

*Increasing access to mental health support so LGBT youth may reclaim their lives from oppression in all its forms.*

## RECLAIM Staff

-2013-



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 Program Coordinator

-2012-



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## Interim Board Members



Val Smith



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## 2012 In Review

### What does RECLAIM do?

RECLAIM seeks to create a safe physical, emotional and relational space for youth ages 13-25 to express rather than internalize the impact of chronic and acute trauma associated with gender identity/expression and sexual orientation. RECLAIM offers barrier free counseling and integrative health support to facilitate successful integration of sexuality and gender into the lives of youth in our communities. We come together to transform and be transformed, to turn rage into outrage, to heal what has been wounded and to celebrate our unique contribution to this world.

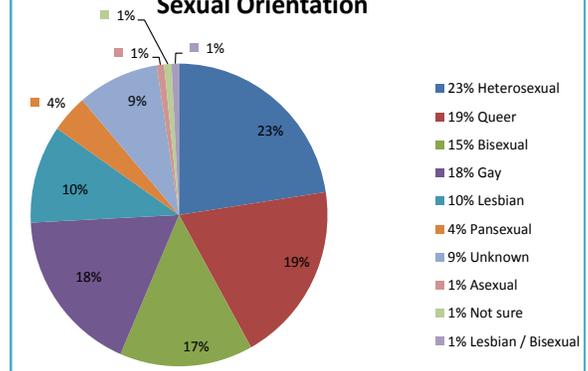
### In 2012...

- ⇒ Over 52 youth received 1,345+ hours of support services.
- ⇒ 79% have had suicidal thoughts & 57% have attempted suicide at time of arrival.
- ⇒ 57% have felt pressure to have sex or been touched sexually without consent.
- ⇒ 71% have been harassed due to their gender presentation or sexual orientation.
- ⇒ Half are uninsured.
- ⇒ For each youth we worked with, we turned another youth away due to limited capacity.

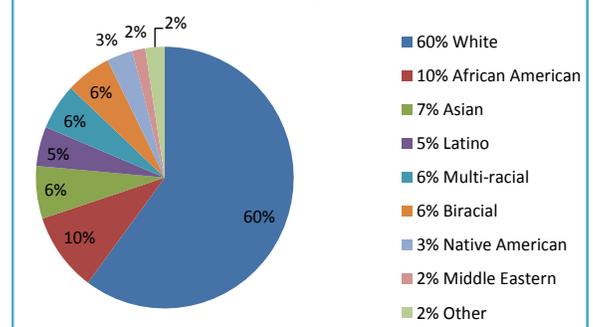
*Each session at RECLAIM begins with these words:*

*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 just as you are & that your contribution to this world is both necessary and unique. If you are ever feeling alone or unloved, please remember this.*

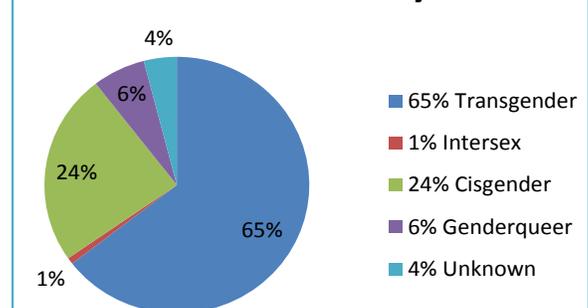
### Sexual Orientation



### Cultural Background



### Gender Identity



# Thank You!

RECLAIM owes our success to the dedication of volunteers and donors who have contributed generously of their time and money to make RECLAIM available as a resources for youth in our communities.

## Volunteer Facilitators

- ◆ Katie Burgess
- ◆ Terry Dickelman
- ◆ Florence Dillon
- ◆ Alex Jantaffi
- ◆ Qamar Saadiq-Saoud
- ◆ Felicia Washington Sy

## Funders

- ◆ AHS Foundation
- ◆ Charter Oak Foundation
- ◆ Otto Bremer Foundation
- ◆ Rainbow Health Initiative
- ◆ Sisters of St. Joseph of Carondelet

## Find Us Online

- ◆ [www.facebook.com/reclaimlgbt](http://www.facebook.com/reclaimlgbt)
- ◆ [Reclaim-lgbtyouth.org](http://Reclaim-lgbtyouth.org)

## People of Color Practitioner Cohort:

The POC Cohort is a strategy for social justice through changing the ecology of access to health supports, increasing access for LGBTQ youth of color and their families through supporting POC practitioners. The Cohort provides mentorship, supervision, peer accompaniment, and professional development to POC therapy practitioners-in-training who commit to work with LGBTQ youth and interrupt oppression in therapeutic relationships. The circle supports participants to navigate institutional violence through racism and co-create a new landscape of wellness options for LGBTQ people of color across race, class, and ethnicity.



Qamar Saadiq-Saoud, Nikhil Kaistha, Felicia Washington Sy, Mallerie Shirley & Pheng Thao. Not pictured: Leela Willard.

*"If it weren't for the cohort and gender exploration group, there is no way I would have been able to stay in the job I have right now because these experiences give me such a powerful and practical way to respond to the intense trauma I encounter in other people and experience inside of myself. When I support a young person, I support myself too."*  
- POC Cohort Member

## Individual and Family Counseling

Effective integration of sexual orientation and gender identity along with the rest of one's self is the basis for a healthy transition from youth to adulthood; this is the focus of most individual and family sessions.

*"I used to think of myself as broken and needing to be fixed, but now I understand that I'm just fine! I've just been trying to cope with the way things around me are so broken."*  
- Current Client

## Reclaim Families Group

This monthly group supports young people exploring their gender and the people who love them. Youth and their chosen support people have an opportunity to meet separately and together for education, support and socializing. This group warmly receives new members!

*"This is 'The Thing'" I was looking for when I was 8 years old walking to elementary school crying. This is what I was looking for when I was 16 and brooding. And this is what I was looking for when I was 23 and I made a chance call...It's important that this thing stay around! And, thank you.*  
—Current Client

## Gender Exploration Group

The Gender Exploration Group welcomes young people who are exploring their gender identity and wish to do so in the company of other youth. Topics include decision making related to medical intervention, family relationships,

communication, sex and love. Participants are encouraged to find their growing edge (wherever it may be) and lean into it with a lot of laughter and love.

## Integrative Health Services

RECLAIM engages volunteer practitioners to offer complementary modalities of care to enhance the ability of the client to integrate their physical experience, self-care and healing with the self understanding gained from talk therapy. Regular yoga and meditation classes, somatic massage, chiropractic, nutrition, Homeopathy, RCT, and EFT are some of the services available. In 2012 over 100 IHS sessions were received at RECLAIM.

*"I hope to play a role in the continuous process of another person remembering who they are, in order that we both might experience in ourselves an unshakable foundation on which to build joyful and loving lives."*  
-Jake Kiakahi, IHS Practitioner

