

maine family planning

# Seismic Shifts

Annual Report July 1, 2018–June 30, 2019



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## Meet Our New Board Members

### Jodi Bolduc, Minot

Jodi's involvement with MFP began in the 1990s as a 14-year-old patient and deepened in the wake of the 2016 election. Jodi, who spoke powerfully at our 2018 Defend Title X press conference and rally, owns and operates a boutique transcription service serving national and international clients.

She says . . .

*"Serving on the board of MFP provides me with a unique opportunity and a positive outlet for my outrage by using my own skills, experiences, and advantages to preserve the rights of those who lack resources. Serving with thoughtful and like-minded people is a pleasure."*

*"The world, and particularly MFP's detractors, needs to understand that MFP provides vital services to vulnerable people, many of whom may otherwise get no care at all. I want people to really look at the full suite of services and see the important needs MFP fulfills."*

### Tara Aumand, Wilton

Tara moved to Maine in 2008 after completion of her medical residency at Dartmouth Hitchcock Medical Center in New Hampshire. She currently works at Franklin Memorial Hospital in Farmington as an Obstetrician-Gynecologist and spends her "free" time with her sports-loving young sons.

She says . . .

*"I couldn't imagine a better way to support women and families in this time of political upheaval and social crisis. MFP continues to be a voice of reason in the midst of chaos. The preservation of women's reproductive human rights and the delivery of quality care is the primary focus of MFP. As a physician serving women in rural Maine, I am emboldened and privileged to be in the company of such warriors."*



# Maine Family Planning: Seismic Shifts

2018–2019 Annual Report

Dear MFP Supporter,

It has been quite a year, one that saw seismic shifts in the reproductive health care landscape both here in Maine and nationwide.

In the face of the Domestic Gag Rule, Maine Family Planning sued the Trump–Pence administration and subsequently took the bold step of withdrawing from the Title X National Family Planning Program (p. 4).

We also celebrated great leaps forward in terms of abortion access for low-income and rural folks (p. 8) in Maine, winning Medicaid coverage for abortion care and lifting the state’s outdated “physician-only” law, which made provision of abortion services unnecessarily cumbersome.

On the Richter Scale of reproductive health, all of these developments registered quite high. We are still experiencing aftershocks.

But even as the ground beneath us rumbles and shakes, MFP remains steadfast in our commitment to our communities and the people we serve. This year, we continued to find new ways to reach folks struggling with substance-use disorder or other life challenges (p. 6), moms and families (p. 7), and young people (p. 10).

Most importantly, we provided non-judgmental, expert care to the many Mainers who depend on us for affordable birth control, STD testing and treatment, and other basic health services. You can read some patient testimonials on the back page of this report.

We have not been shy about needing your support, and you have answered our call. But the fight is not over. We have immense hurdles ahead of us as we navigate uncharted territory.

We hope our 2018–2019 Annual Report will help you understand how much your unwavering support accomplishes for the Mainers who need us. Thank you for helping us achieve so much and meet the challenges that lie ahead.

Sincerely,



**Marcia DeGeer, Esq.**  
President, Board of Directors



**George A. Hill**  
President & CEO



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# Maine Family Planning Withdraws from Title X National Family Planning Program

Four words for our patients:

**Yes.  
We are  
open.**

Three words for the current Administration:

**No.  
Hell no.**

This year, MFP faced an existential threat posed by what's known as the Domestic Gag Rule—an ideologically motivated set of changes to the Title X National Family Planning Program, which has empowered so many people over the decades to exercise greater control over their reproductive lives and futures.

Title X was created to ensure low-income people could access high-quality birth control, STD testing and treatment, and other basic health services. MFP served as Maine's Title X grantee for nearly 50 years, administering the program here in our large and rural state.

We've steered a network of nearly 50 health centers, including our own 18 family planning clinics, that serve all Mainers, regardless of their income or where they live. While there is still much work to be done, Maine's family planning network has contributed to significant public health successes, such as a low teen pregnancy rate and the nation's highest rate of contraceptive use among people at risk of unplanned pregnancy.

## GAINS AT RISK

The Trump-Pence Administration's Domestic Gag Rule put those gains at risk, presenting MFP with an impossible

choice: accept tainted federal money that came with stipulations about what providers can say to patients about abortion—violating our medical ethics and mission—or forego close to \$2 million in critical funding.

First, we tried to block the Rule in federal court. Ably represented by the global Center for Reproductive Rights, which has been a key player in several of the largest reproductive rights cases in recent history, and the international law firm Covington & Burling, LLP, MFP filed suit on March 6 in Federal District Court and had a hearing in Bangor on April 24.

Our case emphasized how the Gag Rule harms Mainers by making it harder to access basic health care, including abortion, while undermining trust between patients and providers. The Gag Rule could have forced between 50 and 85 percent of abortion sites in Maine to close. It would have sabotaged the sacred relationship between patients and their providers, forcing expert clinicians to obscure facts and let down the people who depend on them most, such as our patients in rural communities like Fort Kent or Calais.

While our case continues, legal setbacks both in Maine and on the West Coast

(where our allies are also fighting the Gag Rule in court) meant that when we received word from the federal Office of Population Affairs that the Gag Rule was in effect, MFP was forced to make a difficult decision. **As of August 19, 2019, MFP is no longer part of the Title X National Family Planning Program.**

## FIGHTING FORWARD

We pursued many strategies to make up the funding shortfall, including asking for support from our grassroots donors, reaching out to private foundations, and working at the state level to secure alternative public funding for Maine's family planning system. People around the country saw the value in the services we provide and stepped up to make sure we could continue offering comprehensive reproductive health care the same way we always have.

For now, we are able to continue offering comprehensive reproductive health care the same way we always have. That is a relief. But we must keep fighting to ensure sustainable funding for Maine's family planning network. Our most vulnerable friends and neighbors are depending on us. To them we say: Our doors are open and we're here for you.



## In the News . . .

From our Defend Title X press conference and rally in July 2018 through the latest developments, MFP has been a leading voice of opposition to the Gag Rule.

### The Boston Globe

*"It would be heartbreaking to me to see people in this community that won't be able to access care like this," said Christy Suvlu, nurse practitioner at Dexter Family Planning, the clinic in this rural town about an hour northwest of Bangor. Patients range from teenagers to small business owners who find insurance coverage prohibitively expensive and instead pay for care on a sliding scale.*

*"It just makes everything much easier for them, getting their basic reproductive health taken care of and preventing pregnancy," Suvlu said.*

*"This is about an attack on contraception. This is yet another salvo, we believe, by the Trump-Pence administration against poor people," said Deirdre Fulton McDonough, director of communications at Maine Family Planning. "It's another step toward a two-tiered healthcare system where people with means can access the high-quality care that they need, and people who aren't as well off are stuck with less effective options."*

**BUSINESS  
INSIDER**

### Portland Press Herald

MFP President and CEO George Hill: "Imagine a young woman sitting in a family planning clinic and facing an unintended pregnancy. Perhaps she has a limited support system or is struggling financially. Maybe she already has children. She may be nervous or confused. Did she have a hard time getting time off from work or arranging childcare for today's appointment? Did she struggle to find a ride to the clinic? This patient has decided continuing this pregnancy is not best for her and asks her health care provider—someone she trusts to give clear, unbiased information—for an abortion referral. Under the Domestic Gag Rule, the provider can't give this young woman a straight answer. That's not how we do things at Maine Family Planning."



*"I honestly don't know what I would have done if I couldn't have come here," one 18-year-old patient told VICE News in an interview.*

# 'An Honor and a Privilege'

## Expanding the Reproductive Empowerment Project

*"Many of our clients feel alienated by traditional medical encounters," says REP Outreach Educator Jessie Spates. "I am thrilled to be able to make patients feel safe and comfortable while they ask questions and access critical sexual and reproductive health resources. Whether I'm distributing condoms or facilitating a telehealth visit, I know I'm providing non-judgmental, compassionate care to fellow Mainers, regardless of their situation in life."*

Our Reproductive Empowerment Project (REP), made possible thanks to private donors, harnesses MFP's innovative spirit and telehealth expertise to deliver reproductive health care to Mainers experiencing substance-use disorder and other life situations that may make accessing birth control and other services challenging.

Through REP, our Outreach Educators partner with organizations such as domestic violence programs, harm-reduction associations, and substance abuse treatment centers to reach clients where they are. They offer educational presentations on reproductive health, including contraceptive methods, harm reduction strategies, and STI/HIV

prevention, as well as the option to connect patients with an MFP Planning Nurse Practitioner via a secure HIPAA-compliant video platform. Through this telehealth technology, patients can access birth control and other services on the spot.

Outreach Educator Shannon Fisher Mackey says it has been "an honor and a privilege" to create relationships with these organizations and the people they serve.

"At one of our sites, I met with a woman who was in a shelter environment," Shannon says. "She had finally been able to leave an abusive relationship and find safe housing. She started the conversation by telling me that she was ashamed about what she needed to talk to me about. I let her know that I would never judge her and that she was safe.

She wanted to know if she could get the Hepatitis C test she needed without having to let anyone know. I told her that any of the services we provided were confidential, with the exception of the positive test results we need to report to the CDC. She was then able to talk to me about her health care needs without the need to censor herself. As

any health care provider can attest, having a patient's trust leads to appropriate care and, of course, treatment."



Shannon Fisher  
Mackey

**During this legislative session, we were gratified to see Maine lawmakers overwhelmingly recognize the success of our REP model with the passage of LD 699: "To Provide for Outreach Programs to Assist Women at Risk of Giving Birth to Substance-exposed Infants."**

This new law, signed by Governor Janet Mills in June, provides funding for reproductive health outreach and education for vulnerable Mainers—while emphasizing the right to individual self-determination regarding family planning and childbearing. We hope to compete for funding in the coming year.

**This outcome is a perfect example of a mission-driven organization like MFP leveraging private support to address a serious public health issue with a pilot project that is eventually institutionalized in the public sector.**







## Maine Families Program Exceeds Goals

Between July 1, 2018, and June 30, 2019, our Maine Families visitors paid 1,124 visits to 130 families in Hancock County. Parents said their Family Visitors made them “feel more confident,” provided support and connection during “hard times,” and helped them access important resources like insurance or housing. From helping with sleep training to offering safety recommendations to providing tips for moms and dads juggling toddlers and new babies, Maine Families staff gives critical support to parents when they need it most. And the positive feedback doesn't only come from parents. We are proud to report that in an assessment by Parents as Teachers, an international organization focused on empowering parents and supporting families in the early childhood years, our Maine Families program is exceeding all performance measures!

## Supporting Maine Mamas and Families

Maine Family Planning operates the WIC program in Hancock and Washington counties and the Maine Families in-home parenting support program in Hancock County. These programs are aligned with our commitment to reproductive justice: We support the right to choose if and when to have children as well as the right to raise children in a safe, healthy, and secure environment.

### WIC ❤️ S FARMERS

This season WIC in Hancock and Washington counties deepened its collaborations with local farmers to enhance access to fresh and often certified organic produce. The Ellsworth, Bucksport, and Calais offices have hosted farmers on-site five times this season, leading to at least \$475 worth of fresh, local fruits and vegetables going home with families. Staff has also been present at markets in Bucksport, Stonington, and Edmunds Township to assist families using their vouchers on fresh, healthy food. We will soon launch a pilot program to offer \$5 bundles of produce to clients with uncashed Farmers' Market Nutrition Program checks. This project aims to increase the number of clients who utilize the full benefit of their FMNP vouchers.



# Knocking Down Barriers to Abortion Access in Maine

*MFP staff, grassroots supporters, and our friends from Grandmothers for Reproductive Rights gathered at the State House in May to advocate for LD 820, a bill to ensure equitable insurance coverage of abortion care.*



**Even as reproductive health and rights fell under attack across the country, we celebrated important victories in Maine.** MFP's public policy team fought fiercely in Augusta during the 2019 legislative session, offering testimony on key bills, following reproductive justice principles, and amplifying constituent voices.

We were inspired by your tireless citizen lobbying and moved by those who shared their personal stories in public testimony.

Now we have two new laws on the books: One that guarantees MaineCare and private insurance coverage of abortion care and another that allows Advanced Practice Clinicians, like Nurse Practitioners, to provide abortion care that's well within their scope of practice. These new laws make abortion care more accessible to all Mainers, regardless of where they live, how much money they make, or what type of insurance they have.

MFP relies on private donations to support our advocacy and organizing work. Your contributions designated for this work enable us to fight for your rights in Augusta and Washington, D.C.

Together, we can protect and expand access to comprehensive reproductive health care, ensuring dignity for all Mainers.

## WHY I TESTIFIED

*Kris Insardi*

Kris Insardi, co-president of Medical Students for Choice at the University of New England, where she is enrolled in the College for Osteopathic Medicine, was one of many individuals who testified before the legislature's Committee on Health Coverage, Insurance and Financial Services in March. Here, she shares more about that experience:

"I am a proud leader within Medical Students for Choice (MSFC), an internationally recognized group of current and future physicians who are dedicated to spreading abortion access using curriculum expansion and facilitating abortion training. The opportunity to speak as a future abortion provider in support of LD 820 was a means of putting the intention of MSFC into action. In preparation for testifying, I spoke with fellow MSFC members in order to capture the

boundless passion that characterizes the group. It was a great privilege to be able to express this energy within a political platform. I shared my testimony at the end of the day and was therefore preceded by countless courageous supporters, sharing extremely personal and challenging stories. As I stood in front of the committee, my white coat and 'Abortion is Normal' sticker felt like a suit of armor, symbolizing my unremitting support for and protection of patients. It was incredible to be able to conclude the day, expressing hopeful



*Kris Insardi, co-president of Medical Students for Choice at the University of New England*



statements such as: 'The lives saved and voices heard, through enacting LD 820, will help mold the doctors that train in Maine, leading to doctors who stay in Maine.' I could not be prouder of helping to facilitate the pro-abortion dialogue and will continue to train in order to bring words into action. I will study and practice medicine based on the idea that the inclusion of all ensures no one struggles alone."

## WHY I TESTIFIED

*Trisha Smith*

Trisha Smith, an MFP supporter from Dover-Foxcroft, also testified at the public hearing on LD 820. We spoke with her about her testimony:

### Why did you choose to tell your personal abortion story as part of the public hearing for LD 820?

Part of the reason was to banish my own shame about my own abortions, to tell my story plainly and clearly. I had met MFP Community Organizer Cait Vaughan at a training she facilitated in Orono, and she also had come to Dover-Foxcroft a few times to talk on reproductive justice topics. She helped me get beyond stigma.

### How did it feel to testify?

I was weak-kneed in front of the committee, but I did my best to look at each of them. It was a relief to tell the tale aloud, and the aftercare was solid and real. It was powerful to hear the stories of other women; nauseating to hear the other side's sanctimonious hyperbole. I was so afraid they would win.

### But they didn't win—we did! How did you feel when you heard the news that LD 820 passed?

I hadn't quite dared to believe it would really pass, but when it did, I felt vindicated, triumphant, and relieved. And we knew the Governor would sign! It was pretty exciting to feel like Maine was really doing something progressive and good for people.



*Trisha Smith (left) with her late mother*



*Maine reproductive rights advocates, including MFP Nurse Practitioner Julie Jenkins, recently celebrated two new abortion access laws at the State House.*

# Supporting the Sexual and Reproductive Health of Youth in Care

**The Maine Youth in Care Bill of Rights states that young people in foster care have the right to learn about their sexuality in a safe and supportive environment.** Given that youth in care nationally experience rates of teen pregnancy two-and-a-half times that of their peers (who are not in state care) and are more likely to identify as LGBTQ, this is an important directive. However,

many adults supporting youth in care do not have the information and skills to address the sexual health needs of the youth they serve and do not always know how or when to start those conversations.

Enter MFP's Prevention Program. Collaborating with the Maine DHHS Office of Child and Family Services, OUT Maine, and the Youth Leadership Advisory Committee, we developed a full-day *Conversations with Youth: Sexual Health Education* training that has already reached 60 caseworkers and other staff directly supporting youth in foster care. The training includes information about minors' rights in Maine to access sexual health services, resources for supporting LGBTQ youth in care, and tips on starting important (yet difficult) sexual health conversations with youth. The most popular session of the training includes a panel of youth involved in Maine's foster care system, who help adults understand the specific barriers they face to accessing comprehensive sexuality education and resources.

Caseworkers are not the only adults who need support in this arena. Foster, adoptive, and kinship parents are in a

unique position to help the youth in their life navigate questions about bodies, sexuality, gender, and healthy relationships. In partnership with Adoptive and Foster Families of Maine, MFP has provided training to 70 foster and kinship parents who attended one of four regional "Let's Talk" events. These three-hour sessions include childcare and dinner, while educational activities deepen adults' understanding of sexual development. Participants get a crash course in sexual health from our expert educators, as well as the opportunity to meet and troubleshoot with fellow parents of youth in care.

**These educational programs to support youth in care have started many important conversations within Maine's foster care system, and the work has just begun. MFP's future work to support youth in care includes a series of full-day workshops for youth in care on healthy relationships and setting boundaries.**

MFP is also developing a companion tool kit for adults who support youth in care. This kit will include resources and hands-on activities for use in one-on-one interactions with youth that address a wide range of sexual health topics.



## Messages from Donors

We are grateful for every note of support. They help to remind us that we're all in this together. During our incredibly successful *18 Clinics, 18 Days Matching Gift Campaign*, we received many such messages.

### JEAN

*"With women's health clinics and access to birth control and abortion under attack across the country, it's reassuring to know that Maine Family Planning is still there, operating 18 clinics across the large and rural state of Maine. These clinics deliver necessary health care to women who may have no other means of accessing such services. Whether it's information about birth control, reproductive health, diseases that afflict both men and women, abortion, or regular wellness check-ups, MFP is there for all people who need health care. However, MFP can't continue to provide this care without the help and financial support of those of us who see that women's health and their freedom to avail themselves of these services is now being challenged on multiple fronts, in every state. I chose to contribute to the 18 Clinics, 18 Days campaign to help sustain these critical community health centers and the services they provide in our beautiful state of Maine."*

### EMER

*"I chose to support the 18 Clinics, 18 Days campaign because MFP provides much-needed, medically accurate, comprehensive, compassionate, accessible sexual health services in underserved communities. Public health programs like Title X save lives—and money—so until the Title X rules are rewritten to put sound scientific policy before cheap political gains, I want to make sure MFP can continue doing the hard and necessary work of supporting people who need their services. I only wish I could give more—my donation wasn't big, but knowing that there was a matching gift made it a no-brainer—and I know that it's going to be put to good use."*

### JAY

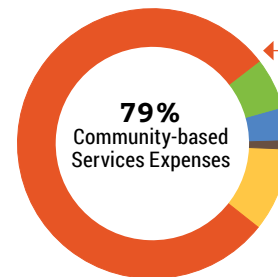
*"As a women's health care Nurse Practitioner for nearly 40 years, I have been a lifelong activist for reproductive choice. I consider some of the staff at MFP my longest colleagues. I have been a supporter of Maine Family Planning long before it was named this. When an email from a colleague announced the challenge of 18 Days, I stepped up. With the Trump Administration dismantling many social service agencies, particularly family planning clinics, it is important to support those agencies I'm passionate about."*

## July 1, 2018–June 30, 2019 Financial Information\*

### Revenues

SOURCES	AMOUNT	PERCENT OF TOTAL
FEDERAL TITLE X	\$2,284,345	25.5%
FEDERAL OTHER	911,549	10%
STATE OF MAINE	2,177,576	24%
PROGRAM FEES	2,059,162	23%
FUNDRAISING	953,913	11%
INVESTMENT/ AGENCY FUNDS	579,413	6.5%
<b>TOTAL SOURCES</b>	<b>\$8,965,958</b>	<b>100%</b>

### Expenses





USES	AMOUNT	PERCENT OF TOTAL
Community-based Services	\$6,800,718	79%
Advocacy & Special Projects	524,388	6%
Education & Research	365,815	4%
Fundraising	98,561	1%
Administration	889,052	10%
<b>TOTAL USES</b>	<b>\$8,678,534</b>	<b>100%</b>

Total Change in Net Assets: \$287,424  
Net Assets as of June 30, 2019: \$5,466,415

Statement of Sources and Uses of Funds for the Year Ended June 30, 2019. | \*Unaudited





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## 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.

## Our Health Centers

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

## Family Support Services

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

## What Our Patients Say . . .

*"You took an oath to help people, and every day, you live that commitment. Your dedication restores my hope. Thank you for everything you do, inside the office and outside, to change hearts and minds."*

*"You are a magical resource in a state without enough queer-affirming or affordable care. Thank you."*

*"Your work makes a huge difference to so many, including me."*

*"Thank you for helping me through such a hard time. You are all such strong individuals who fight daily for women. I appreciate all that you do, and the care that I received while being there."*

*"I was made to feel very comfortable at the front desk."*

*"I love you all. This is the best place ever. It feels so loving and good every single time. Thank you."*

*"Very friendly. Kind, quick!! Love you guys!"*

*"Dear MFP Providers: It gives me hope that folks such as yourselves believe so deeply in my right to control what happens to my own body. There is so much in the world right now that makes my body and my personhood feel under attack, feel vulnerable. Thank you for protecting my right to bodily autonomy in the face of hate. And thank you for lifting up racial justice and queer and trans folks in your reproductive health work."*

*"Thank you for being kind, welcoming, fun, and caring!"*

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