

BEYOND SURVIVAL

HEALING, TRANSFORMATION, *and* ACCESS

RECLAIM!

2015
ANNUAL
REPORT

I RECLAIM...

My gender



from the
EXECUTIVE DIRECTOR and BOARD CHAIR

We are stepping into a powerful future together—a journey we could not be on without you. We are stepping toward deep healing, transformation, safety, and empowerment for queer and trans youth in our community. Because of a lack of culturally competent mental health care—especially for queer and trans youth of color—, our work can often feel like a state of emergency. This past year, RECLAIM has chosen to respond to this urgency with a strategic vision that allows young people to reclaim their own narrative despite systems that are designed to eliminate them. It is our honor to make space for youth to tell their stories of resilience.

“There are so many things that I’ll never forget about the Reclaim Fellowship, like my introduction to the POC therapy cohort, and many more; so, to pick one great among many: my time at Caspersen Therapy Center. I attended the Narrative Therapy Certificate Program there and Reclaim sponsored me through my fellowship. I learned and practiced the tried and true applications of therapy from a narrative perspective... Instructors from around the world came in person as well as via live internet video feeds. I’ve never been in the presence of so many accomplished therapeutic practitioners or explored the depths of my own narrative to such a degree. It’s been an empowering and deeply illuminating experience, and one that will stay with me forever.”

— Qamar Saadiq-Saoud

Because of donors like you, RECLAIM has grown significantly as we enter our seventh year. We have added two new Senior Therapists to our team, tripling our capacity to receive clients! We continue to serve youth aged 13 – 26, 80% of whom come for support related to gender identity. Because of our unique therapeutic practice, we commit to quality, deep, individual work. Most of our clients remain in therapy for 1 – 2 years, and an increasing number of our former clients have become monthly donors because they are invested in the importance and existence of these services. Our highly experienced staff team does incredible systems advocacy side by side with their clients, working on everything from medical care and psychiatry, to housing and transportation, and more.

RECLAIM continues to be called upon as a community resource due to our deep expertise in transgender and gender nonconforming care. We are growing our program to meet the need for community training in trans competency. We are working to establish more practitioners across the state with competency to provide mental health support to queer and trans youth. We do this work grounded in an understanding of structural oppression and a commitment to social justice. To that end, RECLAIM is preparing to launch a Practitioner Development program, building on our groundbreaking Practitioners of Color Cohort, to include deep apprenticeship through Internships, Fellowships, and Entry Level Therapy positions available to both POC and white practitioners.

We are proud to share the work from our past year. Please read on to learn more about our impact, our business model, and how to connect with our programs.

Be well,
Autumn Brown

Interim Executive Director

Jeffy Hnilicka

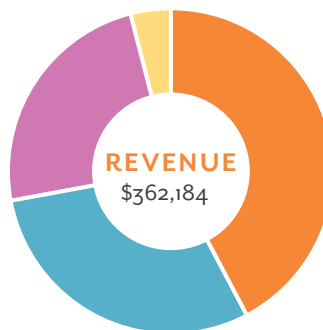
Board Chair

SUMMER QAMP

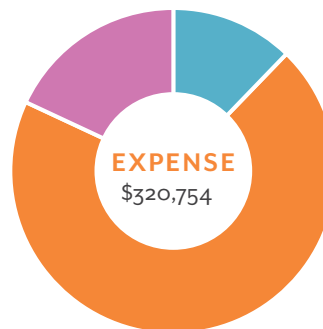
In partnership with One Voice Mixed Chorus, and through generous support from our donors, RECLAIM was able to send one of our clients, Alex Kurtyka, to a queer arts summer camp in Pennsylvania called **Qamp**, as a part of our commitment to supporting queer and trans youth in connecting and building community outside of the therapy room.

“When my therapist told me I was gonna be going to a queer arts camp in Pennsylvania, I was feeling so many different emotions: scared, excited, curious. I had no idea that I was about to have one of the best life experiences so far... It was great to be able to connect with people like me...It was just so easy and nice to have everybody use your correct pronouns without being questioned...Qamp wasn’t a place to just have fun. It was a place to feel safe and accepted. To be able to say what you believe in.”

— Alex Kurtyka



- Grants: \$153,000
- Individual Gifts: \$108,285
- Earned Income: \$85,971
- Partners: \$14,928



- People & Programs: \$223,350
- Core Mission Support: \$39,439
- Fundraising: \$57,965



THERAPY

RECLAIM provides accessible therapy and accompaniment for queer and trans youth and their families. This work includes providing individual and family counseling; group therapy, community activities and retreats; and triage crisis response for youth, families, and the providers working with them.

PRACTITIONER DEVELOPMENT

RECLAIM provides deep apprenticeship, training, and supervision to therapy students and practitioners, both through the offering of Internship and Fellowship opportunities, as well as through the Practitioners of Color Cohort, and our clinical consultation group, Liberating Therapeutic Conversations.

COMMUNITY OUTREACH AND TRAINING

RECLAIM collaborates in community and provides training at the intersections of racial and gender justice, through partnerships like our new collaboration with Shades of Yellow, as well as our cross-sector training offerings on providing services to and working respectfully with queer and trans youth.



YOUTH IN 2015



are trans and/or genderqueer



are people of color, multiracial, and/or biracial



have had suicidal thoughts



have attempted self harm



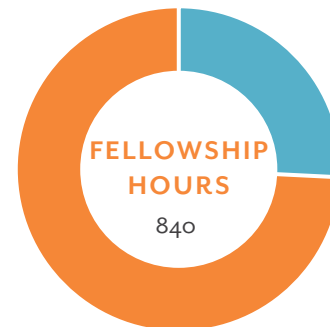
have felt pressure to have sex



have been harassed due to their gender presentation or sexual orientation



remain uninsured



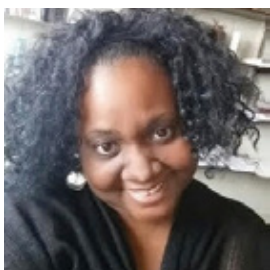
Qamar Saadiq-Saoud: 624

Lola Osunkoya: 216

MEET THE NEW SENIOR THERAPISTS



Alex Jackson-Nelson served as the Behavioral Specialist at the Metro Deaf School in St. Paul. An American Sign Language (ASL) interpreter and Master Trainer through the National Association of Social Workers, Alex brings over a decade of experience supporting LGBTQ youth, and consulting for nonprofits that work with marginalized youth. Alex co-facilitated the Gender Exploration Group before and after RECLAIM's inception, and he previously served as the Executive Director of District 202. In his capacity as Senior Therapist, Alex oversees the development of our Community Education and Training program, bringing a social justice lens in naming the impact of oppression on health and mental health.



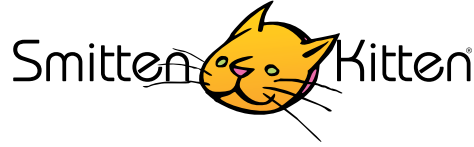
Felicia Washington Sy taught at the University of St. Thomas / St. Catherine's School of Social Work. Felicia has twenty years of professional experience in social services, and over a decade of experience training and developing social workers at the collegiate level. Bridging mindfulness and somatics in her therapeutic approach, Felicia has maintained a private practice in psychotherapy since 2009. As Senior Therapist, Felicia oversees the People of Color Cohort, which provides mentorship and professional development to social service providers of color who have a heart to heal.

JULY 2014 – JUNE 2015
FOUNDATION, CORPORATE, and FAITH PARTNERS

As a small and rapidly growing organization, each and every gift makes a big difference at RECLAIM. We are especially grateful to foundation, corporate, and faith partners who direct resources to support RECLAIM's work with queer and transgender youth!

Please accept our apologies and contact us immediately with any omissions.

**STILL AIN'T SATISFIED:
 A Foundation With Attitude**



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PrairieCare

Special shout out to PrairieCare for making a five-year sustaining investment in RECLAIM's ongoing growth. Thank you, PrairieCare!

THANKS TO ALL OUR FY15 DONORS

At the start of each therapy session at RECLAIM, the following words are spoken:

"Many people you do not know and may never meet have given generously of themselves to make this support possible. They want you to know that you are beautiful and unique just as you are. If you are ever feeling alone or unloved, please remember this."

They do remember! Thank you so much to all of the following individuals and organizations who have given generously of their resources to support RECLAIM.

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AHS Foundation
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David and Stephanie Lilak
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