

big sky impact

SPRING 2016

NEWS &

EVENTS



Are You Smarter than a Teen Council Member?

Planned Parenthood Advocates of Montana held an evening fundraiser at Draught Works Brewery on March 8 where patrons challenged Missoula's Teen Council members on their sexual health knowledge using a series of trivia-style questions — similar to the popular TV show “Are You Smarter than a 5th Grader?” The evening was a success and very fun for everyone involved.

Want to test your own knowledge? Here are some of the questions used that night:

- A) What is the opening in the cervix called?
- B) What is the full name of the STI responsible for genital warts?
- C) How many nerve endings are in the clitoris?

For the answers turn to page 4.

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“sex education for every young person in this country isn’t just a great idea; it’s absolutely necessary. The u.s. still has the highest rate of teen pregnancy among developed countries.”

— Cecile Richards, President of Planned Parenthood Federation of America



A message from Martha



Recently, a small group of donors joined me, Planned Parenthood of Montana staff and colleagues from Planned Parenthood Federation of America for our first ever donor retreat. We settled in for the weekend at the B Bar Ranch, high above Paradise Valley in the Tom Miner Basin. While the snow fell and the resident moose licked salt from our cars, we gathered fireside to talk about innovation and the future of Planned Parenthood.

Our friends from the national office briefed us on telemedicine and online health services. We learned about the broad array of apps that track fertility, pregnancy, periods and more. It is glaringly obvious that our patients are already living in the world of apps and expect us to be there, too. Last fall, we launched online appointment scheduling for our health centers in Montana. With no marketing, our patients are already finding and using the tool in BIG numbers. By adopting technological innovations, such as video visits over smart phones for birth control prescribing, we will be able to reach people who need health care who are far away from our physical locations. What a great way to expand access to more Montanans.

And yet, technology is not the only way. Nona Main, who leads PPMT's Native American Outreach Program and who provides educational programs on Crow and Northern Cheyenne reservations, shared her experience working with young people in places like Pryor. Retreat attendees were moved by Nona's stories about the difficulty her students face in accessing health care and information. Hearing about how one teenaged mom, with whom Nona worked, managed to avoid a second pregnancy and finished high school was powerful. The story illuminated for us how education and mentorship from a trusted adult had a much deeper impact on this woman's life than a pill tracking app ever could. And while a video visit could be the closest a teen in Wyola can get to a confidential visit at Planned Parenthood health center, how will she get the pills the provider prescribes and mails to her when she shares a post office box with her extended family?

Of course, the answer is innovation.

While technology, apps and online visits are certainly part of the solution, innovation doesn't always come with a charging cord. Sometimes innovation is about good, old fashioned-shoe leather. The answer could be in growing a network from trusted adults in rural areas who can provide health education in their communities and who can create delivery systems for birth control. It was thinking about this kind of innovation, which mixes new technologies with time-proven methods for reaching people face-to-face, that got retreat participants excited about the future.

We have also been thinking about ways to better reach you, our friends and supporters. We see you at events, you follow us on social media, and of course, we send you appeals. But we have heard from many of you that a good old-fashioned newsletter is still the best way for us to tell the Planned Parenthood story. And so, here it is, the first issue of "Big Sky Impact." How's that for innovation?

Onward!

Martha Stahl

PPMT President and CEO

Care. No matter what.



On a LARC: More Montana Women Choosing IUCs and Implants

From 2007 until 2011, 9,256 women enrolled in a study called the “Choice Project” at Washington University in Saint Louis. It was a diverse group in terms of age, education level and race. The study had a simple premise: if money were no object and women had all the facts about contraception, which method would they pick, and what would happen next?

Seventy-five percent of the women chose a long-acting reversible contraceptive method or LARC for short. LARCs are Intrauterine Contraceptives (IUCs) and implants. The women who chose LARCs were much more likely to still be using them a year later and had the highest satisfaction rate. And not surprisingly, LARC users had a pregnancy rate that was 20 times LOWER than that of women using methods like the pill, patch and the ring.

Here’s more proof that LARCs work. When contraception, particularly the long-acting methods, became more readily available in Colorado between 2009 and 2013, the abortion rate fell 42 percent among all

women ages 15 to 19 and 18 percent among women ages 20 to 24. Colorado is a national leader in the use of long-acting reversible contraception and reducing teen pregnancy and repeat pregnancies. Teen birth rates there have declined more rapidly than in any other state or the nation as a whole.

Women want the most effective and convenient method for their birth control. IUCs and implants are safe and highly effective options for women of all ages — from young women who have not had children to women in their 50s who have not yet hit menopause — who want to preserve their fertility but also desire long-term pregnancy prevention. At Planned Parenthood of Montana we are working to remove educational and financial barriers that keep women from getting these most effective methods. These efforts have resulted in a more than 400 percent growth in LARC usage by our patients over the last three years. If you want to see if a LARC is the right method for you, or for someone you love, contact your local PPMT health center. ■

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- Mariah Welch • Missoula

Thank you to these directors who have most recently gone off the board.

- Roger Welsham, *past Chair*,
- Frances Carlson, Jennifer Corning,
- Hugh Dundee and Paul Warren

“The women who come to planned parenthood don’t do so to make a political statement; they come to get high-quality, affordable and compassionate care. When a patient comes to us, we don’t ask her if she’s a democrat or a republican because healthcare provision should never be political.”

— Cecile Richards, President of PPFA





Teen Councils Heading to D.C.!

Planned Parenthood of Montana's Teen Councils, peer-led sex educator programs for high school students, are making plans to attend *Lift as we Climb: 2016 Planned Parenthood Teen Council Summit* in Washington D.C., this July. At the four-day summit Teen Councils from across the country will gather to discuss how they can empower their schoolmates and neighbors to engage with Planned Parenthood — both as Teen Council members and future community leaders.

A total of 27 Montana high school students — in Billings, Missoula and Great Falls — participate in the program for teens. The volunteers are trained to teach health classes to their fellow students on a variety of topics such as birth control methods, Sexually Transmitted Infections (STIs), and consent. Through these peer-led presentations, which are only made possible by access to medically accurate, unbiased, and inclusive information, Teen Council members empower young people to make healthy decisions in their relationships and improve communication about sex between them and the many important people in their lives.



Each Teen Council is being asked to raise \$1,100 to offset the costs of the summit. If you would like to help the Montana Teen Councils reach the summit, please go to the website GoFundMe.com and search for one of the Billings, Great Falls or Missoula summit fundraising pages. You can also contact Giving Coordinator Nick Lockridge at (406) 546.8211. ■

TRIVIA ANSWERS:

- A) The opening in the center of the ectocervix is known as the external os
- B) Human papillomavirus (HPV)
- C) 8,000 nerve endings

More consent? Yes, please!

Missoula's Teen Council members spent 12 class periods over a two-day span in early March teaching their schoolmates about consent. Christopher Coburn, who serves as the facilitator of the Missoula Teen Council, said the group gave presentations to the sophomore class at Hellgate High School — approximately 192 students — during their health classes.



Coburn said it was his Teen Council members who first voiced their interest in teaching consent. "They don't get a lot of that in their Sex Ed classes. Many of our Teen Council members don't even have Sex Ed in their schools," Coburn said. "Consent can be taught well peer-to-peer, because (adults) don't always use the same terms as they do. The teens have the same voice."

The peer educator dynamic, a cornerstone of the Teen Council program, plays an important role in making healthy decisions about sexuality. Missoula — which has been the subject of numerous investigations, reports and books on sexual assault in recent years — seemed like a logical fit for the peer-led consent courses.

"The idea is to impact the rate of sexual abuse," Coburn said. "As they become college students, hopefully that rate will go down."

Given their initial interest and all the time they spent training and presenting, Coburn wasn't surprised when his Teen Council announced they wanted to continue teaching consent in the community. Several members of his group are partnering with National Coalition Building Institute-Missoula and its youth group, which seeks to correct inequalities and mistreatment in the community, to put on a poetry slam as part of a Diversity Day on April 16. They have reserved the Senior Citizen's Center that Saturday, with family events planned for the morning, middle-school aged kids in the early afternoon and high schoolers later on.

"The youth are writing about healthy sexuality and consent," Coburn said. "But there is an open call; it'll be slam style, so it should be pretty cool." ■

Speaking Out: Betsy de Leiris

One in three American women will have an abortion in their lifetime and yet, when it comes to sharing abortion stories, stigma around the procedure breeds silence. Planned Parenthood of Montana and supporters such as Betsy de Leiris hope to change that.

De Leiris shared her abortion story as part of the “Fight for Choice Forum,” an event organized by Montana State University Women’s Center and the group Students for Choice. De Leiris was joined on the panel by Planned Parenthood of Montana CEO Martha Stahl and Amber Williams, president of the Susan Wicklund Fund.

De Leiris, who terminated a pregnancy at a Planned Parenthood clinic in the 1970s, talked about the history of women’s contraception and abortion in the United States, as well as her time as a clinic escort and reproductive rights activist, but mostly she wanted to pass on her impression of the treatment she received while in the care of Planned Parenthood.

“I expected some sort of recriminations, some questions of why I had been too stupid to make my birth control work, some layer of judgment,” de Leiris said. “What I received was quite unexpected. The women who guided me through the process were kind, non-judgmental, and thoroughly informative. When I left the office that day I felt absolutely supported. I felt that I had been provided with enough information to make a decision based upon facts... There was never a question in my mind that any decision I made would be respected.”



(L to R) Planned Parenthood of Montana’s Martha Stahl joined Amber Williams from the Susan Wicklund Fund and Betsy de Leiris for a panel discussion about abortion at “Fight for Choice Forum” at the Procrastinator Theater in Bozeman on Feb. 10.

Betsy closed by recalling a famous quote from Martin Niemoller, a German Lutheran pastor, who spent several years in a Nazi concentration camp and then, years later, offered this about his silence:

“First they came for the Communists, and I did not speak out. Because I was not a Communist. Then they came for the Socialists, and I did not speak out. Because I was not a Socialist. Then they came for the trade unionists, and I did not speak out. Because I was not a trade unionist. Then they came for the Jews, and I did not speak out. Because I was not a Jew. Then they came for me. And there was no one left to speak out for me.”

“Today, we need to work for choice,” de Leiris added. “Perhaps the best way I can do that is to speak out.”

Thank you, Betsy! ▣

Upcoming Events

April 25 • A showing of the documentary “Trapped” at Missoula’s Wilma Theater. For more information contact Rachel Pauli in the Missoula office.

May 3 • Give Local opportunities in Missoula, Helena and across the state. Here are some of the websites: givelocalmissoula.org, givelocalhelena.org and mtgives.org,

May 4 • Pint Night at the Garage at Yellowstone Valley Brewing Company in Billings, 6 p.m.

May 21 • Planned Parenthood Advocates of Montana Meet and Greet, Kalispell Brewing Company, 3–5 p.m.

Fall 2016 • Broad Comedy Tour, select Montana cities, dates and times TBD.

Planned Parenthood Advocates of Montana

Parental Involvement Lawsuit Update

In 2016, the District Court in Helena will take up Planned Parenthood of Montana's challenge to a pair of statutes that put minors in Montana at risk and infringe upon their constitutional rights. These two laws, which require minors to notify and obtain consent from their parents before having abortions, could have dangerous consequences for young women in Montana.

When Montana teens make the decision to end their pregnancies the vast majority already involve their parents. On average, more than 90 percent of minors obtaining an abortion include their parents in the decision. For the 10 percent who can't involve their parents, forcing them to do so could have tragic results. While these laws give the option for a judicial bypass, the legal process invokes fear, is time consuming and is highly difficult for a minor to navigate. Not only is attempting to obtain a judicial bypass an impediment on a teen's access to abortion, it imposes further stressors on a teen such as arranging transportation, obtaining a school absence, and sharing intimate details about her life to court personnel, attorneys and a judge.

Planned Parenthood of Montana and Planned Parenthood Advocates of Montana believe that preventive health services and strong, caring families — not laws that endanger our daughters — are the best methods to address teen pregnancy in our state. The best way to protect our children is to support families in talking about responsible, appropriate sexual behavior from the time they are young and to foster an atmosphere that assures them that they can come to their parents with important decisions about their reproductive lives.

However, not all families can or do have these conversations, and protecting all women in Montana is a shared responsibility. That is why Planned Parenthood is challenging recently enacted laws that restrict young women's access to safe and legal abortion in Montana. Our courts have a responsibility to safeguard individuals from laws that infringe on the protections provided by the constitution. ■

PPAMT In Action

Planned Parenthood Advocates of Montana is preparing for the 2016 election season. PPAMT staff and board members recently traveled to Washington D.C., to attend Planned Parenthood Action Fund's third Political Convening. This convening brought together Planned Parenthood advocacy groups from key states to talk about strategy and fundraising for our work this fall.

Planned Parenthood Advocates of Montana, along with our sister organizations in other states and the Planned Parenthood Action Fund, have a unique role to play in 2016. In past elections these organizations have shown that they can bring young women to the polls like no one else. These young women, particularly single women, have already been identified as the key to protecting women's health in 2016.

PPAMT will diligently work to re-elect women's health champions up and down the ballot by defining opponents as hostile toward women's health and by contacting individual voters to turn them out in November and persuade them to support women's health champions. ■

Celebrating Roe v. Wade Anniversary



Billings-area legislators Jessica Karjala (L) and Kathy Kelker (R) joined President and CEO Martha Stahl at a press event celebrating the Roe v. Wade anniversary at the Billings Public Library in January.



Matchmaker, matchmaker...



We did it!
We made
the match.
Thank you!

Last spring Planned Parenthood of Montana supporter Richard Espenscheid of Bridger challenged his fellow donors to step up and match his generous donation of \$75,000. And you answered the call!

Roughly 137 individuals contributed to the challenge, which wrapped up on June 30. Thank you to Richard Espenscheid and everyone who donated to the challenge. The funds were used to support PPMT's health care and education programs.



Punk-o-Rama!

In January a group of Billings and Missoula punk rock bands held a benefit concert dubbed "Punk-o-Rama" at the Railyard Ale House in downtown Billings. They donated the entire cover charge to Planned Parenthood of Montana, along with proceeds of a raffle. Planned Parenthood has seen a slew of third party fundraisers in the wake of the attacks that dominated the news in 2015. Thank you to the seven bands that performed — and publicly supported PPMT — that night: The Budgets, Megagiant, Idaho Green, No Cigar, Snow Bored, Deadbeats and Grant Atticus.

Planned Parent-who?

Planned Parenthood of Montana (PPMT) • PPMT provides health care and sexual health education in Montana. PPMT operates five health centers, in Billings, Great Falls, Helena and Missoula. The education department provides information and programming in classrooms and beyond and includes the Teen Council program and the Native American Outreach Project. PPMT is not involved in electoral politics and can not endorse candidates. Gifts to PPMT are tax deductible.

Planned Parenthood Advocates of Montana (PPAMT) • PPAMT is the advocacy and political arm of Planned Parenthood in Montana. PPAMT advocates for reproductive rights and access to health care for Montanans. This advocacy includes grassroots organizing, lobbying, and issue education. PPAMT may also endorse candidates in local and state-wide races, produce a voter guide, and educate voters. Gifts to PPAMT, a 501(c) 4, are not tax deductible.

Planned Parenthood Federation of America (PPFA) • PPFA is the federation of all Planned Parenthood affiliates, including PPMT. PPFA provides resources and training to affiliates, including medical standards and guidelines, development support and best practices, access to tools such as our online appointment scheduler, and more. Gifts to PPFA are tax deductible.

Planned Parenthood Action Fund (PPAF) • PPAF is the advocacy and political arm of Planned Parenthood nationally. PPAF advocates for reproductive rights and access to health care for people across the United States. This advocacy includes grassroots organizing, lobbying, and issue education. PPAMT may also endorse candidates in federal races, produce a voter guide, and educate voters. PPAF also has a PAC, which makes contributions to candidates. Gifts to PPAF are not tax deductible.

Planned Parenthood of Montana Health Centers



Billings West

(406) 656.9980
1844 Broadwater #4

Monday 8 am – 6 pm
Tuesday Closed
Wednesday Closed
Thursday 8 am – 6 pm
Friday 8 am – 6 pm

Billings Heights

(406) 869.5040
100 W. Wicks Lane

Monday Closed
Tuesday 8 am – 6 pm
Wednesday 8 am – 6 pm
Thursday Closed
Friday Closed

Great Falls

(406) 454.3431
211 9th Street South

Monday 8 am – 5:30 pm
Tuesday 8 am – 12 pm
Wednesday 8 am – 5:30 pm
Thursday Closed
Friday 8 am – 5:30 pm

Helena

(406) 443.7676
1500 Cannon Street

Monday 8 am – 5:30 pm
Tuesday Closed
Wednesday 11 am – 7 pm
Thursday Closed
Friday 8 am – 5:30 pm

Missoula

(406) 728.5490
219 E. Main Street

Monday 9 am – 6 pm
Tuesday 9 am – 6 pm
Wednesday Closed
Thursday 9 am – 6 pm
Friday 9 am – 6 pm
Saturday (First and third Saturday
of every month) 9 am – 12 pm

Billings Administration

Monday – Friday only
(406) 248.3636

big sky impact

“...planned parenthood has proudly provided reproductive healthcare services for 100 years, and we are only getting started.”

— Cecile Richards, President of PPFA



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