ANNUAL Report to the Community 2018

Planned Parenthood of the North Country New York, Inc.

Canton ● Lowville ● Malone ● Ogdensburg ● Plattsburgh ● Saranac Lake ● Watertown
To say that 2018 was challenging is an understatement. There were numerous attempts by congress to “defund” Planned Parenthood by eliminating our participation in safety net programs like Medicaid and the Title X program which would leave 1.5 million patients across the country without access to preventive services like birth control, cancer screenings, STD testing and treatment, and well-woman visits. And access to birth control and abortion services are still under attack.

So far, we have blocked these attempts and our success would not be possible without your tireless support. You called your legislators. You attended rallies. You provided financial support. You stood with us when we needed you! With this strong community backing we were able to move forward with several exciting projects this year, including offering PrEP (pre-exposure prophylaxis for HIV prevention) in all health centers, expanding gender-affirming care services, and renovating health centers in Canton, Malone and Ogdensburg. We increased our fundraising goal, brought a record number of advocates to Day of Action in Albany and opened two community outreach centers. None of these accomplishments would be possible without you.

We know that our fight is far from over and extreme politicians are still trying to shut down our health centers and block access to important reproductive health care services. Bolstered by your support, we remain steadfast in our commitment to our mission and service to the community. Together we will succeed. From all of us at Planned Parenthood, our sincere gratitude for standing with Planned Parenthood and for helping us keep our doors open!

A special thank you to our Board of Directors, staff, volunteers, and donors for your dedication to the mission of Planned Parenthood of the North Country New York (PPNCNY). It is a privilege to provide exceptional reproductive and complementary health care, honest education, and fearless advocacy for all.

And the biggest thank you of all to our remarkable patients who choose Planned Parenthood for your reproductive health care services. We are honored to be your provider of choice — ensuring every person has access to the health services you choose, and the opportunity to pursue your own path to a healthy and meaningful life. PPNCNY is committed to your health, your lives, no matter what, and we look forward to the opportunities 2019 will bring to expand our services, education programs, and community partnerships. These doors stay open!
Fiscal Choice

Financials

REVENUE

- Government Grant Revenue ........ 40%
  $2,357,604
- Medicaid, etc. ......................... 24%
  $1,382,214
- Insurance .................................. 17%
  $1,005,271
- Fundraising Revenue..................... 12%
  $701,686
- Client Fees .............................. 1%
  $81,247
- Other ........................................ 6%
  $334,719

TOTAL REVENUE:  $5,862,741

EXPENSES

- Direct Service Expenses ............... 65%
  $3,542,718
- Non-Direct Service Exp. ............... 33%
  $1,856,789
- Fundraising Expenses ................... 2%
  $123,141

TOTAL EXPENSES:  $5,522,648

I WENT TO PLANNED PARENTHOOD AND ALL I GOT WAS
A BREAST EXAM, A PAP SMEAR, PHYSICAL EXAM
STD TESTING AND TREATMENT, INFORMATION
AND COUNSELING ABOUT MY SEXUAL AND
REPRODUCTIVE HEALTH, CANCER SCREENINGS,
A PREGNANCY TEST, PREGNATAL SERVICES,
AND ACCESS TO AFFORDABLE BIRTH CONTROL.

#ISTANDWITHPP  #WEWONTGOBACK

Planned Parenthood of the North Country New York, Inc. 1-800-230-PLAN
Our Teen Advocacy Program (TAP) was very active in 2018, making 4,072 impressions and engagements in the 2017-18 grant cycle. Some of their events this past year included ice cream socials, relaxation and meditation, dream boarding, a costume and ugly sweater party, and multiple tie dye events. The Peer Educators are working to bring on volunteer Peer Advocates to supplement their reach in the local school districts. These recruits will be immediate points of contact for their peers to get to necessary health services in the local area. We look forward to continued successes with this program!
Denim Day is a campaign to prevent sexual violence through education and public awareness. April is Sexual Assault Awareness Month, and Denim Day is a call to action for all people to come together by wearing denim as a visible sign of protest against sexual violence. Each year in April, PPNCNY sells Denim Day pins to raise money for SAS of Clinton, Franklin, and Essex Counties. Wearing these pins on Denim Day is a sign of solidarity in support of survivors of sexual assault—locally and around the world. With a suggested donation of $5, over $1,100 was donated in 2018 to raise awareness of sexual assault and its effects on our community.

Why denim? Denim Day was originally triggered by a ruling by the 1997 Italian Supreme Court where a rape conviction was overturned because the justices felt that since the victim was wearing tight jeans she must have helped her rapist remove her jeans, thereby implying consent. The following day, the women in the Italian Parliament came to work wearing jeans in solidarity with the victim. Denim Day was developed in response to this case and wearing jeans during this annual event has become a symbol of protest against erroneous and destructive attitudes about sexual assault. Women of the Italian Legislature protested the decision by wearing jeans to work. As news of the decision spread, so did the protest. In April 1999, a social service agency in Los Angeles established the first Denim Day in the United States.

In addition to Sexual Assault Awareness month, April is also National Poetry month. Planned Parenthood collaborated with The Adirondack Center for Writing for a Listen Poetry Festival. This unique collaboration between an arts organization and a public health organization offered innovative arts programming with a critical social health message. The four spoken word poets performed a series of pieces regarding consent, gender and sexual assault.

The performances were followed up by hour-long workshops facilitated by poets, who are all trained through the Dialogue Arts Project in New York City. Every student received information about sexual violence with resources that are available locally and nationally, including Enough is Enough legislation, affirmative consent, Title IX, and survivor stories. Planned Parenthood’s Sexual Assault Services team was present to provide immediate crisis counseling.

In the workshops, students discussed relationships, gender roles, and societal pressures. They then analyzed a poem and were told to write something modeled off the given piece of work. Feedback from teachers and students was overwhelmingly positive.
Supporting Survivors of Sexual Assault

The third annual 5K Color Run took place at Carousel Park in Saranac Lake and raised over $2,300 for PPNCNYs Sexual Assault Services.

Voter Registration

In September PPNCNY Community Engagement staff teamed up with the Jefferson County Democrats and the League of Women Voters in the North Country to put on four different events for National Voter Registration Day. Throughout the voter registration push, PPNCNY collected over 150 registrations of new and updated voters who were able to participate in the November 2018 election. We look forward to continued collaborations and increased numbers of registrations in future voter registration events!

LiFT Program Part II

In partnership with Planned Parenthood Greater Northwest and Hawaiian Islands, PPNCNY held the second LiFT (Linking Families & Teens) program in Watertown. LiFT is a pilot study geared towards rural families that is aiming to create an Evidence-Based Curriculum to address parent-child communication in the home and increase honest conversations about the “tough stuff” like healthy relationships, sexual health, drugs and alcohol and school success. We had 23 families with teens registered to participate in this unique opportunity to gain some interpersonal skills and improve relationships within the home. PPNCNY was the only affiliate from New York, and one of the only on the East Coast, to participate. We are so thankful to have had this opportunity to co-facilitate the program twice, and look forward to a training-of-the-trainers to be able to recreate this program in the North Country soon.
In February, PPNCNY staff joined PPESA (Planned Parenthood Empire State Acts) in an initial advocacy event in Albany for Comprehensive Sex Education. A group of Community Engagement staff teamed up with staff from UHPP and MHPP to encourage Assembly and Senate members Woerner, Brindisi, Magnarelli and Little to pass the bill for that session, talking about the importance of starting body-positive education in the formative years and continuing those conversations throughout high school—leading to students being better prepared for relationships and have better communication in their homes. While the bill did not pass in this session, we have continued working closely with these representatives and others in getting this bill passed and we hope to see it succeed in the 2020 session.

In March, over 100 PPNCNY staff, volunteers, and advocates participated in the annual Day of Action event in Albany. Our agenda was jammed packed with North Country residents encouraging representatives to pass multiple initiatives since turning both the Assembly and the Senate to a bluer hue. Wins included the Reproductive Health Act, Comprehensive Contraceptive Coverage Act, Boss Bill, and the overall goal of passing the Women’s Agenda in the budget (which covered decriminalizing abortion, prevention maternal mortality, and advancing Comprehensive Sex Education).
PPNCNY celebrated Pride month with our first annual Dye Your Pride event. We partnered with the Unitarian Universalist Church of Canton to tie dye shirts on their front lawn. There was a fantastic turnout of community and church members. Members of the media came by to publicize this amazing first-time event for the area. Staff made some great community connections and tie dye over 75 shirts throughout the day with various Pride designs.

PPNCNY now sponsors three Generation Action campus groups throughout the North Country, at St. Lawrence University, Plattsburgh State, and Jefferson Community College. The SLU group just finished their second year and have over 50 active club members, and sponsored events this past year focusing on consent and access to care. The Plattsburgh group finished their first year strong and have earned themselves a scholarship from the PPFA Youth Squad for the upcoming year to build their chapter. They had a lot of success at their Condom Carnival event and DYE your Pride. The JCC group is building itself this year and hopes to become a full-fledged club on campus in 2019-2020.
Expanding PrEP and Gender-Affirming Care

In 2018, PPNCNY expanded our gender affirming services to our Plattsburgh Health Center. With transgender care in our two largest offices, we continue to be committed to improving the way transgender individuals receive healthcare in our region. We proudly work together with our transgender community to lead the way in eliminating barriers to care and to create communities that are welcoming to trans and gender non-conforming individuals.

We serve transgender people at various places on the spectrum of gender identity and expression. We offer preventive sexual health care services as well as gender affirming hormone therapy. Planned Parenthood does not provide pharmacy services for hormones. However, patients under our care receive a written prescription for hormones which they fill at a pharmacy. If you are already being seen by a medical provider for transgender services but you wish to transfer your care to Planned Parenthood, we can help! Call 1-800-230-PLAN to make an appointment and meet with a member of our Transgender Program.

“I am so grateful to receive health care at Planned Parenthood of the North Country during my transition. They are knowledgeable, kind and compassionate to my needs. It is a safe space for me to be myself.” — PPNCNY patient

Advances in preparation and treatment are bringing us closer to ending HIV. PrEP is one of a number of HIV prevention strategies for people who are HIV negative but who also have higher-than-average risk of contracting HIV.

Patients on PrEP take a pill every day and must also agree to see their healthcare provider at least every three months for follow-up testing. When taken as prescribed, this once a day pill is highly effective in protecting against HIV. PrEP is intended for use along with other risk reduction strategies such as condoms because people taking PrEP are still at some risk of contracting HIV, especially those who do not take PrEP consistently, and because people on PrEP remain at risk for other types of sexually transmitted infection.

“As a gay man I am very grateful to Planned Parenthood for being one of the only PrEP prescribers in the area. I’m here every three months for a full STI check and PrEP Checkup.” — PPNCNY patient
In May, PPNCNY supporters of all ages protested the Gag Rule. On June 1, 2018 The U.S. Department of Health and Human Services (HHS) issued a domestic gag rule prohibiting Title X grantees (Planned Parenthood) from providing a full range of pregnancy-related options, including abortion care.

Our Spring Plunge took place on Lake Champlain, raising over $8,800. Special thanks to Josh Clement Productions for allowing “The Beav” to join us! Other events include our National Women’s Day at Cascade Ski Center, Valentine and Halloween Sex Trivia’s, house parties across the affiliate, Canton Outreach Center open house, April Fool’s Ball, and our “Spring it on” prize-a-day giveaway!

National Women’s Day at Cascade Ski Center March 8, 2018
Be Our Friend with Benefits!

Friends with Benefits is our new monthly giving program that gives YOU perks and benefits while making an immediate impact on the health of our patients.

Your monthly gift will be deducted on the 7th of each month from your Visa, MasterCard, American Express or Discover card and will enroll you into PPNCNY’s Friends with Benefits Program.

I, ______________________________________ (name) pledge $____________(monthly amount) to be charged to

my: Credit Card # ________________________________ Expiration Date ______________

CVV Code (on reverse of card) ______________ AMEX is the 4 digit code on the front of the card ______________

Signature ______________________________ Date ______________ Email: _____________________________

Your bank account or credit card statement will serve as a monthly record of your transaction. You can notify us by telephone or in writing when you wish to change or cancel this agreement. PPNCNY will provide you a summary of annual gifts in January. Be sure to fill out your email to receive our Friends with Benefits communications!

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First Base—Gifts starting at $10 a month receive free admission to Friends with Benefits Events, updates from Friends with Benefits communication network, pin and sticker swag.

Second Base—Gifts starting at $20 a month receive free admission to all Friends with Benefits Events and a $20 discount on all other events, updates from Friends with Benefits communication network, T-shirt, pin and sticker swag.

Third Base—Gifts starting at $25 a month receive free admission entry to all Friends with Benefits Events and a $25 discount on all other events, updates from Friends with Benefits communication network, T-shirt and premium swag.

Home Run—Gifts of $50 or more a month become VIP Friends with Benefits with exclusive premium swag and VIP access to events. Please call Shelby directly at 518-561-0605 x 128.
Call 1-800-230-PLAN

Find us on:
Facebook, Instagram and Twitter for more information on upcoming events and initiatives.

Choice Locations

PLATTSBURGH: *
66 Brinkerhoff St.
Plattsburgh, NY 12901

CANTON:
9 Miner St.
Canton, NY 13617

OGDENSBURG:
419 Ford St.
Ogdensburg, NY 13669

SARANAC LAKE:
41 St. Bernard St.
Saranac Lake, NY 12983

WATERTOWN: *
160 Stone St.
Watertown, NY 13601

MALONE:
246 W. Main St. Suite 1
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LOWVILLE:
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