

maine family planning
ANNUAL REPORT

2023

MFP Health Centers

Locations

Augusta Family Planning & Parker
F. Harris and Russell N. DeJong, Jr.
Center for Reproductive Health

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

Presque Isle Family Planning

Rumford Family Planning

Skowhegan Family Planning

Thomaston Family Planning

Waterville Family Planning

Open Door Gender Affirming Care clinic

Primary Care clinic

MFP-operated Family Support Services

Maine Families in Hancock County
(Office in Ellsworth)

WIC Nutrition Program in
Hancock & Washington
Counties (WIC offices
in Calais, Ellsworth, &
Machias)



-
- A background image of a waiting room, partially obscured by a blue overlay. The room contains a desk, a lamp, a whiteboard, and some plants. A large white curved line frames a quote on the left side of the image.
- *"I've grown to dread gynecological visits based on the quality of care I've received and less inclusive environments so it was a breath of fresh air to explain my goals with reproductive health and gender affirming care and receive 'Alright, I can do that' from my provider as a response. Scheduling was convenient, I got an appointment quickly, and the service was caring and compassionate at every*
 - *step of the way."*

Letter from the President & CEO

Dear Friend,

Over the past year, our organization has achieved significant milestones thanks to your unwavering dedication. In the first year since Roe was overturned, we have expanded our reach, advocating for crucial policies, breaking down barriers to access, and empowering individuals and communities to make informed choices about their sexual and reproductive health. This progress is a testament to the incredible impact we can achieve when we work together with a shared purpose.

As we navigate this new era, we envision even greater opportunities to make a difference in the lives of Mainers. The challenges ahead are formidable, and your continued support will be essential in addressing them. Together, we will evolve, adapt, and innovate, ensuring that we remain at the forefront of the sexual and reproductive health and rights movement. We are committed to building a more inclusive, equitable, and compassionate world where everyone has the opportunity to exercise their rights and live a healthy, fulfilling life.

Your support has propelled us to where we are today, and we invite you to remain by our side

as we reach for new heights. Our vision is bold, our resolve is unwavering, and our purpose is clear. Your partnership is invaluable, and we rely on it now more than ever.

In the coming year, you can look forward to exciting new programs and services that will extend our impact and further the cause of sexual and reproductive health and rights. We believe that the future is bright, and your support will illuminate the path ahead.

Once again, thank you for your trust, your passion, and your commitment to Maine Family Planning.

Together, we will shape a brighter future for all.

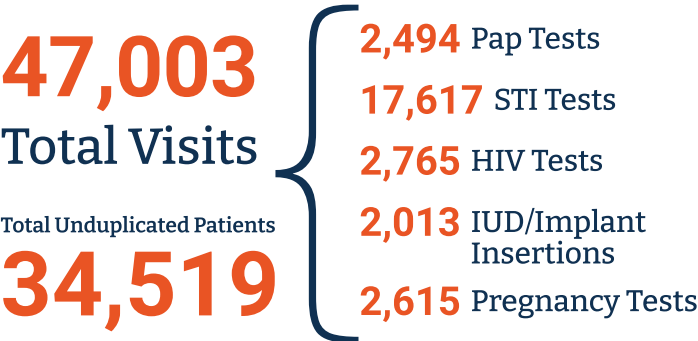
**Sincerely,
George A. Hill
PRESIDENT AND CEO
MAINE FAMILY PLANNING**



Clinical Data

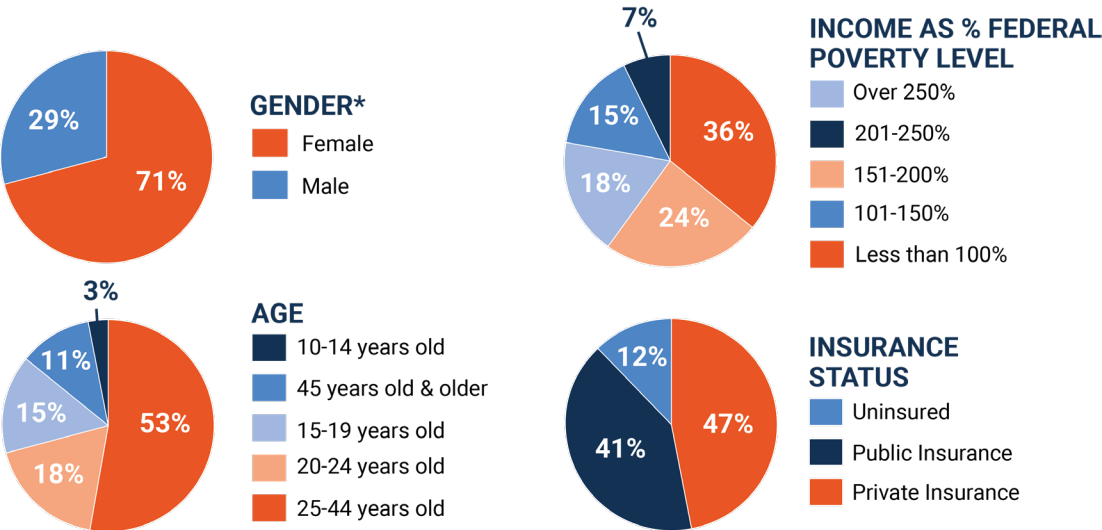
Maine’s Family Planning Network represents MFP’s 18 directly-operated clinics as well as clinical data on family planning encounters from 44 sub-grantee sites that receive pass-through funding

from MFP as the state’s Title X family planning services grantee, including federally qualified health centers, school-based health centers, and Planned Parenthood affiliates in Maine.




Data Source: Family Planning System Ad Hoc Reports, July 2023

* Thanks to changes at the state and federal level, family planning data collection is evolving to include more accurate reflection of gender diversity. We are working with our software systems and sub-grantees to incorporate these updates into our data and look forward to sharing a more detailed and accurate breakdown by gender in the coming years.



Annual submission of the Family Planning Annual Report (FPAR) is required of all Title X family planning services grantees for purposes of monitoring and reporting program performance. FPAR data are presented in summary form, which protects the confidentiality of individuals who receive Title X-funded services.

This annual reporting requirement is for family planning services delivery projects authorized and funded under the Population Research and Voluntary Family Planning Programs (Section 1001 of Title X of the Public Health Service Act, 42 United States Code [USC] 300; 42 CFR Part 59).

A black and white photograph of a woman with light-colored hair, smiling and looking towards the left. She is in a medical office setting, with a blurred figure of another person in the foreground and framed pictures on the wall in the background. A white curved line with dots at its ends is positioned above the text.

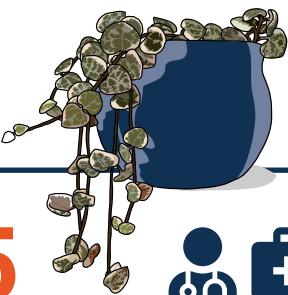
“I have been to 3 or 4 offices around the state. Everyone is friendly and makes you feel comfortable. They have been my Gyn for 10 years now. No matter where u move in the state they are close enough, no switching files, no new patient paperwork. Great.”

Reproductive Empowerment Project

MFP’s **Reproductive Empowerment Project (REP)** was on a roll this fiscal year, as in-person outreach came back in full force and the need is greater than ever. REP’s Outreach Coordinators worked with more than 75 organizational partners across the state to deliver sexual and reproductive health care and resources to folks who experience barriers to care due to substance use, domestic violence, housing status, incarceration and re-entry, and other obstacles.

JOHN T. GORMAN FOUNDATION

Based on the observations of REP Outreach Coordinators, MFP applied for and received a \$15,000 grant from the John T. Gorman Foundation in June 2023 to purchase and distribute personal care kits and other essential supplies directly to people in need. REP is a fantastic example of a project that was piloted with private funds, that filled a critical safety net need, which once demonstrated could attract public funding to sustain its continued operation. Support from foundations and individuals drives outreach and innovation!



475

Total REP Interactions

Including education both one-on-one and during presentations, STI treatment, giving patient results in person, dispensing birth control and more!



1,089 STI Tests Performed



239 Telehealth Visits with a Provider



165 Referrals and Linkage to Care



5,000+ Safer Sex Supplies Distributed

Community Engagement

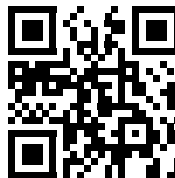
Abortion Care

In April we filled a new position at MFP, a Volunteer & Community Programs Manager. We recognized that we need to nurture an enduring base of support that starts in the communities where we operate, and create opportunities for community members to connect to our clinics and our work year-round, not just during the legislative session or during moments of critical policy advocacy. Real relationships ground all of our work together.

We are so excited to see this program grow. One of the first projects we launched is a community-based Abortion Care Package assembly action. Participants across generations and life experiences gather together to assemble care packages for people who are receiving abortion care from Maine Family Planning.

"I had such a wonderful time last night!!! Thank you for the opportunity to care for and advocate for members of my community."

**ABORTION CARE PACKAGE
VOLUNTEER**



To get involved with Maine Family Planning as a volunteer, scan the QR code on this page to be taken to our online Volunteer Application form.

Downeast WIC

Partnerships with **Healthy Acadia's Gleaning Initiative** allowed us to receive lots of fresh produce that was given to WIC participants on a first-come, first-serve basis – it was a successful program and plans to expand and streamline the program are already in the works.

The Farmer's Market Nutrition Program helped WIC participants spend \$2,890 at local farmer's markets and farmstands. In partnership with Maine SNAP-ED, our Nutrition Coordinator helped support 6 cooking classes geared towards young families and provided education and cooking tips for healthy meals.

WIC staff attended several Mano en Mano events to support seasonal workers and provide WIC benefits to those who were eligible and for whom transportation was an issue – we went to the fields!

Downeast WIC's 1st Annual Community Baby Shower was on September 17th, 2022. Seven organizations tabled and provided information and resources to approximately 30 families. Families could "shop" for valuable items to help them care for their infants (baby wash, wipes, diapers, diaper rash cream, etc), and supplies were given away to parents to optimize their success with breastfeeding / chestfeeding. (Outside of the reporting period, but the 2nd Annual Community Baby Shower in September 2023 was a huge success!)

1,467

Unique Participants
Served in Hancock &
Washington Counties
Combined

Supported **143**
breastfeeding / chestfeeding
parents this year with our
Breastfeeding Peer Counseling program.



Provided **14**
Comfort Cases to children
entering into foster care.

(Comfort Cases is a national organization that provides backpacks to children in the foster care community; packs are filled with size / age-appropriate comfort items including blankets, pajamas, stuffed animals, books, toiletries, etc)

39 electric breast pumps were
issued to WIC participants.



Certified **2** car seat technicians
AND
issued **26** convertible car seats,
free of charge, to WIC participants.



Maine Families

This year Maine Families Hancock County went through the **Parents as Teachers*** Quality Endorsement and Improvement Process, required every 5 years, and passed with flying colors. The Maine Families Hancock County Home Visiting program is recognized as a Blue Ribbon Affiliate!

Maine Families Hancock County closely collaborates with our Downeast WIC program and our Ellsworth clinic, which is one of three MFP sites to offer primary care services (the other two being Houlton and Presque Isle).



**Parents as Teachers (PAT) is a home-visiting parent education program that teaches new and expectant parents skills to promote positive child development and prevent child maltreatment. PAT offers services to parents with children up to age 5 with the goal of increasing parental knowledge of early childhood development, improving parenting practices, promoting early detection of developmental delays and health issues, preventing child abuse and neglect, and increasing school readiness and success.*

From July 1, 2022
through June 30, 2023,
Maine Families Hancock
County conducted :

866

Total Visits

656 in-home visits

64 visits by phone

116 visits by video

30 visits at other
locations (ex: at the Maine
Families Hancock County
office, at the playground, at
the library, etc.)

88

Families
Served

40

New Families
Enrolled



Prevention Education



Excellence in Sexual Health Education award winners at the 2023 Comprehensive Sex Ed Conference.

For the first time since the pandemic, the **Prevention Program** offered both virtual and in-person professional development for Maine educators. A total of 155 attendees took part in the return of in-person curriculum trainings and our 17th annual Comprehensive Sex Ed Conference. An additional 120 participants joined online virtual trainings on a variety of topics including supporting sex education, engaging parents, providing queer-inclusive sex ed and strategies for providing sexuality education to people with intellectual and developmental disabilities. Prevention Education staff presented at two national conferences and a number of statewide professional conferences.

Schools and educators across the state faced challenges from a small, vocal minority of community members and parents opposed to inclusive, comprehensive sexuality education. MFP's Prevention Program responded by sharing resources and strategies to bolster what research tells us – that the majority of parents support school-based sex education for their children.

In-depth consultation and support on providing sexual health education was provided to 160 staff at 89 schools in Maine. This support took the form of:

- co-facilitating with and coaching educators;
- providing condoms, educational materials, and other supplies to schools;
- offering customized staff and teacher trainings on-site;
- connecting educators with lesson plans and resources;
- guest speaking; and
- assessing student learning.



Vicki Preston, MFP Prevention Coordinator, kicking off the 2023 Sex Ed Conference.

Over **100** community and school-based education programs were delivered throughout the state, reaching **366** adults and **479** youth. An additional **161** youth participated in *Making Proud Choices*, a 9-module sexual health curriculum developed specifically for youth in community based settings. Through a targeted grant from Martin's Point, the Prevention Education team was able to create a much-needed lesson plan on navigating the changes of puberty and provide Puberty Kits with period products to **35** elementary schools.

From Our Conference Evaluations...



What did you like best about the conference?

"The variety of topics was stellar this year - current and timely."

"I liked the act of really coming together and conversing with other people who are in the same field."

"Reconnecting with so many folks! Learning what everyone has been up to the last few very siloed years. The workshop offerings were fabulous! I wish this could be a 2-day event."

"There are A LOT of amazing things happening in Maine."

What did you learn/take away?

"Don't give up or be discouraged. My students need to know the information I'm giving them."

"The skill I'm taking away from the conference most is being confident in teaching my young people that sex ed & all the things surrounding these topics are normal."

Advocacy

In the first state legislative session since the overturning of *Roe v. Wade*, Maine advanced several pieces of legislation that protected and expanded access to abortion at the state level.

The following bills were enacted and signed into law:

LD 1343, "An Act to Protect the Reproductive Freedom of Maine People by Preempting the Field of Abortion Regulation" prevents towns, municipalities, etc, from enacting abortion bans that contradict state law. This preemption prevents the spread of so-called "sanctuary cities for the unborn," a tactic of anti-abortion activists that has gained traction in recent years.

LD 616, "An Act to Protect Health Care Professionals Providing Reproductive Health Care Services" protects Maine health care providers from being penalized or dropped by malpractice insurance providers solely on the basis of providing abortion care.

LD 935, "An Act to Remove Barriers to Abortion Coverage in Private Insurance" prevents health insurance plans from

imposing deductibles, co-payments, co-insurance, or other cost-sharing requirements on abortion care services.

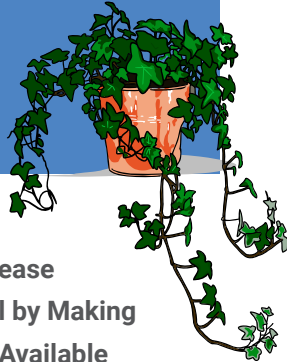
LD 263, "An Act to Ensure Access to Health Care" requires that health care mergers and acquisitions requiring a certificate of need be subject to strict scrutiny with regards to how the proposed changes may impact access to full scope sexual and reproductive health care services, including abortion care.

LD 1619, "An Act to Improve Maine's Reproductive Privacy Laws" updates Maine's Reproductive Privacy Act to remove gestational bans on abortion, makes updates to data collection policy related to abortion care, and removes criminal penalties that applied only to the provision of abortion care and no other health care procedures.

MFP's advocacy is an important pillar of work, and philanthropy from individuals and foundations is a major contributor to our success in moving the needle on reproductive health and rights at the state and national level.

We couldn't do this without your support; thank you!

**Maine Family Planning
also supported the
following bills in the
First Session of the
131st Legislature:**



Passed

- ✓ LD 351, “An Act to Increase Access to Birth Control by Making Certain Contraception Available Over the Counter”
- ✓ LD 535, “An Act to Increase Access to Necessary Medical Care for Certain Minors”
- ✓ LD 1040, “An Act to Require Reimbursement for Gender-Affirming Care for MaineCare Members”
- ✓ LD 1964, “An Act to Implement the Recommendations of the Commission to Develop a Paid Family and Medical Leave Benefits Program”
- ✓ LD 1970, “An Act to Enact the Maine Indian Child Welfare Act”

Did Not Pass

- ✗ LD 199, “An Act to Improve the Health of Maine Residents by Removing Exclusions to the MaineCare Program”
- ✗ LD 1159, “An Act to Establish a Pilot Project Regarding Harm Reduction Health Centers”
- ✗ LD 1412, “RESOLUTION, Proposing an Amendment to the Constitution of Maine Establishing That All Maine Residents Have Equal Rights Under the Law” (ERA)

Carried Over

- ⌚ LD 348, “An Act to Make Menstrual Products Available in Certain Schools”
- ⌚ LD 254, “An Act to Update the Sex Education and Consent Curriculum”
- ⌚ LD 1478, “An Act to Improve Women’s Health and Economic Security by Funding Family Planning Services”



Support Our Work

Individual support drives our ability to innovate and provide needed healthcare and community programs all over the state. Every year, every gift, whether it's \$5 or \$50,000, contributes to Maine Family Planning's ability to achieve our 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.**

Our Vision is a future where **everyone has the human right to bodily autonomy, and the resources and freedom to control their sexual and reproductive lives in safe and sustainable communities.**



***Thank you for being
an important part
of our community;
it takes all of us working
together to advance
health equity and
reproductive justice.***

If you'd like to make an end-of-year gift, you can use the enclosed envelope, give securely online at www.MaineFamilyPlanning.org, make a bequest or gift of stock using the QR codes in this report, or contact us to discuss your ideas by emailing: giving@mainefamilyplanning.org.



Maine Family Planning accepts a contribution from the Belfast Co-op Store.

Don't wait to secure your future

At Maine Family Planning, we believe that everyone deserves the peace of mind a plan for the future can bring. Your will is an essential legal document that doesn't just protect your possessions — it also protects your loved ones and the communities you care about.

We're pleased to share our partnership with FreeWill, a free, easy, and trusted online tool that guides you through the process of creating your will in 20 minutes or less. You can even plan a gift to MFP that brings reproductive health care to future generations of Mainers.



**Scan the QR code
or visit
FreeWill.com/
MaineFamilyPlanning
to get started.**

Donate stock and make a difference

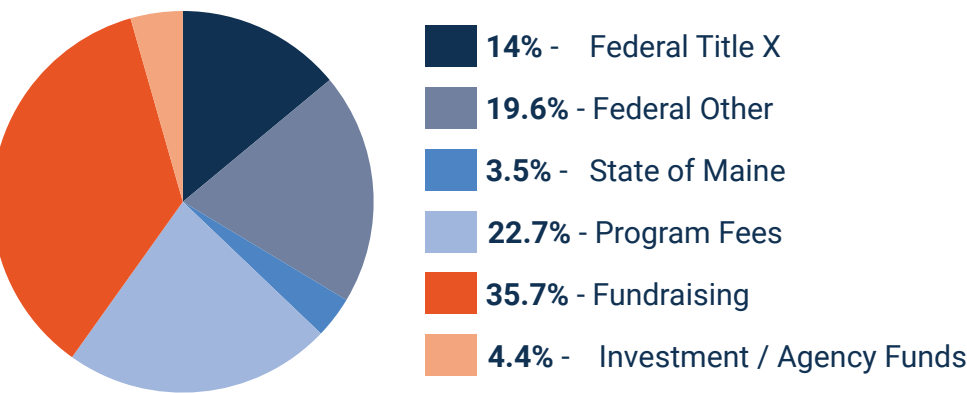
Donating appreciated stock to Maine Family Planning is a simple and tax-smart way to invest in a Maine where everyone can access reproductive care, regardless of who they are or where they live. By donating stock, you can save on taxes and maximize your impact. This secure, online resource makes it easy to learn more and create your gift in less than 10 minutes.



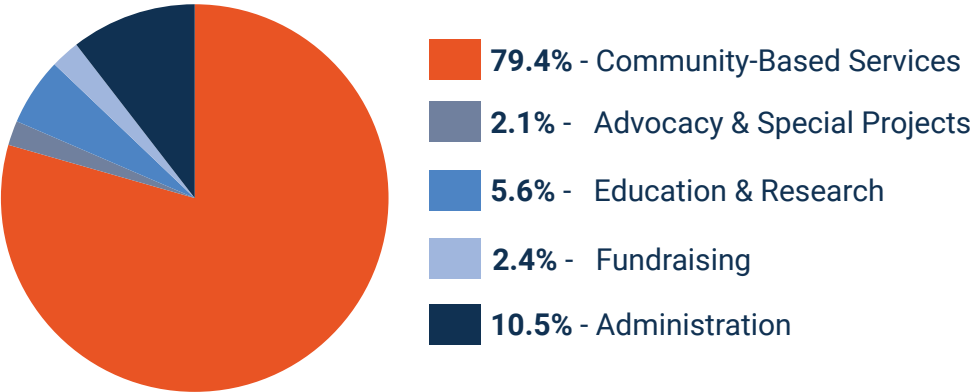
**Scan the QR code
or visit
FreeWill.com/Stocks/
MaineFamilyPlanning
to get started.**

Fiscal Year 2022 - 2023

SOURCES - FY 23 \$14,816,477



USES - FY 23 \$10,936,817



Total change in net assets: \$3,879,662

Net assets as of June 30, 2023: \$9,652,443

Statement of Sources and Uses of Funds for the Year Ended June 30, 2023.

* Unaudited



"This place is the best. From reception to the rest of the staff. They are all experts in what they do. They walk my daughter through everything and make her feel so at ease. I couldn't recommend an establishment more!"

Board of Directors

Board Officers

Kathryn Vezina
PRESIDENT

Barbara Schneider
VICE PRESIDENT

Sue Guerette
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Richard Farnsworth
TREASURER

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Jodi Damon

Marcia DeGeer*

Genevieve Doughty

George Hill (Ex Officio)

Mary Jude*

Ren Morrill

Fowsia Musse

Whitney Parrish Perry

Strand Quesada*



** Termed off during the
report period.*

*Board Officers and
Members listed are for
the report period of July
1, 2022 – June 30, 2023.*



CONTACT MFP

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