



Mental health care for queer & trans youth

RECLAIM provides financially accessible, specialized mental health care to queer and trans youth ages 12-25 and their families. We offer individual, couples, family, and group therapy in both in-person and virtual formats. Beyond therapy, RECLAIM also offers:

CONSULTATION

- Provider consultation – monthly sessions for cohorts of 6-8 providers. Participation requires a 6-month commitment and costs \$600 for the series. Flexible payment terms are available.
- Organization consultation – organizations contract with RECLAIM for 6 months and select the providers (maximum of 8) who attend. Contracts include a fee of \$1500 to cover 6 monthly sessions.
- Program consultation – organizations contract for support to ensure policies and practices are queer/trans affirming. Fees are project specific.

Consultations address the clinical needs and specific interventions for queer/trans youth and young adults being served by a provider or organization and are grounded in a person-centered, intersectional identity development and trauma-based approach to clinical care.

TRAINING

Trainings are provided on the following topics:

- Gender and Sexuality (SOGIE) 101
- Allyship and Creating Inclusive Spaces
- Generalist practice of providing Gender Affirming Mental Health Care
- Specialized training on clinical care for queer and trans youth (specific to care setting)
- Supporting parents/caregivers of queer and trans youth

Fees range from \$250 - \$500 per hour depending on the number of attendees and training type.

INDEPENDENT CONTRACTING

RECLAIM is assessing the feasibility of contracting with therapists in communities throughout Minnesota to provide mental health care to queer/trans youth on our behalf. Therapists will receive a portion of revenue gained from sessions and ongoing training and supervision.

Interested in these services for you or your organization?

Contact RECLAIM's Clinical Director, Caitlin Baldwin, at caitlin@reclaim.care or 651-890-2785 for more information.