

RELENTLESS. RELENTLESS.
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Upper Hudson Planned Parenthood Annual Report 2022

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This was the year the worst happened.
We knew it was coming. We were prepared.

We had to be.

Losing the constitutional right to abortion
was still heartbreaking – for patients, for providers,
for the communities we serve.

But we've faced challenges before,
and we've never given up. We won't start now.

WE'RE RELENTLESS.

In a world without *Roe v. Wade*,
our mission is more important than ever.

Planned Parenthood is more essential than ever.

We are still here, providing care at health centers
across the country, getting education and
unbiased information to millions, and building
a movement to rebuild our rights, stronger
and more equitable than before.



Our Doors
== ARE ==
OPEN

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RELENTLESS. **MESSAGE**
RELENTLESS. **FROM**
RELENTLESS. **LEADERSHIP.**
RELENTLESS.
RELENTLESS

In the wake of the Supreme Court's *Dobbs v. Jackson Women's Health Organization* decision, states began banning abortion. The stories broke our hearts. Young victims of abuse were forced to travel hundreds of miles to get abortion care. Women with wanted pregnancies were denied miscarriage care. Over and over, patient stories brought to life the harsh realities and barriers to care that have been erected over night.

Over the last few years, as we prepared to lose the federal constitutional right to abortion, we've been asking ourselves, "Who are we going to be?" Now we know.



Chelly Hegan
President and CEO

Upper Hudson
Planned Parenthood



Katharine Neer
Board Chair

Upper Hudson
Planned Parenthood

At Upper Hudson Planned Parenthood, our centers opened their doors every day to provide birth control, STI testing, cancer screenings, behavioral health, transgender healthcare, abortion and more. We provide sex education and outreach in our communities.

We are the advocates and the fighters who will not rest until every person has access to the sexual and reproductive care and education they need to be free. The road ahead will be long and difficult. There will be more heartbreak, but it will not break us. Every appointment kept, every patient seen, is a victory.

Planned Parenthood providers and staff will keep moving mountains: innovating new ways to serve patients and break down the barriers of structural racism that block access to care; teaching our communities how to care and advocate for themselves; and getting people the sexual and reproductive health information they need, wherever they are.

We have an opportunity to build a better, more equitable future – where all people have access to the care they need. Planned Parenthood and our supporters are up to the challenge. We are relentless.

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CARE. **HEALTH CARE.**

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HEALTH CARE

As threats to abortion access loomed and the COVID-19 pandemic continued, providers at Upper Hudson Planned Parenthood health centers were relentless. They continued to meet patients where they are – in nearly **450 visits via telehealth** – with the services they need.

1,843

visits for gender-affirming health care

154

prescriptions for PEP and/or PrEP

1,295

visits for behavioral health screening



HEALTH SERVICES



9,178
patients



16,732
visits



1,421
Pap tests & breast exams



12,685
birth control services



20,690
STI tests & treatments



2,616
abortions

TELEHEALTH + TECHNOLOGY

430

telehealth appointments

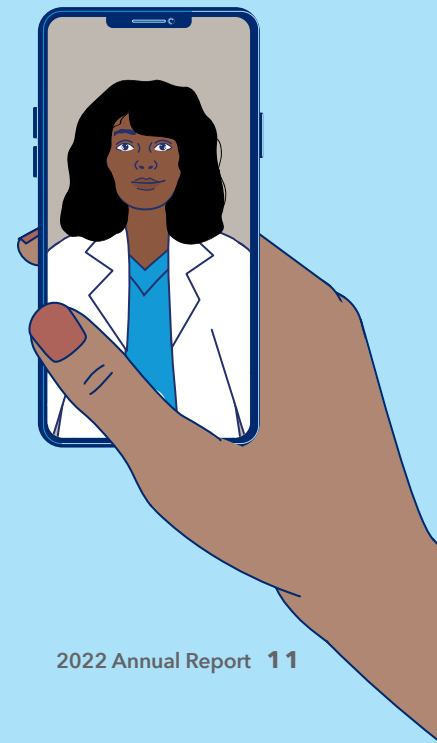
5

providers providing telehealth

7,412

appointments

booked through online
appointment scheduling



Abortion

In June of 2022, the Supreme Court overturned *Roe v. Wade*, removing federal protections for abortion rights. Some states moved quickly to put abortion bans into place, throwing patients and providers into a devastating new reality. At Planned Parenthood, we know that banning abortion does not take away people's need to access abortion care. Patients who need to access abortion should not face the shame and overwhelming hurdles that will come from this decision.

At UHPP we are committed to providing care for those in our community and those who come to us from out of the area or out of the state. We wanted to serve every patient that came to us for abortion care now and into the future. Post *Roe*, we:

- **Hired an Abortion Navigator** to assist patients who are traveling here from across the state or from across the country to help book abortion appointments, make travel arrangements, as well as work with patients to pay for their care.
- **Built capacity** to make sure that we have resources available to account for increased technology, staffing, wages, and appointment times needed to meet increased demand for services.
- **Expanded training** for staff to increase gestational age at all three centers and invest in our mental health and wellness program.
- **Launched a patient reassurance campaign** as well as continuing our work to reduce abortion stigma in our community.



**OUR
DOORS
ARE
OPEN.**

New Services: FREE HIV and Hep C Testing, Sexual Assault Services and Microspend

UHPP received a grant through the New York State Department of Health AIDS Institute to provide **free HIV and Hepatitis C testing to all patients** regardless of insurance status. This grant aims to improve access to sexual health services in New York State with a focus outside of New York City.

In addition to providing free services, UHPP has hired a part-time care coordinator to provide follow-up support to any patients who need it. This grant also includes funding for a marketing campaign to inform the community of the free services and incentives that will be offered to patients onsite to encourage testing.

In late 2022, **UHPP received a three-year grant from the Office of Victim Services to create a Sexual Assault and Victims of Crime Services Program.** Through this program, we will be offering counseling, education, and advocacy for survivors of sexual assault and other crimes in Albany, Columbia, Greene, and Rensselaer counties. Support services will include emotional support and counseling, help with safety planning, help preparing victim impact statements for courts and parole boards, help finding shelter and transportation, referrals to other services, assistance with compensation applications, and information on sexual assault prevention.

UHPP was part of a community pilot program to support the short term needs of patients. Through the “micro-spend” pilot program, UHPP utilized funding to address patients’ immediate, one-time needs – such as sneakers for kids, culturally appropriate clothing, space heaters, bus passes for interviews, driver’s licenses, utility bills, legal name changes for transgender and gender non-conforming patients, and many other social determinant of health factors up to \$150 per person. To determine need and allocate funds, UHPP’s Behavioral Health Counselors met with patients and offered one-time funding to those in need.

PPDIRECT

UHPP launched PPDirect, a mobile health care app that allows patients to receive birth control pills through at-home delivery and UTI treatment delivered to local pharmacies, without ever having to go into a health center for an appointment. Patients just need to download the free PPDirect app to their Android or iPhone. The links can be found at uhpp.org.

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EDUCATION. **EDUCATION.**



EDUCATION

Upper Hudson Planned Parenthood is a vital source of education and information for thousands of people – who come to us every day with their most urgent, personal questions. And while the COVID-19 pandemic continued, Planned Parenthood educators worked to answer those questions, in sex education programs and online, anywhere, any time.

Despite limited opportunities for in-person sex education due to the ongoing COVID-19 pandemic, **Upper Hudson Planned Parenthood affiliate educators reached nearly 4,300 people.**



Education programs reached
2,283 participants



Training programs conducted at
52 locations

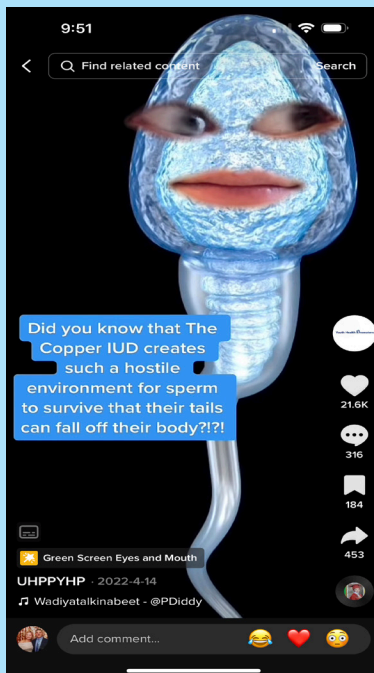


Community outreach reached
2,013 participants

Accurate information, wherever and whenever you need it.

Reaching new audiences: Tik Tok

UHPP launched a Tik Tok channel in 2022 with more than 75 videos uploaded. The content included videos on birth control, sexually transmitted infections, upcoming community events and more. The creators used visuals and viral trending topics to capture the views of users. One video went viral garnering more than 670,000 views. The YHP's and the educators work together to keep the material fresh and interesting.



Mission Accomplished

UHPP is proud to partner with Mission Accomplished as part of the Comprehensive Adolescent Pregnancy Prevention Program. In 2022, their Teen Fashion + Beauty Institute and Teen Construction + Design Institute explored programs for teens with an interest in construction, fashion, beauty, interior design and decorating and mural painting.

During this program teen participants become student interns who take advantage of introductory classes focused on branding, marketing, budgeting, public speaking and networking and customer/client identification. After learning these concepts and skills student interns will apply them in the workplace by co-developing and completing an administrative, operational or marketing project with representatives of two local businesses.



Relaunching Teen Clinic

UHPP relaunched our Teen Clinic in all three health centers. Every week, young people aged 13-21 can come into the teen space at any one of our Planned Parenthood Health Centers and get free snacks, drinks, condoms, dental dams, and other safe sex materials. Planned Parenthood sexual health educators are there to provide information, answer questions and help young people make appointments.



2022 LEADERSHIP CIRCLE
VIRTUAL LUNCHEON

POLICING THE WOMB

Upper Hudson Planned Parenthood hosted a virtual Leadership Circle Event: a conversation about the future of abortion access and what dangerous ways the law can coerce people who confront the issues of pregnancy, maternity, and sex with Professor Goodwin and The Honorable Dr. Dorcely J. R. Ayers on Friday, October 7th at 12 noon. Professor Goodwin provided a great historical context of abortion in the Supreme Court of the United States even before the Roe v. Wade case and the impact that the Dobbs decision will have across our country. Professor Goodwin is the author of six books and over 100 articles, essays, book chapters, and commentaries. Her work focuses on health law specifically reproductive justice, health and human rights, and bodily autonomy.



Our Leadership Circle is a group of individuals taking a public stand for Upper Hudson Planned Parenthood's mission, services and education. In 2022, we had more than 300 members.

Outside events Post Dobbs

So many members of our community and businesses stepped up to show their support. In the months after Dobbs, a dozen events popped up to support our work including: Plumb Bar, Sprig and Social, 2 Tattoo Flash Sheets, Fuze Box, Hudson Brewing Company, Scribner's Lodge and Copake Poetry Society. These events kept our community energized and inspired during a heartbreaking time. We are so grateful to all who stand proudly in support of abortion access and our ability to care no matter what.





UHPP Awards Antonio Delgado the Advocate for Choice Award at the final Roe V. Wade Event

UHPP was thrilled to honor then NY19 Representative Antonio Delgado from NY, with our 2022 Advocate for Choice Award for his continued support protecting access to abortion and as a co-sponsor of the Women's Health Protection Act.

"The right to safe and legal abortion has been the law of the land for nearly 50 years and is now very much a part of the fabric of our country. Generations have grown up under this precedent and yet here we are, with a fight on our hands. It's about controlling bodies. It's about turning back the clock and putting people back in their 'less than place.' These are the stakes, but we are not about to let the clock turn back. We've come too far to let that happen." said Delgado.

UHPP's virtual event was honored to have Senate Majority Leader Chuck Schumer in attendance to mark the occasion.

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FUTURE. **BUILDING A
BETTER FUTURE.**

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BUILDING A BETTER FUTURE

As we prepared for a new reality without the federal constitutional right to abortion, Planned Parenthood knew we would not win back our rights overnight. Building a future in which all people have control over their health and lives will require a deep, strong foundation. We have to smash the culture of shame and stigma that surround sexual and reproductive health, recruit new partners to the movement, and remind the world that we are fighting for freedom. **We have to be relentless.**



Making our Voices Heard in the Community

UHPP hosted EIGHT rallies with 4,000 plus participants

- **Rally for Abortion Rights** with Governor Kathy Hochul, US Congressman Antonio Delgado, NYS Senate Majority Leader Andrea Stewart-Cousins, NYS Assembly Speaker Carl E. Heastie, NYS Senator Liz Krueger, Tandra LaGrone, Dr. Rachel Flink, Local Organizer Luz Benbow, and YWCA xecutive Director Starletta Smith
- **Bans Off Honk and Waves at all three health centers** with speakers: Albany Mayor Kathy Sheehan, Albany County Legislator Dustin Reidy, and organizer Taina Asili
- **Say Abortion Vigil, Decision Day** in Albany
- **Equality Amendment: Lobby Day and Rally** in Albany
- **End of Session visibility and Speak Out in Albany**
- **Albany's Abortion Justice Rally** as part of Women's March's National Weekend of Action; Co-hosted by In Our Own Voices, Pride Center of the Capital Region, and YWCA of the Greater Capital Region; Tabling from In Our Own Voices and the Pride Center of the Capital Region



ABORTION STIGMA

UHPP continued its work to stop abortion stigma by hosting a two-part lunch and learn series *Abortion Stigma* and *How to Combat It* featuring Brianna Samson, UHPP Director of Clinical Services and *Abortion Stigma: Language Matters* featuring Emma Corbett, State Director of Communications, Planned Parenthood Empire State Acts. UHPP also worked with BEST Media to create a concise reference guide from the Lunch & Learn presentation which was shared with supporters via social media.



Volunteer Program

Patient Escorts

In April 2022, the Public Affairs department reinstated the Patient Escort Volunteer Program in response to an uptick in anti-choice activity near UHPP's Troy Health Center. Since patient escorts had not been used in years at UHPP, we had to contact volunteers who had previously filled this role and recruit new volunteers. In the five weeks that the program ran, the Public Affairs department trained and oriented eleven volunteers to this role. In addition to receiving verbal instructions, the Public Affairs and Volunteer Coordinator completed their first escorting shift with them to ensure they were prepared and confident to take on this role. This group provided our team with critical information about the goings on surrounding the health center, and after five weeks, the program concluded after it was determined that it was no longer necessary.

Post-Roe Volunteer Interest

Following the overturning of Roe v. Wade, UHPP received an outpouring of support from community members who wanted to help! In the week following the overturning of Roe, we received 122 new volunteer applications and countless phone calls, emails, and letters. We hosted three volunteer trainings in 2022, which a total of 147 community members registered for.

In September 2022, UHPP hosted our first-ever Abortion Care Kit Assembly event. Our volunteers came together to put together 100 abortion after-care kits that were then distributed to our patients in Albany, Troy, and Hudson to assist in their recovery. This first event was so successful that we created an Amazon Wishlist that we shared with supporters that they used to purchase and donate materials for more abortion care kits! In addition to purchases made by community members, we also received a generous \$1,000 donation from members of the Albany Unitarian Universalist church to buy more materials for the kits.



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DATA. **HEALTH
SERVICE DATA.**



BREAKDOWN OF MEDICAL SERVICES

STI Testing & Treatment

STI Tests	20,690
HIV Tests	3,428
Genital Warts (HPV) Treatments	531

Contraceptive Services

Reversible Contraception Clients	1,658
Emergency Contraception Kits	1,402
Male Contraception Visits	2,460
Female Contraceptive Visits	10,225

Cancer Screenings & Prevention

Breast Care	660
Pap Tests	761
HPV Vaccinations	99

Other Reproductive Health Services

Transgender Visits	1,843
Well-person visits	645

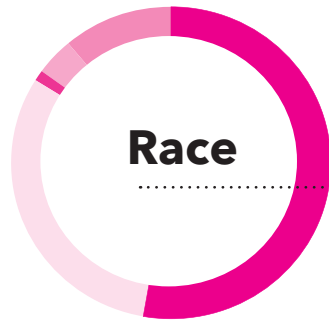
Abortion Services

Abortion Procedures	2,616
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Other Services

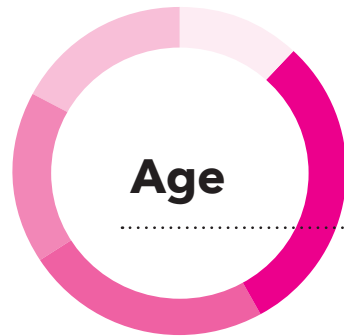
Behavioral Health	1,295
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BREAKDOWN OF DEMOGRAPHICS



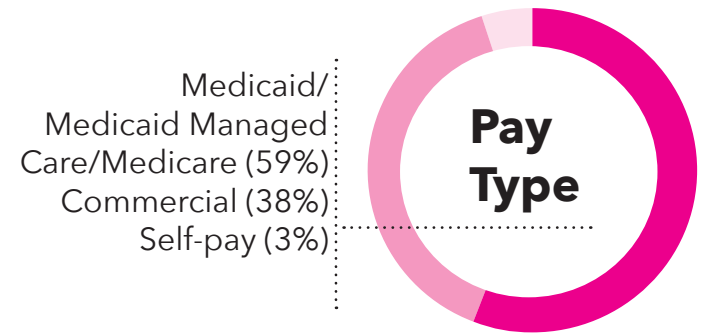
Race

White (54%)
African American (29%)
American Indian or Alaskan Native (1%)
Asian or Pacific Islander (5%)
Multiracial, other or unknown (11%)



Age

Under 19 (12%)
20 to 24 (30%)
25 to 29 (24%)
30 to 34 (17%)
35+ (17%)



Pay Type

Medicaid/
Medicaid Managed
Care/Medicare (59%)
Commercial (38%)
Self-pay (3%)



Poverty Level*

100% at or below (42%)
101% to 150% (14%)
151% to 200% (11%)
More than 200% (30%)
Unknown (3%)

*National poverty level for an individual in 2022 was \$13,590

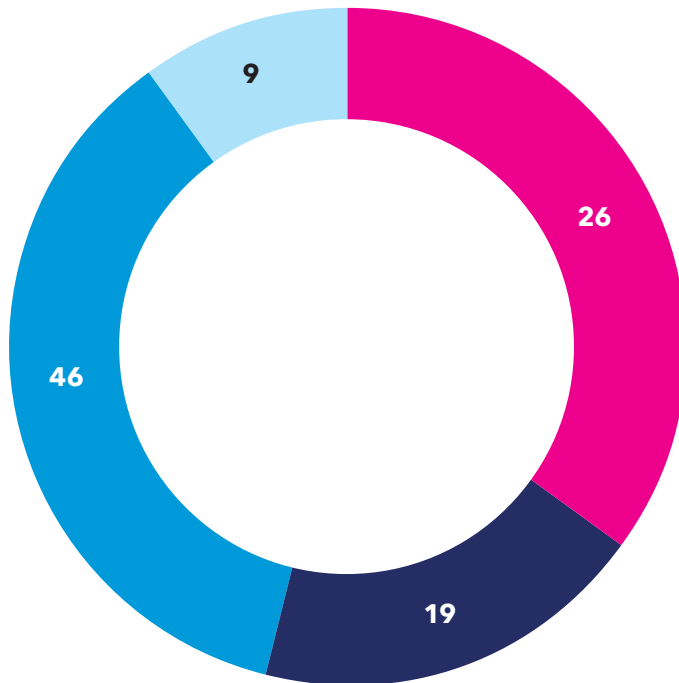
UPPER HUDSON PLANNED PARENTHOOD FINANCIAL DATA

BALANCE SHEET

Revenue	\$8,550,992
Revenue from services	\$3,836,204
State and county grants	\$2,203,183
Contributions	\$1,554,399
Miscellaneous income	\$751,705
Net assets released from restriction	(\$371,201)
Expenses	\$ 8,598,082
Patient services	\$5,769,859
Management and general	\$1,330,102
Education, public affairs, and outreach	\$1,000,837
Fundraising and events	\$497,284

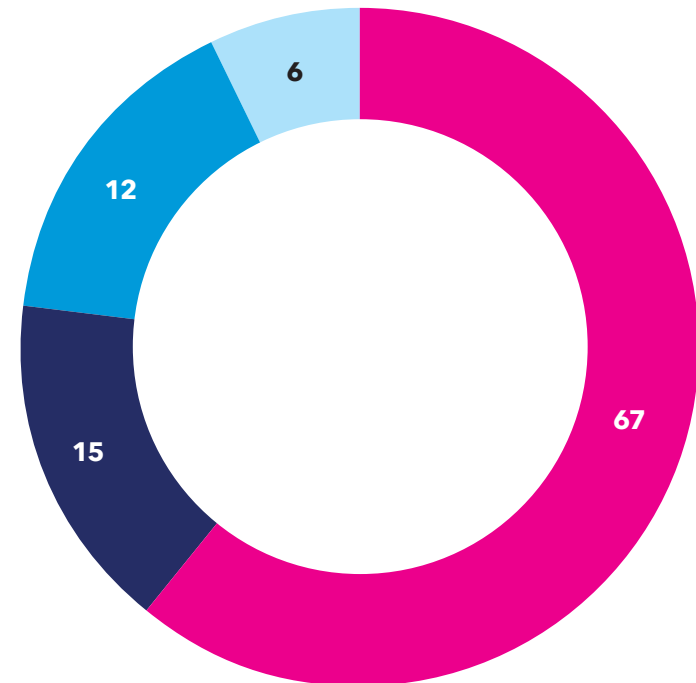
COMBINED REVENUE AND EXPENSES BY PERCENTAGE

REVENUE
by percentage



- Revenue from services
- State and county grants
- Contributions
- Miscellaneous income

EXPENSES
by percentage



- Patient services
- Management and general
- Education, public affairs, and outreach
- Fundraising and events

BOARD OF DIRECTORS

UPPER HUDSON PLANNED PARENTHOOD

Chair

Katharine Neer

Vice Chair

Jamie Goldenberg

Treasurer

Anzala Alozie

Secretary

Alicia Pender Stanley

Members

Deanne Braveman

Courtney Brunelle-Kim

Phillip Burse

Maureen DeRosa

Charles Ferrusi

Samia Khan

Jennie Law

Diane Lombardi

Chris Montagnino

Josh Oppenheimer

Jane Roodenburg, FNP

Gwen Wright

UPPER HUDSON PLANNED PARENTHOOD ON SOCIAL MEDIA

Upper Hudson Planned Parenthood

Facebook @UpperHudsonPlannedParenthood

Twitter @UpperHudsonPP

YouTube @TheUHPP

Instagram @upperhudplannedparenthood

UHPP Youth Health Promoters

Snapchat @omgpp

YouTube @uhppyhp

Facebook @uhppyhp

Instagram @uhppyhp

TikTok @uhppyhp

Planned Parenthood Generation Action

Facebook @PPGenatUAlbany

Instagram @ppgenatualbany

Twitter @PPGenatUAlbany



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