



771 Raymond Ave, St. Paul, MN 55114
612-235-6743 · www.reclaim.care

What is RECLAIM?

RECLAIM is a nonprofit that supports the mental health of queer and trans youth with therapy. We also offer community trainings, education, and outreach to local partners to increase their competency in working with queer and trans people. RECLAIM's office is located in St. Paul. We serve the Twin Cities metro area, as well as Greater Minnesota, with options for both in-person and virtual therapy.

What does RECLAIM do?

RECLAIM offers individual, couples, and family therapy to support queer and trans youth and their families. We also offer group therapy including Gender Exploration groups for youth, a support group for young adults who identify as both LGBTQ+ and BIPOC (Black, Indigenous, and/or Person of Color), as well as support groups for parents and caregivers of queer and trans youth.

Who are RECLAIM's clients?

RECLAIM's clients are youth ages 12-25 who are seeking services focused on identity development as it relates to sexual orientation, gender identity, and/or gender expression. Many of our clients have experienced multiple forms of trauma, so we support them in building resilience as they navigate biases and oppressions that can impact their wellbeing.

How do clients pay for mental health services?

RECLAIM accepts most major insurance plans, and we utilize insurance reimbursement whenever possible. When our clients don't have insurance or can't meet deductibles or copays, we work with them to identify what they are able to pay. RECLAIM is committed to financial accessibility. Community generosity ensures that youth are never turned away because of their inability to pay for care.

How is RECLAIM's work funded?

We rely on a variety of revenue sources. These include insurance reimbursement for therapy, revenue from services such as trainings and groups, individual donations, sponsorships from businesses, foundation grants, and fundraising events.

What does RECLAIM need most right now?

We frequently receive more requests for care than we can accommodate, and we're one of the only resources throughout Minnesota where queer and trans youth can get specialized mental health care. We need financial support to ensure we remain financially accessible and to help us hire more therapists so we can expand and serve more queer and trans youth.

How can I donate to RECLAIM? You can donate today with cash, check, or card. You can scan this QR code to give, or you can click on the blue Donate button on our home page, www.reclaim.care.

How else can I support RECLAIM?

Please fill out our sign-up sheet to get connected!

1. We have a variety of fun and fulfilling volunteer opportunities!
2. Join our Board of Directors or one of our Board committees!
3. Become a RECLAIM Ambassador by hosting a house party or fundraiser!
4. Connect us to LGBTQ+ aligned small businesses and corporate employee resource groups who want to partner!

How are things going regionally and nationally for queer and trans folks?

Attacks on the rights of trans youth are increasing throughout our country as well as here in Minnesota. Youth and their families are very anxious in our current political climate. Access to gender-affirming medical and mental healthcare continues to be a major barrier for queer and trans folks.

How can I get services at RECLAIM?

There are three ways to request services at RECLAIM:

1. Visit www.reclaim.care/therapy and complete the online Request for Appointment form
2. Email services@reclaim.care to request services
3. Call 612-235-6743 x4 to request services

RECLAIM's openings change quickly. If we cannot match you with one of our therapists, we can provide a referral to help you start with care as soon as possible.

Volunteer Opportunities

The best way to get involved in volunteering is to fill out our Contact Information form at www.reclaim.care/volunteer. While our volunteer opportunities change frequently, here is a sample of activities that our amazing volunteers help us with:

- **Front Desk Volunteer** - these volunteers commit to a shift to help us check in clients and help with a variety of tasks around the office.
- **Special Events Volunteer** - these volunteers help with special events like Celebrate the Love or other fundraisers. This can be anything from tabling at events, to helping us set up and break down, obtaining silent auction donations from the community, and more!
- **Tabling and Outreach Volunteer** - these volunteers help us table at outreach events and provide information about RECLAIM to the community.
- **Development and Administrative Volunteer** - these volunteers assist with a variety of administrative tasks, including database cleaning and management, helping with research projects, and organizing mailings.