



Mission

Our Mission is to ensure that all people have access to high-quality, culturally relevant and affordable sexual and reproductive health care services, comprehensive sexual health education, and the right to control their sexual and reproductive lives.

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Letter from the President & CEO

Dear Friend -

Like you, I was braced for the outcome of this year's national and state elections and sometimes found myself thinking in an endless series of sentences that begin with the words, "If..., then..."

Assuming a defensive crouch against a future I can't control is not the answer. The solution that works best for me is to survey the landscape of sexual and reproductive health care in the State of Maine, accept and expect that all federal legal protections and funding sources we rely upon are vulnerable, and take action here wherever and whenever we can to serve patients. No matter what we'll work to advance the rights of all Maine people to control their bodies by exercising the reproductive freedoms we defend.

My favorite cliché these days is "You cannot roll up your sleeves and get to work while you are wringing your hands". In that spirit, we are so very grateful for the generous support of donors like you. Together, we have evolved, adapted, and innovated as you will see on every page of this impact report. Your support enables us to provide the best possible care for Mainers today and for future generations to come.

By the time you read this, we may have election results in hand and a clearer picture of the challenges we will face. Just as we ask you to pledge your continued support for our efforts, I pledge to



you that our sleeves will stay rolled up as we meet the health care needs of the thousands of patients we serve throughout the state.

Thank you for your trust and your commitment to the people Maine Family Planning serves.

Sincerely,

George A. Hill

PRESIDENT AND CEO
MAINE FAMILY PLANNING

Clinical Services

Maine's Family Planning Network Impact

Through brick-and-mortar clinics and telehealth services, our family planning network ensures Mainers have access to care in every corner of the state. The network includes MFP's 18 directly operated clinics and 44 health care centers operated by our Partners in Reproductive Health who receive federal Title X pass-through funding.

Data Source: *Family Planning System Ad Hoc Reports, 9/2024; Maine Family Planning's CY2023 FPAR Submission THIS YEAR OUR FAMILY PLANNING NETWORK SAW

31,473 MAINERS

WHO HAD:

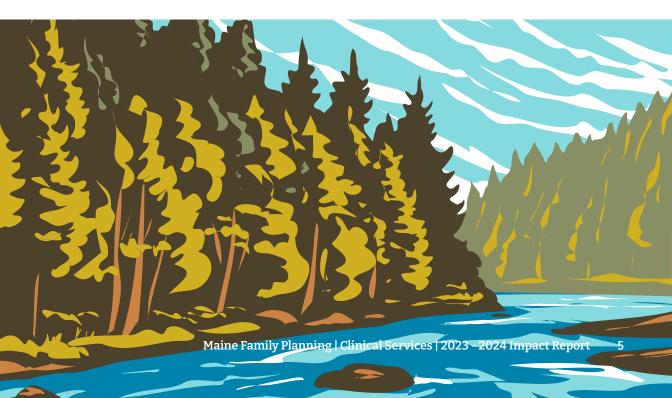
45,379 visits

23,479 STI AND HIV TESTS

7,309 CERVICAL CANCER SCREENINGS

4,880 LONG-ACTING REVERSIBLE CONTRACEPTION (LARCS)

70% of PATIENTS
QUALIFIED FOR FREE OR REDUCED COST CARE



The Lord Fund for Cervical Cancer Prevention

Established in 2022 in honor of Susan Lord, an MFP nurse practitioner for more than four decades, the Lord Fund covers the costs of cervical cancer screenings and lab work for uninsured and underinsured patients who can't afford to pay out of pocket, but who earn too much to qualify for public assistance.

Thanks to the support of Maine Cancer Foundation, Margaret E. Burnham Charitable Trust, and donors like you, we've provided over \$11,000 in financial relief to patients to make sure they get the care they need.

Please consider supporting an MFP patient with a gift to the Lord Fund for Cervical Cancer Prevention.



We hear from patients over and over again that the care they get at MFP is different in the best way. In a recent survey of LGBTQ+ patients, MFP's clinical staff received universal praise for their friendliness, competence, and respect.

855 Open Door patients received care at 7 MFP clinics and via telehealth for a total of

1,891 visits.



"I've always been treated with dignity and respect, and nobody calls me by my old name since I changed it. I've never felt ostracized or disrespected, as I have in other medical facilities. If I could go to Maine Family Planning for all my medical needs, I honestly would."

- AN OPEN DOOR PATIENT

Abortion Care

Medication abortion has become a lifeline for people living in remote communities and in states with extreme abortion restrictions. At MFP, medication abortion is the method of choice for 81% of our patients.

Ultrasound is not required to have a medication abortion. But it is necessary when patients exhibit any signs of an ectopic pregnancy. To improve patient services and

access to care, MFP invested in training more providers to perform ultrasounds.

As a result, medication abortion follow-up appointments increased by 13% and 11 clinics are available to see patients for visits requiring ultrasound to rule out ectopic pregnancy. This investment has given rural patients access to the care they need close to home.

Reproductive Empowerment Project (REP)

REP's philosophy is that any place can be a clinic. And we're determined to bring care to people anywhere and everywhere. REP serves the hardest to reach Mainers who can't receive care at traditional health centers with many patients experiencing opiate or substance use disorders and homelessness.

REP provided care in treatment programs, warming shelters, soup kitchens, domestic violence shelters, encampment sites, and also established a regular clinic at the Kennebec County Jail.

1,148 STI and HIV tests

patient visits for birth control, STI tests and treatment, and pregnancy tests

● **500** Plan B distributed

8,000 safer sex supplies distributed

Family Support Services

Women, Infants, & Children (WIC)



Maine Family Planning WIC of Hancock and Washington Counties is awarded the USDA Excellence in Breastfeeding Award!



2024 WIC BY THE NUMBERS



2,307 participants in Hancock & Washington Counties

178 breastfeeding parents received support through our one-to-one Breastfeeding Peer Counselor program



7

48 electric breast pumps loaned to WIC participants

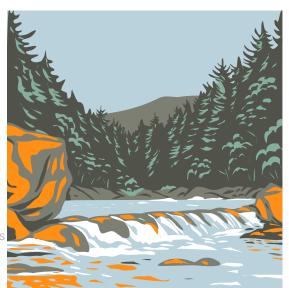
65 free car seats issued to families by WIC's certified car seat technicians



P

400 pounds of seasonal produce distributed to participants in collaboration with Healthy Acadia

Each year, the USDA recognizes WIC agencies who have met the criteria for exceptional breastfeeding programs. There are approximately 10,000 WIC agencies nationwide and in 2024, only 103 agencies were recognized with the WIC Breastfeeding Award of Excellence. We were thrilled to be one of those agencies! Our robust prenatal education and breastfeeding peer counseling program set us apart and Maine Family Planning WIC was the only agency in the state of Maine to win this award this year.



Maine Families

Maine Families Hancock County is a free, voluntary program available to anyone welcoming a new baby to their family. Our home visitors help parents navigate this life-changing transition through prenatal and postpartum support, sharing information on infant care and early child development, and

929 total visits with **94** families.

connections with resources and other parents in the community.

"She [home visitor] goes above and beyond every single time! She is a wonderful and caring person who makes me feel comfortable and validated in how I am feeling in my motherhood journey."

- A MAINE FAMILIES PARENT



Supporting the Mental Health of New Moms

We know that when moms feel supported and have access to the essentials needed to take care of their families, they are less likely to experience postpartum depression and more likely to have strong bonds with their babies.

No parent should face the agonizing decision between buying diapers for their newborn or paying an overdue electrical bill to keep the lights on. Maine Families and WIC's Caring Hand Fund help relieve this stress by providing diapers and wipes, cleaning supplies, hygiene products, and grocery store gift cards.

In Spring 2024, our Wabanaki Engagement program worked with community partners to distribute customized postpartum and

baby care kits to new moms

from the Mi'kmaq, Maliseet, Passamaquoddy, and Penobscot Nations. The program distributed \$10,000 worth of essential items to Indigenous women and their babies during the vulnerable "fourth trimester".

In 2023-2024 we provided over **\$40,000** worth of essential items to our DownEast families.

Thank you to Elmina B. Sewall Foundation and The John T. Gorman Foundation for helping us support moms and babies in 2024.

Education



Participants at the sex ed conference.

Creating the 2024 edition of *Puberty Happens* was the Prevention Education team's focus this year, resulting in exciting new updates that focus on the physical, social, and emotional changes of puberty. The curriculum includes new activities, updated language, and more inclusive lessons that fit the needs of young people in 4th-6th grades. Maddy, one of MFP's Prevention Coordinators, worked with Portland Public School's multicultural team to introduce *Puberty Happens* to parents from different cultures, using translated materials and interpreters sharing the information and responding to questions in five languages.

In April, the annual Comprehensive Sexuality Education Conference was held at the Samoset in Rockport with over 160 school and community-based youth serving professionals in attendance. This year's theme was *Cultivating Connections: Strengthening Communities through Sex Ed.*

70 sexual health educators trained through in-person, day-long workshops to deliver comprehensive sex education to thousands of youths throughout the state in schools and community-based programs.

200 youth and **400** adults directly participated in Prevention Education workshops and trainings.

Award-winners at the sex ed conference.



Advocacy

Your support allows us to sustain our activism and continue to be a powerful voice for reproductive justice in this state. Our efforts to secure state funding for family planning services fell short during the 131st Maine Legislature, but we'll be working hard with our allies in 2025 to make this a reality.

Protected Health Care Activity in the State: MFP worked with allies and provided testimony to ensure the passage and enactment of this shield law, which protects clinicians who provide gender-affirming care to youth and abortions to patients from states where these health care

LD 780 Resolution: Proposing an Amendment to the Constitution of Maine to Protect Personal Reproductive Autonomy: This resolution would have allowed Maine voters to weigh in on Maine's protections for reproductive autonomy. If passed, voters would have had

services are banned.

the opportunity to weigh-in at the ballot box on whether Maine should provide the highest level of protection possible for reproductive



autonomy. While we have laws in Maine protecting abortion access, we know that laws can be changed. A constitutional amendment would have enshrined the right to not only abortion care, but to vasectomies, IVF, birth control methods, and all forms of reproductive health care.



MFP & allies at the Maine State House.

Advocacy

LD 1478 An Act to Improve Women's Health and Economic Security by Funding Family Planning Services:

Maine's family planning network has been flat funded for the past decade placing an enormous strain on sexual and reproductive health providers. This bill would have provided \$3.4 Million to support contraceptive care; screening, diagnosis and treatment of sexually transmitted infections; screening, treatment or referral for cervical cancer; breast cancer screening; pregnancy testing; intrauterine insemination; vasectomy; behavioral health; and primary care.

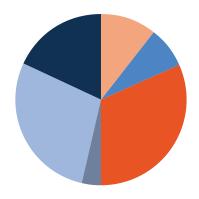




Our Director of Advocacy & Community Engagement, Olivia Pennington, rallying support for MFP.

LD 254 An Act to Provide Funds for Comprehensive Family Life Education Services: MFP supported this bill to expand comprehensive sexuality education in Maine. While the bill passed, the funding was not allocated in the final hours of the legislative session.

Fiscal Year 2024



SOURCES - FY 24 \$11,599,790

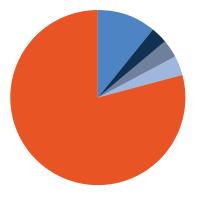


3.8% - State of Maine

31.4% - Program Fees

7.9% - Fundraising

10.7%- Investment / Agency Funds



USES - FY 24 \$11,436,613

78.9% - Community-Based Services

3.7% - Advocacy & Special Projects

3.4% - Education & Research

3.0% - Fundraising

11.0% - Administration

Total Change in Net Assets: \$163,177 Net Assets as of June 30, 2024: \$9,815,614 Statement of Sources and Uses of Funds for the Year Ended June 30, 2024.

* Unaudited

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Locations

- Augusta Family Planning & Parker F. Harris and Russell N. DeJong, Jr. Center for Reproductive Health
- Open Door Gender
 Affirming Care clinic
- + Primary Care clinic
 - Bangor Family Planning
 - Belfast Family Planning
 - Calais Family Planning
 - Damariscotta Family Planning

- · Dexter Family Planning
- Ellsworth Family Planning
- Farmington Family Planning
- Fort Kent Family Planning
- Houlton Family Planning
- Lewiston Family Planning
- Machias Family Planning
- Norway Family Planning
- Planning
 - · Rumford Family Planning
 - · Skowhegan Family Planning
 - Thomaston Family Planning
 - · Waterville Family Planning

Family Support Services

Maine Families in Hancock County - Ellsworth

WIC Nutrition Program in Hancock & Washington Counties

- Permanent WIC clinics-Calais, Machias, and Ellsworth
- Monthly outreach WIC clinics- Bucksport, Milbridge, Deer Isle- Stonington, Easport and Indian Township

We Couldn't Do This Without You!

MFP volunteers are busy building support for sexual and reproductive healthcare and freedom all around the state at Pride festivals,



public hearings, and community events.

We cannot thank you enough for your gifts of time, talent, and treasure and for entrusting us to carry out our work. Together, we're building a

future where everyone has the right to bodily autonomy and the resources and freedom to control their sexual and reproductive lives in safe and sustainable communities.

If you'd like to make an end-ofyear gift or sign up to volunteer, use the enclosed envelope or



visit the Get Involved section at MaineFamilyPlanning.org by scanning the QR code on this page.





CONTACT MFP

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