CULTIVATING HEALING, HOPE, AND OPPORTUNITY FOR ALL LGBTQ PEOPLE IN WISCONSIN.

The Center for Community Healing is a queer and trans owned family business and the first LGBTQ mental health counseling center of its kind in Wisconsin. We work with people from across the state, both in person and remotely, to provide mental health counseling, advocacy, and community education in an effort to reduce the barriers queer and trans people face in their daily lives.

Our goal is to facilitate transformation through direct services with LGBTQ people in our community and by developing partnerships with healthcare and community service providers to increase awareness, resources, and ignite change.
The Center for Community Healing provides strengths-based, holistic support for LGBTQ people of all identities in Wisconsin.

2018 by the numbers...

60 Letters written for gender affirming hormones and surgeries
97 LGBTQ people received art therapy/counseling
1,332 People received social justice/inclusion education facilitated by Chelsea or Owen
61 Number of cities in 2018 Wisconsin clients travelled from to access counseling (see map)

We provided services in our Madison office and via Skype or FaceTime for people across the state of Wisconsin.

Highlights of the year...

- **Testified** for City Council to successfully ban conversion therapy in the city of Madison
- **Convened quarterly** with providers offering trans-inclusive healthcare in Dane County
- Contributed 4 columns to Our Lives Magazine and were **featured** in the Capital Times and Naropa University Alumni Magazine
- **Coordinated** a community mandala for the Trans Liberation Art Show
- Owen named one of the "**Forward under Forty**" by UW Alumni Association (2019) and presented at **Tedx Fon du Lac**
- Collaborated with PHMDC to provide two LGBTQ Inclusivity trainings for city employees
- **Presented** at the YWCA Racial Justice Summit, WCASA Pathways to Healing Conference, Wisconsin Art Therapy Association, and Interdisciplinary Trauma Symposium
- **Presented at universities** including: Edgewood College, University of WI - Madison, Medical College of Wisconsin, Mount Mary University, Milwaukee Institute of Art and Design, and Cornell University in Ithaca, New York
A NOTE OF THANKS

So much of our success is because of the generosity, love, and collaboration of community partners like you. Thank you for supporting our journey and for investing in all queer and trans futures in Wisconsin.

Dear friends and colleagues,

As we reflect back on 2018 we find both points of deep gratitude and love as well as deep grief and sadness. The LGBTQ community continues to face harassment, discrimination, political outrage, and alarming rates of suicide and violence and with these realities comes the rising need for LGBTQ inclusive and culturally sensitive support services. Thankfully we are sitting face to face with the humans in these statistics, the faces and the hearts that keep fighting for a better future.

We are inspired every day by the dedication, vulnerability, and tenacity of our clients who are working towards a brighter, more whole sense of self. They’re truly a testament to the resilience and bold strength and vibrance of the human spirit. In darkness, sadness, grief, fear, uncertainty, and scrutiny they have found their truth and their desire for change.

Together with our local partners and our generous supporters in Madison, Milwaukee, and beyond, we’ve laid the foundation for what is so often missing in queer and trans people’s lives: healing, support, acceptance, belonging, safety, and opportunities for joy and celebration. We are humbled to work within a community that serves with such dedication and integrity and could not have achieved the many positive outcomes you’ll read about in this year’s Annual Report without their service and generous contributions.

Looking forward, we are also so incredibly grateful to have found another clinician who shares our values and vision, Shannon Neimeko, who will be joining us as a full-time therapist in 2019. With extensive expertise in LGBTQ mental health, they’ve already brought fresh energy, light and leadership to our work as we enter our third year as an organization.

We are wishing you all a more joyful, full, authentic, liberating 2019! Thank you for everything you do in the world.

With gratitude,

Owen Karcher and Chelsea O’Neil Karcher
Co-Founders, Center for Community Healing
Shannon Neimeko, Counselor & Art Therapist
I have an emphasis on serving LGBTQ+ and TGNC people, identity development, and supporting those experiencing minority stress. In my practice, I aspire to support you in building resilience, in crafting and owning your narratives in ways that honor your strengths and knowledge, and in partnering with you in the service of your therapeutic goals. As the former coordinator for Trans & Gender Non-Conforming mental health services at UW-Madison’s University Health Services, I have extensive experience providing counseling for TGNC and gender expansive people and in writing letters in support of HRT and gender affirming surgeries.

I identify as Queer and as genderqueer and am honored to serve my community. It is exciting to join The Center for Community Healing and to support the work being done here.

Vanessa B. Segura, Student Intern
I am an undergraduate student at Edgewood College, majoring in Psychology with a clinical counseling concentration. I am happily married to Carlos Antonio Segura and we have a beautiful four-year-old son named Antonio-Eliseo (pictured). During my internship I have had the opportunity to translate hormone therapy documents into Spanish and create a resource list of healthcare providers for LGBTQ+ clients. I also volunteered with Owen at El Centro Hispano for the “Conoce Tus Derechos” community event. My future plans are to become a licensed Marriage and Family Therapist (LMFT) and provide my services to marginalized communities.

We have open space available and opportunities for clinicians interested in joining our practice, particularly to see clients on evenings and weekends.

If you or someone you know is looking for an explicitly inclusive and welcoming space to see clients for therapy, practice body work or coaching, or to host small (up to 8 people) informal meetings. We are located on the west side on Grand Canyon Drive. Our space is on the first floor and has an accessible, single stall, all-gender restroom.

Contact owenkarcher@gmail.com for more information.
EXPANDING OUR OFFERINGS

BUILDING BETTER BIRTH MEMORIES

birth and bereavement doula services

Chelsea is expanding her practice to include reproductive justice work and now offers birth and bereavement doula services for people in all phases of pregnancy. This includes emotional, physical, and educational support (before/during/after) for all body types and identities who wish to have more positive and affirming birth experiences. For more details, visit: www.arttherapymadison.com/chelsea

CONCEPTION. INFERTILITY. PREGNANCY
BIRTH. MISCARRIAGE. ABORTION
BIRTH TRAUMA. INFANT LOSS

HEALING TRAUMA IN THE BODY

somatic body work healing services

In 2018 Owen completed his fourth course with Generative Somatics (GS) in Petaluma, CA and co-presented a community workshop with CORE entitled, “Why the Body: an Introduction to Generative Somatics.” Owen provides one-on-one bodywork sessions and group presentations to explore how oppression and trauma express themselves through bodily tissues and how to manipulate the tissues to help release what is no longer serving the soma.

Owen highlighted his work with Generative Somatics and Body Work in his TedX Fon du Lac talk, “Trusting the Body: Softening the Contractions of Masculinity” in August of 2018.

In 2018 Chelsea completed 75 hours of childbirth assistance education including: Birth Doula Training (DONA), Childbirth for Doulas (DONA), The Heart of Mentoring (Birth from Within), Crossing the Threshold (Birth from Within)
"Using lines, shapes, and colors, draw a picture representing trans liberation." This is the question asked of clients interested in contributing to the Trans Liberation Art Coalition Art Show. The individual pieces, drawn on small circles, were put together to create a large collaborative mandala that was displayed at the event. The mandala now hangs in the waiting area at the Center for Community Healing.
WHAT DO YOU DO?
The Center for Community Healing is a trans and queer-owned holistic support services center in Madison, Wisconsin. We offer art therapy and counseling for adults and youth in both English and Spanish as well as full-spectrum birth and bereavement doula services for all pregnancy outcomes (including miscarriage, abortion, and stillbirth). We strive to make the world a more welcoming, inclusive place for all people.

Services include:
- Counseling for all ages (Owen provides counseling services in both English and Spanish)
- Letters for surgery and hormones
- Birth and Bereavement Services
- Somatic Bodywork
- Group facilitation and workshop presentations on social justice, and gender and reproductive justice.
- Consultation for clinicians seeking support in serving LGBTQ individuals

WHO DO YOU WORK WITH?
We offer individual and family art therapy and counseling services for youth (at least 6 years of age) and adults.

While we have a unique set of experiences with Transgender and Lesbian, Gay, Bisexual and Queer clients (LGBTQ), we also serve people who do not hold any of those identities. Our therapists have worked with children and adults that struggle with anxiety, trauma, abuse, and those looking to gain more perspective on their lives and relationships.

WHAT IS ART THERAPY?
Art Therapy is based on the belief that the creative process involved in artistic expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem, self-awareness, and achieve insight.

Art therapists are skilled in the application of a variety of art modalities (drawing, painting, sculpture, and other media) for assessment and treatment of various diagnoses or personal challenges along with traditional talk therapy.

I'M NOT AN "ARTIST", CAN I STILL BENEFIT FROM ART THERAPY?
Absolutely! Even those that have not made art since childhood can find great relief and enjoyment in playing with different forms of art. Art therapists are teachers, artists & counselors skilled in making art fun and accessible for people with different levels of experience. We also work with clients who do not choose to make art.

HOW MUCH DOES IT COST?
All prices for services vary based on income. There is a usual and customary fee, but if that causes financial hardship, the fee can be adjusted for clients with lower income. The best way to determine how much your sessions will cost is to set up a free consultation so we can discuss what options are available at this time.

DO YOU TAKE INSURANCE?
We choose to offer a sliding scale fee structure rather than work with insurance companies so clients can access treatment on their own terms.

This is a purposeful choice to preserve more privacy without concern that insurance companies or employers have access to client's personal information, so clients can fully participate in decision-making regarding duration of treatment, frequency of visits and goal-setting without intrusion from insurance companies, and to avoid having to assign a diagnosis if it does not feel appropriate or desirable for the client’s particular needs and treatment.