



RECLAIM's mission is to increase access to mental and integrative health support so LGBTQ youth may be free of oppression in all its forms. We offer therapy for youth and families, training for practitioners, and community partnerships for social change at the intersection of gender and racial justice.

RECLAIM Youth Profile: Sissorelle Ferox

Age: Just turned 25 today!

Identities of importance: Transwoman, Lesbian, Photographer

Hometown: Maple Grove, MN

Idiosyncrasy: I don't like making phone calls and I like to steal the blankets.

Favorite quote: "Nothing is true, everything is permitted."

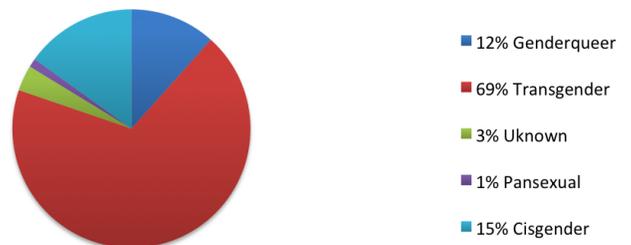
More from Sissorelle: I like to think of RECLAIM as a team mate. Always, advocating for me, so much so that it has spread its roots far beyond the counseling hour that I meet for weekly. When I needed greater levels of care outside of RECLAIM, we fought together to secure an ACT (Assertive Community Treatment) Team support. I was even lucky enough to be connected with a legal expert that was sensitive to my emotional needs and legal ones. Insurance was also a challenge for me, and this was also an area that RECLAIM assisted in with expertise. I am so thankful to have such great individuals working on my behalf and advocating above and beyond the armchair in the counseling room.



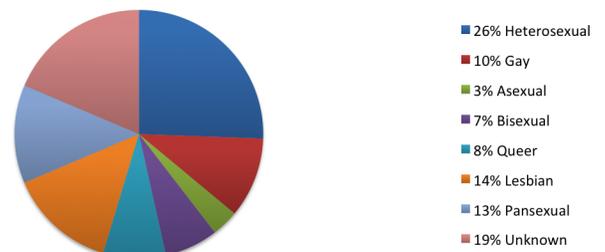
In 2014

- 86 youth received 1,425 hours of support, including 47 intakes
- 80% of our youth identify as transgender or genderqueer: within that, 69% identify as transgender and 12% identify as genderqueer
- 40% of the youth we served this year are youth of color, multi-racial, or bi-racial
- 76% of youth have had suicidal thoughts
- 60% have attempted self-harm
- 41% have been pressured to have sex
- 56% have been harassed
- 37% have a history of physical abuse
- 33% have struggled with substance abuse
- 19% remain uninsured and a majority are underinsured

Gender Identity



Sexual Orientation



What does RECLAIM do?

RECLAIM seeks to increase access to mental health support for youth ages 13-25 around experiences of sexual orientation and gender identity. We offer a holistic approach to both clients and the community. Here are some of the ways we engage:

Therapy: In 2014, RECLAIM provided 1,425 hours of face to face therapeutic support to 100 youth and families. We provide rapid response to those in crisis and no one is turned away due to inability to pay.

"At RECLAIM, I found not only compassion, but also understanding and trust. After years of feeling alone and misunderstood, and feeling abandoned and hurt by the help I had sought in the past, RECLAIM was my haven, and the foundation on which I was able to build my recovery. It has been an unwavering light and an inspiration in my struggle for self-acceptance and solid ground. I would have been lost without it." – Current RECLAIM Client

Advocacy: We see advocacy as integral to positive outcomes for youth who face systemic barriers to accessing the care they need. Our work extends far beyond the time spent in session and includes complex systems navigation which is very discouraging to face alone.

"Reclaim not only offers therapeutic services that greatly impact my mental well being, but they also serve as an intermediary with other providers relating to my physical health. They have fostered an environment of fantastic communication and networking to help ensure that I'm getting the care I need in all areas." – Current RECLAIM Client



Art Therapist Amy DiGennaro reflects young people's stories back to them in images.

Photo by Roxanne Anderson, who also supported the initiative with videography.

Collective Healing Initiatives: RECLAIM identifies emergent unmet needs and organizes youth to come together to find their voice, reduce isolation and discover ways to heal shared wounds. One recent initiative is a group of queer and trans people of color who have identified that they need visible mentors in their lives to help show them that survival is possible.

Practitioner Training: We increase access through intensive training and support for aspiring mental health professionals. We achieve this through training interns, fellowship positions and hosting the People of Color Cohort.



"It's important for professionals of color to have a safe place to discuss practice, racism, and personal experiences. Creating a space where we can process the impact of race, racism, internalized racism, stereotypes, and biases within a community of professionals of color provides support that is both rare and very necessary."

– Lola Osunkoya, Licensed Professional Clinical Counselor (LPCC) expected spring 2015.

Education for Service Professionals: We improve the lives of queer and trans youth by educating other service professional to be better allies in their work. In 2014 RECLAIM provided 10 trainings to over 300 social service providers.

"I coordinate training for over 4,000 government workers serving thousands of Ramsey County residents. Working with RECLAIM, I know that my coworkers are going to get an opportunity to connect racism, sexism, homophobia, transphobia and class oppression to their hearts and daily practice. When we have acceptance, community, and respect everyone can do their best work and receive the best services. RECLAIM helps us develop the skills and awareness we need to do our best work."

–Jna Shelomith, Diversity Specialist, Human Resources, Ramsey County

Community Outreach and Awareness: RECLAIM engages in short and long term partnerships to create relationships and visibility for the needs of queer and trans youth in our communities. This includes plans to start a Trans Professional Mentorship circle in 2015.



Janet Bystrom accepts the Quorum Nonprofit of the Year Award on RECLAIM's behalf in June, 2014 from 2013 Recipient Richard Carlbom of Minnesota's United for All Families.

THANK YOU!

RECLAIM's success is a direct result of the time, money, and love given by many volunteers & donors!

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