style visits with their provider. Telehealth increases healthcare access and reduces unnecessary travel and in-person visits, which helps "flatten the curve" of new coronavirus infections.

When you donate to Family Tree Clinic, you ensure the health and strength of communities by continuing to provide critical care during this uncertain time. Thank you. 🌱

"Family Tree took care of me when I had a severe urinary tract infection. As a low-income student with high deductible insurance, if they weren't here to help I have no idea where I would go."

- Patient Feedback





Support Telehealth!

Your contributions support patient and staff safety and keep our community clinic up and running!

DONATE TODAY:
bit.ly/FTCtelehealth

Plus, when you participate on May 1-8 through GiveMN, you can help us qualify for \$50,000 in bonus grants available to Minnesota nonprofits.



**Family Tree
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Look inside to see how you're making a difference!