

WE ARE PLANNED PARENTHOOD



WE ARE PLANNED PARENTHOOD.

Every day, across the country, doctors, clinicians, educators, researchers, activists, and advocates wake up with one mission:

Care. No Matter What.

Every day, Upper Hudson Planned Parenthood provides compassionate, expert sexual and reproductive health care. We provide comprehensive, accurate sex education and information. And we fiercely protect every person's right to bodily autonomy.

Planned Parenthood is all of us, fighting for a world where every person can access the care they need to live the life they want.

For over 100 years, Planned Parenthood has provided care, educated millions, and fought for the rights of all people. It's what we do. It's who we are.

We are Planned Parenthood.



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HEALTH CARE

At Planned Parenthood, we are the experts. We know sexual and reproductive health care, and we provide it to all who come through our doors, no matter who they are or where they come from.

Compassionate, expert care.
That's who we are.



IMPACT OF UPPER HUDSON PLANNED PARENTHOOD

15,449 patient visits

3 health centers
providing services for
all who need us

9,340
Total patients

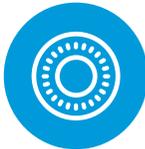
392
Wellness counseling sessions

34,693 services provided



21,746
STI Testing &
Treatment

4,817 HIV tests conducted
1,008 STIs diagnosed



11,356
Birth Control
Information & Services

842 Reversible contraception clients
2,310 Emergency contraception kits
2,185 Abortions



1,591
Breast Exams &
Pap Tests

829 Breast exams provided
762 Pap tests performed
145 Women whose cancer was
detected early or whose abnormalities
were identified

EXPANDING RURAL ACCESS: NEW HUDSON CENTER

UHPP opened a new health center in downtown Hudson at 804 Columbia Street in February 2019.

- Increased patient visits from 2018: **74%**
- Hudson visits in 2019: **1,653**



New Location

The new center is more centrally located, larger, and better equipped to serve our patients in Columbia County and surrounding areas. In addition to a waiting room, patient rooms, abortion recovery room, and counseling offices, there is also a shared teen space and community room. The center is equipped with cancer prevention and treatment equipment.

Ribbon Cutting

UHPP celebrated the opening of our new center with a ribbon cutting event. Pictured below are Columbia County Chamber of Commerce President/CEO Jeff Hunt, NYS Assemblywomen Didi Barrett, UHPP President/CEO Chelly Hegan, US Representative Antonio Delgado, and UHPP Board Chair Deb Shakotko.



145,595
Website visits



8,114

Appointments
booked online



78%

Booked on mobile



59%

Booked outside
business hours

BEHAVIORAL HEALTH

Upper Hudson Planned Parenthood began offering wellness counseling as part of our behavioral health care services at our Albany, Troy, and Hudson health centers.

- 14,051 patients were screened for depression and anxiety. 392 wellness counseling sessions were provided.

“I have had such a tough time finding services until now. I’ve needed help for a while but wasn’t sure what to do. I’m so relieved I can finally get the help I’ve been looking for. I think it’s incredible you’re offering counseling. Thank you so much!”

UHPP offers patients the opportunity to meet with on-site Wellness Counselors to identify, discuss, and address various wellness concerns, including anxiety/depression, relationships, food or housing concerns, stress/trauma, sexual orientation, gender identity, and more. The goal of the integrated behavioral health care program is to address the growing – and often hidden – behavioral health needs of patients. In the health care system, behavioral and medical conditions have traditionally been treated as separate health issues; when patients visit their primary care providers, they are often not screened and/or treated for behavioral health conditions. This program aims to do better for our patients and our community.

This is Health Care

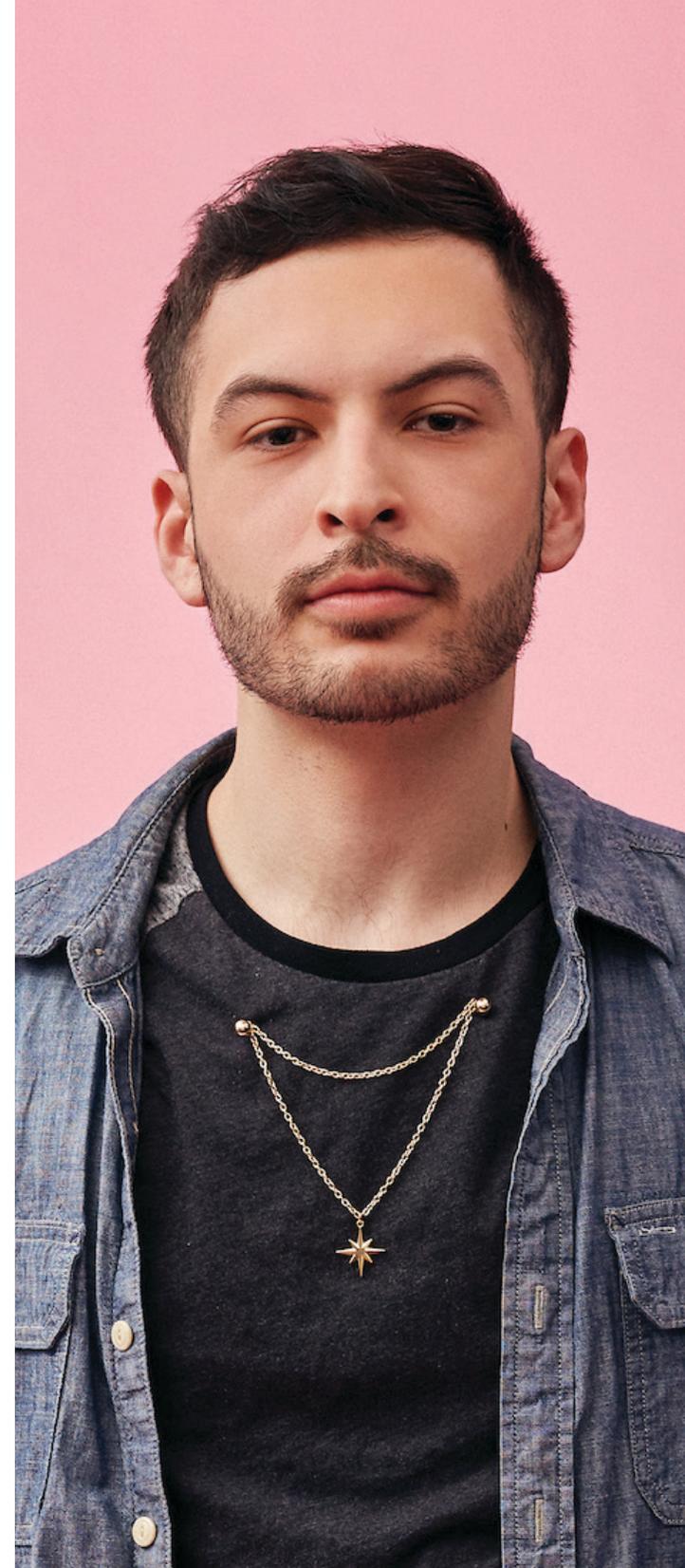
UHPP launched the **“This is Health Care”** campaign from Planned Parenthood Federation of America to highlight the range of services we provide, and affirm that reproductive health care – including safe and legal abortion – is health care.



EDUCATION

Planned Parenthood is the largest provider of sex education in the country. In the Capital Region, UHPP had 2,852 education program attendees at 1,287 sessions. Every day, we are working to get more people the sexual and reproductive health information they need.

Honest, fact-based education and information.
That's who we are.



EXPANDING OUR REACH

UHPP's Education department continues to grow, both in size and impact. Our team seeks to educate as many people as possible through partnerships with local schools and essential community programs.

- UHPP launched Parent Programming in all three service areas; it is a four-session curricula designed to educate parents on basic sex education topics while providing them with language and tools to improve communication with their children.
- In addition to providing programming in Columbia County jails, UHPP expanded programming to Rensselaer County jails for men and women.
- UHPP launched Elementary School Programming (sixth grade) in Albany.
- UHPP launched the Touhey Adolescent Pregnancy & STI Prevention Program to provide customized short programs (approximately three to five sessions) in schools in Albany County and at community-based organizations.

In 2019:
24 schools
in Albany, Rensselaer,
and Columbia
counties



Relaunched Teen Clinic in Hudson

UHPP opened our special walk-in clinic just for teens in Hudson. While teens are waiting to be seen, the clinic offers a separate waiting room, with snacks, games, comfortable chairs, couches, and lots of information. Our teen spaces are staffed by knowledgeable sexual health educators and Youth Health Promoters (YHPs) to help inform teens, answer any questions they have, help fill out paperwork, and access health insurance if they do not already have it.



COMPREHENSIVE SEX EDUCATION

UHPP's Education department joined forces with supporters around New York State to advocate for comprehensive sex education.

- UHPP staff attended Youth Lobby Day and met with elected officials representing our community.
- UHPP staff attended the Day of Action at the New York State Capitol and tabled at the Sex Education Fair. Our team provided interactive sex ed games and information to young people.
- UHPP staff hosted two teach-ins on comprehensive sex education. The educators walked attendees through comprehensive sex education at each age level, including volunteer audience participation in real sex education activities, followed by a dive into what the future of sex education in New York State could be.



NATIONAL STAGE

UHPP's Education department traveled to three national conferences in 2019 to share best practices with colleagues. They presented at the following conferences:

- National Sex Ed Conference in New Jersey, as part of the "Using Familiar Games as Accessible and Engaging Teaching Tools" panel
- Healthy Teen Network Conference in Louisiana on biodegradable feminine products
- Deeper Well Education Conference in Rhode Island. The conference provided a variety of opportunities for in-depth learning, connection, and professional development. Our team shared its homemade birth control game during a session designed to teach educators how to incorporate games into their sex education lessons.



👤 15 likes

🗨️ [Karen Gomez Morales](#) The Uno dream deck. Had fun



College Tour

UHPP staff and YHPs traveled to Atlanta to visit colleges (Clark Atlanta University, Spelman College, and Morehouse College) as well as museums and landmarks (National Center for Civil and Human Rights, Martin Luther King Jr. National Historical Park, and the Federal Reserve Bank of Atlanta) and the Atlanta Planned Parenthood clinic. Several YHPs have since applied to one or more of the colleges we visited, and some have ongoing contact with YHPs from the Atlanta PP.



ADVOCACY

From the very beginning, Planned Parenthood has fought for the world we want: a world where every person has bodily autonomy and can plan their own future. We've never backed down and we will continue to push our country forward and protect the rights of all people.

Unwavering advocates for reproductive rights.
That's who we are.



ORGANIZING AND MOBILIZING

When the health and rights of the people we serve are threatened, Upper Hudson Planned Parenthood’s supporters across our region mobilized to protect access to care for all.



11

Rallies/Marches



45

Events



850

Volunteers

TITLE X FIGHT

The Trump administration forced Planned Parenthood out of Title X, the nation’s only dedicated program for affordable birth control and reproductive health care. Planned Parenthood serves 40 percent of people who access care through Title X across the country and has been part of the program for more than 50 years.

In New York State, the New York State Department of Health was the direct grantee and Upper Hudson Planned Parenthood and all New York State affiliates are sub-grantees. When New York State Department of Health was forced out of the program thanks to medically unethical changes, Governor Cuomo protected access to family planning services and the legislature took action by creating a contingency fund within the 2019 budget.



REPRODUCTIVE HEALTH ACT PASSED

New York State Governor Andrew Cuomo signed the Reproductive Health Act (RHA) into law on January 22, the 46th anniversary of *Roe v. Wade*. RHA protects reproductive rights by safeguarding abortion access, ensuring New Yorkers can make personal health care decisions, and that medical professionals can provide crucial services without fear of criminal penalty. The legislation codifies *Roe v. Wade* into New York State law. UHPP advocates and supporters were on hand to celebrate the hard-fought victory!

Advocates also celebrated the passing of other key legislation during the NYS Legislative session:

- Comprehensive Contraceptive Coverage Act
- Boss Bill
- Gender Expression Non-Discrimination Act

UHPP honored the anniversary of *Roe v. Wade* on January 22 at our Celebration for Choice event. This year, we presented Eleanor’s Legacy and the New York State Bipartisan Pro-Choice Legislative Caucus with our Advocate for Choice Award. We were joined by Brette McSweeney of Eleanor’s Legacy (right) and Melissa DeRosa, Secretary to the Governor (left).



ROE AT RISK

This year, the reproductive rights movement faced an unprecedented wave of extreme bans on abortion. Anti-abortion politicians in state houses, galvanized by the confirmation of Supreme Court Justice Brett Kavanaugh, raced to pass laws that would challenge Roe v Wade and make abortion illegal. And while Planned Parenthood is preparing for a future where abortion is no longer a guaranteed right, we're working every day to ensure these laws don't go into effect, and that every person can control their own body and get the care they need.

- UHPP hosted three Stop the Bans rallies in Albany and Hudson to raise awareness of proposed legislation.
- UHPP held three teach-ins on abortion stigma for both staff and community members in Hudson and Albany.
- UHPP advocates traveled to Washington, D.C. to protest the seating of Brett Kavanaugh to the Supreme Court.



More than 225 advocates, staff, and supporters showed up in Hudson to support Upper Hudson Planned Parenthood's #StoptheBans Rally with New York State Lieutenant Governor Kathy Hochul!

THE NEXT GENERATION

Planned Parenthood Generation (PPGen) on the University at Albany campus worked hard all year engaging fellow students and raising awareness about various social justice issues impacting the campus community and beyond.

- PPGen created intersectional and collaborative programming, including Racial Disparities in Health Care, Homelessness and Health, Sustainable Safe Sex Practices and Mindful Menstruation.
- PPGen received the President's Award for Leadership; the Justice Award.
- PPGen continued to work to expand to other campuses. UHPP was tasked with starting two new PPGen student organizations on local campuses, with a grant from Planned Parenthood Federation of America
- PPGen attended national events including Abortion Summit, The People's Summit, and NY Path to Power.



OTHER HIGHLIGHTS

Upper Hudson Planned Parenthood continues to work in our communities to build partnerships and support coalition organizations.

- UHPP expanded outreach and engagement in Latinx and immigrant communities by strengthening relationships with trusted partners through a Latinx Community Investment Grant.
- UHPP joined Rensselaer County and the City of Albany's Complete Count Committee and launched 2020 Census Outreach Campaign. UHPP celebrated LGBTQ Pride at Capital Pride, In Our Own Voices, Black and Latino Gay Pride and OutHudson.



DEVELOPMENT

Upper Hudson Planned Parenthood provides our patients with the care, information, and resources they need to take control of their health and future. We are committed to delivering honest information in our health centers, in the classroom, and out in the community. Support from our community helps us fulfill our promise to be there for all who need us.



OPENS NEW DOORS

UHPP's Campaign for Upper Hudson Planned Parenthood: A Place for Everyone opened new doors in 2019 and raised significant funds for the Patient Access Fund to help us deliver care, no matter what today and into the future.

UHPP's Campaign for Upper Hudson Planned Parenthood: A Place for Everyone reached new heights in 2019. We opened our new Hudson Health Center to patients in February 2019, and in September 2019, UHPP signed a lease and began construction on the Troy Planned Parenthood – the Opalka Family Center for Reproductive Health and Education – set to open at 120 Hoosick Street in fall 2020. We are so grateful to Chet and Karen Opalka (pictured) for their generous support of our mission and commitment to our community!

Throughout 2019, we raised significant support for our Patient Access Fund, which will ensure seamless health care access for our patients, no matter what. Through this

campaign, we will raise \$7.2 million to ensure that we continue to provide high-quality health care in facilities that welcome our patients with warmth and respect. The response from supporters has been overwhelmingly positive, with \$5.6 million or 78% of goal already raised.

To support our Patient Access Fund, please contact Anne Leiber, Vice President of Development, at anne@uhpp.org.



Planned Giving

In 2019, we launched our Legacy Society. The Legacy Society recognizes those who have made a planned gift to Upper Hudson Planned Parenthood – through their will, or with a trust or annuity. We kicked off our inaugural Legacy Society Luncheon in October.

We recognize all planned gifts in our Patient Access Fund to support our ability to serve all those who need care, no matter what, now and into the future.

To learn more about how to include UHPP in your estate plans, contact our Development team at Dev@uhpp.org.

LEADERSHIP CIRCLE

Our Leadership Circle (LC) ended the year 229 members strong – its largest year yet! Comprised of passionate people who proudly and publicly contribute to UHPP, the Leadership Circle in many ways is the bedrock of our philanthropic support. Members give \$1,000 annually (\$500 if under 40) to our work, and couples can be listed together by giving a minimum of \$1,500 (\$750 if under 40). Everyone's name is published in local newspapers – the *Times Union*, *The Register Star*, *Columbia Paper*, and *The Troy Record*.



229
Members strong



30
New members



6
Events

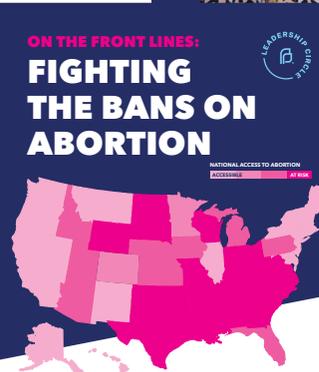
STAYING EDUCATED + INFORMED

Leadership Circle members receive regular invitations to briefing calls to learn about our local work at Upper Hudson Planned Parenthood and important issues on a national level. We also offer a variety of experiences and trainings for members to deepen their connection to our mission and services through advocacy and strengthen their engagement with each other.



LC Luncheon

UHPP hosted Ken Lambrecht, President and CEO of Planned Parenthood of Greater Texas, as our keynote speaker for the LC Luncheon. Ken spoke about being on the front lines of the fight for abortion access as abortion bans swept the nation.



EVENTS

In 2019, several members of UHPP hosted events to raise money and awareness for our work. Gatherings took place throughout our service area, both in smaller communities like Hillsdale, New Baltimore, Glenmont, and Averill Park as well as in more urban areas like Albany and Hudson.

Hosting an event on UHPP's behalf is a powerful way for business owners and community members to invite their network to learn more about UHPP and invite existing supporters to take meaningful action. Thank you to all our hosts and everyone who participated!



This year, Lyndon Cudlitz presented to Leadership Circle members on gender identity and expression in health care. The interactive presentation provided tools for communicating with and about transgender, non-binary, and gender-nonconforming individuals and covered UHPP's gender-affirming health care services.



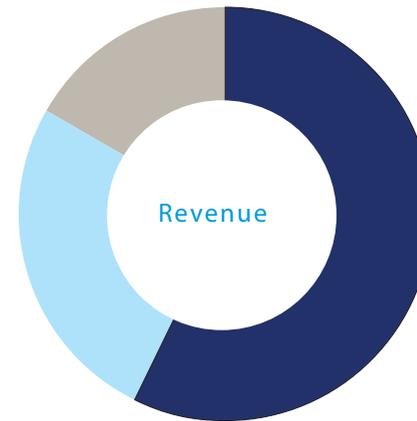
UHPP FINANCIAL DATA

REVENUE

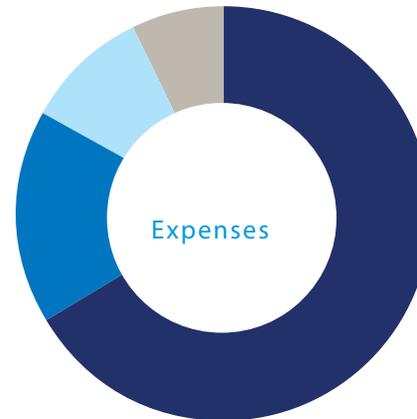
Revenue from services	4,700,927
State and county grants	2,152,176
Contributions	1,348,718
Total	\$8,201,821

EXPENSES

Patient services	5,273,394
Management and general	1,336,328
Education, outreach, and advocacy	773,092
Fundraising and events	559,432
Total	\$7,942,246

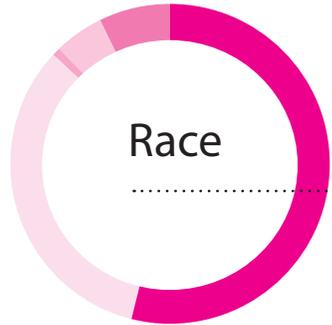


- Revenue from services
- State and county grants
- Contributions

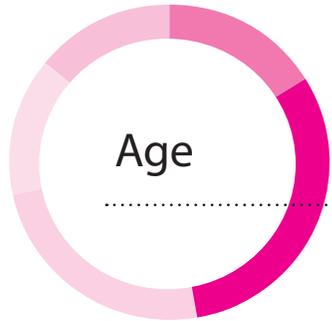


- Patient services
- Management and general
- Education, outreach, and advocacy
- Fundraising and events

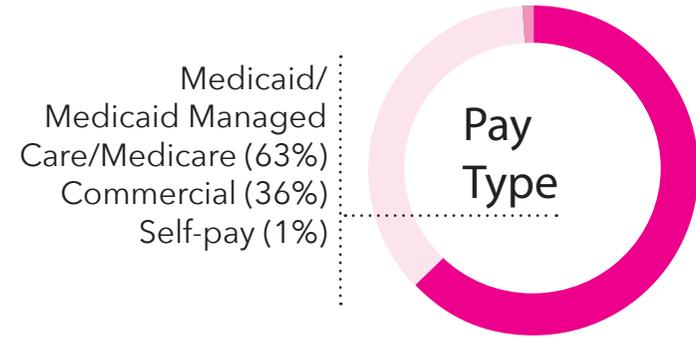
UHPP DEMOGRAPHICS



- White (54%)
- African American (33%)
- American Indian or Alaskan Native (1%)
- Asian or Pacific Islander (5%)
- Multiracial, other, or unknown (7%)



- 19 and under (15%)
- 20 to 24 (31%)
- 25 to 29 (24%)
- 30 to 34 (15%)
- 35+ (15%)



- Medicaid/Medicaid Managed Care/Medicare (63%)
- Commercial (36%)
- Self-pay (1%)



At or below 100% (60%)

*National poverty level for an individual in 2019 is \$12,490

Upper Hudson Planned Parenthood on Social Media

Upper Hudson Planned Parenthood PPANY

- UHPPANY
- UHPPANY
- UpperHudsonPlanned Parenthood
- TheUHPP

UHPP Youth Health Promoters

- uhppyhp
- omgpp
- omgpp
- omgpp
- uhppyhp

Planned Parenthood Generation Action

- PPGenatUAlbany
- PPGenatUAlbany
- PPGenatUAlbany