

A LIFE SAVED

2016

REPORT
to the Community



Family Planning

OF SOUTH CENTRAL NEW YORK, INC.™

MISSION

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.

The election of 2016 ushered in a political sea change, leading to difficult and uncertain times for our country's family planning providers, including us. Right now, in our nation's capital, we have an administration and a Congress waging war on reproductive rights, while also actively seeking to strip access to health care from millions of Americans — including many of our family, friends and neighbors right here in south central New York.



Our family planning safety net — and the health and wellness of the women, men and teens it is there to protect — is under assault.

As we work to navigate these dark and churning political waters, Family Planning continues to serve as a steadfast beacon of advocacy for reproductive rights and rural health care in Broome, Chenango, Delaware and Otsego counties. In 2016, Family Planning staff, board directors and supporters met with local, state and federal officials. We participated in marches, rallies and town halls, working together with community members to protect and enhance access to affordable, high quality health care — just like the care we provide at our five local medical centers. And those advocacy efforts, from the grassroots to the grassstops, will continue throughout 2017.

With the federal push to roll back hard won reproductive rights, we are working with our state lawmakers to pass the Comprehensive Contraception Coverage Act to ensure all forms of contraception are covered by medical insurance. And we continue our long standing fight to pass the Reproductive Health Act to protect access to abortion care here in New York.

Regardless of what the future holds, Family Planning is unwavering in our commitment to the south central New York communities we serve. Thus, when you donate to Family Planning, your dollars stay right here in our region providing vital, local medical and educational services, and supporting ongoing advocacy efforts.

Thank you, as always, for your continued support.

Debra Marcus
Chief Executive Officer



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EDUCATION

In 2016, Family Planning received the New York State Department of Health Commissioner's Special Recognition Award for Youth Sexual Health in recognition of our commitment and contribution to improve the health and well-being of all New Yorkers as we work to end the spread of HIV. The award was presented in conjunction with World AIDS Day.

Our energetic and engaging education team plays a critical role in providing medically accurate, age-appropriate education about sexuality and sexual health, delivering more than 20 different programs for schools and community organizations throughout the four counties we serve.

Throughout the year, we provided in-school classroom presentations to 25 school districts and five colleges, with more than 4,800 middle, high school, and college students participating in our programs. In addition, our educators held 57 one-on-one family or individualized education sessions serving more than 100 clients.

Our educators conduct outreach at health fairs, community and school events, county fairs, WIC sites, job fairs and college events — with thousands of women, men and teens receiving educational materials during these efforts — while also assisting the medical team in providing information to patients at our five health centers.

As we move forward through 2017, our educational programming will continue to celebrate society's diversity, respecting the dignity of each individual, with an emphasis on developing healthy relationships and communication skills.



MEDICAL SERVICES

- Annual exams for women and men
- Birth control, with all FDA approved methods
- Free condoms
- Emergency Contraception (also known as “the morning after pill”) for only \$15
- Pregnancy testing with full options counseling, including information about adoption, abortion and parenting
- Screening for breast, cervical, testicular and colorectal cancers
- Pap tests with follow-up care
- Advanced diagnostic screening and treatment for precancerous cervical conditions
- Gardasil, the HPV vaccine that prevents cervical and other cancers
- Testing and treatment for sexually transmitted infections
- Rapid HIV testing and counseling
- Rapid Hepatitis C testing and counseling
- Walk-ins are always welcome
- Certified medical translation services
- Age appropriate, comprehensive, medically accurate sexuality education

We are affordable, confidential and nonjudgemental!

FOLLOW US:



NUMBERS

2016 PATIENTS

THESE NUMBERS REFLECT
OUR STAFF'S HARD WORK
& DEDICATION IN 2016

ANNUAL BUDGET:
\$3.5 MILION

PATIENT NUMBERS:

7,801 Total Patients
7,095 Female Patients
561 Male Patients

12,481 TOTAL VISITS

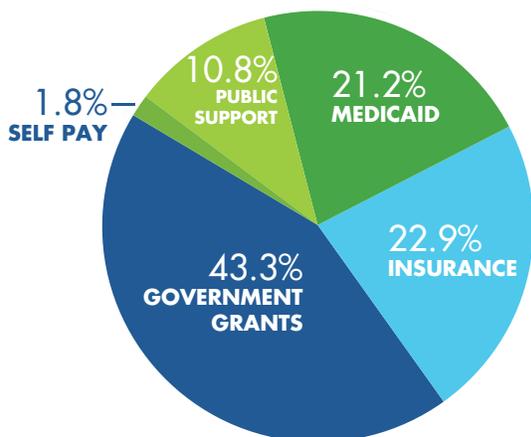
EXPENDITURES:

63% Patient Services
15% Administration
13% Education
1% Information Technology
2% Public Affairs
3% Fundraising
3% Public Information

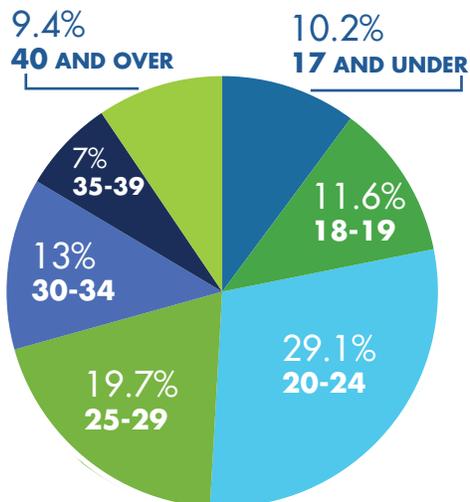
2016 SERVICES BY THE NUMBERS

- 12,481** Number of medical visits by our clients in 2016
- 76.8%** Percentage of patients with incomes below 150% of Federal Poverty Level
- 17,851** Number of people who saw our educational materials at health fairs, community events, etc
- 4,133** Number of Pap tests and cancer screenings performed
- 4,971** Number of people who attended our educational programs or received private sessions
- 1,577** Number of Rapid HIV tests performed
- 4,001** Number of women who had pregnancy tests
- 1,129** Number of people who visited our health centers for over the counter Emergency Contraception.
- 1,787** Number of friends on our Facebook page
- 1** Number of unintended pregnancies considered too many by Family Planning

SOURCES OF INCOME



PATIENTS BY AGE



A LIFE SAVED

In October 2016, Nikki's life was changed — and, undoubtedly, saved.

The 33-year-old mother of two young and energetic boys was one of three women that month with a positive cancer screening at one of Family Planning's five local medical centers.

Nikki's screening was conducted as part of her annual exam. It was the third year in a row she had come to the local independent family planning center for her reproductive health care.

Although her Pap smears were abnormal and flagged for further testing in the years prior, both those colposcopies — a sophisticated procedure that allows Family Planning nurse practitioners to directly view and examine a patient's cervix through the use of a colposcope, a small internal microscope, and take tissue samples — came out negative.

"Those initial results came back showing HPV," Nikki said, noting that the human papillomavirus is the most common cause of cervical cancer.

But nothing, at that point in her test results, appeared to be cancerous.

Last fall, however, was different.

Nikki said this time, Family Planning medical staff did find something of a more immediate concern during her colposcopy.

"It was showing abnormal cells," she said.

After consulting with oncologists, Family Planning's medical director, Dr. Diane Georgeson, performed a LEEP or Loop Electrosurgical Excision Procedure, which removes precancerous cells on the lining of the cervix.

During the LEEP conducted at Family Planning, Dr. Georgeson also took another tissue sample.

"And that biopsy came back showing endometrial cancer," Nikki said.

At that point, Nikki said Family Planning medical staff referred her for a hysterectomy, which she had in January.

The surgery was a successful one. Nikki said following the procedure, all her pathology reports came back negative.

"My cancer was contained and I am now cancer free," she said with a smile.



Nikki said she is sharing her story in hopes it will encourage other women, and men, to get their annual exams and screenings.

"Don't procrastinate," she said. "You really need to start doing it — now."

Nikki added that it was her mother who strongly urged her to go to Family Planning — and get her annual exam.

"I might not be here if it wasn't for her," she said. "If we hadn't caught it early, it might have progressed and led to more serious complications."

Additionally, Nikki is also encouraging young people and parents to learn more about the HPV vaccine, Gardasil, which can prevent not just cervical cancer later in life, but anal and penile cancers, as well.

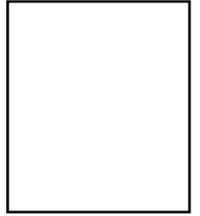
"The vaccine wasn't available when I was younger. But now, it's available to both young women and men, right at any of Family Planning's medical centers," she said.

Nikki said although the entire process was emotionally and physically exhausting, she will be eternally thankful for the love and support she received from her family and friends — as well as the high-quality medical care and compassion she received from Family Planning staff.

"Not only did they detect the cancer, they offered so much support and took the time to make sure I was OK," she said.

"Now, I just enjoy life."

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

OF SOUTH CENTRAL NEW YORK, INC.™

2016 ANNUAL REPORT

75+ YEARS OF HEALTH CARE AND EDUCATION



FAMILY PLANNING
LOCATIONS

2016
ANNUAL
REPORT