



access



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WINTER/SPRING 2015

FOUR YEARS, 231 NEW RESTRICTIONS

In my last letter, I shared news of our real-world reality making it necessary that we radically change the daily operations of our health centers (an update on that a little later). A number of you mentioned you appreciated being enlightened. Thank you for that.

So, in the interest of shedding further light on life as we know it at Planned Parenthood of Indiana and Kentucky (PPINK), here are some more facts:

Since the 2010 midterm elections swept abortion opponents into power in state capitals across the country, 231 new abortion restrictions have been enacted at the state level. Unfortunately, we have seen our share of those.

In 2010, 22 states were considered hostile to abortion rights; five were considered extremely hostile. By 2014, the number of hostile states increased to 27, and of those, 18 are extremely hostile. The entire South is now considered hostile to abortion rights, and much of the South and Midwest is considered extremely hostile. If you want to read more, I'd encourage you to check out the full report from the Guttmacher Institute published earlier this year.



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AWARD WINNERS ANNOUNCED AT ANNUAL MEETING

High atop the Indianapolis-Marion County Central Library, looking out at the skyline of downtown Indianapolis, some of Planned Parenthood of Indiana and Kentucky's (PPINK's) closest friends gathered in November for the affiliate's first annual meeting and awards ceremony as PPINK.

The party, in the library's special collections room, was attended by members of the board of directors, award winners, as well as stalwart supporters and PPINK employees.

Outgoing directors Linda Cohen, Raymond Cumberley, Paulette Dubofsky, Cynthia Smith and Ellyn Stecker, M.D., were recognized for their service, and incoming directors Susan Bornstein, M.D. (Louisville), Robert Dion, Ph.D. (Evansville), Claudette Einhorn (Indianapolis), Stephenie Hoelscher (Lexington), and Cynthia Simon Skjodt (Carmel)

were welcomed. (See full board listing, p. 6.)

Incoming board Chair Marya M. Rose, J.D., helped present the PPINK Voices for Choice awards. Winners were:

- **AMERICAN CIVIL LIBERTIES UNION – KENTUCKY's** Reproductive Freedom Project, which received the Daring to Care Award for its tireless lobbying efforts in Kentucky on behalf of PPINK and other organizations dedicated to fighting for reproductive justice.
- **LESLIE KOEPL**, who was given the Young Leader Award. Leslie emerged as a campus leader at Purdue University, volunteered for PPINK and then a maternal health organization in Africa, and now is pursuing a nursing degree with a goal of becoming a women's health practitioner.

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NEW WEBSITE, ONLINE APPOINTMENTS BRING EASE TO CYBER VISITORS

If you haven't checked out www.ppink.org lately, you've missed how user-friendly our web presence has become.

In mid-January, we adopted Planned Parenthood Federation of America (PPFA)'s online platform, making the health and services information we offer online more consistent with that offered by other Planned Parenthood affiliates, as well as easier to navigate.



And, because of investments made in previous years to our electronic health records technology, in December we were also able to link to PPFA's new online appointment scheduling system. This allows patients to book appointments at their local health center directly through our website, even on the same day.

The new website, including online appointment scheduling, is also fully optimized for mobile technology—important given that more than 60 percent of Planned Parenthood patients nationwide access the website on a mobile device.

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We are evaluating traffic to continue to improve web visitors' experiences, but so far, here are a few fun facts about online appointment scheduling:

- In the first two months, more than 3,000 appointments at PPINK health centers were booked online.
- 63 percent of those were booked by patients age 25 and under.
- 68 percent say they are a new patient at the health center where they booked the appointment.
- 39 percent of appointments were booked between 5 p.m. and 8 a.m.
- 50 percent of patients who booked online had health insurance.

New Education Director for PPINK



Michaelyn Meave was recently promoted to Sara and Albert Reuben Partners in Health Education (SARPHE) Director. Previously, Michaelyn managed the IN-PACT program grant for two years, helping to solidify the relationship between the Indiana Department of Correction's juvenile unit and Planned Parenthood of Indiana and Kentucky (PPINK). She has a Master's of Public Health from The George Washington University and is committed to making sexuality a natural, normal conversation for people in Indiana and Kentucky. "I want to lead the education program to be in places it is needed most, learning how to be more efficient and serving populations that need our services in the process," Meave said of her vision for SARPHE. In her new role, Michaelyn is filling the position created when Judi Morrison was promoted to vice president of education and marketing.

It may surprise some of you that Indiana is considered extremely hostile, and Kentucky, hostile (we're grateful that our more southern legislature takes a kinder approach to reproductive health care). Indiana was the first state in which Planned Parenthood was defunded, and one of the first to ban abortions at 20 weeks.

During the legislative session, we give voice to a common refrain when it comes to proposed legislation that is harmful to our mission—and there's a lot of it again this year—it is designed to chip away access to safe, legal abortion. By putting unnecessary restrictions on providers. By interfering in the sacred relationship between a doctor and a patient. By trying to shame a woman for exercising her right to the reproductive health care she seeks.

For more, see p. 3. And speak out. Please. Call your legislators, tell your friends to call their legislators, and when election time rolls around again, show up. Please.

I promised an update. In the fall, I talked about Move the Dot, a process we undertook that changed our operations top to bottom and side to side. Our health center hours changed, and how we staff our health centers changed. We also opened a contact center to take phone calls for all health centers 6 days a week. I'm happy to report that since the first day of our new operating model, with the exception of holiday weeks, we have significantly increased the number of patients we serve on the phone. In December, we also began offering patients the ability to schedule appointments online (see p. 1), with the majority being new patients coming to our health centers. Visits have increased week over week but are down from last year.

We knew the changes would be tough, and they have been. Some parts worked well from the beginning, others not so much. We've adjusted, and tweaked, and adjusted some more. Our employees have been asked to completely change how they work, in a short amount of time. It's gratifying to see that they respond with the same dedication and commitment to our mission as they always have. It is not easy work. If you're in the neighborhood of one of our health centers, and you're so inclined, stop in and say hi, and thank them for the work they do every day for the women and men of Indiana and Kentucky.

As the months roll by, we'll keep adjusting and tweaking. And I'll keep you posted on how it's going.

One of the big items we're still working on is filling our vice president of patient services vacancy. We've had worthy candidates and a lot of interest, so I'm confident the search will be concluded soon. Until then, our vice president of finance and administration, Suzannah Wilson Overholt, has been pulling double duty as the interim head of patient services. Others have pitched in as well. We're in good hands, but are looking forward to having a full roster again.

And finally, our favorite update: Just after Thanksgiving, a U.S. District Court judge ruled that Indiana SEA 371, the law that would have, among other things, required our Lafayette health center to meet the same standards as a surgical abortion facility, was unconstitutional.

A few weeks later, the state of Indiana agreed with our stellar attorneys at the American Civil Liberties Union of Indiana that the best course of action would be to cease and desist—they chose not to appeal to a higher court. Finally—a moment of sanity!

Of course, Indiana lawmakers haven't dropped the issue entirely, but it was nice to head into the new year with a victory. Thanks for being with us.

Betty Cockrum, President and CEO

Legislative Update: Lawmakers push bills to restrict access

Cold, brutal and long.

Those words could describe the 2015 winter in Indiana and Kentucky, but also our legislative sessions.

In Kentucky, senators have been up to their usual tricks, introducing bills that would create intrusions into women's privacy and restrict access to abortion.

Two such bills, Senate Bill 4 and Senate Bill 7, easily passed the Kentucky Senate and are now assigned to the House Health and Welfare Committee. SB 4 requires an in-person counseling session 24 hours before an abortion procedure, necessitating overnight travel and additional expenses for many women seeking an abortion. (Please note: 59 percent of the women in Kentucky who have abortions have given birth at least once. They probably don't need a script—likely written by a male politician—read to them.)

Kentucky SB 7 requires a physician to perform an ultrasound on a woman seeking an abortion and to describe certain details of the fetus to the woman. Perhaps in a show of magnanimity, the woman may choose to avert her eyes during the ultrasound, although she would still have to listen to the description (again, likely written by a male politician).

Both such provisions have existed in Indiana law for some time.

Kentucky's Reproductive Freedom Project, under the umbrella of the American Civil Liberties Union of Kentucky, leads lobbying efforts dedicated to reproductive justice in the Kentucky Capitol, while Planned Parenthood is fully engaged in efforts to educate grassroots advocates and policymakers on how damaging these thinly veiled attempts to shame women and restrict access really are.

Have no doubt—your voices across both states are more important than ever, during the remainder of the sessions and at the polls next Election Day.

In Kentucky, our interests benefit from a legislature where political power remains divided. However, we are seeing the full and deleterious effects of an Indiana supermajority—where the House of Representatives, the Senate and the Governor's Office are all controlled by a single intensely anti-choice party.

Time and time again this session, we have seen compelling, fact-based, common-sense testimony fall on deaf ears, as bills designed to chip away at access to safe, legal abortion have moved forward, and bills designed to expand access to comprehensive, medically accurate sexuality education have been halted.

One of the most egregious examples of the toxic climate at the Indiana Statehouse came one afternoon when two of our youngest supporters, both active in our successful peer education program, went to testify in support of Senate Bill 497. This bill, co-sponsored by Democrat Jean D. Breaux and Republican Jean Leising, called for the state departments of education and health to identify appropriate academic standards and evidence-based, medically accurate curricula for school health and sex education programs.

Just before the hearing started, the teenagers were instructed to avoid words like "sex education" or "teen pregnancy" at the directive of the committee chair. He prefers the term "wellness education." Ever the troopers, they revised their testimony, delivered it well, and then proceeded to be bullied by the likes of Advance America—an organization unabashed in its attempt to take reproductive rights back to the 1950s. The group's representative ac-

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AWARD WINNERS

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- **CINDY SMITH**, who received the Distinguished Service Award for her leadership as a member of the PPINK board of directors.
- **LINDA COHEN**, who received the Volunteer of the Year Award for her selfless and wide-ranging support of PPINK.
- **TEEN COUNCIL** and **TEEN REACH** peer education programs. These programs in Indianapolis and Louisville collaborate to teach young people the information they need to make healthy decisions about reproductive health, and the tools to share that information with their peers.
- **KYNNEISHA MITCHELL-PHILLIPS**, Merrillville, Ind., health center manager, who was awarded PPINK's first Employee of the Year honor.

"It's through the words and deeds of volunteers, board members and employees that we are able to continue our fight for reproductive justice and continue to provide high-quality reproductive health care," said PPINK President and CEO Betty Cockrum. "It's a pleasure to honor just a few of these people and to celebrate all they've accomplished for our mission."



Outgoing PPINK Board Chair Yvonne Perkins was presented at the PPINK annual meeting with a gift of original glass artwork in recognition of her service to the organization.

Local supporters chosen for national leadership roles

Three stellar Planned Parenthood of Indiana and Kentucky (PPINK) volunteers from Kentucky have been tapped to lend their voices to national Planned Parenthood advocacy efforts.

Intern Sara Hall, a senior at the University of Louisville, and former peer educator Hannah Beach, a freshman at Middlebury College in Vermont, have been accepted to Planned Parenthood Federation of America (PPFA)'s Health Center Advocates Board. As board members, Sara and Hannah will join other activists, volunteers, patients and staff from across the country to help Planned Parenthood engage supporters at the health center level. Their leadership on the board stands to directly impact patients, young people and Planned Parenthood staff.

"My experience as a patient made me realize how important Planned Parenthood's work is for women and their families," said Sara. "Planned Parenthood played a vital role in ensuring access to birth control when I did not have insurance. I believe it's important to engage Planned Parenthood patients in the fight for reproductive justice because we represent their voices, needs and wishes."

On campus, Hannah is involved with groups dedicated to student wellness, social issues, debate, and academic integrity.

"I spent much of my high school career fighting for reproductive justice as a Planned Parenthood peer educator, and I was able to reach many of my peers by educating them about safer sex and healthy relationships," reflects Hannah. "I am so appreciative of the PPINK community, and I learned so much from (PPINK Educator) Taylor Ewing Johnstone and my fellow peer educators."

Sara and Hannah each will serve a two-year term.

Former peer educator Dexter Crowds, a sophomore at Western Kentucky University, has been chosen to serve on another national group—Planned Parenthood Action Fund's Young Leaders Advisory Council (YLAC).

As a YLAC member, he will help lead advocacy and movement-building efforts that advance what is already being done by young supporters in their communities. Members of YLAC also give advice on Planned Parenthood's youth outreach strategies and campaigns, assist with campus organizing

efforts nationwide and serve as spokespeople for the organization.

In his application, Dexter detailed how Planned Parenthood helped prepare and motivate him to become an active student leader in the #BlackLives-Matter movement on the Western Kentucky campus.

"Planned Parenthood has been a real life-changer to me," Derek wrote. "It has really changed who I am not only as a leader but as a person in general. Without Planned Parenthood, I don't feel like I would be the person I am. I would never have thought of myself as a feminist or even as a supporter. I would never have had the courage to stand up as a leader for my community or for the things I believe in."

Dexter's term is for three years.

"We are so proud of these three for earning these honors," said PPINK President and CEO Betty Cockrum. "It not only speaks highly of their strength as young leaders, but also to the strength of our efforts to inspire the next generation of young people in Indiana and Kentucky – their engagement is critical to the future of our mission."



Top: Teen supporters of Planned Parenthood of Indiana and Kentucky participating in Youth Lobby Day on Monday, Jan. 26 at the Indiana Statehouse. Participants met with legislators to talk about the importance of comprehensive sexuality education.

Middle: Planned Parenthood of Indiana and Kentucky supporter Izabella Robinson testifies in support of Senate Bill 497 on Wednesday, Feb. 18 at the Indiana Statehouse. Read more about Robinson's testimony in the Legislative Update on p. 3.

Bottom: Planned Parenthood of Indiana and Kentucky supporter Paysen Cole testifies at the same hearing on Wednesday, Feb. 18.

KENTUCKY SUPPORTERS MAKE FORAYS INTO PUBLIC SERVICE

A Planned Parenthood of Indiana and Kentucky (PPINK) board member and a PPINK nurse practitioner made an impact in their communities in 2014 when they ran for public office.

PPINK board member Angela Evans was elected to the Lexington-Fayette Urban County Council, where she represents District 6. She is serving on the Environmental Quality and Public Works Committee and the General Government and Social Services Committee.

Ashley Miller, a nurse practitioner at the Louisville health center, ran for the Kentucky House of Representatives District 32. While Miller ran a positive, issues-based campaign, the negative approach taken by her opponent regrettably led to his victory in November. Miller was endorsed by *The Courier-Journal* in Louisville, which called her a "remarkable young woman" in its endorsement.

Since the election, Ashley has maintained a visible profile in the community, including writing a column for the *LEO Weekly* newspaper.

Both women have been involved with Emerge Kentucky, a group that encourages and trains women to run for public office.

AFFORDABLE CARE ACT NAVIGATORS

PPINK has certified Navigators on site in Gary, East Chicago, Michigan City, Elkhart, Seymour, New Albany and Louisville to help people sign up for benefits and find insurance coverage. Visit www.ppink.org and click "News" to learn more.



Our health center at 86th Street and Georgetown Road in Indianapolis recently got a facelift to be more visible to our patients and to reflect our updated branding. The inside of the health center also has been updated to reflect our focus on the patient experience.

Planned Parenthood of Indiana and Kentucky

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LEGISLATIVE UPDATE

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cused the bill's authors of seeking to push "contraceptive-based" education to the state's young people in support of the "abortion industry."

The bill, which would have been an important step forward for comprehensive sex education in our state, was defeated in the committee and failed to advance.

"This is an unfortunate setback in attempting to curtail the number of teenage pregnancies occurring in communities across our state," said Sen. Breaux. "Frankly, this was a common-sense initiative and I am disappointed it failed to advance. Mounting evidence suggests the 'abstinence-only' approach is not working."

Planned Parenthood is fully engaged in efforts to educate grassroots advocates and policymakers on how damaging these thinly veiled attempts to shame women and restrict access really are.

Elsewhere in the Statehouse, testimony was also heard on SB 334 and SB 329. The first would ban abortion at any gestational age because of sex or disability or potential disability of the fetus, including fatal diagnoses. The second would require women seeking an abortion to determine how they would like the remains to be handled, including options for interment or cremation. 75 percent of abortions in Indiana occur before nine weeks, and 99 percent before 13 weeks.

Again, the testimony against SB 334 included Hoosiers familiar with the issue, offering compelling, well-delivered testimony. Several advocates of people with developmental disabilities testified that such decisions were best left to families, and pointed to the General Assembly's consistent and abysmal failure to fully fund services for that population and their families.

The bill's co-author, Sen. Liz Brown of Fort Wayne, falsely argued that the bill would give women more choices, despite its clear anti-choice intent that, in fact, seeks to remove the woman's choice whether or not to continue her pregnancy.

As of this writing, these bills are still making their way through the Statehouse. PPINK is fortunate to have stalwart supporters, including Sen. Breaux of Indianapolis and Rep. Charlie Brown of Gary, both of whom were recently named Dreamkeepers by Planned Parenthood Federation of America. They and others take every opportunity to challenge destructive policies while advocating for women and reproductive justice.

Even in the midst of this dismal landscape, there were brief moments of success. Four other harmful bills filed in the Indiana House did not receive a committee hearing and are done for this session. We were pleased to offer affirmative testimony in support of HB1004 (known as the Safety PIN Program), which would provide grant funding for infant mortality prevention.

Have no doubt—your voices across both states are more important than ever, during the remainder of the sessions and at the polls next Election Day. If you haven't already, please visit www.advocates.ppink.org to sign up for Planned Parenthood Action Alerts, and stay in touch. Thank you.

PPINK SOCIAL MEDIA



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Five ways to stop teen dating violence, from PPINK Educators

One in 10 teens has been physically hit on purpose by a boyfriend or girlfriend in the past year, according to a national survey of teens by the U.S. Centers for Disease Control. That's outrageous, but what can parents and other adults do to help stop it?

We asked PPINK educators Lizzy and Taylor, who work with teenagers every day, to share their tips.

1. TALK ABOUT HEALTHY RELATIONSHIPS

Young people begin learning at an early age how to peacefully resolve conflicts, so as kids get older, it makes sense to build on those skills. When your teen's classmates start dating—even if he or she isn't—it's a good time to make sure they hear directly from you what is acceptable and unacceptable behavior.

2. BREAK THE CYCLE

When we work with teenagers, too often we hear, "Well, I can fix him/her," or "if he/she is jealous, it just means they love me." Wrong. Kids have different ideas of what are healthy and unhealthy behaviors in relationships. Adults can help them dispel these myths. Not sure how to do this? News stories and even TV and movies can provide examples to initiate conversation.

3. BREAKING UP IS HARD TO DO

Any unhealthy relationship has the potential to turn into a dangerous one. If your teen is in an unhealthy relationship, talk with him or her about how to end it and have a safety plan in place. If you or your child is in immediate danger, always call 911—and if you're in Indiana, make sure your teen knows he or she can text 911 if a phone call can't be made.

4. YOUR TEEN IS LISTENING

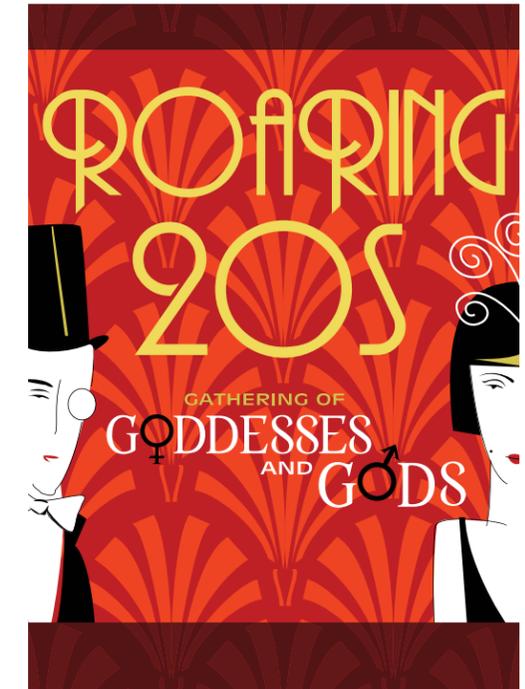
Teens may not always show it, but studies prove they are listening when parents talk to them, particularly about sex. Young people who say they feel a lack of parental warmth, love, or caring are also more likely to report emotional distress, lower self-esteem, school problems, drug use, or sexual risk behaviors.

5. GET HELP IF YOU NEED IT

Yes, there are actually classes that young people and adults who care for them can take to learn how to have healthy relationships. All PPINK educators are trained on Safe Dates, the only evidence-based dating violence prevention curriculum, and can lead sessions for groups of teens or adults on how to prevent teen dating violence and recognize danger signs. To learn more, contact Sara and Albert Reuben Partners in Health Education at 317.637.4343.

Visit www.ppink.org and click "News" to learn more about teen dating violence resources.

GATHERING OF GODDESSES AND GODS CELEBRATES THE ROARING 20s



It was the era of speakeasies and the Jazz Age, gangsters and "Great Gatsby," Hoagy Carmichael and Man O'War.

And it was the era of the "New Woman." With bobbed hair and a cigarette in hand, "flappers" redefined feminism and were the first generation of women in the United States that were guaranteed the right to vote.

Join Planned Parenthood of Indiana and Kentucky (PPINK) and honorary chair Marianne Glick on Saturday, April 25, as we celebrate the Roaring 20s and all its extravagance at the 12th annual Gathering of Goddesses and Gods in downtown Indianapolis. Deck yourselves out in your best 1920s finery and prepare to be pampered, enjoy a decadent meal, and partake of pleasures offered in a silent auction.

All proceeds from the event go to the Women's Health Fund, which assists low-income women and men with preventive health services, such as life-saving cancer screenings, breast exams, sexually transmitted disease (STD) testing and treatment and birth control.

For information, tickets and sponsorship opportunities, visit www.ppink.org or call 317.637.4175.

Planned Parenthood of Indiana
and Kentucky

P.O. Box 397
Indianapolis, IN 46206-0397
317.637.4343 / 800.230.PLAN
ppink.org

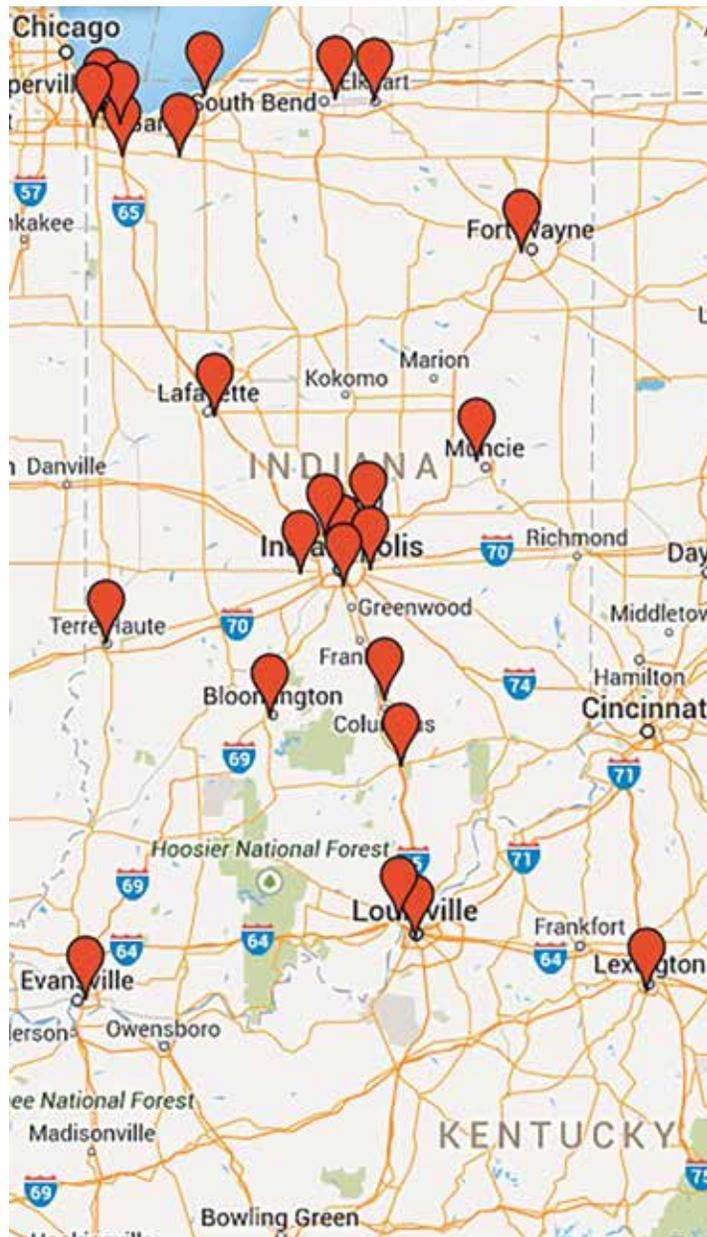
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LOCATIONS**

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- Bloomington
- Columbus
- East Chicago
- Elkhart
- Evansville
- Fishers
- Fort Wayne
- Gary
- Hammond
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 - Midtown
 - Southside
 - Georgetown at 86th
- Lafayette
- Merrillville
- Michigan City
- Mishawaka
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