Thank You!

Teens Count

Thank You very much!

Thank You!

Family Planning
OF SOUTH CENTRAL NEW YORK, INC.™
CEO MESSAGE: CHALLENGES AND SUCCESSES

Every year, Family Planning of South Central New York makes a difference in the lives and health of thousands of local women, men and teens. Our work comes with challenges to our mission — challenges that have multiplied enormously in the past few years.

With the support of friends like you, we have successfully confronted these obstacles, and are prepared for more battles to be fought and difficult choices in our future. Because Family Planning is here to stay!

Although the threats to our vital work continue to escalate, this Annual Report shares with you a different set of stories — stories of commitment, caring, growth, support and success.

Over the past year, as individuals and organizations were inundated by the threats posed by the current political environment, demand increased for our community education, which is recognized as a trusted source of information and clarity, in addition to the high quality medical care we provide. As the demand for our services grow, Family Planning continues to help our fellow community members face issues that involve basic needs such as access to quality health care, reliable forms of contraception, and medically accurate, comprehensive sexual health education.

In 2018 we provided more than 13,000 patient visits at our 5 health centers. More than 7,000 students and adults attended one of our education programs. We also offered new services in response to the needs in our community, including PrEP (pre-exposure prophylaxis for HIV) and Menstrual Hygiene Care Packs.

With access to medical care and health insurance again being threatened — and the ongoing efforts to rollback access to affordable, effective contraception — rest assured Family Planning of South Central New York will continue to proudly serve the women, men and families of Broome, Chenango, Delaware and Otsego counties.

Our patients, clients and supporters know they can count on us to provide affordable, high quality medical services throughout our region. With your friendship and support, we will continue to be our community’s first choice for reproductive health care, education, and advocacy. We are grateful for your continued commitment, and honored by your belief in our mission.

Debra Marcus, J.D.
Chief Executive Officer

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Above: Board Co-Chair Jane Hamilton, R.N.
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HEALTH CARE: A VACCINE TO PREVENT CANCER

What if there was a vaccine that could prevent some of the most common cancers among both women and men? A vaccine that’s not only effective, but also safe and accessible? Sounds almost too good to be true? But, the thing is — it is true. The vaccine is Gardasil.

“The vaccine prevents seven strains of HPV (Human Papilloma Virus) that cause several cancers, including cervical, anal, mouth, throat, vaginal and penile cancers,” Melissa Brennan, F.N.P, Family Planning’s Director of Health Center Operations, explained.

The virus, which is spread during intimate skin-on-skin contact, can also cause genital warts, “HPV infections are so common that nearly all women and men get at least one type at some point in their lives,” Brennan said. “And since the virus usually does not cause symptoms, people can have it — and spread it to others — without knowing.”

Gardasil is given in a series of shots over a six month time period. Between the ages of 15 to 26, the vaccine is three separate shots. Young people between 11 to 14, however, only need to get two.

“At Family Planning, we offer the vaccine to young people up to the age of 26,” Brennan said, adding it’s recommended both girls and boys get immunized at 11 or 12.

Nikki, a Family Planning patient and cancer survivor herself, is the mother of two young boys. She said she intends to make sure both are immunized against HPV. “If you think about it, it’s amazing that we now have a vaccine that can actually prevent a number of cancers before they even have a chance to take hold in our children later in their lives as adults,” Nikki said.

The 35 year old was diagnosed with endometrial cancer in the fall of 2016 following an abnormal Pap smear taken during her annual well woman exam at Family Planning’s Binghamton health center.

After a successful hysterectomy, Nikki has spent the last two years cancer free — happy, healthy and counting her blessings. “I’m thankful for every day with my boys,” she said. “And I’ll do whatever I can to help protect them from having to go through what I did; to help keep them healthy and cancer free — now and well into the future.”

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
- HIV Pre-Exposure Prophylaxis (PrEP)
- HIV Post-Exposure Prophylaxis (PEP)
- Rapid Hepatitis C testing & counseling
- Gardasil, the HPV vaccine that prevents cervical & other cancers
- Walk-ins always welcome
- Certified medical translation services
- Age appropriate, comprehensive, medically accurate sexuality education
NUMBERS 2018

ANNUAL BUDGET:
$3.5 MILLION

PATIENT NUMBERS:

7,927 Total Patients
7,031 Female Patients
896 Male Patients
13,027 Total Patients

EXPENDITURES:

61% Patient Services
17% Administration
12% Education
2% Fundraising
2% Public Information
2% Public Affairs
4% Information Technology

2018 SERVICES BY THE NUMBERS

13,027 Number of medical visits by our clients in 2018
73% Percentage of patients with incomes below 150% of Federal Poverty Level
4,075 Number of Pap tests and cancer screenings performed
3,737 Number of women who received pregnancy tests
1,775 Number of Rapid HIV tests performed
1,329 Number of people who visited our health centers for the over-the-counter Emergency Contraception
7,190 Number of people who attended our educational programs or received private sessions
1 Number of unintended pregnancies considered too many by Family Planning

Sources of Income

36% Government Grants
31% Medicaid
17% Insurance
6% Self Pay
10% Public Support

Patients by Age

29% 20-24
20% 25-29
13% 30-34
8% 35-39
9% 40+
9% 17 & under
12% 18-19
SEX ED: HELPING TEENS MAKE HEALTHY DECISIONS

When it comes to maintaining health and wellness throughout a lifetime, it’s vital individuals have access to comprehensive, medically accurate information as well as high quality, affordable health care. The two go hand in hand.

That’s why, as part of Family Planning’s mission, community educators provide engaging, age appropriate, evidence based sexual health education curriculum to thousands of students in classrooms across the region every year.

According to Family Planning’s Director of Education Andrea Guccia, the goal of comprehensive sex ed is not just to help young people navigate sexual development, but ultimately to grow into healthy and well adults.

The programming leads to better sexual health outcomes for young people — from lower rates of STIs, to fewer unintended pregnancies, to increased use of condoms and contraception. Quality sex ed, however, goes beyond just information alone, Guccia said.

“It also allows young people to practice the communication, negotiation, decision making, and assertiveness skills they need to create healthy relationships — both sexual and nonsexual — throughout their lives,” she explained.

In fact, school based sex ed programs have been shown to help improve a student’s chances for academic success, reduce bullying and harassment, lower incidents of dating and/or sexual violence and increase acceptance of students who identify as lesbian, gay, bisexual, transgender, queer or questioning (LGBTQ) — many of whom are at disproportionate risk for school absenteeism, dropping out and bullying — and sexual health issues such as HIV and other STIs.

“Providing young people with the knowledge and skills they need is key to healthy decision making,” Guccia said. “And the bottom line is: comprehensive, evidence based sex ed works.”

To learn more about Family Planning’s comprehensive, age appropriate, evidence based educational curriculums, contact Director of Education Andrea Guccia at 607-723-5130, ext. 238, or email andrea.guccia@fpscny.org.

Community Educator Maleke Bedeau leads an after school discussion group at the Boys & Girls Club of Binghamton.

EDUCATION TOPICS

- Sexual Risk Avoidance – Abstinence
- Bullying
- Communication Skills
- Contraception
- Dating & Dating Violence
- Decision Making
- Goal Setting
- Healthy Relationships
- HIV / AIDS Education
- LGBTQ
- Male Responsibility
- Media Messages
- Anatomy & Puberty
- Reproductive Life Plan
- Refusal Skills
- Risk Reduction / Safer Sex
- Sexually Transmitted Infections
- Self Esteem & Body Image
- Sexting
- Sexual Harassment
- Teen Pregnancy Prevention
- Technology & Sexuality
- Parent Communication Tips
WORKING TOGETHER

Every day, the members of our education team are out in the local community sharing vital information about sexual health and wellness, responsibility, consent, communication, healthy relationships, and a wealth of other important topics.

And it’s your generosity that allows us to continue our critical work, to not only provide high quality reproductive health care for those who need us most, but also to educate thousands of young people each year on how to lead safe, healthy lives.

Together, we’re making a positive difference in the lives of the women, men and teens we serve throughout Broome, Chenango, Delaware and Otsego counties — as they plan their families, stay healthy and make responsible decisions.

Your financial support helps us protect and promote sexual and reproductive health — and freedom of choice. Thank you.

To make a tax deductible gift to Family Planning online visit fpscny.org, or call Director of Development Staci Becker at 607-723-5130, ext. 216.

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Clark Foundation
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Megan Manthas’s Birthday
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Joining communities across the country, Oneonta held a “Take Back the Night” march and rally in the spring to support and honor victims and survivors of sexual assault and violence. Community Educator Jessica Reed, above, helped organize this annual event, along with Opportunities for Otsego’s Violence Intervention Program, SUNY Oneonta and Hartwick College.

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.