



The Advocate

Fall 2025

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MEETING PEOPLE WHERE THEY ARE



At Family Planning of South Central New York, accessibility is more than a value: it is a promise. We believe that every person deserves care that meets their needs, regardless of where they live, how much they earn, or what challenges they face.

Throughout Broome, Chenango, Cortland, Delaware, and Otsego counties, our teams bring care and education into the heart of the community. We collaborate with schools, libraries, local nonprofits, and other public agencies to provide accurate information, essential supplies, and compassionate guidance. These partnerships make it possible for people to

learn about their health and connect to places they already trust.

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Our Care Kit initiative extends this outreach even further. Each reusable kit contains menstrual hygiene products, safer sex supplies, and clear information about our services and medical center locations. Care Kits are distributed through community partners and at every outreach event, sometimes serving as a first introduction to FamPlan. For someone who might not otherwise seek care, a single kit can open the door to ongoing support and a lasting connection to our agency.

Affordability and flexibility remain central to our approach. Patients rely on our sliding fee scale, transportation assistance, Medicaid coverage, and telehealth options to make care possible and convenient. Whether someone visits a medical center, reaches us through a partner organization, or calls after receiving a Care Kit, they are always met with respect and compassion.

This is the foundation of our "no wrong door" philosophy. Every person, every age, every circumstance—everyone is welcome. By meeting people where they are, we remove barriers, strengthen communities, and help ensure that high quality, affordable healthcare is never out of reach.

When we extend care beyond our walls, we do more than provide services. We build trust. We create opportunities. We affirm that every individual deserves the chance to be healthy and thrive.

binghamton. cortland. norwich
oneonta. sidney. walton.



Family Planning
OF SOUTH CENTRAL NEW YORK, INC.™

CEO MESSAGE:

Dear Friends,

In this time of national turmoil, our community can continue to rely on Family Planning of South Central New York. At FamPlan, our work is guided by a simple belief: everyone deserves access to



compassionate, high quality care and the knowledge to make informed choices about their health.

This year, we continued to expand that access by meeting people where they are, strengthening

partnerships, and ensuring our services reach those who need them most. Our medical providers, educators, and community partners are helping individuals build confidence, make healthy decisions, and create stronger connections within their communities.

FamPlan remains deeply committed to respect and kindness in everything we do. Together, with your continued trust and support, we are building a healthier and more hopeful future for the region we serve.

With gratitude,

Debra Marcus, J.D.
Chief Executive Officer

LEADERSHIP

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Medical Director

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NONPROFITS GET IT DONE

Protecting Reproductive and Sexual Health Rights

Every day, nonprofits strengthen the communities they serve. They respond when help is needed, fill gaps when systems fall short, and connect people with the resources that allow them to live healthier, more stable lives. At Family Planning of South Central New York, we are proud to be part of that network, working alongside local and state partners to ensure that care, compassion, and opportunity reach every corner of our region.

Nonprofit leaders across the region are coming together to strengthen collaboration and build a shared voice for the sector. With support from the Community Foundation for South Central New York, these conversations are helping organizations identify service gaps, share resources, and coordinate advocacy efforts that benefit the people and communities they serve.

FamPlan works closely with partners throughout Broome, Chenango, Cortland, Delaware, and Otsego counties. Through relationships with local United Ways, Community Foundations, and other community based agencies, we connect patients with trusted support for housing, food access, mental health, and substance use services. Working together ensures that families receive the help they need from the organizations best equipped to provide it.

Our advocacy extends beyond direct service. As a member of the New York Council of Nonprofits (NYCON) and the National Council of Nonprofits, we join with colleagues across the state and country to demonstrate the vital role nonprofits play in the health and strength of every community. These partnerships help ensure that policymakers understand the importance of investing in the infrastructure that allows nonprofits to do their work effectively.

Nonprofits get it done. They deliver care. They build connections. They drive solutions that last. When organizations come together, sharing knowledge and speaking with unity, their impact reaches further. When communities are supported, everyone benefits, and when nonprofits are supported, communities are stronger for it.



Nurses at our Binghamton and Oneonta medical centers celebrated Nurses Day.

MEDICAL SERVICES

- Annual exams for people of all genders
- Birth control, with all FDA approved methods
- Free condoms
- Emergency contraception for only \$20
- Pregnancy testing with full options counseling — including information about adoption, abortion, and 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
- Gender affirming care
- Gardasil, the HPV vaccine that prevents cervical & other cancers
- Same day appointments available
- Telehealth: phone & video virtual visits
- Certified medical translation services

NUMBERS 2024

ANNUAL BUDGET

\$5.02 MILLION

PATIENT NUMBERS

- 6,270** Total Patients
- 84%** Female Patients
- 13%** Male Patients
- 3%** Nonbinary/Undisclosed
- 10,796** Total Visits

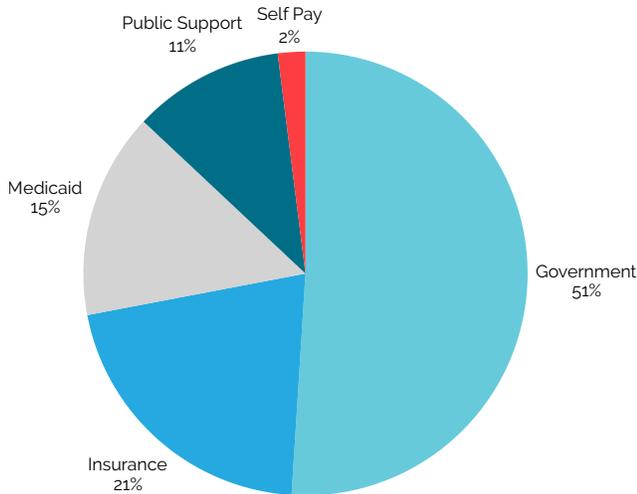
EXPENDITURES

- 66%** Patient Services
- 12%** Administration
- 14%** Education
- 2%** Fundraising
- 3%** Public Information
- 3%** Information Technology

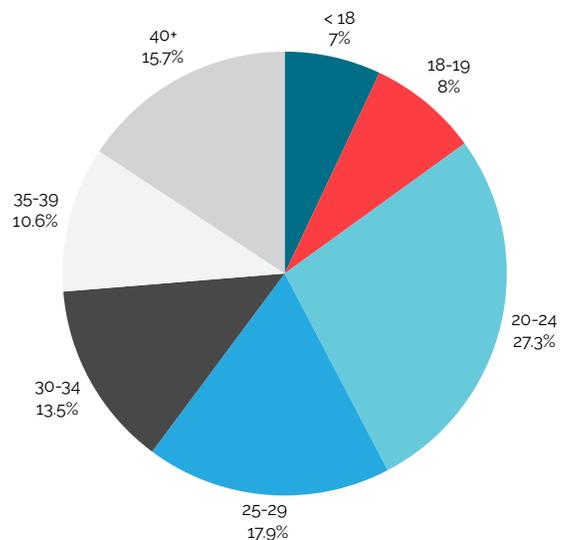
2024 SERVICES BY THE NUMBERS

- 10,796** Number of medical visits by our patients in 2024
- 1,142** Number of Pap tests and cancer screenings performed
- 5,301** Number of patients who received pregnancy tests
- 1,501** Number of rapid HIV tests performed
- 731** Number of people who visited our medical centers for emergency contraception
- 4,503** 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



BUILDING SKILLS, CONFIDENCE, AND CONNECTION: TEEN OUTREACH PROGRAM SHINES

During the 2024–2025 program year, FamPlan's Education Department implemented three Teen Outreach Program (TOP) Clubs in Broome County at Binghamton, Union-Endicott, and Johnson City High Schools, engaging 41 students in grades 9–12.

Developed by the Wyman Center, TOP is an evidence-based program that helps teens build life skills, strengthen relationships, and set goals for the future. Weekly sessions cover topics such as communication, empathy, social media, and healthy relationships, while encouraging decision making and problem solving.

Each club also completed a Community Service Learning (CSL) project to address real needs in their schools and neighborhoods. Students organized awareness campaigns on teen dating violence, distributed hygiene kits, revitalized teen centers, and led school staff appreciation efforts. Each participant contributed at least 20 hours of community engagement, gaining meaningful experience in leadership and teamwork.

The results were outstanding. The number of students reporting failing grades dropped from 31% to 12%. In-school and out-of-school suspensions were eliminated entirely, and reported pregnancies fell from 2% to zero. Every participant reported a positive experience, with average satisfaction scores near five out of five.

The Education Department's dedication to creating safe and inclusive learning spaces continues to set FamPlan apart. Each improvement in grades, confidence, and community connection reflects the compassion and commitment of our educators who show up for their students every single day.



Otsego County students participated in Teens Count, a summer program focused on building confidence, skills, and connections.



Educator Katie Johnson interviewed with WBNG from our newly refreshed Teens Center, open to teens every Monday afternoon in Binghamton.



Johnson City High School TOP Club students recognized a teacher who makes a difference through a student-led appreciation project.

A DECADE TOGETHER

Riley* first came to us over 10 years ago. Year after year, she returns because she knows she'll be treated with dignity. She trusts that no matter what's going on in her life, or in the world, she'll be met with respect and compassion.

"My provider has ALWAYS made me feel comfortable. She explains everything as she's performing it. She is non-judgmental and informative about safer sex practices, pregnancy options, and STIs."

Stories like Riley's are possible because of a powerful community of donors who believe that everyone deserves high quality, affordable care. Some give because they've faced their own barriers to accessing services. Others give because they want to protect reproductive rights or to strengthen their community for the next generation.

Whatever the reason, each gift is a commitment to equity and access. As you read through this donor list, imagine your own name here next year—standing alongside others who make sure patients like Riley have care they can count on, today and for the next decade to come.

*Name has been changed

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scan here to help a patient get the care they deserve



\$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

THANK YOU!



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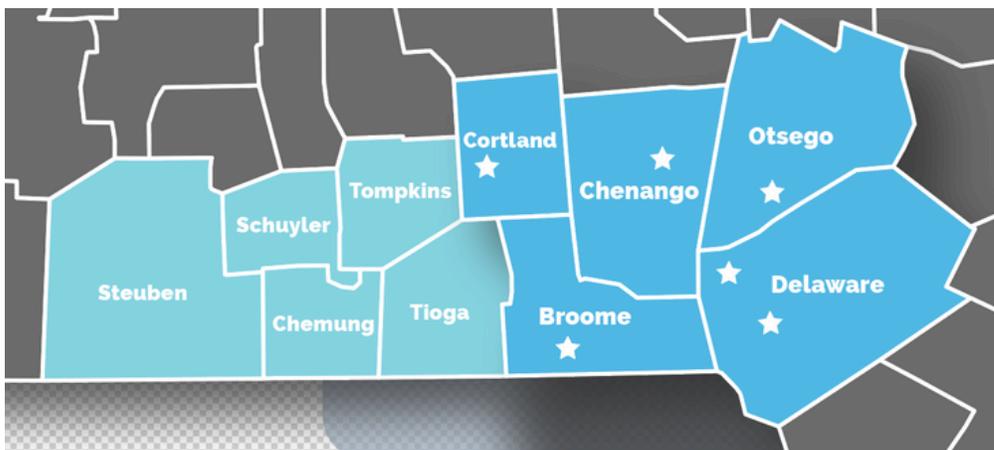
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Family Planning

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!

Family Planning of South Central New York is supported in part by the federal Title X program.