



Planned Parenthood®
Mid-Hudson Valley

WE'RE HERE.™



ANNUAL REPORT 2010



HEALTH CENTER LOCATIONS

7 Coates Drive
Goshen, NY

14 Prince Street*
Monticello, NY

169 Washington Street
Kingston, NY

136 Lake Street*
Newburgh, NY

40 Grove Street*
Middletown, NY

17 Noxon Street
Poughkeepsie, NY

1-800-230-PLAN

**indicates on-site Community Education offices*

ADDITIONAL COMMUNITY EDUCATION OFFICES

395 Main Street
Beacon, NY
845-838-1200, option 1
education@ppmhv.org

29 N. Hamilton Street
Poughkeepsie, NY

209 Washington Avenue
Kingston, NY

DEVELOPMENT & MARKETING

395 Main Street
Beacon, NY
845-838-1200, option 2
development@ppmhv.org

PUBLIC AFFAIRS

395 Main Street
845-838-1200, option 1
publicaffairs@ppmhv.org

WE'RE HERE.SM

MESSAGE FROM THE CEO

Dear Friends,

In 2010, landmark legislation was passed that will change the health care environment in the United States forever. The Affordable Care Act will help millions of low- and middle-income women, men and teens have access to health insurance; some for the first time in their lives.

While we at Planned Parenthood Mid-Hudson Valley are busily preparing for this change to go into effect in 2014, our patients and the community need us NOW. We're here and will continue to be here no matter what political fight rages in Washington, how far down the economic spiral goes or how many protest our mission.

But we aren't in this alone; **we're here because of you.** Your support—whether through donations, patient escorting, phone banking, hosting an event or writing letters to the editor—helps make our work possible. Planned Parenthood will always be here to provide quality, compassionate medical care, educate the community through evidence-based programming and fight for reproductive rights.

Together, we can be bold and stand up for women's health, for access and safety and for reproductive freedom. Together, we can build healthier communities. Together, we're here for everyone and anyone who needs us.

Most sincerely,

Ruth-Ellen Blodgett

Ruth-Ellen Blodgett
President and CEO





Planned Parenthood®
Mid-Hudson Valley

WE'RE HERE.™

At Planned Parenthood, we believe that health care is not an option; it's a necessity. That's why we offer services at low or no cost to our patients and never turn anyone away.

Teen-sensitive care: We want teens to develop good habits early. That's why we offer adolescent-friendly services that focus on real facts and real solutions to help keep teens safe and healthy.

Male services: Planned Parenthood has expanded its services for men to include routine physicals, STI testing and counseling and testicular cancer screenings. Our Newburgh center even has a male-only exam room!

Bilingual: Every health center has Spanish-speaking staff. And if our patients speak French, Chinese, Vietnamese or any other language, we have a "Language Line" that our providers can call to help translate and make sure patients get the care they need.

Lesbian, gay, bi-sexual and transgender (LGBT) friendly: At Planned Parenthood, everyone is welcome and treated with respect. Planned Parenthood staff have been through sensitivity training to ensure our LGBT patients receive the quality care they deserve.

Family Planning Benefit Program: We have enrollment specialists who help patients sign up for this New York State-sponsored program, which covers preventive care including annual exams, birth control and STI testing. We want to make sure everyone who walks through our doors is able to get and stay healthy.



FOR OUR PATIENTS

We know that prevention is the key to a healthy life. In fact, more than 90% of our services are preventive.

Cancer screenings: Planned Parenthood provides screenings for breast, cervical and testicular cancers as part of our routine exams.

Contraception: We provide all FDA approved methods of birth control and help patients select the method that best suits their lifestyle.

Pregnancy testing and counseling: Women receive their results in a safe, supportive setting and learn about options from our caring staff.

Sexually transmitted infection (STI) testing, treatment and prevention: We help women, men and teens learn how to reduce their STI risk and learn about the most up-to-date treatments and preventive methods.

2010 BY THE NUMBERS

7,143 Pap smears to help prevent cervical cancer

7,759 Breast exams to screen for early signs of cancer

10,357 Doses of emergency contraception dispensed

22,399 Tests to screen for STIs and other infections

28,797 Total patient visits





Planned Parenthood helps build healthy communities with medically-accurate information and innovative programming.

Our doors are always open to teens who may not have an adult to answer their questions and to adults who may not have all the answers. We reach out in the community through peer training, parent child workshops, professional trainings and programs in schools and on college campuses.

Be Proud, Be Responsible: This evidence-based curriculum is the core of our school programming that provides adolescents with the knowledge, motivation and skills necessary to change their behaviors in ways that will reduce their risk of pregnancy or contracting HIV and other sexually transmitted infections.

¡Cúidate! is an HIV risk-reduction program specifically for Latino youth. The program is an adaptation of the Be Proud, Be Responsible program. ¡Cúidate! also incorporates salient aspects of Latino culture, specifically the importance of family and gender role expectations.

Safe or Sorry (SOS) Peer Program: Teens are trained to talk honestly and accurately with their friends and classmates about pregnancy and STI prevention, healthy relationships and more. They hand out condoms, participate in street outreach and refer peers to health centers.

2010 BY THE NUMBERS

- 7,206** Students attended educational programs in schools
- 6,661** People attended educational programs at community based organizations
- 3,072** People reached through community events
- 2,361** College students received information and referrals
- 1,072** People tested for HIV off-site

FOR THE COMMUNITY

Sexting Workshops: This program addresses the current phenomena hitting our communities and our schools: Sexting—the act of taking, sending, or receiving explicit pictures of a minor via cell phone or the internet. This program can be conducted assembly-style for students, in Table Talk workshops, for parent groups and for professionals (entitled “The Sexting Issue in Schools: How to become a Sextpert Educator”).

Parent/Professional Workshops: Sexuality is implicit in all of our lives; it is above all a natural and crucial part of our identities. Talking about sex with young people, however, might not feel as natural. Parents and youth-serving professionals learn to effectively communicate with youth regarding sexuality, sexual activity or potential sexual activity.

Sex on Campus: In partnership with local community colleges, Planned Parenthood Mid-Hudson Valley provides on-campus programming and activities to address the high rate of unintended pregnancy and STIs in this age group.

LGBT Circles: A support group designed specifically for LGBT youth, Circles provides a safe and supportive environment for discussions about sex, sexuality and advocacy in the LGBT community.





Planned Parenthood®
Mid-Hudson Valley

WE'RE HERE.™

Planned Parenthood is proud to be a leader in the fight for accessible and affordable health care and reproductive freedom for all. With an overwhelming anti-choice US House being swept into Congress in November 2010 we knew it might be a tougher than average year. Since then, Planned Parenthood has experienced unprecedented attacks at the federal and state levels.

These attacks ranged from cutting Medicaid for agencies that perform abortions to cutting Title X funding completely. After the House passed the Pence Amendment you took action:

Over 4,500 local supporters signed the I Stand with Planned Parenthood Pledge.

Many of you hopped a bus to New York City and joined 6,000 other Planned Parenthood supporters for the Rally for Women's Health.

In April, when the US Government's budget hinged on keeping Title X and other funding from Planned Parenthood you woke in the middle of the night to board yet another bus, this time riding to Washington, DC to rally with supporters from across the country and meet with legislators.

You wrote emails, letters to the editor and made phone calls.

You stood with us and you were heard! Because of you our patients will still be able to access affordable family planning, cancer screenings and STI and HIV testing and counseling. **Thank you!**

“It feels good to talk with someone in higher power even if they disagree with you. It’s good to be there and be heard.”

—Tatyana, a sophomore Peer Educator, reflecting upon her experience meeting legislators in Washington, DC.

FOR REPRODUCTIVE JUSTICE

Planned Parenthood is proud to be a voice for women's health and sexuality issues. By bringing authors, films and forums to our region we can provide the community with opportunities for learning and discussion.

[Words of Choice](#) performed their "tapestry of serious and comic 14 shorts" in Kingston with collaboration from the YWCA of Ulster.

[Health Care Reform: What Does It Really Mean](#) gave over 60 participants the opportunity to hear from 6 different speakers on the Affordable Care Act at the Wallace Center in Hyde Park. By collaborating with the Eleanor Roosevelt Val-Kill Center and the Women's Bar Association of the State of New York people with a wide array of opinions and questions gathered together.

[12th & Delaware](#) and [Orgasm, Inc.](#) By bringing these documentaries to the Downing Center in Newburgh we continue to provide a forum for engaging and educating on a broad range of issues.

You can **CONNECT** with us by volunteering, attending an event, getting on our email list, joining an activist council or writing a letter of support to a legislator or an editor of your local paper.

Contact us at publicaffairs@ppmhv.org for more information.



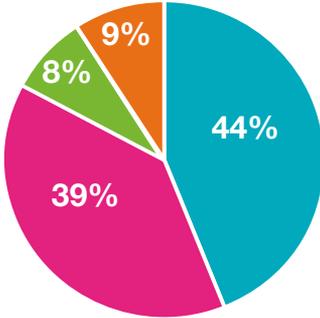
BECAUSE OF YOU

Planned Parenthood Mid-Hudson Valley is very grateful to the volunteers, supporters and activists who work tirelessly to further our mission.



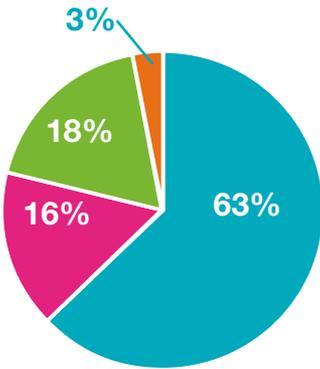


PATIENT DEMOGRAPHICS



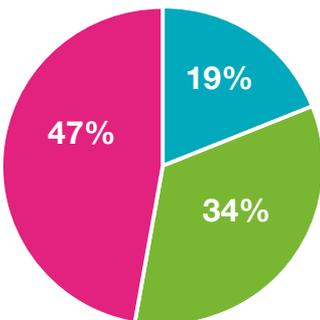
Patients by age

- 18 - 24
- 25 - 39
- Under Age 18
- Over Age 40



Patients by ethnicity

- White (non-Hispanic)
- Hispanic
- African-American (non-Hispanic)
- Asian, Native American, Other

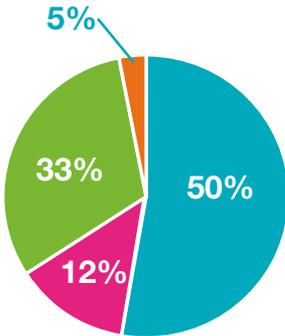


Patients by insurance type

- Commercial Insurance
- Medicaid
- Uninsured

STATISTICS & FINANCIALS

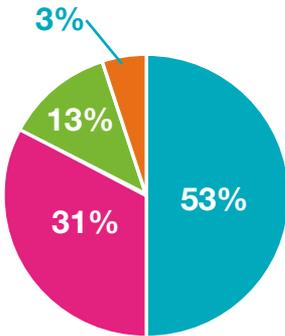
FINANCIALS



Revenue

Patient Fees	\$4,675,135
Contributions	\$1,158,430
Government Grants	\$3,112,779
Other	\$ 454,124

Total Revenue \$9,400,468



Expenses

Patient Services	\$4,547,700
Management	\$2,670,804
Education	\$1,142,966
Fundraising	\$ 236,136

Total Expenses \$8,597,606

More than 85% of our patients come from households that are below 150% of the poverty level; that is \$33,525 for a family of four.

