

# Gratitude Report

FISCAL  
YEAR 2021





## Dear Friends,

As I write this, I'm thinking back on the last fiscal year (July 2020 to June 2021) and can hardly believe all we've been through together.

We started the year with wildfires and smoke ravaging our communities, and we ended there.

We started with the COVID-19 pandemic taking the lives of thousands of Americans every day and overloading our health care system, and we ended there.

This year quickly became the worst on record for anti-abortion legislation. While it ended tragically with the introduction of Texas SB 8, the most dangerous anti-abortion law we've seen, we know the worst is yet to come.

But we started with you by our side, and despite it all, here you are again. Standing with us - no matter what. Because of you, there is good news and progress to talk about. You're incredible.

You helped us meet the needs of our patients, no matter where they live, and even helped us expand abortion and gender affirming care.

At a time when many of us weren't sure how we were going to keep up the educational needs of our own family members, you made it possible for PPMM Education programs to reach nearly 70,000 people.

From helping push legislators to extend telehealth reimbursements in California, to requiring some schools in Nevada to provide menstrual hygiene products at no cost, you made sure that laws in our communities reflect our values.

So I hope you enjoy this Gratitude Report and can celebrate the good news you've helped make possible. We still have a long way to go, but with you by our side, we can do anything.

In this together,

Stacy Cross  
President and CEO





# 173,650 unique patients

**68%** live below 100% of the Federal Poverty Level  
(2020 FPL annual income for one person is \$12,760)

**91%** live at or below 200% of the Federal Poverty Level

**78%** used Medicaid/Medi-Cal/Family PACT/Medicare

**381,869** Total visits

**313,696** Tests for sexually transmitted infections (STI)

**336,309** Reproductive health care visits\*

**31,045** Breast and cervical cancer screenings

**20,090** Abortion procedures  
(74% medication, 26% on-site)

**14,795** Long-acting reversible contraception (LARC) visits

**14,727** Family medicine visits\*\*

**1,764** Gender affirming care visits

**1,397** Behavioral health visits

*Patients may receive multiple services per visit*

\* Wellness, contraception, pregnancy, gender affirming care, STI testing/treatment and cancer-screening visits.

\*\* Pediatric and adult primary care



## Ethnicity

● Latinx	85,274	49%
● White	35,482	20%
● African American	19,088	11%
● Multi-racial, other, or unknown	17,393	10%
● Asian	14,079	8%
● Native Hawaiian or other Pacific Islander	1,554	1%
● American Indian or Alaska Native	780	<1%



## Ages

● 19 and under	18,720	11%
● 20-30	94,361	54%
● 31-40	40,248	23%
● 41+	20,321	12%



## Gender

● Female	144,979	84%
● Male	28,608	16%
● Identify as "other"	63	<1%



# Abortion is health care

This has been the worst year for legislative attacks on abortion since the Supreme Court's *Roe v. Wade* ruling in 1973. There have been nearly 600 restrictions introduced in just nine months. Texas SB 8 is the most dangerous and blatantly unconstitutional law yet, and it is ominously significant that when the Supreme Court was asked to stop it from taking effect, it chose to do nothing.

While abortion bans like the one Texas enacted spread to other states, California and Nevada's role as reproductive freedom states become even more crucial. The essential, life-changing care you help us provide every day at PPMM is protected in California's constitution and by strong laws in Nevada.

Across California, in just the last year, Planned Parenthood saw more than 7,000 out-of-state patients, the vast majority of whom were seeking abortion care. Our doors are proudly open and we are ready to welcome everyone who comes through them - for whatever care they decide they need.

It's in these moments, when abortion-access is hanging by a thread in Texas, and the Supreme Court has turned its back on its own precedent, that we must rally together even more strongly.

And you've done just that.

Here's how your donations have helped expand our ability to care for both local and out-of-state patients who need us, no matter what:

- You helped increase abortion services training at PPMM - now more health care providers can help more patients.
- You helped expand abortion access in Reno, NV and Bakersfield, CA - two areas that were identified as abortion-provider deserts.
- You helped purchase land for a new building in Reno, NV - one that will soon become a flagship health center with increased space for abortion services, and a convenient location for out-of-state patients to travel to.
- You are helping us find a new home for one of our health centers in Oakland, which will also be well-situated to host patients who may need to fly in from around the country for care.



## Care, no matter what – especially in a pandemic

Our Bakersfield health center is located in an abortion-care desert, and many other preventive health care services are also very difficult to access if you have a low income, inflexible work hours, or no insurance. Especially during the pandemic.

Raul J., who manages our Bakersfield site, said that during this devastating public health crisis, our patients are constantly expressing gratitude that PPMM is there for them.

“There have been so many times in the past months that patients have told us they have tried and tried to get an appointment with their primary care provider, and they just haven’t been able to get seen,” Raul said. “But they call us, and they get an appointment within days, for anything from birth control to Pap tests to medication abortions and on-site abortions. They are so thankful.”

Our telehealth services have also been crucial for patients who can’t come in to the health center.

“Patients really appreciate that telehealth is safer for them, more convenient, and that they can get these services without having to take off time from jobs that they simply can’t leave for an hour during the day,” Raul said. “We see day laborers here or people at home with kids, because of the pandemic, who don’t have childcare. Having a phone appointment with us is their health care-access.”

“Even before COVID, this health center was so important to people who live and work in this community. Now it’s even more crucial.”







# Knowledge is power

You helped support the creation and ongoing work for *¡Con Confianza!*, meaning “With Trust and Confidence,” the first-ever mobile sex ed game developed with and for Spanish-speaking students in grades six through twelve. Designed by students whose first language is Spanish, *¡Con Confianza!* will ensure that middle and high school English Language Acquisition students and families no longer face a language barrier when it comes to accessing engaging, evidence-informed comprehensive sex education.

That’s not all. You also supported this youth-led impact:

- 13 Y-LED (youth designers) contributed 320 hours co-creating *¡Con Confianza!*, social media posts, and new sex ed content + reviewing and improving PPMM youth education programs
- 6 current/former participants of the Teen Parent Support Program (TPSP) joined a youth participatory action research project, learning about and creating data collection tools to examine whether TPSP is a promising two-generation approach to breaking cycles of violence
- 21 Teen Council peer educators reached 1,730 youth and their friends with sex ed delivered via trusted one-to-one conversations and co-leading group sessions with PPMM Education staff

## By the numbers

Last year you helped us reach nearly **70,000** people in 15 California and Nevada counties through education and outreach programs, including:

- **22,990** youth and adult participants took part in core programs including Digital Learning, Peer Education, and Youth Development programs
- **10,838** sex ed students in middle and high school who received comprehensive sex ed aligned with state and national education standards
- **545** students were served via our virtual comprehensive sex ed for moderately to severely disabled students

## Spotlight: PromotorX

At the beginning of the pandemic, it seemed as though PPMM’s newly revitalized PromotorX adult peer education program, conducted in person and entirely in Spanish, might be de-railed. But the Peer Education team says just the opposite has happened.

“After a year of hosting the program in a ‘virtual’ environment, our PromotorX members can connect (online) from Salinas, Soledad, Greenfield, all over Monterey County, and beyond,” said Peer Education Program Manager Lauren W. “Every other week, we meet to learn about a different sex ed topics and we have conversations in ways we couldn’t before and with more diverse groups of people.”

The PromotorX group members are then able to call, video conference, or text members of their communities to share what they’ve learned.

“Our Latinx communities are stronger than ever, leaning on the values of community connection and support no matter what,” Lauren said. “The pandemic was the first time that our PromotorX were able to host platicas (community chats) with both adults and youth in the same virtual space. Sometimes with 30 or more community members logging in to access information that isn’t readily available. PromotorX ensured their communities had equitable access to health and sex ed information and resources - at a time when the rest of the world was becoming more isolated from each other.”



# Standing up for what's right



Below is a partial list of passed bills that Planned Parenthood supported to further the interests of our patients and the communities we serve:

## California

- **SB 74 and the Budget Act of 2020:** The 2020 Budget Bill continues the \$100 million allocation of funding for Medi-Cal providers, including women's health and family planning. Other highlights include restoring funding to implement the extension of pregnancy-only Medi-Cal coverage for patients diagnosed with a maternal mental health condition; maintaining funding for preventions of STIs, HIV, and Hep C; and maintaining funding for the Black Infant Health Program within the California Department of Public Health.

In August 2021, Governor Gavin Newsom signed an historic state budget agreement extending telehealth to Medi-Cal patients and expanding access to health care for millions of Californians. The budget includes equal funding for phone and video appointments through December 2022.

## Nevada

- **SB 190:** Allows pharmacists to dispense certain kinds of hormonal birth control directly to patients.
- **SB 275:** Modernizes Nevada's HIV laws by replacing outdated criminalizing language and instead encourages HIV testing, treatment, and preventive care.
- **AB 224:** Requires a percentage of Nevada public schools to provide menstrual hygiene products to students at no cost to the student.
- **AB 321:** Makes permanent the changes to vote-by-mail regulations that were first made during the pandemic, including expanding voting access to Native American communities in Nevada AB 280: Requires places of public accommodation, public buildings, and facilities owned by a public body to provide gender neutral restrooms.



## Helping patients with COVID-19 every step of the way

A patient who called the health center, where Primary Care Coordinator Sarah D. works, calmly explained that she was living in a tent in her back yard. She had tested positive for COVID-19 and didn't need to be hospitalized, but wanted to be sure she didn't infect her family at home.

"This is the kind of thing people are facing," Sarah said. "Right away, I knew I could find community resources to help her out, beyond how we could also help in the health center, including how she could sign up for aid programs."

Telehealth has become a major way Sarah helps patients manage their chronic health problems and symptoms, whether that means coming in to the health center, being referred to more community resources, or navigating hospital care systems. Or all three. She talks to patients frequently and comes to know them – about their lives, their families – over the phone or video.

"Recently, one older couple came in after both had had COVID, and one had been in the hospital. I had spoken with them many times while helping them to navigate the hospital," Sarah said. "They actually asked to meet me when they were well enough to come in to the health center. Of course, I felt like I'd already met them."

## Mental health care is crucial – always

It's no secret that the pandemic has led to significant anxiety and mental health challenges, including for many of our patients.

"The high rate of isolation during the pandemic means I've been hearing about a lot of depression, anxiety, and higher rates of domestic abuse," PPMM Behavioral Health Clinician Shana S. said. "Being able to speak with patients – including many who have never had any kind of therapy before – and give them the tools and resources to manage this stress and stay safe is so essential to their health."

Shana said that PPMM's ability to incorporate mental health into the services we provide has added a critical dimension of care during this devastating public health crisis.

"I am just so grateful that PPMM acknowledges how important mental health is and that we're able to provide counseling for so many who would be out there on their own to deal with this pressure, isolation, and fear if it weren't for us."







## Gender affirming care becomes a core service at PPMM

Transgender people encounter a range of barriers to accessing primary care – but thanks to your support, gender affirming care is now a core service at PPMM. As of April 1, 2021, this service is offered at all 35 of our health centers across California and Nevada.

All PPMM staff have been trained in the foundations of gender affirming care, gender affirming hormone therapy, language and terminology, transgender health care experiences, and cultural competency.

**“I felt very anxious every day for 30 years. Since my first [testosterone] shot, that anxiety has been gone.”**

Gender affirming care at PPMM includes:

- Hormone therapy
- Gender affirming reproductive health
- Gender affirming primary care
- Centralized care coordination for referrals for mental health, abnormal lab follow-up, and prior authorizations for medically necessary surgical procedures

## Focusing on diversity, equity, and inclusion

Thanks to you, Planned Parenthood Mar Monte mounted a comprehensive search involving hundreds of candidates to fill our inaugural Vice President of Diversity, Equity, and Inclusion position.

Arthur Chan was selected and is PPMM’s first full time staff member dedicated to Diversity, Equity, and Inclusion (DEI). Arthur will provide thoughtful guidance in our ongoing investment in diversity, equity, and inclusion at PPMM.



Throughout Arthur’s career in the health care and nonprofit sectors, he aspires to positively impact organizations and individuals by focusing on intersectionality, cultivating a workplace culture of inclusion and belonging, and facilitating equitable and sustainable change.

Arthur was born and grew up in Hong Kong. He is proud of his Chinese and Portuguese heritage, and moved to San Francisco in October 2016 to be legally married to his husband, Terrence. Arthur worked as a clinical psychologist at the Hong Kong Hospital Authority from 2012 to 2016, during which he provided evidence-based assessments and interventions to people living with psychological distress, developed programs to address mental health disparities among under-represented groups, and facilitated inclusion training sessions to health care professionals and staff members.

“Everyone I have met so far has been very candid, supportive, and passionate about their work,” Arthur said about his first month at PPMM. “I believe this is attributable to the inclusive culture PPMM has created throughout the years, and I look forward to helping foster an even more equitable space.”





## An updated health center in Fresno – thanks to legacy giving

*Celebrating the Vera Broder Silberstein Family First Health Center in Fresno, California*

The Fresno community has a new, upgraded health center thanks to a transformative legacy gift from Vera Broder Silberstein.

The major renovations include a child-friendly design with rooms for pediatric and primary care, an especially large need in the Fresno area. We're already hearing rave reviews from patients, many of whom express how warm and welcoming the space is, and how proud they are that this is where they get to come for care.

We are forever grateful to Mrs. Silberstein, a long-time resident of Fresno with a strong passion for reproductive health and freedom. Her legacy will benefit thousands of children and adults for generations to come.

Interested in discussing your legacy?  
Contact us at [legacy@ppmarmonte.org](mailto:legacy@ppmarmonte.org) or 916.325.1705.





# Our Service Region

## CALIFORNIA

### 1 Alameda County

Hayward  
Oakland-Coliseum

### 2 Fresno County

Fresno:  
Family First\*  
Fulton Street

### 3 Kern County

Bakersfield

### 4 Madera County

Madera

### 5 Merced County

Merced

### 6 Monterey County

Salinas  
Seaside

### 7 Placer County

Roseville

### 8 Sacramento County

North Highlands  
Sacramento:  
B Street\*  
Capitol Plaza  
Fruitridge

### 9 San Joaquin County

Manteca  
Stockton:  
Eastland Plaza  
North Stockton  
Tracy

### 10 San Mateo County

Redwood City\*  
San Mateo\*  
South San Francisco\*

### 11 Santa Clara County

Gilroy  
Mar Monte  
Community Clinic  
(MMCC)\*  
Mountain View\*  
San Jose:  
Central\*  
Blossom Hill\*  
Eastside

### 12 Santa Cruz County

Santa Cruz\*  
Watsonville\*

### 13 Stanislaus County

Modesto

### 14 Sutter County

Yuba City

### 15 Tulare County

Visalia

### 16 Yolo County

Woodland

## NEVADA

### 17 Washoe County

Reno



\*Site offers COVID-19 testing

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Sincere appreciation to Tanuja Bahal, Joan Gallo, Karen Grove, Despina Hatton, and Lizelda Lopez for their service on PPMM's board that concluded in FY21.

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Planned Parenthood Mar Monte delivers vital health care, sex education, and information to adults and children across California and Nevada, regardless of their income, identities, immigration status, or beliefs.