

MAINE FAMILY PLANNING

STRONGER *Together*

ANNUAL IMPACT REPORT

JULY 1, 2019–JUNE 30, 2020



Like many of you, we at Maine Family Planning are grappling with a lot of unknowns.

The coronavirus pandemic presented our organization and our patients with significant uncertainties. We are wrestling as a society with racism, climate change, and rampant income inequality—all problems that intersect with our work, about which there are many more questions than answers.

However, while it's hard to predict what the future holds, we are certain of this: Our patients need us. Maine needs us. And we're dedicated to ensuring all Mainers have access to comprehensive, affordable, high-quality sexual and reproductive health services, no matter their race, zip code, income, gender identity, or insurance status.

In 2021, MFP celebrates 50 years of empowering Maine people to take control of their reproductive freedom and futures. Those who were involved in this work early on often recall how Family Planning providers used to deliver birth control supplies on snowmobiles! These days, we are no less committed to making sure those who need services get them. Only instead of blazing trails through the snow, we're breaking new ground in the field of telehealth for sexual and reproductive health care and finding other ways to reach people who need our care, during the pandemic and beyond.

This independent, innovative spirit—and your consistent support—allowed us to adapt and respond to the pandemic, even as we were still reeling from the abrupt loss of Title X federal family planning funds due to the Domestic Gag Rule. Make no mistake: We have stretched ourselves thin in order to continue providing compassionate, evidence-based care in communities across Maine.

We write this letter on the precipice of more change and upheaval. More unknowns. But what we do know is that true freedom will not come from politicians or judges, but from all of us working together to create thriving families and healthy communities. Your generous support makes it possible for us to withstand the ebb and flow of partisan leadership and to respond to unexpected events like the COVID-19 public health crisis. We really are stronger together.

Thank you,



George A. Hill
President & CEO



Marcia DeGeer, Esq.
President, Board of Directors



Maine's Family Planning Network* at a Glance

July 1, 2019–June 30, 2020

80% of patients
AT OR BELOW
250% of the
FEDERAL POVERTY LEVEL

35% of patients
BELOW 100%
of the
FEDERAL POVERTY LEVEL

20,120

PATIENTS

33,464

PATIENT VISITS

17,905

**TESTS AND TREATMENT
COUNSELING FOR SEXUALLY
TRANSMITTED
INFECTIONS**

3,561

HIV TESTS

1,767

PAP TESTS
cervical cancer
screening

3,682

**PREGNANCY TESTS
AND OPTIONS
COUNSELING**

1,934

**VISITS FOR LONG-
ACTING REVERSIBLE
CONTRACEPTION**

**Maine's Family Planning Network represents MFP's 18 directly-operated clinics as well as clinical data from 29 partner sites that receive pass-through funding from MFP as the state's family planning and prevention grantee.*

Community Engagement and Public Affairs

MFP believes Black Lives Matter. We understand that the fight for racial justice and the struggle for reproductive freedom are inextricably linked. We condemn the systemic racism and oppression that impede the actualization of Reproductive Justice, a vision and movement founded by Black women that honors and upholds personal bodily autonomy and the ability to have children, not have children, and parent the children we have in safe and sustainable communities.

MFP's Public Affairs team employs a Reproductive Justice framework in our advocacy and organizing work. We center disenfranchised folks who often struggle to access patient-centered health care, including Black, Indigenous, and other People of Color; low-income people; and those experiencing substance-use disorder or recovery.

Over the past year, our priority has been raising awareness about and support for Maine's strong, statewide family planning network through LD 1613, a bill which would have replaced lost federal Title X funds with state funds. Due to the pandemic and resulting legislative adjournment, the future of LD 1613 is uncertain, but we will continue to advocate for public funding for family planning that doesn't undermine the trust that is foundational to the patient-provider relationship.

MFP is an active member of the Maine Coalition for Sensible Drug Policy, and we move in partnership with other service providers and social justice groups to advance policies that lift up the patients and families we serve. Evidence-based drug policy, criminal justice reform, affordable housing, and access to healthy food are all issues related to Reproductive Justice, and we will continue to advocate for policies that address these issues.

Lastly, we are always on the lookout for opportunities to shift attitudes and shatter stigma around abortion care. Our Summer Reading Club discussion (a collaboration with the Maine Humanities Council) of *Choice Words*, an anthology about abortion edited by feminist poet Annie Finch is just one example of this work.



Prevention

MFP's Prevention Program primarily supports Maine educators (and other adults who work with youth) to educate, support, and empower youth in and out of school settings to make informed decisions about their sexual health.



WORKED WITH ~30 SCHOOLS IN MAINE

to provide training, resources, curriculum development, and support for their health education programming, from puberty in the elementary grades through high school sex ed health classes

PROVIDED TRAINING TO 70 EDUCATORS

through formal in-person training sessions

“One of the best things about working with Maine’s foster care system is the collaborative relationships we’ve built with the DHHS Office of Child and Family Services; the Youth Leadership Advisory Team; OUT Maine and Adoptive and Foster Families of Maine.”

Lynette Johnson Director of Prevention Programs



CO-FACILITATED A DAY-LONG TRAINING FOR 24 YOUTH IN CARE AND 9 ADULTS

who support them in healthy relationships and sexual health

TRAINED 22 CASEWORKERS AND OTHER ADULTS WORKING WITH YOUTH IN FOSTER CARE

on supporting the sexual health needs of youth in care

“We look forward to applying some of the tools and information we’ve learned this year as we expand our offerings to support educators as well as youth around the state now and into the future.”

Lynette Johnson Director of Prevention Programs

MEET MFP'S PREVENTION COORDINATORS



Maddy Magnuson (they/them/theirs)

"I have been at Maine Family Planning as a Prevention Coordinator for a year, and the time is flying by. I joined the team just in time for a major update of our high school sexual health curriculum, *Best Practices in STI/HIV and Pregnancy Prevention*. It is incredibly rewarding to create a new edition based on youth feedback and the needs of students in 2020. With a focus on consent and more LGBTQ+ inclusivity, young people are going to be receiving up-to-date and affirming lessons that prepare them with the knowledge and skills they need to be sexually healthy. It is a pleasure to be able to host workshops for educators and youth that take the stigma out of sexual health and create an environment for everyone to ask questions and get the information they need."



Vicki Preston (she/her/hers)

"I have worked for Maine Family Planning for over 20 years. Much has changed in the world of sexual health education from when I first began. We would go into schools and teach most of the sexual health classes—everything from hygiene to birth control and sexually transmitted infections to healthy relationships. I was fortunate to be part of a group that helped write the Comprehensive Sexuality Education legislation law for Maine. That piece of legislation helped mold the sexual health programs of today—supporting educators in schools and community organizations to embrace and demand comprehensive programs that are an integral part of a school's health program. I still love working with youth in the classroom when I have the opportunity. There is nothing like witnessing young people wanting the knowledge and skills to be healthy and happy sexual beings. I have been fortunate to co-author our two curricula—*Puberty Happens* and *Best Practices*. Providing these comprehensive, up-to-date, inclusive, skill-building curricula to educators is a *fait accompli*, but what's even better is when you see an educator have that aha moment—realizing they can do this. They can teach sexual health! That feeling is priceless!"

Financial Information* July 1, 2019–June 30, 2020

Revenues

SOURCES	AMOUNT	PERCENT OF TOTAL
Federal Title X	\$225,000	2.7%
Federal Other	808,312	9.6%
State of Maine	2,404,772	28.5%
Program Fees	1,949,995	23.2%
Fundraising	2,897,754	34.4%
Investment/Agency Funds	137,323	1.6%
TOTAL SOURCES	\$8,423,156	100%

Statement of Sources and Uses of Funds for the Year Ended June 30, 2020. | *Unaudited

Expenses

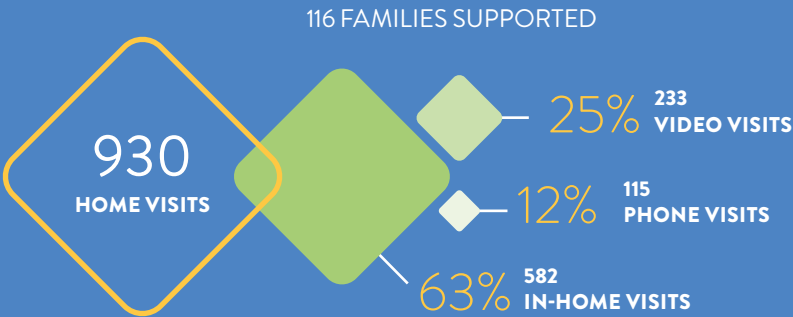
SOURCES	AMOUNT	PERCENT OF TOTAL
Community-based Services	\$6,911,292	78.7%
Advocacy & Special Projects	384,158	4.4%
Education & Research	419,771	4.8%
Fundraising	94,496	1.1%
Administration	969,570	11.0%
TOTAL USES	\$8,779,287	100%

Total Change in Net Assets: (\$356,131)
Net Assets as of June 30, 2020: \$5,110,284

Maine Families in Hancock County

"The pandemic changed the way we did things starting in mid-March. All home visitors had to be trained on how to serve families virtually. The technology part of this was a new challenge for staff, but they adjusted, learned, and adapted. All staff received training on how to support families virtually through postpartum depression and other mental health concerns, intimate partner violence, substance abuse, homelessness, and getting the resources they need."

Connie Wallace Program Director, Maine Families



WIC in Washington and Hancock Counties

Maine Family Planning manages the WIC (Women, Infants, and Children) program in Washington and Hancock Counties. WIC provides foods, nutrition education, and health care referrals for low-income pregnant, breastfeed-ing, and non-breastfeeding postpartum women, and to infants and children up to age five. In 2019/2020, MFP's WIC program served:

FAMILIES RECEIVED SERVICES FROM:



4 CERTIFIED
LACTATION
COUNSELORS



1 REGISTERED
DIETITIAN



1 MASTER OF
PUBLIC HEALTH



23

HOSPITAL-GRADE ELECTRIC BREAST
PUMPS ISSUED TO NURSING MOTHERS



Center for Reproductive Health



Leah Coplon, Program Director, Center for Reproductive Health

MFP's Center for Reproductive Health (CRH) was a national leader in ensuring access to abortion care in the face of the COVID-19 pandemic. Building on the years of research confirming that medication abortion is a safe option for many patients seeking to end a pregnancy, and wanting to keep patients and staff as safe as possible from COVID-19, the CRH implemented a new protocol for No-Test Medication Abortion (NTMA). Using MFP's telehealth infrastructure, providers were able to determine patients' suitability for NTMA, and provide them with a safe, at-home medication abortion. This innovative protocol was reported on in the scientific journal *Contraception*, and in national news media such as *Time* magazine.

“What feels like a new normal now could eventually just become normal. For Terri, protecting herself from the menace of the coronavirus is just one of the advantages of telemedicine abortion. She didn’t face antiabortion protesters who often stand outside of clinics, and in the comfort of her own home, she could perform personal rituals as she underwent the procedure.”

From *“Could Coronavirus Make Telemedicine Abortion The New Normal?”*

By Anna Louie Sussman, originally published in *ELLE* Magazine May 2020

Reproductive Empowerment Project (REP)

REP outreach educators partner with organizations already working with people experiencing substance-use disorder and other life situations that may make accessing contraception challenging. These organizations include domestic violence programs, harm-reduction associations, and treatment centers for substance-use disorder. REP outreach educators collaborate with the organization's staff to develop educational presentations on reproductive health, including contraceptive methods, harm-reduction strategies, and STI/HIV prevention. REP offers confidential, on-site, one-on-one consultations with clients at these organizations. Between July 1, 2019 and June 30, 2020, REP reached:

500
MAINERS

Collaborated with **6 PARTNER ORGANIZATIONS** including: Health Equity Alliance, GROUPS Recover Together, Opportunity Alliance, Jubilee Center, Portland Health India Street, and Safe Voices



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Our Mission

To ensure that all Maine people have access to high-quality, affordable reproductive health care, comprehensive sexual health education, and the right to control their reproductive lives.

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 & Open
Door Transgender Care
- Houlton Family Planning
Lewiston Family Planning & Open
Door Transgender Health Care
Machias Family Planning
Norway Family Planning
Presque Isle Family Planning & Open
Door Transgender Health Care
Rockland Family Planning
Rumford Family Planning
Skowhegan 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)

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