



The Advocate

Fall 2024

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THE IMPORTANCE OF CONTRACEPTION: HONORING FAMPLAN'S ROOTS AND CONTINUING OUR MISSION



At Family Planning of South Central New York, contraception is not only a key part of our services: it's the foundation of our agency's mission. Established with the goal of providing accessible and reliable birth control to all who need it, our work has long been focused on empowering individuals to take control of their reproductive health.

For many, contraception is more than just a health service; it's a tool for personal freedom, family planning, and economic empowerment. Whether it's enabling someone to complete their education, pursue their career, space

pregnancies, or simply make informed decisions about their bodies, access to birth control is critical to both physical health and well-being.

As a pioneering provider of contraception in our region, FamPlan has spent decades advocating for and ensuring that individuals of all genders and backgrounds can make informed, empowered decisions about their reproductive health. Our mission started with birth control, but over the years, we've expanded our services to meet the comprehensive needs of our community, including life saving cancer screenings, STI testing and treatment, rapid HIV and Hepatitis C testing, and PrEP and PEP for HIV.

While our range of services has grown, our commitment to contraception remains as strong as ever. From educating young adults about their options to providing all FDA approved methods of birth control at little to no cost, we continue to ensure that every person can choose the path that's right for them.

As we reflect on our history, we celebrate how far we've come in advancing access to contraception—and look forward to continuing this vital work. Our founding purpose, rooted in reproductive autonomy and health, remains central to everything we do today. Together, we honor this legacy by ensuring that every individual has the resources and support they need to take control of their reproductive health and future.

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Family Planning
OF SOUTH CENTRAL NEW YORK, INC.™

CEO MESSAGE:

Dear Friends,

At Family Planning of South Central New York, we're always striving to expand access to essential health services. Access to contraception remains central to our mission. For over 80 years, we've been committed to offering affordable options, empowering individuals to take control of their reproductive health. From birth control to cancer screenings to PrEP, our medical centers are here to



FamPlan CEO Debra Marcus and PA Mona Land celebrating our Cortland medical center ribbon cutting with the Cortland Area Chamber of Commerce, Assemblyperson Anna Kelles, and State Senator Lea Webb

provide compassionate, high quality care regardless of income, insurance coverage or immigration status.

Through educational programs like Empowering Healthy Decisions, we're working to ensure that young people have the tools they need to make informed choices about their reproductive health. It's a step forward in fostering autonomy and supporting healthier futures for the next generation.

As we look toward the future, the Equal Rights Amendment offers an important opportunity to protect reproductive rights across New York. We're grateful for your continued trust and support, and we look forward to working together as advocates for the health and well-being of our community.

Debra Marcus, J.D.
Chief Executive Officer

LEADERSHIP

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THE ENHANCED EQUAL RIGHTS AMENDMENT

Protecting Reproductive and Sexual Health Rights

At Family Planning of South Central New York, our mission is to ensure accessible, compassionate, and equitable reproductive and sexual health care for everyone in our community. That's why we believe New York State's expanded Equal Rights Amendment (Proposal 1 on the 2024 ballot) is crucial for protecting and expanding the rights that directly impact the people we serve.

What is the Equal Rights Amendment?

The Equal Rights Amendment would amend the New York State Constitution to expand protections against discrimination. While the state constitution currently prohibits discrimination based on race, color, creed, and religion, the ERA would add vital protections against discrimination based on ethnicity, national origin, disability, sex (which includes sexual orientation and gender identity), pregnancy, and reproductive healthcare choices.

For us, the addition of reproductive healthcare autonomy to the constitution is significant. It would mean that no one could face discrimination based on their choices around pregnancy, including contraception, abortion, and other reproductive health decisions. This change directly aligns with FamPlan's values, as we advocate for bodily autonomy and equal access to reproductive health services for all individuals, regardless of their circumstances.

Why is This Important?

The inclusion of reproductive rights as a protected class strengthens the legal foundation for individuals to make decisions about their own bodies without fear of discrimination. As an agency committed to ensuring everyone has the right to choose the reproductive care that's best for them, we believe that the ERA is essential to preventing discrimination that could limit access to care, stigmatize certain health decisions, or lead to unequal treatment in healthcare settings.

Supporting Vulnerable Communities

The ERA would also provide additional protections for groups who have historically faced barriers in accessing healthcare, such as LGBTQ+ individuals, people with disabilities, and those who experience gender based discrimination. By expanding these protections, our state will move closer to ensuring equitable healthcare for all New Yorkers—something we work towards every day at FamPlan. Protecting these rights is crucial not just for today but for future generations.



Clinical staff at the Binghamton medical center.

MEDICAL SERVICES

- Annual exams for women & men
- Birth control, with all FDA approved methods
- Free condoms
- Emergency contraception for only \$15
- Pregnancy testing with full options counseling — including information about adoption, abortion & parenting
- Screening for breast & cervical cancers
- Pap tests with follow-up care
- Advanced diagnostic screening & treatment for precancerous cervical conditions
- Testing & treatment for sexually transmitted infections
- Rapid HIV testing & counseling
- Rapid Initiation of Antiretrovirals for those positive for HIV
- HIV Pre-Exposure Prophylaxis (PrEP)
- HIV Post-Exposure Prophylaxis (PEP)
- Rapid Hepatitis C testing & counseling
- Gardasil, the HPV vaccine that prevents cervical & other cancers
- Same day appointments available
- Telehealth: Phone & video virtual visits
- Certified medical translation services

NUMBERS 2023

ANNUAL BUDGET

\$4.85 MILLION

PATIENT NUMBERS

- 6,757** Total Patients
- 84%** Female Patients
- 15%** Male Patients
- 1%** Nonbinary/Undisclosed
- 11,585** Total Visits

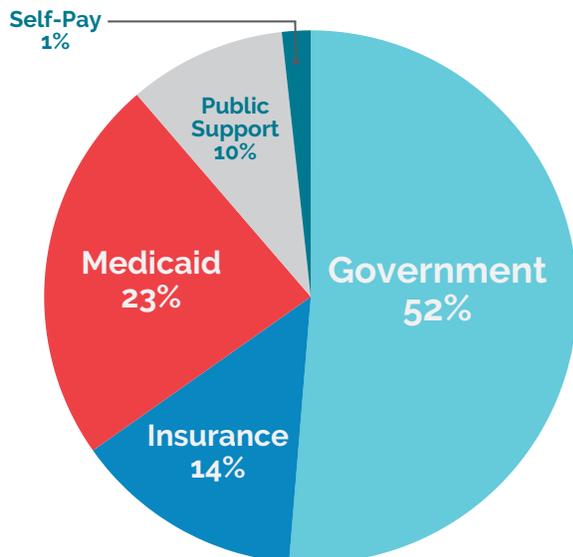
EXPENDITURES

- 69%** Patient Services
- 10%** Administration
- 13%** Education
- 2%** Fundraising
- 3%** Public Information
- 3%** Information Technology

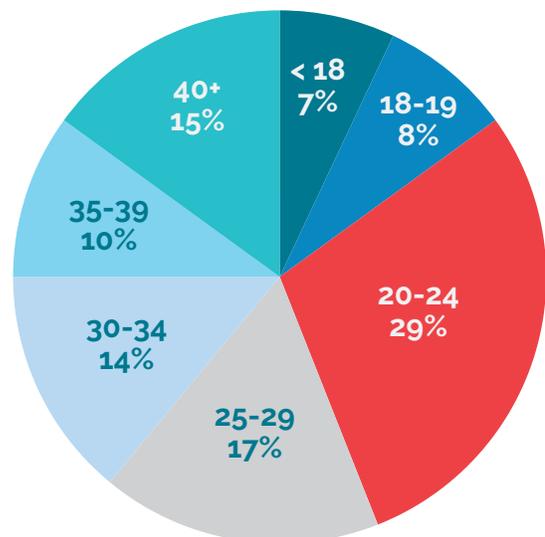
2023 SERVICES BY THE NUMBERS

- 11,585** Number of medical visits by our patients in 2023
- 2,021** Number of Pap tests and cancer screenings performed
- 5,524** Number of patients who received pregnancy tests
- 1,785** Number of Rapid HIV tests performed
- 802** Number of people who visited our health centers for over-the-counter emergency contraception
- 3,916** Number of people who attended our educational programs or received private sessions
- 1** Number of unintended pregnancies considered too many by FamPlan

Sources of Income



Patients by Age



EMPOWERING HEALTHY DECISIONS

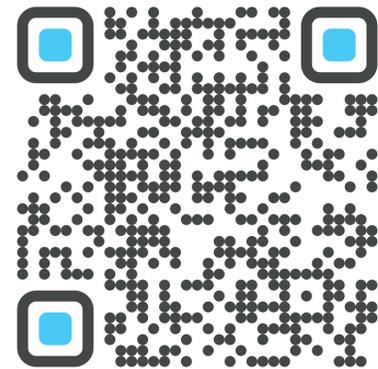
To foster healthier choices and empower young women in Binghamton, FamPlan has launched Empowering Healthy Decisions, thanks to generous funding from the Mayor of Binghamton, Excellus BlueCross BlueShield, and the Community Foundation of South Central New York. In a supportive, safe and nonjudgmental environment, and with a client centered approach, the new position of Educator Advocate works closely with young women ages 16 to 21, encouraging them to articulate their personal reproductive goals and devise a strategic plan to achieve them. Empowering Healthy Decisions aims to identify and address the barriers that young women face in accessing reproductive health services.

Through personalized assistance, the Educator Advocate connects clients to a myriad of resources, eliminating these barriers and facilitating seamless access to essential medical and educational services at FamPlan. The Educator Advocate can assist in making appointments at FamPlan's medical centers, ensuring easy access to comprehensive reproductive care. By forging a strong link between young women and healthcare providers, the Empowering Healthy Decisions program aims to enhance client/patient outcomes and promote overall well-being. Moreover, ongoing support, resources, and information are provided to ensure that clients stay on track towards their reproductive health goals.

Beyond clinical services, the initiative also focuses on fostering connections with community support. Whether it's accessing educational opportunities, employment assistance, or housing resources, the Educator Advocate serves as a bridge, ensuring that young women have access to the support they need to thrive.



CEO Debra Marcus speaking at a press conference on the Empowering Healthy Decisions program with Mayor of Binghamton Jared Kraham and representatives from Excellus BlueCross BlueShield and Community Foundation for South Central New York



Know a young woman between the ages of 16 and 21 who could benefit from this program? Scan this code to message our Educator Advocate



FamPlan's Educator Advocate Christina Hall-Weaver speaking with a participant of the program



\$25

Emergency Contraception
and Care Kit for One Patient



\$50

Pap Test for One Patient



\$100

STI Testing for One Patient



\$175

Complete Annual Visit
for One Patient

scan here to
help a patient
get the care
they deserve



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\$1-\$99

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WE BELIEVE...

In the right to sexual and reproductive self-determination that is non-coercive, non-exploitative, and responsible.

That the free and joyous expression of one's own sexuality is central to being fully human.

In trusting individuals and providing them with the information they need to make well informed decisions about sexuality, family planning, and childbearing.

That children flourish best in families and communities where they are nurtured, honored, and loved.

That every right is tied to responsibility and that the fulfillment of responsibility is itself a source of joy.

Family Planning of South Central New York, Inc.
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Family Planning

OF SOUTH CENTRAL NEW YORK, INC.™

OUR SERVICE AREA



Our mission is to advocate and provide individuals, families and organizations in our region with information, education and health care services pertaining to human sexuality and reproductive health in a private and confidential manner, respectful of all beliefs, supporting individual freedom of choice and responsibility.

Thank you for supporting FPSCNY!