



NEWS SOURCE SPRING 2016

LETTER FROM PRESIDENT & CEO MEAGAN GALLAGHER

Dear Friends,

As Planned Parenthood of Northern New England (PPNNE) continues its 51st year, I am thrilled to share that thanks to you and thousands of other generous supporters, we did not just reach our 5 year, \$25 million 50th Anniversary Campaign goal—we exceeded it. From 2011-2015, we raised a total of \$25.8 million, with the additional support helping to offset unforeseen challenges and attacks this past year.

Through the Campaign, we began to transform PPNNE and position it for success in the new world of health care reform and among an increasingly savvy and bold generation.

As you'll see in this News Source, the transformation of our 21 health centers into prominent, accessible, modern health care facilities is well underway. We are employing the best new technologies to improve care and access. We are building on the success of new education and information platforms for young people. We can better defend against hostile legislation and prioritize sexual and reproductive health in health care reform through a bolstered public policy program. And we are doing all of this while continuing to provide essential health care to nearly 40,000 patients each year.

While we came together over the last five years to transform PPNNE, this country saw the most severe escalation of attacks against women's health in decades. Because of your support, not only are we not going anywhere, we are stronger than ever.

As we embark upon the next 50 years, we work toward a world where:

- Everyone has access to high-quality, affordable reproductive health care and family planning when they need it and without harassment.

- The full range of contraceptives, including long-acting reversible contraceptives (LARCs), are readily available.

- Women and men are empowered to achieve their reproductive life plans, making it easier to finish school, pursue career aspirations, and break the cycle of poverty.

- Young people have the information they need to become sexually healthy adults.

- Everyone is empowered to make their own decisions about their bodies.

- No one experiences stigma and shame about sexuality and sexual health.

Together we can make this possible and can continue the work you care about.

As always, thank you for standing with us.

Onward,



PPNNE LAUNCHES INTO THE FUTURE WITH ITS 50TH ANNIVERSARY CAMPAIGN! THANK YOU, SUPPORTERS!

The 50th Anniversary Campaign provided critical resources in five key areas.

Thank you to all who supported this five-year, \$25 million effort! Here's what we accomplished together:

1 TRANSFORMING OUR HEALTH CENTERS

"I deserve this said a PPNNE patient, after stepping foot inside one of our newly renovated and relocated health centers.

BEFORE



AFTER

She was absolutely right - she does deserve this. All of our patients deserve a space that is welcoming, modern, and reflects the expert, high-quality care they receive.

2 EXPANDING TECHNOLOGY

Campaign funding supported implementation of the health information technology that has allowed PPNNE to streamline health center operations, enhance health care delivery, and improve patient outcomes.



We've successfully implemented electronic health records and we're now able to provide cutting-edge telemedicine.

3 BUILDING A BOLD, AGGRESSIVE PUBLIC POLICY PROGRAM

In the face of continued attacks, PPNNE remains a leading voice in sexual and reproductive health. With you our partners are loud, proud, and unapologetic.

Our ability to provide health care depends on the strength of our public affairs teams. Thanks to your support, those teams are stronger than ever.



4 EDUCATING & ENGAGING OUR COMMUNITIES



Education is a critical pathway to health and empowerment. We now have trained high school peer educators, who are sharing with their classmates what young people need to know to become sexually healthy adults.



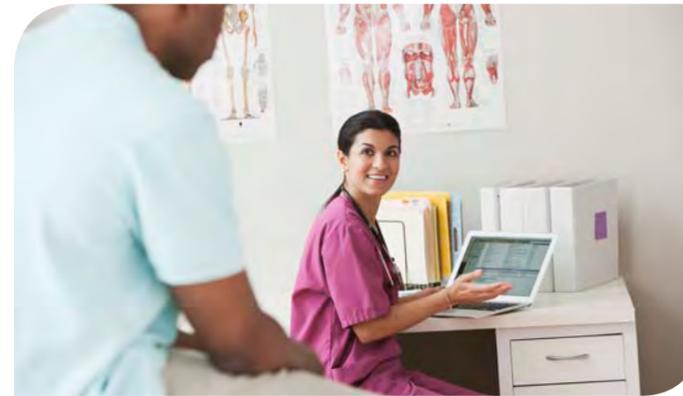
Our informational YouTube channel, *A Naked Notion*, promotes frank, honest conversations about sex with young people. To date it has more than 53,000 subscribers and 5.7 million lifetime views!

Student engagement on college campuses continues to grow and there is now a Planned Parenthood affiliated group at 15 colleges and universities across Maine, New Hampshire and Vermont.

5 AS ALWAYS, SERVING OUR PATIENTS

During the course of the campaign, you helped nearly 40,000 patients a year receive essential services.

"I've always been aware of the amazing work that is done here. Not until recently did I get to experience it. I am thankful, happy, and proud to say that it's the best place I've ever been to for such experiences. It's not just for women. They help everyone. Thank you for everything!"



"Thank you to Planned Parenthood for being the only place in a two-hour radius where I can get the medical care I need. Your kindness and dedication has helped me through a rough time."



"You have made it possible for me to be a strong, confident woman who is comfortable with her body. Thank you for empowering women to be comfortable with their sexuality and for providing so many beneficial programs. You all do amazing work and truly are angels. You show that women have a CHOICE and that we should never be afraid to be who we are. I stand with PP, now and always. You are making a difference in this world!"

SETTING THE STAGE FOR THE FUTURE

Your support of this Campaign laid the groundwork for long-term impact on the lives of women and men across northern New England.

Today, nearly half of all pregnancies in our region are unintended. Study after study confirms that women's control over the timing and spacing of their families is directly linked to health, to educational and professional attainment, and to economic security. If we are to live in the world of equal opportunity that we envision, we must do better.



And we will. We know that a lower unintended pregnancy rate is possible because we now have the tools to make it happen—highly effective, safe, long-acting, reversible contraceptives, such as the IUD and implant; no cost birth control, for many, through the Affordable Care Act; and research to show these advancements in contraceptive technology and policy are enough to make this a winning strategy.

This change is possible because you believed in PPNNE. Together, we will take the next steps in creating a world where everyone has access to high-quality, affordable reproductive health care and family planning when they need it and without harassment.

SUPPORTER PROFILE: ALAINA MURPHY

ALAINA MURPHY, CHARLOTTE, VT, PPNNE VOLUNTEER AND SUPPORTER

When I was two, I saw my first ballet, and immediately told my mother that's what I was going to do! I moved away from home at age 13 to study with Pacific Northwest Ballet. I was hired as an apprentice at 15, full company member at 16, promoted to soloist at 18, and promoted to a principal dancer at 19.

I consider myself lucky – lucky in the way that I got to live my dream and passion. But, that almost wasn't the case.

I never got my period when I was younger, which felt fine by me. Though, my first visit to a gynecologist proved unnerving as she told me I would never be able to get pregnant. I knew someday I really wanted kids, but put it in the back of my mind to focus on my career.



Fast forward a few years, I had a great new job with San Francisco Ballet and had met the man I was going to marry. We were both 22, and the first time

we had sex he reached for a condom. I said we didn't need one because I could never get pregnant. I realize now that was not a good choice, knowing the STD risk is very real. But, this is my story, mistakes and all.

Within six months, I was pregnant. I was in shock. I believed my doctor when she said I couldn't get pregnant. In tears, I called my sister who asked me what I wanted to do. I knew so strongly that I wasn't ready to be a mom—not yet. Somehow, through

my panic and anxiety, I knew I could call Planned Parenthood for an abortion. There was a sense of relief knowing I could have an appointment right away. The staff was very supportive.

We used birth control after that, which I got from Planned Parenthood. It was so easy and I felt very comfortable talking to them about options. They were patient and understanding as I worked to find the right method for me. Three years later, I was pregnant again, despite using birth control. I turned to Planned Parenthood for a second abortion.



I went on to have three incredible, healthy children, at a time that was right for me, my husband and our family.

As my children grow older, I feel very lucky that they feel comfortable enough to come to me to ask about sexual and reproductive matters. But it also feels good knowing they can call Planned Parenthood and make an appointment to speak with someone who will listen, provide the needed information to make their own choices, and who will support them in those decisions.

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For more information about our work or about contributing to PPNNE, please be in touch: supportus@ppnne.org, 1-800-287-8188 ext 9704.

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