



FORTY YEARS OF CARE

WeAreWomensHealth.org

### 1973-2013 Celebrating 40 Years of Care 2013 ANNUAL REPORT



# Timeline of Women's Health

### 2013

Boulder County women, men and teens. Women's Health celebrates 40 Years of providing sexual and reproductive health care services and education to

6

2012

### 2010

Women's Health adds Hormonal Services for Transgender Patients to our

clinical services.

Women's Health incorporates electronic medical records and undergoes an extensive renovation to improve clinic efficiency, comfort, and security.

2009



# 2006

Women's Health responds to high teen birth rates and the need for subsidized family planning services in Longmont by opening the Longmont Teen Clinic, which later expands to adults.

### 2001

County AIDS Project start a youth-centered peer education program, SHAPE (Sexual Health & AIDS Awareness Peer Education). Women's Health and the Boulder

### 1995

 $\frown$ 

Women's Health opens a free Teen Clinic to provide gynecological and sexual health services to Boulder County youth in a teen-friendly environment.



Boulder Valley Clinic changes its name to Boulder Valley Women's Health Center and moves from Broadway to Valmont.



Boulder Valley Clinic expands its services to include gynecology and family planning.



Our clinic first receives significant federal funding to bolster local governmental support that provides low income and uninsured women with reproductive healthcare services.

Police arrest 124 anti-abortion protesters during a blockade of our clinic by several hundred people.

Governor Owens cuts off our state family planning dollars because we also provide abortion services.



1999





2005

Texas anti-abortion group "Operation Save America" selects Denver/Boulder (including Women's Health) as the site of their

Boulder Valley Clinic opens on November 1. First abortion clinic in the state of Colorado.

 $\mathbf{m}$ 197

1983

1989

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week-long protest.

Vomen's Health is the first in Colorado to launch a confidential sexual health Text Line, allowing youth to ask their sexual health questions anonymously 24/7.

# MEETING GRAFFNEEDS, THEN AND NOW



Susan B. Levy Executive Director

Put yourself in the shoes of a bunch of self-proclaimed hippies in 1973 who decided that Boulder needed an abortion clinic. These were local people who, each motivated by their own personal experiences, saw an unmet need in our community and did something about it. I have a hard time imagining what it must have been like to face controversy, media scrutiny, lack of funding and personal threats. And yet they managed, in the course of a few months, to create an independent nonprofit medical clinic that provided safe, affordable first trimester abortions accessible to all women. They saw an unmet need and met it.

Now, looking back over the past 40 years, I see many examples where this organization has continued with that same commitment and moxie to address unmet local needs while continuing to provide high quality abortion care. We have removed barriers to contraception by participating in the federal Title X program which provides funding so that low income/uninsured women can access birth control and stay in control of their reproductive lives.

We responded to the needs of our youth by establishing a free Teen Clinic where youth could receive confidential care in a teen friendly environment – first in Boulder in 1995, and then expanding into

" These were local people who, each motivated by their own personal experiences, saw an unmet need in our community and did something about it." Longmont in 2006. And in 2009, we were the first in Colorado to implement a sexual health text messaging line, so youth could ask their sexual health questions, anonymously and confidentially, 24/7.

Most recently, we expanded the scope of our services by adding hormone therapy for transgender people, a service previously unavailable in our community.

As seen throughout this report, the legacy of our founders continues to inform our work and is carried on by our staff and board members even today.

Sincerely,



### OUR ORGANIZATION

The Mission of Women's Health (Boulder Valley Women's Health Center) is to provide accessible, confidential and comprehensive gynecological and reproductive healthcare. including sexual health services and education.

ANNUAL REPORT

- Boulder Valley Clinic
- Abortion Services exclusively
- \$300,000 annual operating budget
- 5 paid staff

### OUR ORGANIZATION



Boulder Valley Clinic, 2346 Broadway, Boulder

- Boulder Valley Women's Health Center (also known as "Women's Health")
- Wide range of reproductive and sexual health services in addition to Abortion Care, including Family Planning Services, Breast and Cervical Cancer Screenings, Complex Gynecology, STI/STD Testing and Treatment, Teen Clinic, Transgender Services, and Community Health Education.
- \$2.4 Million annual operating budget
- 43 paid staff
- Clinic locations in Boulder and Longmont

# MAJOR ACCOMPLISHMENTS

- Served 4436 patients clinic-wide:
  - 2758 Adult Family Planning/Gyn patients
  - 1248 Youth Family Planning/Gyn patients
  - 430 Abortion patients
- Educated our patients and prepared our organization for implementation of insurance and Medicaid expansion under the Affordable Care Act.
- **Paid off the mortgage** on our building at 2855 Valmont.
- **Commemorated our 40th Anniversary** with a marketing campaign and production of a video documenting our history and our growth.
- Highly successful and unique fundraising event, Condom Couture: A Safe & Sexy Fashion Show.



Women's Health, 2855 Valmont Rd, Boulder



Women's Health at Longmont, 82 21st Ave



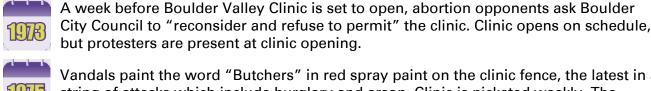
### ABORTION CARE



ANNUAL REPORT

### Moments in our History ANTI-ABORTION PROTESTS

From the time Boulder Valley Clinic opened, and continuing for many years thereafter, the clinic was the target of protests by anti-abortion activists:





Vandals paint the word "Butchers" in red spray paint on the clinic fence, the latest in a string of attacks which include burglary and arson. Clinic is picketed weekly. The following year, vandals break two windows and rip out a screen.

Anti-abortion pregnancy counseling center moves into building next door to clinic in an effort to create confusion.



Protesters enter clinic carrying photos of fetuses and shout at patients.



Several hundred protesters blockade the clinic as part of a demonstration organized by the national anti-abortion group Operation Rescue. Police arrest 124.



New version of Operation Rescue called "Operation Save America" descends on the Denver area, including Women's Health, for a weeklong protest.

### ABORTION CARE

In the tradition of our founders, Women's Health continues to provide expert, compassionate, and personalized abortion services during the 1st trimester of pregnancy. In 2013, 430 women received abortion care at Women's Health.

### WHAT'S CHANGED SINCE 1973

#### • Quiet Clinic Environment

The protests of the past have been replaced by a peaceful clinic environment for our patients and staff.

#### • Choice of Procedure

Today, Women's Health offers women the choice of an In-Clinic Procedure or Medication Abortion. <u>Of our 430 abortion patients in</u> <u>2013, 19% chose medication abortion</u>.

#### • Financial Assistance

Since no government money can be used to subsidize abortion services, Women's Health maintains a private fund to assist women who are unable to afford the full cost of the procedure. Our Reproductive Equality Fund (REF) is funded entirely through donations from caring individuals in our community. Women's Health also coordinates financial assistance for our patients through funding from the National Abortion Federation and the Freedom Fund, a project of the Unitarian Universalist Fellowship, Mountain Desert District. In 2013, Women's Health subsidized \$36,205 of care for 158 women (38% of abortion patients).

### WHAT HASN'T CHANGED

#### **Our Standard of Care and Counseling**

Boulder Valley Women's Health Center provides the highest standard of counseling support and services of any abortion provider in Colorado. Our professional Masters-level counselors bring an extensive background of counseling, social work and psychotherapy experience to Women's Health patients. We offer Options Counseling in advance of the abortion appointment, individualized counseling and emotional support during the abortion appointment, and post-abortion counseling upon request anytime after the procedure.

Our clinic was founded – and continues – on the principle of empowering, supporting and trusting women to make the decisions that are right for them.



## FAMILY PLANNING/GYNECOLOGY

#### OUTCOMES

Women's Health continues to be very successful in preventing unintended pregnancy in our patient population.

Unintended pregnancy rate in 2013\*:

2% in all family planning patients

### 1% in Youth program

\*Compare to 5% of reproductive age women in the U.S. who experience an unintended pregnancy each year.



### Moments in our History SUBSIDIZED FAMILY PLANNING



Boulder Valley Clinic expands its services to include gynecology and family planning.



Government funding allows us to offer subsidized services, making reproductive healthcare accessible to low-income and uninsured patients.



The clinic changes its name to Boulder Valley Women's Health Center and moves from Broadway to Valmont.



Gov. Owens cuts off our state family planning funding because of Women's Health status as an abortion provider. To this day, Women's Health receives federal, county and municipal support but no state funds.



Women's Health upgrades to Electronic Medical Records and undergoes an extensive clinic renovation to improve clinic efficiency, comfort and security.



# FAMILY PLANNING/GYNECOLOGY

### WHAT'S CHANGED

### • Long-Term Contraception

Nowdays, there are many more contraceptive options than when the clinic first opened its doors. Among the most effective is Long-Acting Reversible Contraception (LARC), such as IUDs and Nexplanon. According to an April 2013 report by the Colorado Department of Public Health and Environment, the growing use of LARC has contributed to lowering Colorado's teen birth rate by a third and cutting repeat births to Colorado teens by nearly half.

Women's Health has been at the forefront of educating young women to think long term about their contraceptive needs. Our clinics have been offering LARC at low or no-cost since 2007. <u>In 2013,</u> <u>14.7% of Women's Health patients chose a long-acting</u> <u>contraceptive method.</u>

### • Transgender Services

In 2012, after identifying an unmet need in Boulder County, Women's Health began providing transgender services. In 2013, Women's Health provided hormone therapy to 14 transgender patients.

### WHAT HASN'T CHANGED

### • Family Planning/Gynecology

Today, Women's Health continues our commitment to providing affordable, accessible, comprehensive gynecological care and sexual health services, including a full range of birth control methods. All services are provided on a sliding fee scale which slides to \$0 for the lowest income patients. In 2013, Women's Health served 4,118 patients in our subsidized family planning/gyn program, 65% of whom were below the Federal Poverty Line (annual income of less than \$11,490) and 92% of whom were under 250% FPL.

#### Breast & Cervical Cancer Screening programs

While Women's Health has always included screenings for breast and cervical cancer as part of annual exams, the Women's Wellness Connection (WWC) and Foxy Lady Fund have bolstered our cancer screening efforts by providing funding for screening mammograms, further diagnostics and treatment, when indicated, as well as case management. In 2013, Women's Health provided subsidized care to 274 low-income patients through this program. Four patients were diagnosed with breast cancer and referred for treatment.



### YOUTH SERVICES



#### 10 2013 ANNUAL REPORT

### Moments in our History EDUCATING AND SUPPORTING OUR YOUTH



Community Outreach Education Program provides sexual health information to teens, parents, and youth-serving agencies.



Boulder County's first and only Free Teen Clinic opens in Boulder. Provides sexual health services to youth under age 20 in a teen-friendly environment, removing barriers of privacy concerns and cost.



Women's Health and the Boulder County AIDS Project start SHAPE (Sexual Health & AIDS Awareness Peer Education), a high school peer education group focused on sexual health and prevention.



Responding to high teen birth rates and need for subsidized family planning in Longmont, Women's Health opens Longmont Teen Clinic, which later expands to include adults.



Women's Health becomes first in Colorado and the second in the nation to launch an anonymous sexual health Text Line, allowing youth to ask their questions confidentially 24/7 and receive medically accurate answers.

## YOUTH SERVICES

### • Teen Clinic

Women's Health continues to provide confidential sexual health services for youth under age 20 during clinic time reserved exclusively for youth. <u>In 2013,</u> <u>Women's Health served a total of 1248 teens at our Boulder and Longmont</u> <u>clinics.</u> Of these, 609 patients were under 18 and 639 were 18-19 years old.

### • Comprehensive Sexuality Education

Women's Health provides comprehensive, medically-accurate sexual health education. <u>In 2013, our community health educators provided 366</u> comprehensive sexuality education presentations to 8,393 students in the Boulder Valley and St. Vrain Valley school districts – a 31% increase.

### • SHAPE (Sexual Health & AIDS Awareness Peer Education)

SHAPE is a group of high school students who are trained in sexual health and prevention and in turn, educate their peers. SHAPE is a joint project of Women's Health and the Boulder County AIDS Project, and is funded, in part, by the City of Boulder's Youth Opportunities Program. In 2013, 19 SHAPErs did 1100 community outreach events, 31 presentations to 678 students, and reported 8,271 one-to-one interactions with their peers.

### Home-Based Contraception

The HBC program provides contraception to parenting teens through home visits to prevent subsequent unintended pregnancies. HBC is a partnership with Boulder County's GENESIS program. In 2013, 47 teens were served through the HBC program. Only one experienced a subsequent pregnancy.

### WHAT'S CHANGED Youth Technology Initiative

Reaching today's teens means embracing technology. Our Technology Initiative ensures that teens can connect with us on social media and ask anonymous sexual health questions through our text messaging line or interactive Q&A feature on the Teen Clinic.org website. In 2013, we had:

- 684 fans on SHAPE Facebook page
- 407 Twitter followers
- 130 Instagram followers
- 1974 questions on the Text Line
- 506 questions on the website

In total, <u>Women's Health served</u> <u>more than 20,000 youth in 2013</u> through clinical services, classroom presentations, outreach events, SHAPE interactions, and youth-specific technology initiatives.





### **2013 Statement of Financial Position**

#### **ASSETS**

Cash, Accounts/Grants Receivable, Inventory	\$513,435
Land, buildings, equipment (net of accumulated depreciation)	\$1,332,537
Total Assets	\$1,845,972
LIABILITIES & NET ASSETS	
Short-term (Accounts payable, accrued expenses)	\$212,951
Long-term (mortgage , notes and capital leases)	\$31,353
Total Liabilities	\$244,304
Net Assets (Restricted and Unrestricted)	\$1,601,668
TOTAL LIABILITIES AND NET ASSETS	\$1,845,972



### **2013 Statement of Activity**

			REVENUE
REVENUE	Amount	Percent	Subsidized Non-Subsidized Fundraising
Government Grants	\$1,102,815	45.0%	Programs 6.6% 2.5%
Foundations	\$612,257	25.0%	15.5%
Contributions	\$132,353	5.4%	Government Grants
Subsidized Program Revenue	\$379,582	15.5%	Contributions 45%
Non-Subsidized Program Revenue	\$160,637	6.6%	Foundations
Fundraising Events (net expenses)	\$61,179	2.5%	25%
Total Revenue	\$2,448,823	100.0%	
EXPENSES			EXPENSES
Subsidized Programs	\$2,043,466	77.7%	Non-Subsidized Management, Programs Fundraising &
Non Cubaidinad Dragrama	+		
Non-Subsidized Programs	\$365,698	13.9%	13.9% General
Managment, Fundraising & General	\$365,698 \$220,684	13.9% 8.4%	13.9% General 8.4%
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ANNUAL REPORT



Women's Health is well-connected in our community and maintains a strong presence at local events. Our staff, volunteers and Board members table at health fairs, college campuses and other community events.

In 2013, Women's Health had a presence at 45 community events, including 9 Latina/Latino focused events and 8 LGBTO focused events, reaching a total of 4470 people.



14 2013 ANNUAL REPORT

### DONORS13

#### INDIVIDUALS

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#### A heartfelt" Thank You" to all the individuals, businesses, foundations and government agencies who help sustain our agency financially. We couldn't do this work without you!

Franklin, Andrew Flack, Linda Flynnsokolov, Stephanie Foa, Sandra & Harrison. Dewitt Follendorf, Patricia Hynan Ford, William & Weisblat-Ford, Ann Forsyth, Judith Fox. Margaret Fraser, Don Freeman-Mann, Susan Friedman, Sandy Gager, Ellen Gallagher, Alan C. Gallagher, Casev Gamauf, Kenneth Gammon, Karen & Ted Gansar, Gary Gardner, Deb Gardner, Suzanne Garstang, Ann Geolfos, Debra L. Gibbs, Kimberly Gilbert, Lvnn Gilbert, Miriam Gill, Elizabeth Gille, Ellen & John Gisbo, Carol Glass, Kathleen Goblet, Mea Gocke, Carol & Rob Goeldner, Jacquelyn Goff, Kathryn & Scott, Harold Goldman, Margery Goldman, Seth & Nancy Golten, Mary Margaret Goodrich, Robert & Doris

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### **VOLUNTEERS**

Volunteers have been an essential part of Women's Health from its inception. When the clinic first started, many of the staff, particularly the counselors, worked without pay.

Roger Wade, a founder and the first Executive Director of the clinic, remembers:

" To me, one of the most uplifting parts of the whole endeavor was to see people come forward volunteering to give us their time, give us their passion. The women who became our volunteer counselors were not paid at that point, and weren't for probably a couple of years, I think. They received no payment but they were remarkable. Many of them continued on for many, many years working at the clinic – some actually becoming full time."



### VOLUNTEERS

Today, Women's Health has a vibrant volunteer program, with trainings held three times a year. Volunteers perform a variety of functions–volunteering in the clinic, on projects or at special events. Our Board of Directors volunteer their time to provide oversight, planning and support.

### **HOURS DONATED IN 2013**

Administrative	521
Family Planning	389
Abortion Clinic	585
SHAPE	2106
Board of Directors	792
Total	4,393

#### Value = \$110,264.30\*

\*According to the Independent Sector website, the average value of a volunteer hour for 2013 in Colorado is \$25.10.



### **DONORS** continued

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" When I look at the Women's Health center now, I am amazed and really thrilled with what it has become. because it's highly respected in the community–as it should be–and it's providing more and more services all the time based on perceived need, which is exactly what we were doing then. So, there's definitely a continuity, and yet it's expanded much more than I ever dreamed it could."

> ~ Linda Weber, clinic founder and first Director of Counseling

McCarty Charitable Fund Namaste Foundation The Norman Foundation Robert Wood Johnson Foundation **Rose Community Foundation** Temple Hovne Buell Foundation Valdemar F. Larson Memorial Fund

#### COMMUNITY PARTNERS

Boulder Community Hospital **Boulder Valley Center for** Dermatology Community United Church of Christ EFAA Longmont United Hospital Unitarian Universalist Church of Boulder

#### GOVERNMENT

**Boulder County** City of Boulder Housing & Human Services City of Boulder Youth Opportunities Program City and County of Broomfield Colorado Family Planning Initiative Title X Federal Grant (delegate agency) Women's Wellness Connection

We have made every effort to ensure the accuracy of this list. If we have identified vou incorrectly in any way, please accept our apologies and let us know.





### With Gratitude to our Founders for their Vision and Courage

These people were all involved at the very start of the clinic. Some were Board members, some provided financial assistance, some were paid staff and many volunteered their time. All had a common passion for assuring a woman's right to choose, all took risks by being involved at the inception of the first abortion clinic in Colorado, all were instrumental in its success. Others may have been equally instrumental and we apologize if we have omitted any names.

Beth Wingren Cummings **Glen Hedgecock** Warren Hern, MD Marilyn Curtis Jorrie Sarah Jussen **Betty Lovelace** Pader Lund Sherburne Macfarlan, MD Alice and William Winter Robert McFarland, MD

Grace Norris Annagail Oaks, RN **Rob Pudim** Sharon Purvis Rosall Irwin "Ran" Sclar **Roger Wade** Linda Weber



A Daily Camera photo from October 1973 shows plans being made for the opening of the Boulder Valley Clinic (now Boulder Valley Women's Health Center). Pictured, from left, are board members Beth Wingren and Marilyn Curtis, head counselor Linda Weber, and executive director Roger Wade.





### **Board of Directors**

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Sarah Meshak Vice President

Jessica Ladd-Webert *Secretary* 

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Suzy Gardner, MNM Development Director

Lisa Radelet, MA *Communications Director* 

Linda Johnson, WHNP, MSN *Clinical Director* 

Sherry Biskup, MA Youth Services Director

Kelly Pollard, BA *Clinic Manager* 

Karen DeClerk, LPC, MA *Counseling Supervisor* 

### **GET INVOLVED!**

- Attend Condom Couture, Sept. 19 at the Boulder Theater.
- Like us on Facebook and follow us on Twitter, Instagram, Pinterest and LinkedIn.
- Watch our 40th Anniversary video on our website (About Us page) or on YouTube.
- Sign up to receive the Women's Health newsletter and Action Alerts by email.
- Volunteer at Women's Health.
- Make an online donation or set up a monthly donation.

For more information or to take action, please see www.boulderwomenshealth.org or contact lisa@bvwhc.org.





### **BOULDER VALLEY WOMEN'S HEALTH CENTER**

2855 Valmont Road, Boulder, CO 80301 82 21st Avenue, Longmont, CO 80501

Clinic line: 303-442-5160 • Admin line: 303-440-9320 Email: info@bvwhc.org

www.boulderwomenshealth.org • www.teenclinic.org