



maine family planning

Maine's Choice for Nearly 50 Years

Annual Report

July 1, 2017–June 30, 2018

Maine Family Planning: Maine's Choice for Nearly 50 Years

2017–2018 Annual Report

For nearly 50 years, Maine Family Planning has been Maine's choice for

- compassionate, leading-edge health care;
- sexuality education that works; and
- advocacy that produces results.

With the support of thousands of people like you, for nearly five decades we have made a difference in the lives of Maine women, men, and teens.

We have confronted dozens of challenges to our mission and our work—challenges that seem to have multiplied enormously since the election of the current president.

We are not naïve. There are tremendously demanding battles and tough decisions in our future.

As the threats to our work proliferate, however, and as we are besieged on all fronts, our 2017–2018 Annual Report tells different stories—stories of commitment, initiative, expansion, caring, growth, creativity, support, appreciation, and success.

The threat level may be high, but with your unceasing friendship and support, we will continue to be Maine's choice for health care, education, and advocacy. We are here to stay!



George A. Hill
President & CEO



Marcia DeGeer, Esq.
President, Board of Directors

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Commitment

Today's Political Environment Is the Most Threatening We've Ever Encountered

We won't mince words: Today's political environment is the most threatening to reproductive rights we have ever encountered. Maine Family Planning is meeting this existential challenge on many fronts.

We are involved in two groundbreaking lawsuits, both of which seek to expand meaningful abortion access for low-income and rural Mainers. In May, we argued before the Maine Supreme Judicial Court that patients who choose to end a pregnancy should have the same access to Medicaid assistance as those who choose to carry to term. Meanwhile, we continue our legal effort to overturn the state's so-called "physician-only" law, which bars qualified healthcare professionals from providing first-trimester abortions.

Maine Family Planning is a leading voice of opposition to the Domestic Gag Rule, a proposal that could decimate the Title X federal family planning program. As we declared at our press conference in July, the proposal would compromise medical ethics, restrict birth control and abortion access, and leave pregnant people in the dark about all of their options. If necessary, we will go to court to halt the final rule's implementation.

While we work to prevent the confirmation of an anti-choice nominee to the U.S. Supreme Court, preserving and expanding state-level protections is our highest priority. We recently launched an aggressive canvassing and public awareness campaign aimed at engaging Maine voters to learn where their local candidates stand on reproductive rights. We must protect Maine's Reproductive Privacy Act, which ensures that Mainers can access abortion even if Roe v. Wade falls.

We are battling this hostile administration on behalf of our patients and supporters.

But we can't do it without you.



These University of Maine at Orono students participated in our "Fighting Forward" Abortion Advocacy Training, which merges education about the clinical and political sides of abortion.

Initiative

Maine Family Planning's Community Education and Organizing Activities

Merging education about the clinical and political sides of abortion empowers our advocates to more publicly and forcefully support clinics and reproductive rights.

Over the past year, as individuals and organizations are inundated by the “threatening political environment,” our community education and organizing efforts quickly have become trusted sources of information and clarity. Two of the most significant projects undertaken in FY18 were the Lewiston-Auburn Youth Internship Project and the MaineCare Expansion Referendum Campaign (Yes on 2).

In the Internship Project, three young women spent five weeks collaborating with area partners like the YWCA of Central Maine and the New Mainers' Public Health Initiative. The interns sought to have conversations with their peers and gathered data from young African immigrants and children of immigrants about sexual and reproductive health by producing a *L/A Youth Survey on Sexual and Reproductive Health*. Following analysis of the data, the interns offered recommendations to our staff on how to broaden and deepen relationships with Lewiston-Auburn's Somali community in the areas of clinical services, education, and outreach.

In the MaineCare Expansion Referendum Campaign, we engaged volunteers and voters to examine classist and racialized assumptions about the “welfare state” while weaving in discussions of MFP's lawsuit to win MaineCare coverage for abortion care.

In addition, MFP offered a *Fighting Forward* Abortion Advocacy Training Program at different locations around the state to make a deeper investment in our supporters' leadership development. Merging education about the clinical and political sides of abortion empowers our advocates to more publicly and forcefully support clinics and reproductive rights.

(L to R) Lewiston-Auburn interns Maryam, Shukri, and Farhiyo met with MFP's Sara Hayes, NP, for a demonstration about contraceptive methods.





MFP Staff Produces New Curriculum

Puberty Happens

Maine Family Planning's Prevention Program promotes youth sexual and reproductive health by strengthening school and community-based sex education. We provide technical assistance, innovative resources, and professional development opportunities for leaders working with K–12 youth to improve sexual and reproductive health outcomes.

Helping educators to improve their skills, knowledge, and comfort level in teaching sexual health topics—starting in fourth grade with puberty—is what we do best.

Last fall, with a great deal of input from educators, we completely updated our *Puberty Happens* curriculum. The new and improved version, written for youth in grades four through six, includes

- activities that address the social, emotional, and physical changes of puberty;
- inclusive language and tips for addressing gender diversity in the classroom;
- realistic scenarios and opportunities for young people to practice skills and problem solve;

- a flexible, easy-to-use format aligned with national and Maine health education standards;
- supplemental lessons on a variety of age-appropriate topics, such as body image, healthy relationships, and Internet safety; and
- background information, resources, and support for educators.

To date, we have trained 40 school personnel in delivering this new curriculum. *Puberty Happens* can be downloaded from our website at <https://bit.ly/2MmqiM>.

Expansion

Meghan's Dad died unexpectedly when she was a teenager, leaving her to grow up in a single-parent home. She struggled with substance abuse issues and often made unsafe choices. Damariscotta Family Planning was a supportive and accessible place for her to go when she needed help in navigating some of those choices. Now in her forties, Meghan has two grown children and a successful career, and she still is a MFP patient. We are proud and grateful to have been a valuable resource for Meghan for over 25 years.

Patients Qualifying for Free or Reduced-fee Care Increase by 5%

In FY18, MFP's 18 clinics, and those of our Partners in Reproductive Health, provided care for 22,581 Mainers. Female contraceptive clients numbered 15,924, and the number of patients who qualified for free or reduced-fee services increased by 5% to 83%.

We provided:

- 21,736 tests for sexually transmitted infections
- 2,683 cervical cancer screenings
- 1,389 breast cancer screenings
- 3,277 HIV tests

Open Door Transgender Health Program Expands to Belfast

Our *Open Door* program offers gender-affirming care to folks statewide, with in-clinic services available in Lewiston, Waterville, and now Belfast.

Nurse practitioner Julie Jenkins spent more than a year of training and apprenticed under MFP providers who already deliver *Open Door* services in Lewiston and Waterville. "Gender-affirming care is a key tenet of reproductive justice, and at the core of our mission," says Julie. "I'm glad to have the opportunity to offer that care, close to home, for Belfast and the surrounding community."





Caring

Reproductive Empowerment Project Meets Patients ‘Where They Are’

The logistics of making and keeping an appointment are significantly more difficult because of what is called “systemic stigma.”

Opioid-dependent women face enormous obstacles in accessing health care generally, and family planning care specifically. The logistics of making and keeping an appointment are significantly more difficult because of what is called “systemic stigma”; that is, a woman dealing with substance-use disorder fears she will be treated badly once identified as an addict. This fear, combined with what often is a chaotic lifestyle, can complicate the more ordinary barriers to reproductive health care, such as low income, inadequate or nonexistent insurance coverage, and the tightening of Medicaid eligibility.

MFP’s new *Reproductive Empowerment Project (REP)* was created to address these issues. With private funding, two Outreach Educators were hired to establish relationships with other organizations that work with women of childbearing age who either are at risk of opioid dependency or already diagnosed as dependent.

The Outreach Educators give presentations on topics related to reproductive health, including contraceptive methods, sexual health risk avoidance strategies, and sexually transmitted infection and HIV prevention. **Participation is completely voluntary.** Each session concludes by informing participants that, if they choose, they can be connected with a MFP Women’s Health Care Nurse Practitioner (WHCNP) via a secure, HIPAA-compliant video platform, to receive

contraceptive counseling that can lead to the immediate provision of an oral contraceptive method.

We are thankful to these private donors who have funded the REP: The Bingham Program, The Davis Family Foundation, The Maine Women’s Fund, and two anonymous individual donors.



Our Abortion Services Are Caring and Innovative

- In fiscal year 2018, we provided abortion care for 484 women. About one-half of those abortions were medication abortions and about one-half of the medication abortions were provided through telehealth.
- At our Parker F. Harris and Russell N. DeJong, Jr. Center for Reproductive Health in Augusta, we provided training and education in abortion care to over 40 residents, medical students, nurse practitioners, nursing students, medical assistants, and social work students.
- Our National Abortion Federation (NAF) site visit was hugely successful, with no areas for improvement recorded. NAF observed that the “friendliness of your staff helps patients feel individually cared for” and that we offer “compassionate service in the face of political opposition.” NAF also noted our “strong connections to our community” and our “thorough and compassionate counseling.”
- As one of five study sites participating in the TelAbortion Study with Gynuity Health Projects, we are piloting the mailing of medications for a medication abortion to anyone in Maine. Telehealth patients experience the same lab tests, the same informed consent (via telehealth), and the same 24/7 support—but they can choose when and where they wish to take the medications. To date, four percent of our patients have chosen to participate in the study.



“I can’t even explain how thankful I am for having this option available. The staff, doctors, and nurses all are super friendly and create a comfortable, accepting atmosphere. Thank you so much.”

“I am glad and relieved that I have the right to make a decision for myself, my family, and my unborn fetus. I am 19 years old and I irresponsibly got pregnant. I truly believe that I do not have the means to give a child a good life. People think you’re heartless because you have an abortion, but it’s the complete opposite.”

“At 40 years old, faced with an unwanted pregnancy, I made the choice to have an abortion. How lucky I am to have that choice and to be taken care of by the most compassionate staff. Thank you so very much.”

Creativity

Provider Profile

Julia McDonald, DO, MPH

What is your first memory of something related to family planning or abortion?

When I was in 8th grade, I met a boy at a bar mitzvah party who asked me to go to the movies with him. I already had plans to attend a Roe v Wade anniversary rally at the capitol, so I asked if he would meet me there afterwards. He showed up towards the end of the event and soon was surrounded by chanting people holding signs. Turned out that he was anti-choice (and a terrible kisser), so my first date with him also was my last. Certainly not my last rally to support abortion access, though!



Julia McDonald, DO, MPH, loves living in Maine.

How did you first become involved with MFP?

In 2003 I was hired as an “abortion services specialist.” Little did I know that my early work at the Center for Reproductive Health would inform everything about my future life: how to be a human, how to be a doctor, how to work with and treat staff equitably, how to treat my patients. In that role, I learned how to be kind, skilled, courageous, and compassionate.

What do you find most challenging about MFP’s mission?

The most challenging thing about MFP’s mission is the most challenging thing for me about practicing medicine in 2018: constant outside interference in the patient-doctor relationship. I believe healthcare decisions are sacred, personal, and individual. Unfortunately, the doors of our exam rooms and clinics are being breached by the politicization of medicine, by the insurance and pharmaceutical industries’ control over medical decision making, and by cultural shaming of individuals.

What’s your timeline?

I was born and raised in West Virginia and spent my childhood summers in Downeast Maine. I attended Colby College and loved my broad,

diverse liberal arts education, culminating with a major in theatre and dance. After a brief stint in professional theatre, I traveled, spent two years in the Peace Corps, then went back to college while working and completed my pre-medical courses at the University of Maine/Augusta. I attended the University of New England for medical school (and completed my Masters of Public Health there), then completed my post-graduate residency training in Lawrence, Mass.

When you aren’t working, what do you do?

I love my work and I am deeply grateful for the path that brought me to each thing I do. I also love living in Maine. I am a runner, so I spend a lot of time enjoying roads and trails by foot. Also, I am a distance swimmer and take every opportunity possible to jump into lakes, ponds, rivers, and the ocean. I enjoy exploring this beautiful state by motorcycle and bicycle in three seasons (by skis and skates in the fourth). When I stop moving, I am either reading, writing, cooking, or painting.

What about you might surprise someone?

I was a competitive lumberjack in college.



Julia volunteers at a medical clinic in Honduras every year.

Support



We Sponsor Family Support Services in Hancock and Washington Counties

What's most helpful about Maine Families?

"[My visitor] helps me feel confident in my parenting."

"Having someone that can help with questions about development and offer moral support and lots of encouragement to better my life and the life of my family."

"I appreciate the strategies and information my visitor provides for listening, playing, communicating, and caring for my son."

Maine Families Served 126 Hancock County Families in 1,014 Visits

Maine Families services are offered to every family with a baby on the way or a new baby at home. Our Family Visitors provide research-based information and caring support to meet each family's needs and concerns so that every baby has the best possible start in life. Parenting education and support are available



through a baby's first four months, and longer-term services are provided to families with ongoing needs.

Support topics include:

- Healthy pregnancy
- Infant health and safety
- Breastfeeding support
- Parenting support
- Screenings for depression, intimate partner violence, substance abuse, and more
- Developmental screening and support
- Social connections
- Referrals and service coordination
- Family self-sufficiency



More Families Assisted by WIC

Last September, Tawney Jacobs, a former WIC participant who often shares her personal story with clients, became the new director of Maine Family Planning's Hancock and Washington Counties WIC programs. WIC works to maintain the health of women, infants, and children up to age five by providing information on breastfeeding and healthy eating, as well as vouchers for healthy foods.

Over the past year, Tawney launched new outreach efforts that increased access to WIC, leading to higher levels of participation and retention. A new outreach clinic opened in Eastport, and the Harrington and Bucksport clinics now are co-located with health centers, making access easier and more convenient. And for the first time, a local farmer opened a food stand right at the Ellsworth office for clients to use their WIC Farmers' Market Nutrition Program vouchers.

At the end of the fiscal year WIC had 1,295 active clients.



"The WIC program in Ellsworth has been a great help to me, my family, and my foster children. They give us information about healthy foods, milk, juice, and cereal, and give us the farm stand checks, which are great. My littles really enjoy picking out fresh vegetables and fruit!"

"WIC helps me get the best formula, and they check weights and iron levels. That's a big help, so we know the kiddos are growing on track. The staff always is so pleasant, and they make sure we have what we need. They go above and beyond!" —Janice

Growth

Board Member Profile

Barbara Schneider, Esq.

What is your first memory of something related to family planning or abortion?

Sometime in the early 1970s, my family was visiting relatives. My aunt, now a retired physician, had attended her first year of medical school in Belgium in the 1960s, because no U.S. school would accept a married woman with three small children. She had a copy of the first commercial



Board Member Barbara Schneider (center), her mother, Sally Lebow (left), and her aunt, Anna T. Meadows.

edition of *Our Bodies, Ourselves*. I was in my early teens and read it, cover to cover. It made me realize how lucky I was to have a mother and an aunt who supported reproductive rights, encouraged me to learn and take charge of my own health care, and to never stop asking questions.

How did you first become involved with MFP?

I was recruited to MFP's Board of Directors by a fellow attorney who also is on the Board. I serve on MFP's public policy committee, and on a task force with other members of the Board who are attorneys, to help MFP position itself for the legal challenges that are on the horizon as a result of the current federal administration's efforts to limit access to information about abortion services.

What do you find most challenging about MFP's mission?

Like all non-profit healthcare providers, high quality and affordability often can seem as if they are mutually exclusive goals. It is unfortunate that our political environment makes it more challenging for MFP—which

provides important reproductive and primary care services in a rural state for women, men, and families, in a variety of settings and via telehealth services—to discharge its mission.

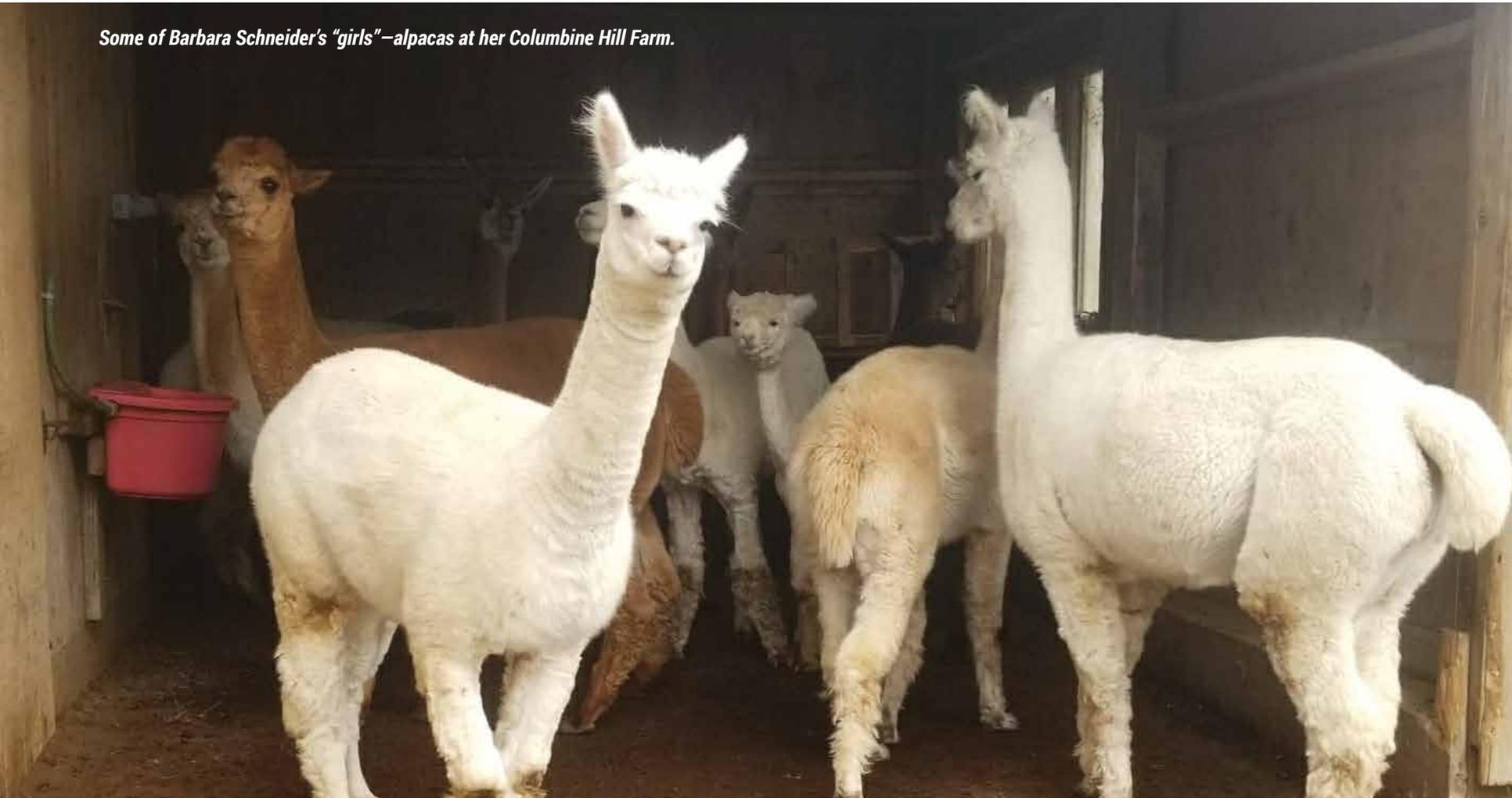
What's your timeline?

I grew up outside New York City, began my undergraduate degree at West Point, but realized I was not cut out to be an army officer and transferred to the University of Pennsylvania. I attended Harvard Law School and served on the *Harvard Law Review*. President Obama was in the class behind me, so I met him when he returned in the summer of 1989 to begin his stint as a member of the *Review's* editorial board.

What about you might surprise someone?

I am a registered Republican who believes strongly in the right of a woman to choose abortion, the right of a minor to access abortion services and family planning services without encumbrances, and the right of health care providers with practice privileges to provide a full range of family planning services.

Some of Barbara Schneider's "girls"—alpacas at her Columbine Hill Farm.



When you aren't volunteering for MFP, what do you do?

I recently left full-time employment as the Executive Director of another Maine nonprofit. My husband has retired, and it made sense for me to scale back my professional life, too. But, for the last 15 winters I've been engaged as a ski instructor, and I'll continue to do that. My family also raises alpacas for their fiber—I've been a knitter since I was very small—so I look forward to spending a bit more time around the farm and giving attention to long-neglected projects.

Thank you, Soirée Sponsors

Presenting Sponsors

Pamela Daley and Randall Phelps
Ben, Karen, Ella, and Lily Kahrl
Ricardo and Strand Quesada

Silver Leafcutter Bee Sponsors

(Anonymous) In Honor of GRR!
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Rebecca B. Rowley-Brown, PA-C, and
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2018 Huber Award Presented to GRR! at Spring Soirée

Highlighting the 2018 Birds and the Bees Spring Soirée, our annual signature fundraising event, was our presentation of the Sherry and David Huber Award for Outstanding Contributions to Reproductive Health to GRR!—Grandmothers for Reproductive Rights.

The Huber Award was established by our Board of Directors over 20 years ago in honor of Sherry and David Huber, whose names, actions, and achievements are linked to two ideals: that all women have the right to control the number of children they have and that all children have the right to be loved and wanted.

GRR! is a group of women who came of age in the United States when access to birth control, reproductive health care, and abortion was restricted severely or simply unavailable. As organizers, advocates, and crusaders, GRR! members seek to protect rights that already exist and increase access to reproductive health care for all women. Accepting the Huber Award was GRR's founder, Julia "Judy" Kahrl.

OVER \$70,000 RAISED FOR OUR PROGRAMS

Nearly 200 people enjoyed the good food and drink at Portland Country Club, as well as the spectacular silent auction put together by our Soirée Planning Committee. In fact, auction proceeds and sponsorships set records, as the Soirée raised over \$70,000 for our programs. Winners of our fabulous raffle, a trip to New Orleans, were Richard and Bridget Whiting of Auburn, Maine.



(L to R) Judy Kahrl, founder of GRR! and Sherry Huber

Soirée Volunteer Profile

Jessica Urso, Medical Students for Choice

Jessica is a student at the University of New England College of Osteopathic Medicine and has volunteered at our Spring Soirée for the past three years. The 2018–2019 school year is her last year of med school, and she will be traveling around the country, completing her clinical rotations. We are sorry to lose her as a volunteer! We thank her mightily and wish her the best of luck in the future.

What is your first memory of something related to family planning or abortion?

I attended Le Moyne College, a Jesuit institution in Syracuse, New York. I'm Catholic, too, which is relevant. I was in college when the whole Burwell v Hobby Lobby decision came down, inciting a lot of passionate discussions—and that's when I realized that these topics all were much more important to me than I had realized.

How did you first become involved with MFP?

I received an email looking for volunteers that Carol Goetz, the VP of Development at MFP, had sent to the Medical Students for Choice coordinator at UNE, and I thought “this sounds like a fun way to support something close to my heart.” I volunteered for the first time in 2016, had a great time meeting interesting people, and kept on coming back!

What do you find most challenging about MFP's mission?

Coming from a traditional Catholic family, I think the hardest thing for me is that believing in everything MFP represents means that I hold opinions that are quite different from the beliefs of many people in my family, or other people I am close to. It can be difficult.

What's your timeline?

After I graduate from UNE next spring, I hope to find a residency in “medped” that will prepare me for internal medicine and pediatric board exams. Although I grew up with cold winters in Rochester, N.Y., and I've loved being in Maine, I think it's time for me to seek a warmer climate! I'm looking at the Southwest.

When you aren't studying or volunteering, what do you do?

Do med students even have free time?

Although I am from an “indoor” family, I've discovered I enjoy hiking, and I love Acadia. When I can't get to a trail, I like to read historical fiction and fantasy.

What about you might surprise someone?

My secret vice—or maybe not so secret?—is that I am a fervent ice cream fanatic.



Appreciation

Our Friends and Supporters Make This Annual Report Possible

“Compassionate, leading-edge health care for over 22,000 Mainers”

We owe it all to you.

“Sexuality education that works, helping to keep Maine’s teen pregnancy rate among the lowest in the nation”

We owe it all to you.

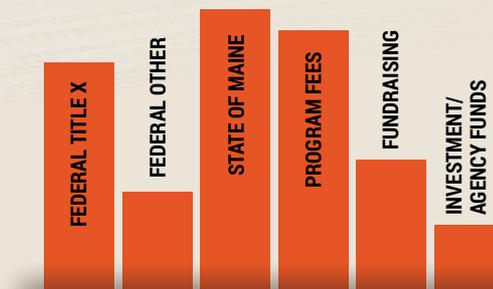
“Advocacy, in pursuit of reproductive justice for all Mainers, that produces results”

We owe it all to you.

From the bottom of our collective hearts, thank you for your commitment, friendship, and support—no matter what form it takes. We appreciate your in-kind gifts, your gifts of time as volunteers, and your charitable gifts.

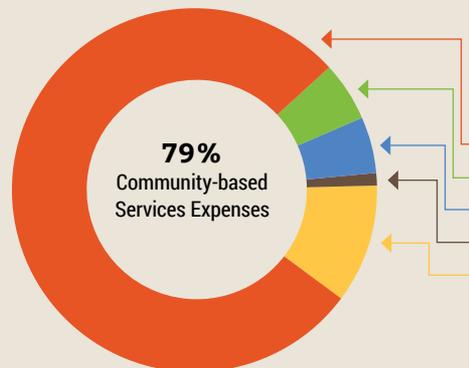
We strive to be understandable, accountable, and transparent, for we know you are interested in how your gifts make a difference to our shared mission. To the right is a summary of our FY18 finances.

July 1, 2017–June 30, 2018 Financial Information*



Revenues

SOURCES	AMOUNT	PERCENT OF TOTAL
Federal Title X	\$1,929,655	22%
Federal Other	872,558	10%
State of Maine	2,233,701	26%
Program Fees	2,116,447	24%
Fundraising	1,046,197	12%
Investment/Agency Funds	526,380	6%
TOTAL SOURCES	\$8,724,938	100%



Expenses

USES	AMOUNT	PERCENT OF TOTAL
Community-based Services	\$6,505,306	79%
Advocacy & Special Projects	380,284	5%
Education & Research	465,385	5%
Fundraising	122,065	1%
Administration	789,176	10%
TOTAL USES	\$8,262,216	100%

Total Change in Net Assets: \$462,722
 Net Assets as of June 30, 2018: \$5,196,787

*Statement of Sources and Uses of Funds for the Year Ended June 30, 2018. | *Unaudited*

The total change in net assets in fiscal year 2018 is attributed to private grants for equipment and leasehold improvements, as well as gains in investments.

Donors Make a Difference

Long-acting reversible contraceptives (LARCs) are methods of birth control that are more than 99 percent effective and last three to ten years. They include injections, intrauterine devices (IUDs), and subdermal contraceptive implants and can be removed at a health center when pregnancy is desired.

Several years ago, private donors with a specific interest in one of our clinics, established a LARC Fee Reduction Fund. Patients up to age 21, who reside in the clinic's geographical area, are eligible for free or reduced-fee family planning services, and desire a LARC, are given financial assistance from the fund. This permits MFP to extend the use of its limited Title X funds.

In FY17, the Fund assisted ten patients; in FY18, 11 patients received assistance.



“Using an IUD for my birth control means that I can decide when to begin my family. It means I can get more experience at work, save some money, and get established before thinking about having a baby. I am really grateful to the people who helped make this possible for me!”

“I appreciate the help I got in getting my IUD so much. I have two children already, and even though I love them to pieces, I just can’t afford any more children. So I am thankful to have it.”





maine family planning

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207.622.7524 ■ mainefamilyplanning.org



Family Support Services

Maine Families in Hancock County (Office in Ellsworth)
WIC Nutrition Program in Hancock & Washington Counties
(WIC offices in Calais, Ellsworth, & Machias)

Our Health Centers

Augusta Family Planning &
Parker F. Harris/Russell
DeJong, Jr. Center for
Reproductive Health
Bangor Family Planning
Belfast Family Planning & Open
Door Transgender Health
Care
Calais Family Planning
Damariscotta Family Planning
Dexter Family Planning
Ellsworth Family Planning &
Primary Care
Farmington Family Planning
Fort Kent Family Planning
Houlton Family Planning
Lewiston Family Planning &
Open Door Transgender
Health Care
Machias Family Planning
Norway Family Planning
Presque Isle Family Planning
Rockland Family Planning
Rumford Family Planning
Skowhegan Family Planning
Waterville Family Planning &
Open Door Transgender
Health Care

2017-2018 Partners in Reproductive Health

*(MFP's subcontracted
agencies)*

Calais High School
DFD Russell Medical Center
Greater Portland Health
HealthReach
Islands Community Medical
Services, Inc.
Maranacook Community
School
Planned Parenthood of
Northern New England

Our Mission

Maine Family Planning
strives to ensure that all
Maine people have access
to high-quality, affordable
reproductive health care
and comprehensive sexual
health education, as well
as the right to control their
own reproductive lives.

FSC LOGO HERE