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

## 2011 In Review

### RECLAIM Staff



Janet Bystrom  
 MSW, LICSW  
 Director  
 Therapist



Nicholas Metcalf  
 MSW  
 Development  
 Director



Anna Stern,  
 MSW Intern



Nikhil Kaistha,  
 LPC Intern

### Advisory Board Members



Gilbert  
 Achay



Roxanne  
 Anderson



MJ Gilbert  
 MSW, LICSW



Val Smith

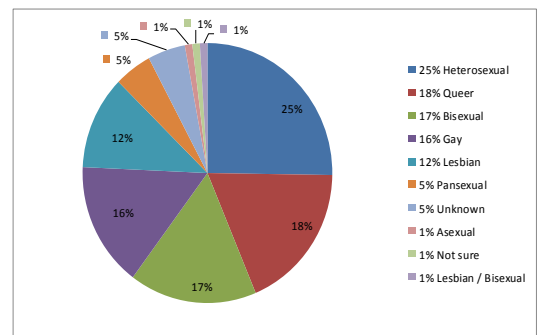
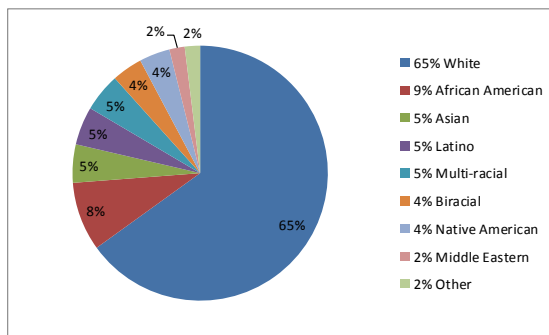
## Director's Notes

RECLAIM's mission is to increase access to mental health support so that LGBT youth might reclaim their lives from oppression in all its forms. RECLAIM seeks to create a safe physical, emotional, and relational space for youth ages 13-25 to identify and express rather than internalize the impact of acute and chronic trauma associated with being LGBT. We come together as a community to turn rage into outrage, to heal what has been wounded and to celebrate our unique contribution to this world.



### In 2011...

- ⇒ RECLAIM provided supportive services for over 100 LGBT Youth ages 13-25.
- ⇒ 59% have felt pressure to have sex or been touched sexually without consent.
- ⇒ 74% have been harassed due to their gender presentation or sexual orientation.
- ⇒ 83% have had suicidal thoughts, and 57% have attempted suicide.



*"It's not okay for us to say that it gets better at some point. It has to be better now. Youth needs to be less brutal for our sons and daughters, nieces and nephews. We all benefit from this work. I benefit when youth break open the boxes I was told I had to live in.*

*I am freer and more gender nonconforming at 53 than I ever could have imagined being at 33, because youth have shoved queer identity into some directions that my generation did not, and from which I benefit. I owe the youth because they make me freer."*

—MJ Gilbert, Advisory Board Member

## Thank You!

RECLAIM owes much of its success to the dedication of volunteers who have contributed literally hundreds of hours of support. We wish to highlight some people who have made significant contributions and deeply regret any oversights!

## Volunteers

- ◆ Katie Burgess
- ◆ Terry Dickelman
- ◆ Florence Dillon
- ◆ Dana Jeffries
- ◆ Marcy Micek
- ◆ Jennifer Mouchet
- ◆ Alex Iantaffi
- ◆ Moe Norton-Westbook
- ◆ Drake Oakley
- ◆ Qamar Saadiq-Saoud

## Funders

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

## Special Thanks

RARE Productions for the role they played in preserving and protecting art created by RECLAIM youth

## Find Us

On Facebook at ...

[www.facebook.com/reclaimlgbt](http://www.facebook.com/reclaimlgbt)

On our website at...

[reclaim-lgbtyouth.org](http://reclaim-lgbtyouth.org)

## Individual and Family Counseling

Effective integration of sexual orientation and gender identity is critical to accomplish successful transition from adolescence to adulthood; this is the focus of most individual and family sessions.

*"I wouldn't be alive today without RECLAIM. It's what gave me a foundation of mental health support that I was able to carry into the rest of my life, and that allowed me to be successful on my own terms."*

## Gender Exploration Group

The Gender Exploration Group welcomes young people who are exploring their gender

*"There are no words, no phrases; no possible description I could give to you to describe what group is to me. This is my sanctuary; this is where I can truly be myself in the world even if there is no other place. However, it's more than where I can be myself; it's where I can become myself."*

identity and wish to do so in the company of other youth. Typical 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 bit of laughter and love.

## Reclaim Families Group

RECLAIM Families is a monthly support group for 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 is a vibrant group that is warmly receives new members.

*"RECLAIM Families group has been wonderful. It is a great support for me and my son. We are free to talk about absolutely everything with no judgment. We have great conversations that are so helpful with our situation. We are really thankful for this group!"*

## 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.

**Rhys Preston**  
Chiropractic



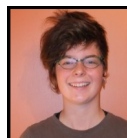
**Christy Lillibridge**  
Acupuncture

**Maryrose Dolezal**



**Stacy Husebo**  
Meditation

**Jake Kiakahi**  
RCT/EFT/  
Homeopathy



**Amelia Smith**  
Yoga

*"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