

Planned Parenthood® of Indiana Access

In This Issue

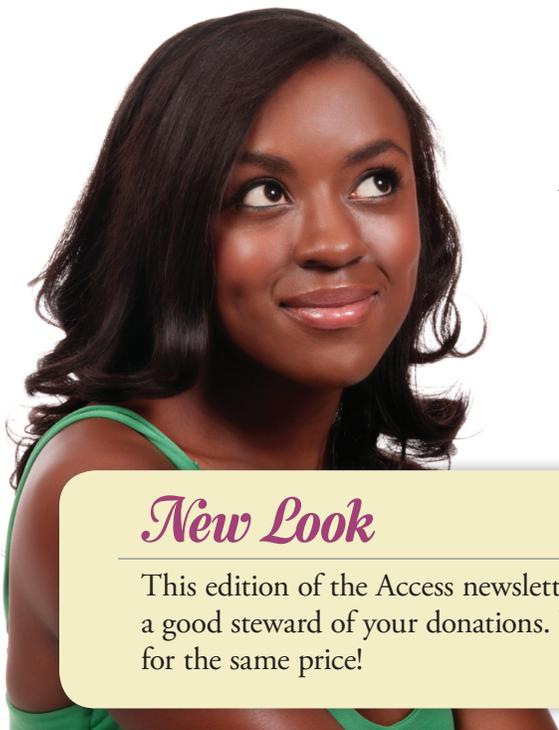
- » New Educator Begins in Bloomington
- » Lawmaker to File Bill Targeting PPIN
- » Contraception Without a Pelvic Exam Program Nearly Doubles
- » Fighting for Women's Health in Alaska!
- » Exercise Your Right to Vote

Developments in Women's Health Care

The FDA has given final approval to a promising new emergency contraceptive, ella®, the brand name for ulipristal acetate, is a single tablet that works by preventing or delaying ovulation. Already being utilized by women in Europe, ella® can be used safely and effectively up to five days after unprotected intercourse.

This new medication, which will be available only by prescription this fall, provides women with yet another option to prevent an unplanned pregnancy.

For more information about emergency contraception, please call 1-800-230-PLAN or e-mail askme@ppin.org.



New Look

This edition of the Access newsletter may look a little fancier than previous editions, but PPIN remains a good steward of your donations. We've negotiated with our printers to get a higher quality newsletter for the same price!

Dr. John Stutsman Takes the Reins as PPIN's New Medical Director



An accomplished and recognized name in the world of women's health care is adding another impressive title to his resume – and fortunately for us, that new title is Medical Director for PPIN. Dr. John Stutsman joined our organization this summer, and we are thrilled to have him on board.

Certified by the American Board of Obstetrics and Gynecology, the Scottsburg native is an assistant clinical professor with the Indiana University (IU) School of Medicine Department of Obstetrics and Gynecology, and clinical director for the IU National Center of Excellence in Women's Health. Stutsman's experience with women's health fits right in line with PPIN's mis-

sion to reduce unintended pregnancy and the rates of sexually transmitted disease (STD). He received both his Bachelor of Science in Microbiology and Doctor of Medicine degrees from IU.

"It is a coup to have John – a homegrown Hoosier talent – join our dedicated team of health care professionals," said Betty Cockrum, president and CEO of PPIN.

As medical director, Stutsman has assumed many of the administrative responsibilities that previously fell under the purview of Dr. Michael King. Following an organizational review last year, PPIN determined that we needed to devote additional physician time to quality assurance, family planning oversight and administrative duties. Stutsman is tackling these tasks, while King is focusing on direct patient care.

Dr. Stutsman is working with PPIN several days a week while continuing his clinical, medical education and research efforts on the IU/Wishard campus. Please join us in welcoming him to PPIN.



Message From the Top

New Educator Begins in Bloomington

PPIN has a new educator, Mai-Lin Poon, in the Bloomington area available to answer questions from parents and youth workers, provide educational sessions, conduct community outreach and head up peer education programs in the Southwest Indiana region. The region includes cities such as Terre Haute and Evansville.

Poon has a bachelor degree in psychology and sociology from Bucknell University in Lewisburg, Pennsylvania and a master's degree in education from Indiana University. She also is a certified Education Specialist in Counseling and Counselor Education.

Poon developed a passion for sexuality education at Indiana University during a practicum where she led discussions with college students about various sexuality topics and she's excited to put her knowledge to work with PPIN.

To learn more about the education programs available in your area, call (317) 637-4140 or e-mail askme@ppin.org.



Claudette Einhorn
Board President

Healthy Relationships Create Healthy Communities

There was an alarming survey released recently by the Centers for Disease Control and Prevention. It showed that more than 17 percent of high school girls surveyed in Indiana last year – some as young as 14 – said they have been forced to have sex. Appallingly, Indiana has the second-highest percentage of the 42 states surveyed.

The survey also found that the percentage of Indiana high school girls who had experienced dating violence – they had been hit, slapped or physically hurt by a boyfriend in the previous 12 months – was higher than the national average.

We know that sexual assault and teen dating violence can be greatly reduced with more education. PPIN is here to help. Our community educators provide information and resources to young people and adults around the state.

One program that is crucial to helping teens is our Peer Education program. In four cities across the state, we train groups of high school and college students to be experts in sexuality education so they may serve as resources to their peers. We know teens listen to their peers, and we are helping teens to be those trusted resources. To learn more about our program, contact central.educator1@ppin.org or call 317-637-4343.

We also offer parent communication trainings and resources to help parents talk with their kids. There is a variety of helpful information at www.ppin.org.

You can help too. Be mindful about how you model good behavior to the young people in your lives. Here are some tips from PPIN's Director of Education, Leslie Montgomery:

- Communicate openly and honestly with young people – listen more and talk less.
- Help young people feel good about themselves – youth with high self-esteem are more confident and likelier to develop healthy relationships.
- Provide guidance so that young people learn to use technology responsibly.
- Share your values with the young people in your life and help them think through how to handle tough situations they may face in relationships.
- Be "askable" and encouraging – avoid judging, blaming or jumping to conclusions if a young person approaches you with a relationship concern.

You can also help by connecting PPIN with your place of worship, civic group or school system. We know comprehensive sexuality education is key to teens developing into healthy adults who make responsible decisions.

As I step down as Board Chair in November, I am steadfast in my passion and commitment to PPIN. I am proud to be associated with you and this fine organization and look forward to many more years of volunteer service. Thank you for helping make Indiana a better and healthier place for women and families.

Warmly,
Claudette Einhorn
Claudette Einhorn
Board President

In the News



Faces and Places



PPIN Volunteer Lillian Herbers-Kelly withstands the heat in order to provide information at the Harrison College Summer Jam Festival.



Guests of PPYL's Summer Soiree discuss PPIN over cocktails and tasty hors d'oeuvres.



PPYL members (Jasmin Shaheed-Young and Sherry Matemachani) take a break from the Soiree's party game.

Connect With PP!

Don't want to wait for the next issue of Access to find out the latest reproductive health care news? You don't have to! There are new ways to connect with Planned Parenthood Advocates of Indiana. The advocacy arm of PPIN recently launched a blog and is now on Twitter.

The blog will feature PPIN employees and guest bloggers and give them a forum to share their thoughts on sexuality education, quality health care and the legislative issues that matter most to you. You can read more at www.ppinadvocates.wordpress.com.

You may also follow us on Twitter @PPINAdvocates and on Facebook at www.facebook.com/PPAdvocatesIndiana. Follow and friend us!

We would love to have your e-mail address for our database! Just send a quick e-mail to development@ppin.org and we'll make sure you never miss out on information about Planned Parenthood of Indiana!



Events Calendar

Oct. 6 & 7	Oct. 17 - 23	Oct. 11	Nov. 2	Nov. 17	Dec. 1
Let's Talk Sex: Education Trainings with Bill Taverner	YWCA Week Without Violence	National Coming Out Day	General Election Day	Annual Meeting and Awards Ceremony	World AIDS Day



For Our Health

Contraception Without a Pelvic Exam Program Nearly Doubles

PPIN's program to allow women meeting medical eligibility requirements to forego a pelvic exam saw participation nearly double during the fiscal year that ended June 30. More than 15,800 women participated in the program, up from more than 7,600 the previous fiscal year. Getting birth control without an exam is a more cost-effective option for participants who meet certain physical guidelines.

The program may have gotten a boost because of new American College of Obstetricians and Gynecologists (ACOG) guidelines for Pap tests. ACOG now recommends that women delay their first Pap test until age 21 and that women in their 20s should be screened every two years. Women over 30 should be screened every three years as long as they

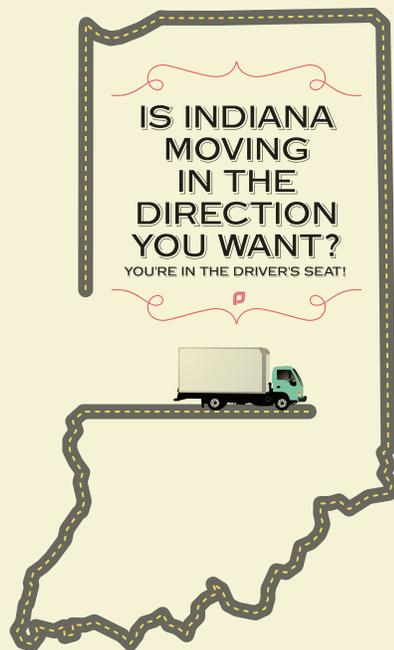
have had three consecutive, normal Pap tests and no history of abnormal findings.

During the last fiscal year, PPIN performed more than 26,500 Pap tests. Pap tests remain a crucial way of diagnosing serious diseases, such as cervical cancer. This is important because according to the American Cancer Society, there were an estimated 220 new cervical cancer cases in Indiana in 2009, and more than 4,000 women across the country were estimated to die from the disease in the same year.

As you know, PPIN is able to make medications affordable and offer lifesaving Pap tests at a reduced cost – or even free, during National Women's Health Week – in part thanks to donations from people like you. If you can make a contribution

to PPIN, please go here: www.ppin.org/donate. And thank you, in advance, for your ongoing support.

To find out more about the program, contact the health center nearest you by calling 1-800-230-PLAN or by visiting www.ppin.org for more information.



Health Care Reform and Move to Not Opt Out

Health care reform passed, but Hoosiers may never be able to take advantage of this historic legislation. Opponents of health care reform are already campaigning vigorously to have Indiana opt out of the overall reform entirely, and short of that, opt out of the completely separate and distinct abortion coverage that the federal law says Americans should be able to purchase with their own money in the state health care exchanges.

Groups opposed to expanding health care access for all Hoosiers are campaigning to convince stakeholders that you don't need the health care coverage provided by health care reform. PPIN is participating in a coalition of health care advocates to encourage the Daniels administration to take full advantage of the full range of benefits the national health care reform bill brought us, but much will depend on what happens in the General Assembly this spring. *This is a compelling reason to stay informed locally and statewide. Sign on to takeaction.ppin.org to receive e-mail alerts on reproductive health care issues in Indiana.*

We all want to be healthy. You have the opportunity to ensure that Hoosiers have access to vital health care services, including reproductive health care. Join us in protecting Hoosier patients by making your voice heard!

Support, Strengthen & Stand



PPIN Community Organizer Katie Blair (right, bottom row) joined other Planned Parenthood staffers from around the nation in the fight against Ballot Measure 2.

Allen County Ordinance Update

The Indiana Chapter of the ACLU and the Center for Reproductive Rights, on behalf of Dr. George Klopfer and Fort Wayne Women's Health, filed a lawsuit to challenge the so-called "patient safety" ordinance which went into effect in June. In response to that, the U.S. District Court for the Northern District of Indiana issued a preliminary injunction on Aug. 12 preventing Allen County from enforcing portions of the ordinance which would have endangered patients' privacy. A federal judge also denied the county's request to dismiss the lawsuit challenging the measure.

PPIN does not perform abortions in Allen County and is unaffected by the ordinance. However, PPIN believes the ordinance sets a dangerous precedent that could be followed by other counties seeking to limit or eliminate safe, affordable and legal abortions and will continue to monitor the implementation and any further challenges to the ordinance. Both Vanderburgh and Dubois Counties already have "patient safety" ordinances in place which seek to place barriers to abortion, even though none are performed in those counties.

Fighting for Women's Health in Alaska!

PPIN's Vice President of Education and Public Policy Margaret Lawrence Banning and Community Organizer Katie Blair proved just how far PPIN will go to protect women's health by traveling all the way to Anchorage, Alaska to help Planned Parenthood of the Great Northwest work on the "No on Measure 2" campaign. Alaska's Ballot Measure 2 requires parental notification before a teen under the age of 18 can have an abortion.

While Planned Parenthood stresses positive family communication, we recognize that some teens face barriers to communicating with their parents, such as abuse. We also don't believe that the government can mandate good family communication.

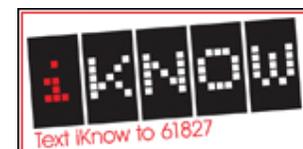
Blair and Banning worked on the campaign from Aug. 21 through Aug. 24 along with 30 other Planned Parenthood staffers from affiliates across the nation. This campaign also served as a boot camp training for affiliate staff and provided educational sessions on planning and implementation in the mornings and then hands-on work in the afternoons and evenings. They phone banked, canvassed, and participated in visibility events throughout the streets of Anchorage, often times at the base of a snow-capped mountain or alongside a moose! While the scenery was gorgeous, the work was tough and the hours were long. Unfortunately, Ballot Measure 2 passed, but the experiences gained and the connections formed made it a truly unforgettable trip.

Texting for Teens

PPIN is proud to partner with Health Care Education Training (HCET) and other family planning organizations to create *iKnow*, a sexual health text messaging program for teens. The project, supported in part by funding from the Indiana State Department of Health and the Indiana RESPECT Program, provides a way to get automated, medically-accurate answers to critical sexual health

questions. Although the program is being marketed to teens ages 15-19 in Marion County, anyone can text "iKnow" to 61827 to receive a text message menu with options to receive additional information about STDs, birth control and pregnancy. Users will also be connected to no-cost or low-cost health centers in their area where they can make an appointment for STD testing, birth control or other sexual health

concerns. Programs like *iKnow* have been piloted in cities such as San Francisco, Washington, D.C., and Toronto with much success.





In the News

Share Your Story

Has Planned Parenthood of Indiana (PPIN) made a difference in your life? Tell us how! Your story is our story.

Anti-PPIN voices are becoming more strident. Local and vocal opponents of Planned Parenthood are mobilizing their base, and they have the ears of conservative lawmakers. They continue to focus on abortion, and ignore the fact that the primary work of PPIN is to provide preventive health care that saves lives and reduces unintended pregnancies and, therefore, the incidence of abortion.

We need your voice to ensure that our patients will always have somewhere to turn to receive quality, affordable health care. Your story can help bring to life the urgent need for our services and help persuade a legislator who may have been inclined to vote against us.

If you are a patient or former patient, tell us how PPIN has made a difference in your life by e-mailing comments@ppin.org. Tell us if you want to keep your story anonymous, but please provide your gender, age and contact information just in case we have questions.

We need to let those who would close our doors know that Planned Parenthood makes a vital difference in the lives of Hoosiers and we are here to stay!

Lawmaker to File Bill Targeting PPIN

State Senator Greg Walker (R-Columbus) has announced his intention to file a bill in the next legislative session that would prohibit state agencies from entering into contracts or grants with Planned Parenthood of Indiana (PPIN). If this bill is successful, health care for thousands of Hoosiers will be at risk.

PPIN provides reproductive health care for more than 85,000 Hoosier men and women every year. Patients rely on PPIN for affordable health care services such as Pap tests, breast exams, birth control and STD testing and treatment. Most patients are lower-income and must spend their money on things like food or rent. They need help paying for quality health care. Taking away funding from the largest reproductive health care provider would hurt the poorest Hoosiers and be extremely short-sighted. All state and federal money received by PPIN goes to pay for health care services. Not a dime of public money goes to abortion services.

Cutting off state funding for PPIN would be counterproductive. The Guttmacher Institute says every public dollar spent on family planning services saves the federal and state governments \$4.78 in Medicaid costs in Indiana.

PPIN will monitor this bill during the legislative session and work hard to educate lawmakers about the valuable, confidential, and compassionate services the organization provides to Hoosiers.

Exercise Your Right to Vote!



Your vote is your voice and it's time to use it! The midterm election is just around the corner, and we need to ensure that candidates running on a platform to defund PPIN hear us loud and clear. The General Election is Nov. 2, 2010, and traditionally turnout is low for non-Presidential years. But, in Indiana this year your vote is vital. District maps will be redrawn by the party in power in 2011, inevitably impacting Hoosiers' lives for decades to come.

It's been projected that many of the voters who registered for the first time in 2008 will not vote in the 2010 elections. Let's prove them wrong! On Nov. 2, 2010, encourage your family and friends to go to the polls. Check us out at advocates.ppin.org or contact us at advocates@ppin.org for more information or to contribute to our Get Out The Vote (GOTV) efforts.

HIV Tour in Terre Haute

AIDS Healthcare Foundation's (AHF's) Magic Johnson 'Testing America' Tour, a six-month, 48-state cross-country HIV testing tour, arrived in Indiana in May and partnered with the Terre Haute Planned Parenthood of Indiana (PPIN) health center.

The testing took place on AHF's new, state-of-the-art 'Testing America' mobile HIV testing unit named in honor of and in partnership with basketball legend Earvin "Magic" Johnson, Jr. The AHF/Magic Johnson 'Testing America' tour is part of a collaborative effort to raise local and national awareness about the importance – and ease – of HIV testing and to challenge attitudes about moving toward a streamlined model of HIV testing and counseling nationwide.

Pay It Forward



Disease Intervention Specialists Join PPIN in Muncie

Thanks to federal grant funds, PPIN was recently able to create two new positions aimed at preventing the spread of sexually transmitted diseases.

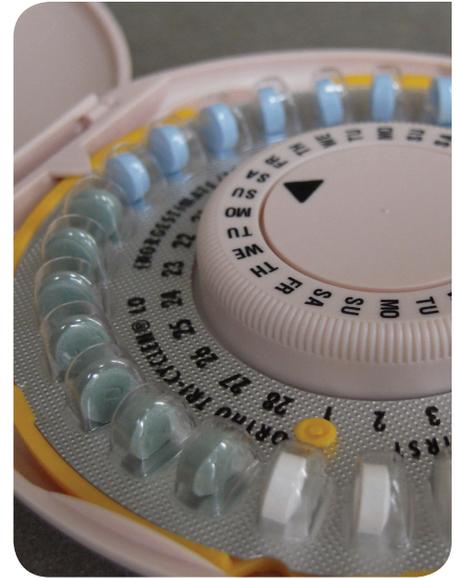
Brandon Todd and Taylor Johnsonbaugh have been hired as disease intervention specialists and both are working out of the Muncie health center. They've already begun working with local health care providers, labs and the health department to locate and counsel Hoosiers who have been exposed to or infected with sexually transmitted diseases, including HIV, gonorrhea, chlamydia and syphilis.

Brandon, an Anderson native, graduated from Ball State University with a degree in communications. His passion for health care and ability to communicate effectively

with others drew him to PPIN. And Taylor, a graduate of Indiana University, was at one time an intern with PPIN.

The \$100,000 in federal funding for these positions was awarded through a competitive process overseen by the Indiana State Department of Health. PPIN also received \$50,000 in federal funds to support an existing disease intervention specialist position in Lafayette.

“By age 25, an estimated one in two sexually active young people will get a sexually transmitted disease. We're committed to improving the health of Hoosiers and we appreciate the opportunity to do so through this grant,” said PPIN Vice President of Patient Services Liz Carroll.



When You Give to Planned Parenthood of Indiana

When you give to Planned Parenthood of Indiana (PPIN), your gift makes a difference in the lives of Hoosiers in your community. Across the state - from Terre Haute to Evansville, from Indianapolis to Fort Wayne, and up to Northwest Indiana - PPIN health centers provide comprehensive reproductive health care - confidentially, compassionately and affordably. Here's your gift at work:

- **\$25** enables a woman to decide if and when to add to her family by providing a two-month supply of birth control pills.
- **\$120** provides an annual exam with a Pap test and breast exam to screen for cancer and allows a woman to take home a two-month supply of birth control pills.
- **\$250** saves lives through early detection by providing three men and women with STD screenings and physical assessments.



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- Hammond
- Indianapolis:
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- Eastside
- Lafayette
- Madison
- Merrillville
- Michigan City
- Mishawaka
- Muncie
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