

# FOCUS

Winter 2018

## REPRODUCTIVE HEALTH CARE.

## IT'S WHAT WE DO.



Planned Parenthood of Southern New England

CELEBRATING 95 YEARS OF CARE

### Delivering Comprehensive Sex Ed in a #MeToo World

*Your support of sex education is shifting cultural norms*

The #MeToo movement has lifted the curtain on the horrible reality that sexual harassment and assault are extremely prevalent in our society. Social media pages started flooding with the hashtag in late 2017 as many have bravely chosen to share the painful details of the assault and harassment they have endured. Even if someone didn't share #MeToo on their page, **the fact remains that one in four women and one in six men will be sexually assaulted in their lifetime.**



PPSNE educator Tazmaya Reid teaches about healthy relationships, and sexual harassment and assault.

Sadly, it is not surprising that sexual assault and harassment are so pervasive in our culture given the lack of information and education on sex and sexuality. For many young people, these topics can be confusing and scary, especially when children grow up hearing that sexuality is something to hide rather than discuss. PPSNE educators and trainers see this reality in schools and communities every day.

#### #MeToo has become a teachable moment for discussing and communicating about harassment and sexual assault.

At PPSNE, we are shifting cultural norms by providing opportunities for young people to learn about all aspects of human sexuality. **PPSNE educators teach young people how to distinguish between healthy and unhealthy relationships.** They provide skill-building opportunities using proven strategies to teach young people how to effectively communicate with friends and partners. For starters this means talking about consent and defining how sexual assault and harassment can show up in our lives.

As a society, if we want to create a world where all relationships are based on respect, honesty, equality, and safety, then we must educate and inform young people by openly speaking about sex and sexuality. We know having these conversations can be difficult, but we are here to help.

Learn how you can get the conversation started with a young person in your life by visiting [ppsne.org/convo](https://ppsne.org/convo).

#### ON THE INSIDE

- 2 Focused on Our Mission
- 3 A to Z Health Care at PPSNE
- 4 Celebrating 95 Years of Care
- 6 Grand Opening: The Judy Tabar Health Center
- 7 Protecting Reproductive Freedom in Rhode Island

## Advancing Our Mission

Amanda Skinner, President and CEO

95 feels invigorating! As we mark our 95<sup>th</sup> anniversary serving women and families across our communities, we are fired up and ready to continue boldly advancing our mission and vision of equity. **We couldn't be here without your vital support, and we look forward to celebrating this milestone with you all year long!**

Earlier this year, Cecile Richards announced she is stepping down as PPFA president in May. We will miss her, and are thankful for her steadfast dedication to our mission and

**"... we will continue to be on the front lines in the fight for women's full equality..."**

leading us in a powerful movement. 2018 will be a pivotal year for reproductive health and rights; we will continue to be on the front lines in the fight for women's

full equality - at work, at school, at home, in Congress, and in society. This is what Planned Parenthood has always stood for - the fundamental right of each person to fulfill their own path in life.

In Rhode Island, we will be working hard to advance the Reproductive Health Care Act that would codify into state law the right to constitutionally-protected safe, legal abortion without burdensome restrictions. We also have an ambitious legislative agenda in Connecticut, focusing on preserving the 10 essential health benefits of the Affordable Care Act and joining once again with our coalition partners to work on passing Paid Family and Medical Leave legislation.

**We will continue to push back against the Trump administration's immoral attacks on reproductive rights and marginalized communities.** After a year of failed legislative attempts to "defund" Planned Parenthood, this year we anticipate increased regulatory actions that will undermine a person's ability to access basic preventative care at Planned

Parenthood health centers, including birth control, STI/HIV services, and cancer screenings.

We are so fortunate to have supporters like you who can see beyond today's horrendous headlines and imagine a future where every person has access to high-quality, affordable health care free of shame and stigma. It is because of you that we have been able to continue expanding our range of primary care services and enhancing our ability to coordinate care for our patients with other providers. **The stories in this newsletter highlight some inspiring examples of the innovative new ground we've been able to cover in our clinical, advocacy, and education programs thanks to your investment in our mission and work.**

Your support of PPSNE and our mission has never been more important. The challenges before us are great, and yet I know the strength of our movement is even greater. **Thanks to you and thousands of people who share your commitment, vision, and resolve, we will be here for another 95 years.**

Finally, I want to let you know about a new way we can stay in touch - I'm now on Twitter! Follow me **@AmandaSkinnerPP** for timely news, updates, and perspectives on our shared interests. I look forward to connecting with you in the Twittersphere!



## DOWNLOAD TODAY!

Zipper® is the easiest and fastest way to schedule an appointment at any Planned Parenthood health center in Connecticut and Rhode Island. With Zipper®, patients can learn about the health care services provided by Planned Parenthood and get accurate, up-to-date information about reproductive health care. App users can even estimate the cost of their visit with our Cost Calculator.



Now available on all iOS and Android devices, in English and Spanish. Download Zipper® today!



## A to Z Health Care at PPSNE

*Care coordinators keep patients from falling through the cracks*

Navigating the health care system can be difficult for anyone, and can be particularly challenging for someone with a chronic or unexpected health diagnosis.

You are investing in an affiliate on the cutting edge of health care. This means that PPSNE patients across southern New England can get the help they may not even know they need in navigating the next steps of their care. **By blending health care and subsequent service coordination, we are keeping patients from falling through the cracks in a complex health care system.**



Care coordination is a transformative way to improve health outcomes and ensure that patients are part of the decision-making process on how to reach their desired health goals. **Patients are grateful for our care team's compassionate attitudes, willingness to work in partnership with them, and commitment that they get the highest quality care.**

**PPSNE has invested in three different 'navigators' who will help more than 500 patients this year.**

- Our Breast Health Navigator helps hundreds of patients with abnormal breast and cervical cancer screenings get the follow-up care they need such as scheduling mammograms at a local hospital, and
- Our PrEP (Pre-Exposure Prophylaxis) Navigator connects patients with the resources and information they need to prevent HIV.
- Our Patient Care Specialist has worked with over 300 people, routinely following up with nearly a third of those patients to ensure they are following through on their plan of care, including filling prescriptions, renewing their health insurance, and having needed specialty care visits.

With the Judy Tabar Health Center in Hartford certified as a Patient-Centered Medical Home (PCMH), we are able to address health issues such as diabetes, hypertension and high cholesterol in the greater-Hartford community. **Not only are we caring for our patients' reproductive health needs, we are also their primary care provider** and are able to treat conditions one would not usually think to come to Planned Parenthood for.

**Your commitment to PPSNE is helping us become the premier provider of comprehensive health care services in the region.** With your enduring support we plan to continue expanding primary care services to more of our patients. Next up, we will pursue PCMH recognition in Stamford, CT to further improve health outcomes in our communities. Thank you for your steadfast support.

### FOCUS Contributors

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## MESSAGES FROM OUR PATIENTS



**"They gave me advice, and explained the next steps, but ultimately I was the decision maker. It is the most involved I've ever felt in my health care."**



**"I come here for my GYN care and was so surprised they were able to give me advice on physical therapy I can do for my bad back and scoliosis."**

*Quotes are based on patient responses collected during focus groups.*



# CELEBRATING 95 YEARS OF CARE



Katharine Martha Houghton Hepburn

In Connecticut, Katharine Martha Houghton Hepburn and two of her friends, Katharine Beach Day and Josephine "Jo" Day Bennett, met with Margaret Sanger when she came to CT to address supporters at Parson's Theater in Hartford. Building off the work of Annie Webb Porritt, the three friends formed the Connecticut Branch of the American Birth Control League.

1923

RIMHA petitioned Planned Parenthood Federation of America (PPFA) to become an affiliate of the organization. With this new affiliation came another name: Planned Parenthood of Rhode Island.

1964



The Campaign was in full swing as PPRI aimed to move its health center.

Planned Parenthood of Rhode Island completed the *Point Street Campaign* and moved its health center and administrative offices to a new location in Providence, RI, where it remained for three decades.

1987

The Rhode Island Birth Control League was founded in July 1931. Its health center was the first birth control center in New England and initially limited its activity to dissemination of contraceptive information to married women.

1931



The Rhode Island Maternal Health Association took on a more familiar name in 1964: Planned Parenthood of Rhode Island.

Now named the Rhode Island Maternal Health Association (RIMHA), basic GYN care provided included Pap tests and breast exams. Although more patients were coming for help, and services were expanded to include pre-marital counseling and fertility advice, the work was still controversial and the social agencies were forced to remove the RIMHA from their listings.

1946

1965

1973



Estelle Griswold, executive director, left, and Cornelia Jahncke, president, of the Planned Parenthood League of Connecticut, celebrated a decision by the U.S. Supreme Court that struck down the state's law banning the use of birth control. (photo by Joe Pettis/ New Haven Register)

The famous case *Griswold v. Connecticut* reached the U.S. Supreme Court. Thomas Emerson, J.D., dean of the Yale Law School and Catherine Roraback, J.D. represented PPLC. On June 7, 1965 the court ruled 7-2 that the Connecticut law against the use of birth control violated the constitutional right to marital privacy. This decision paved the way for later decisions, including the 1973 decision of *Roe v. Wade*, which legalized abortion in the United States.



The Supreme Court rendered the landmark *Roe v. Wade* decision and legalized abortion in the U.S.

KEY: ○ CT ○ RI ○ PPSNE ○ NATIONAL

1998

Planned Parenthood of Connecticut began the *Campaign to Secure the Future* capital fundraising initiative to relocate its administrative offices and health center in New Haven, CT.



Planned Parenthood of Southern New England

On October 1, 2009, Planned Parenthood of Rhode Island and Planned Parenthood of Connecticut merged, combining their operations into one affiliate, Planned Parenthood of Southern New England, Inc. (PPSNE). As PPSNE, we continue to work to ensure access to reproductive health care and information for all.

2009



In January 2011, PPSNE launched its most ambitious and comprehensive campaign in its history. The \$22 million *Building Futures Campaign* was developed around three key priority areas: transforming health centers, growing education programs to better engage youth and expanding health care delivery and access. When the campaign concluded, six health centers were renovated and/or relocated across CT and RI.



Providence, RI health center located at 175 Broad Street.

2011

2014

The conversation on Planned Parenthood changed when PPFA acknowledged its past, and committed to being a better partner to Reproductive Justice organizations in the future in the fight for reproductive health and rights within communities of color. Planned Parenthood is dedicated to being a more just and inclusive organization in its next 100 years.

2016

Planned Parenthood turned 100.



People of all ages and backgrounds stand together in the fight against threats to their communities.

TODAY

PPSNE continues to fight back against threats as we center the lives of our patients and community. We stand with people of color, the immigrant community, people who identify as LGBTQ and other marginalized groups in the fight for full equality. We believe reproductive rights are basic human rights, and all people should be able to live safe and healthy lives.

2017



Judy Tabar (above, left) retired as PPSNE President and CEO following 20 years of reproductive health care advancements, vision and community impact. Amanda Skinner (above, right) was hired as the next President and CEO to lead PPSNE into its next chapter.



## FUTURE

PPSNE will always fight for a person's right to access the sexual and reproductive health care services and education they want and need. We have a vision of a world where sexual and reproductive rights are basic human rights, where access to health care doesn't depend on who you are or where you live, and where every person has the opportunity to choose their own path to a healthy and meaningful life.

## Cutting the Ribbon on the Judy Tabar Health Center

*Hundreds celebrate the opening of donor-funded, state-of-the-art health center in Hartford*

More than 160 supporters joined PPSNE for the grand opening celebration of the relocated Hartford health center on January 24. Located at the same address – 1229 Albany Avenue in the North End of Hartford – PPSNE moved its health center and community education center across the hall to a completely renovated and redesigned space.

The Hartford health center is named after Judy Tabar, who served as PPSNE President and CEO for 20 years before retiring in April 2017. Tabar opened the first PPSNE health center in the North End during her tenure. **The Hartford location is dedicated to Tabar, whose vision, dedication and commitment to addressing unmet health care needs in Hartford continue to change lives.**

The new health center is nearly double the size of the previous location – with six exam rooms and three counseling rooms. Last year, PPSNE provided high-quality health care services to nearly 4,500 people in Hartford, and we plan to see 15 percent more patients this year. At this location in the North End of Hartford, **PPSNE provides the full spectrum of reproductive health care services, and as a primary care provider, we also treat conditions such as high blood pressure, diabetes, depression, cholesterol and asthma.** Each month, more than 100 people are making primary care appointments in Hartford.

It is thanks to our focus on compassionate, innovative care that prioritizes building participative relationships with patients that the Hartford location received the highest recognition from the National Committee for Quality Assurance as a Level 3 Patient-Centered Medical Home. PPSNE is dedicated to personalizing, humanizing and demystifying the health care experience for our patients, and as a result, the location also earned Bronze Recognition from Planetree.

The new location is well-equipped to deliver superior health care and educational programming well into the future. **It is thanks to the \$22 million Building Futures Campaign, the Hartford location, as well as five other health centers in Connecticut and Rhode Island, were upgraded, redesigned, or relocated.** These long-term investments support our mission and enhance our ability to provide patient-centered care in communities for many years to come.

**Thank you to all those who supported the Campaign and for partnering on this important work.** Read more about your investment in primary care work and care coordination on page 3.



*PPSNE officially cut the ribbon on the Judy Tabar Health Center on January 24, 2018. L-R: Rev., Dr. Hugh B. Hamilton, Pastor of the North United Methodist Church, Amanda Skinner, PPSNE President and CEO, Judy Tabar, former PPSNE President and CEO (1997-2017) and Luke Bronin, Mayor of Hartford.*



*The staff at the Judy Tabar Health Center provides high-quality health care services which are improving overall health outcomes in Hartford community.*



## Protecting Reproductive Freedom in Rhode Island

Changing the state constitution to ensure women have the right to abortion

We are hopeful that 2018 will be the year that PPSNE, along with its coalition partners, will pass the Reproductive Health Care Act that will protect access to safe, legal abortion in Rhode Island.

Nationally, there are growing concerns that the U.S. Supreme Court, with the next Trump-appointed justice, will overturn *Roe v. Wade*. In Rhode Island, a state labeled as "hostile" to abortion rights by The Guttmacher Institute, the State Constitution specifically states that there is no protected right to abortion.

**This year, Rhode Islanders will need to get even louder in their support of the Reproductive Health Care Act to rally support behind codifying the right to abortion law.**

Polling from the PEW Research Center shows that Rhode Island residents support keeping abortion safe and legal by a 2-to-1 margin.

In 2017 and 2018, thousands of people gathered at the RI Women's March – standing up for the rights of all people as the movement for reproductive freedom continues to grow. People across Rhode Island are demanding action to protect reproductive freedom and affirm the autonomy



Faith leaders, health care providers, and social justice advocates packed into the RI State House for a press conference in support of the Reproductive Health Care Act last month.

and equality of women. We need the General Assembly to stand up for women's health and reproductive freedom.

**What can you do to help?** Reach out to your local elected officials and ask them to support the Reproductive Health Care Act. Call them or reach out on social media to make your voice heard! Join our movement and stay up-to-date on the latest events by following us Facebook, Twitter and Instagram or by emailing [organizing@ppsne.org](mailto:organizing@ppsne.org).

## DOUBLE YOUR GIFT...

...with the help of your employer when you give to Planned Parenthood of Southern New England.



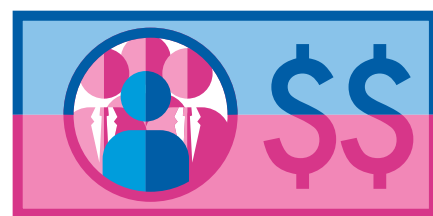
**YOUR DONATION**

+



**COMPANY'S MATCH**

=



**DOUBLE YOUR IMPACT**

Check with your employer to see if they will match your gift to PPSNE. Every dollar makes a difference!

**Use Tax ID # 06-0263565**

## Taking Nothing for Granted in a Blue State

*Let's do this!*

In 2017 you fought back, you made financial contributions, you made your voice heard and you did whatever it took to protect access to Planned Parenthood for the nearly 65,000 patients who come to us for their health care in Connecticut.

### Are you ready to continue to resist and win in 2018?

If we've learned anything from our opponents it is that our biggest opportunity to stand up for the values we share will happen at the state and local levels.

**"Your voice and action are key to advance reproductive freedom in CT during this legislative session and beyond!"**

Your voice and action are key to advance reproductive freedom in CT during this legislative session and beyond! Our priorities include supporting legislation to protect the

essential benefits of the Affordable Care Act; including preventive health services for women, like birth control with no-copay or cost sharing and expanded prescription coverage up to 12 months for contraceptives. We will fight to protect Medicaid funding – an essential women's health program – and family planning funding.

It's clear that our patients need more than sex education, birth control, or cancer screenings – our patients need a living wage, access to quality education, to live in communities free of violence and without fear their families will be torn apart and without fear of harm from discriminatory policies. **That's why we will also work to pass Paid Family Medical Leave, pay equity, minimum wage increase and fair work week to support CT workers and families.**

As we fight for a more equitable and just society we will continue to work with coalition partners promoting racial

justice, voting rights, economic justice, civil rights and immigrant rights. We have a lot of work to do to continue to build a powerful movement of strong, healthy communities across our state. With your help, we will get it done!

Next up: hearing from you to help us co-create strategies and plans for 2018.

Follow us on Instagram, Facebook and

Twitter or email us at [organizing@ppsne.org](mailto:organizing@ppsne.org) to find out how you can get involved locally! **You can also view our ambitious legislative agenda at [ppsne.org/getinvolved](http://ppsne.org/getinvolved).**

With you by our side we will continue to fight back against threats to our bodies, our lives, and our communities! You keep proving that whatever the opposition throws at us, we have the power to win. Thank you for all you do to advocate for reproductive health and rights and protect access to Planned Parenthood for our patients.



Activists have called, marched, rallied and even traveled to Washington, D.C. to demand Congress protect health care and access to Planned Parenthood. Sen. Richard Blumenthal stands with our supporters and PPSNE in D.C.

### PPSNE Information

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