



# WE ARE WOMEN'S HEALTH

2018 Annual Report



WOMEN'S HEALTH  
BOULDER VALLEY WOMEN'S HEALTH CENTER

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## WE ARE WOMEN'S HEALTH

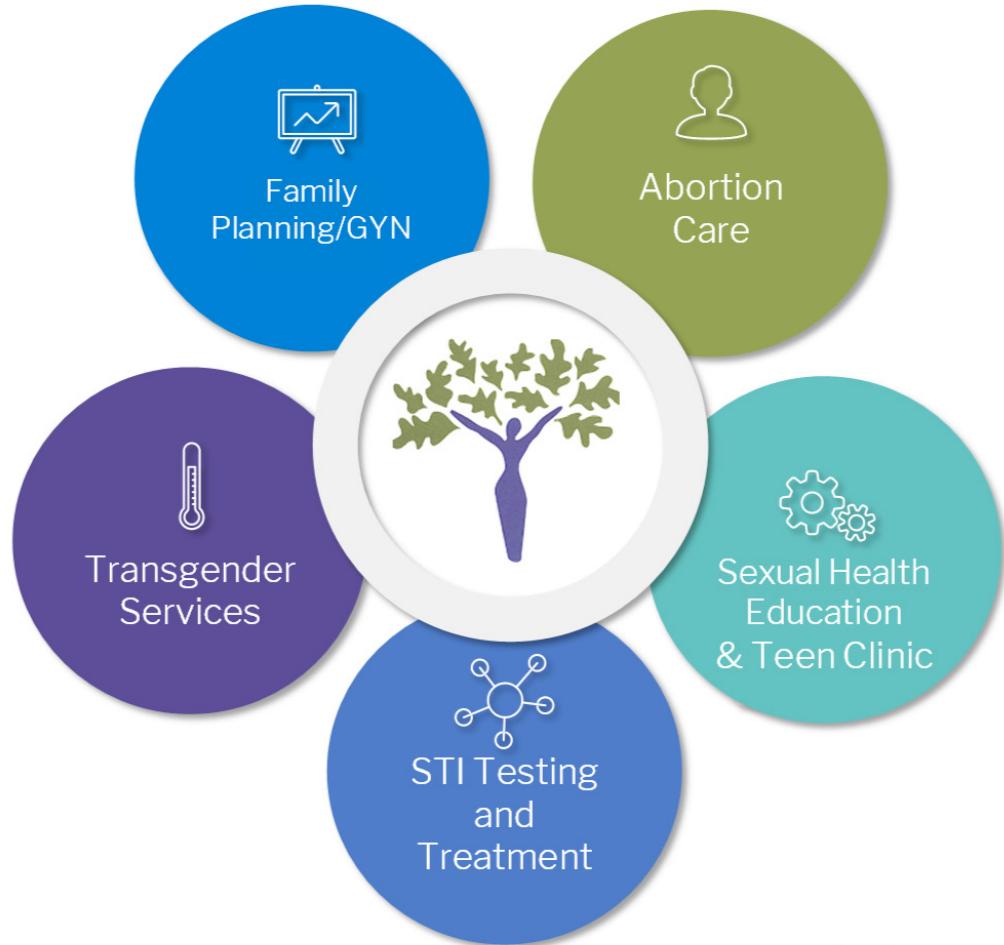
Throughout this report, sprinkled among our 2018 year-end data and statistics, you will read stories of the people who make up Women's Health: our patients, staff, volunteers, board members and donors. They are just a few of the voices of "our village" – the people we serve as well as the dedicated people whose support and involvement make our work possible. Together, we are able to fulfill our Mission. Thank you for being part of that Mission.

**You are Women's Health.**

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*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.*

# OUR SERVICES



# PATIENT NUMBERS - 2018



**385**  
ABORTION  
CARE



**132**  
TRANSGENDER & GENDER  
NON-BINARY SERVICES

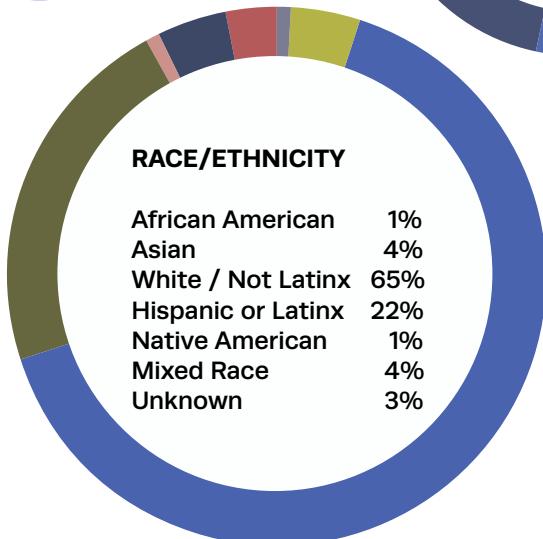
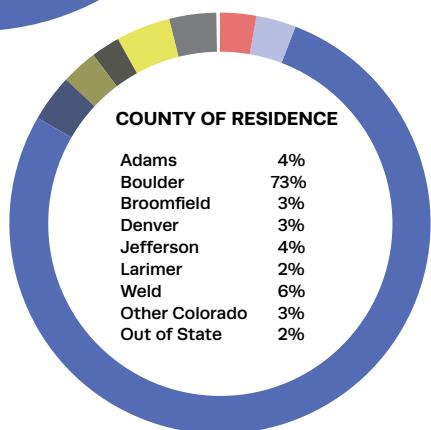
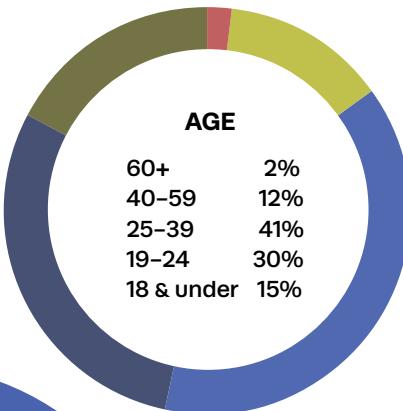
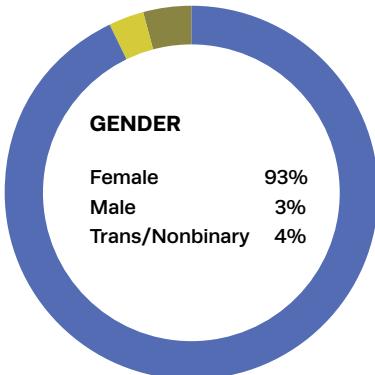
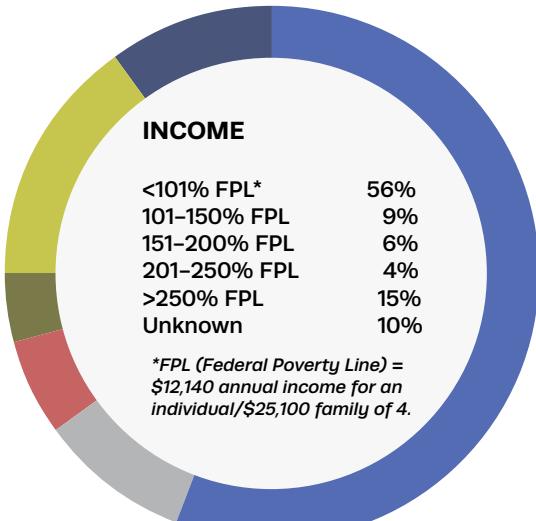
**3,062**  
FAMILY PLANNING/GYN  
(ADULTS)

**4,153**  
PATIENTS\*  
CLINIC WIDE

\*Unduplicated number.  
Some patients seen in more  
than one program.

*Each figure = 100 patients.*

# OUR PATIENTS

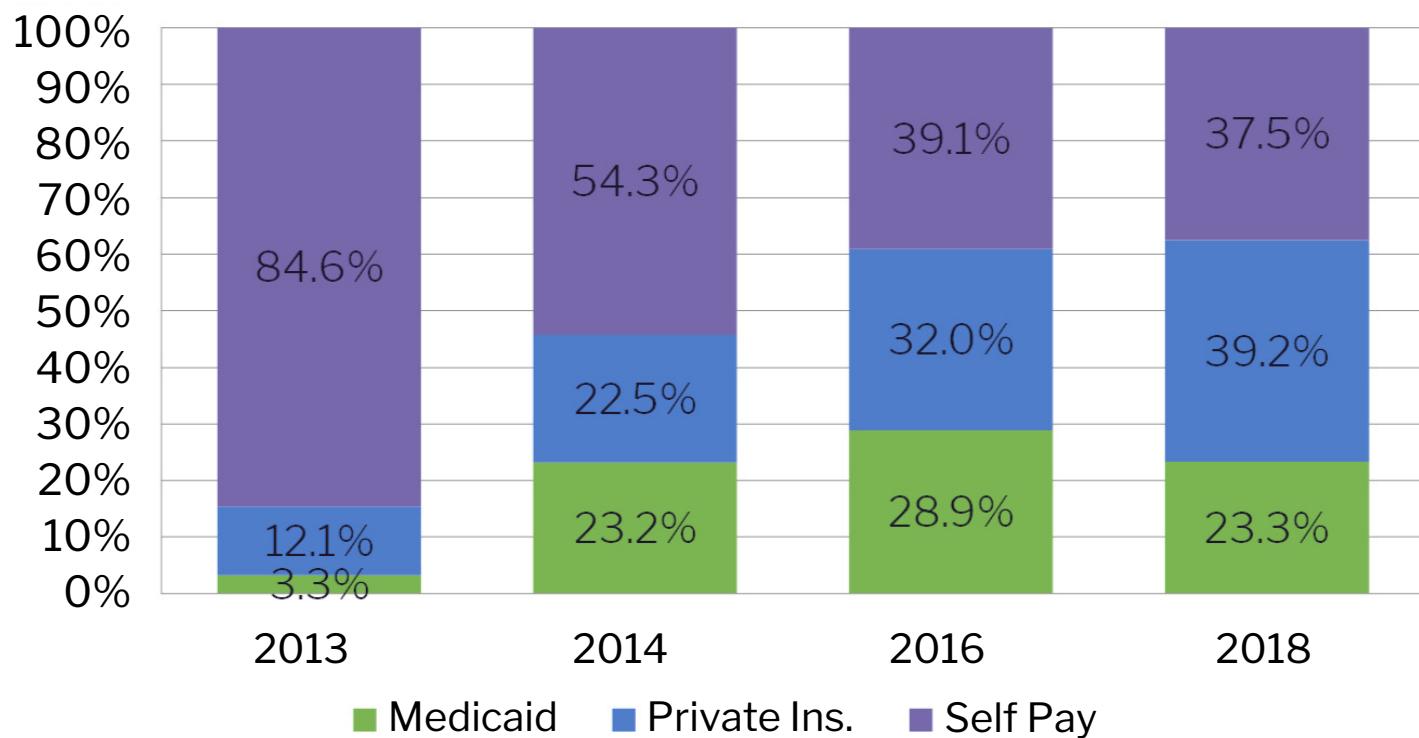


Since the implementation of the Affordable Care Act and Medicaid expansion in Jan. 2014, Women's Health patients have had greater access to health insurance and Medicaid. Women's Health has educated our patients on their options and offered Medicaid enrollment on-site at our clinics, resulting in a dramatic increase in insured patients.

However, a certain portion will always remain uninsured and in need of subsidized services. There are those who are ineligible for coverage or undocumented. Some do not want to use their coverage because of unaffordable copays and deductibles or confidentiality concerns. It is essential that subsidized services remain funded and available in our community for those with the fewest options.



# INCREASE IN INSURED PATIENTS



# REPRODUCTIVE & SEXUAL HEALTHCARE SERVICES

## Family Planning & Preventive Healthcare Services

Family planning/preventive health services include annual exams and Paps; birth control, including long-acting reversible contraception (LARC), permanent and emergency contraception; testing and treatment for sexually-transmitted infections (STIs); pregnancy tests and all-options counseling; breast exams and referrals for free mammograms for women with financial need; and menopausal care.

To reduce barriers of cost, Women's Health accepts Medicaid and insurance and offers services on a sliding fee scale for those who are uninsured.

**3,062**

PATIENTS IN OUR FP/PREVENTIVE HEALTHCARE  
PROGRAMS IN 2018

**56%**

UNDER THE FEDERAL POVERTY LINE\*

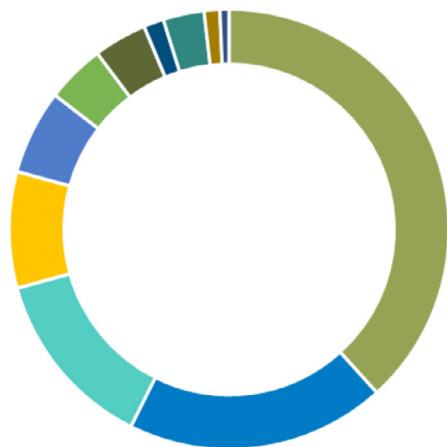
\*\$12,140 annual income for an individual  
and \$25,100 for a family of four.

**75%**

BELOW THE LIVING WAGE FOR BOULDER COUNTY\*

\*\$30,846 annual income for an individual and  
\$38,126 for a family of four ([livingwage.mit.edu](http://livingwage.mit.edu)).

## CONTRACEPTIVE USAGE BY METHOD



## Complex Gynecology

In addition to our Family Planning programs, our Medical Director, a board-certified Ob-Gyn, provides specialized care for gynecological disorders or abnormalities. Complex gynecological treatments include colposcopy, LEEP, cryosurgery and endometrial biopsies.

## Men's Health

Our clinic provides no-scalpel vasectomies as well as STI testing and treatment for men.

- Long-Acting Reversible Contr. (LARC), 38%
- Oral Contraceptive, 19%
- Barrier Method, 13%
- Other Method, 9%
- None/unspecified reason, 6%
- Depo Provera injection, 4%
- Abstinence, 4%
- None/pregnant or desires pregnancy, 2%
- Sterilization, 3%
- Contraceptive RIng, 1%
- Natural Family Planning, 1%

# REPRODUCTIVE & SEXUAL HEALTHCARE SERVICES

## Breast Health Program

Through our Breast Health Program, we connect patients with the care they need and financial assistance for that care, if needed. After providing the initial breast exam, we navigate patients through the diagnostic process, including mammograms, ultrasounds, biopsies, and surgical consults. Thanks to funding from the Women's Wellness Connection (WWC), and our own in-house Breast Health fund, we also provide financial assistance for patients who qualify.

**278**

REFERRALS FOR BREAST IMAGING

**58**

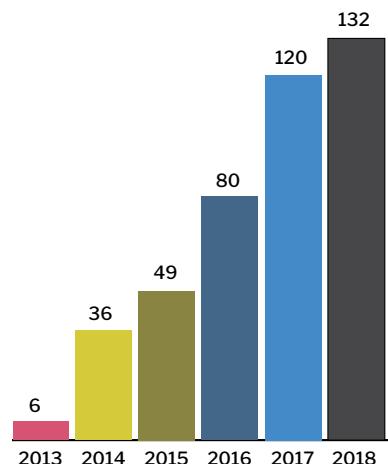
PATIENTS RECEIVED FUNDING

## Transgender & Gender Nonbinary Services

Women's Health serves people of all gender and sexual identities. We seek to be a welcoming and safe place. We are committed to using correct names and pronouns and to respect all aspects of a patient's identity.

Women's Health has been offering hormone therapy (HT) for transgender clients since 2012 and is now a leading provider for HT in Boulder County, as well as for other sexual health services for transgender and non-binary folks. In 2018, 132 patients were seen for HT out of a total 147 patients who identified as transgender or nonbinary.

In 2017, we began offering a one-time gender support consult with our in-house counselor and saw a large increase in those services from 2017, where nine consults were provided, to 2018, where 23 consults were provided. The consult consists of assessing a patient's history of gender dysphoria, assessing their knowledge of the potential risks and benefits of hormone therapies, and also gauging what supports a patient has in place for any additional medical, logistical and/or mental health concerns that may be present for them.



## I AM WOMEN'S HEALTH

I am a single mother of two and I left my partner of five years due to sexual assault. Four weeks after I left, I took a positive pregnancy test. While I'm not sure the pregnancy is a product of the assault, I know in my heart I would not be able to go through with it. Abortion is the choice I have made and I will go through with that choice. My partner was the breadwinner in our family while I was a stay-at-home mom. When I left him I knew I would have nothing, and in my mind, the short-term struggle I would endure would be worth it because I knew my two children and I would be safe. Upon scheduling my abortion, I had no idea how I would pay for the procedure. I am grateful for the safe space and support I have received from Boulder Valley Women's Health.

~ Anonymous

# ABORTION CARE

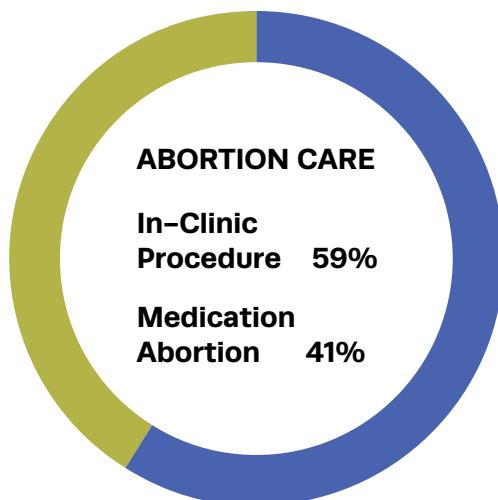
## First-Trimester Abortion Care

Women's Health was founded in 1973 as the first abortion clinic in Colorado. Today, we continue to provide compassionate, expert first-trimester abortion care in the quiet and secluded environment of our Boulder clinic.

Patients have the option of medication abortion or an in-clinic procedure. Our staff of professional counselors provide information and counseling before the procedure and support throughout the patient's experience.

## Professional Affiliations

Women's Health is certified by the National Abortion Federation and is a member of the Abortion Care Network, a national association for independent community-based abortion providers.



## Financial Assistance

Because no government funding can be used to subsidize abortion services, Women's Health maintains a private fund to assist patients who can't afford the full cost of their procedure. Our **Reproductive Equality Fund (REF)** is funded entirely through donations from individuals in our community. We also coordinate financial assistance for our patients funded by the National Abortion Federation and the Women's Freedom Fund.

**\$41,941**

FINANCIAL ASSISTANCE PROVIDED

**40%**

PERCENTAGE OF ABORTION PATIENTS  
REQUESTING ASSISTANCE

**\$276**

AVERAGE AMOUNT OF ASSISTANCE

**\$500+**

COST OF AN ABORTION PROCEDURE

# YOUTH SERVICES, CLINICAL



## I AM WOMEN'S HEALTH

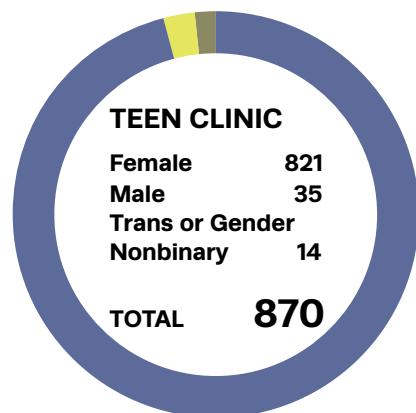
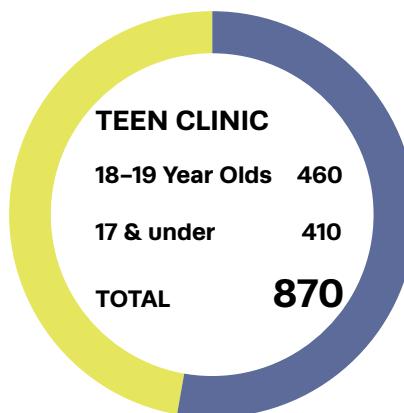
Growing up, I consistently heard teen mom equals bad mom. I had a mother that absolutely defied that. Having a young mom was a blessing for me. We have always had a trusting, loving, and close relationship. Though neither my mom nor I would have wanted it any differently for us, we both didn't want that to be my story. With her support and knowledge, I was able to access birth control when I needed it. I'm grateful for my mom, and I'm also grateful I have control over when and if I will become one.

~ Kaisa, teen patient

## Teen Clinic

Women's Health opened the Boulder Teen Clinic in 1995 and Longmont Teen Clinic in 2006 to provide free and confidential services for teens. To preserve confidentiality, reduce barriers, and in accordance with state law, parental involvement is encouraged but not required. Services are free for patients under age 18, and free or discounted for 18-19 year olds. Teens may also use their parents' insurance, should they choose.

Teen Clinic services include birth control (including IUDs and implants), STI testing and treatment, emergency contraception, pregnancy testing and counseling, Gardasil HPV vaccine, gynecological exams, and sexual health information.



# YOUTH SERVICES, EDUCATION

## Community Health Education

Our Community Health Education staff provide medically accurate, scientifically based comprehensive sexuality education in local classrooms, as well as support for teachers, parents/guardians, and youth-serving agencies.

**6,361**

STUDENTS IN THE BOULDER VALLEY SCHOOL DISTRICT

**+  
2,520**

STUDENTS IN THE ST. VRAIN VALLEY SCHOOL DISTRICT

=

**8,881**

STUDENTS REACHED IN  
BOULDER COUNTY  
THROUGH OUR CHE  
PROGRAMS IN 2018

## Youth Technology Initiative

Through our innovative text line and an interactive Q&A feature on the TeenClinic.org website, youth are able to ask us their sexual health questions and receive medically accurate answers -- anonymously! In 2018:

**3,886**

QUESTIONS ASKED THROUGH  
OUR TEXT LINE

**555**

QUESTIONS ASKED ON  
[WWW.TEENCLINIC.ORG](http://WWW.TEENCLINIC.ORG)

## Sexual Health Awareness & Peer Education (SHAPE)

High school youth in SHAPE receive training in sexual health and prevention and in turn, educate their peers and the community through classroom presentations, outreach events, social media, and lobbying at the State Capitol.

**11**

SHAPERS

► CLASSROOM  
PRESENTATIONS TO

**468** YOUTH

INCLUDING **5**  
LGBTQ YOUTH

**& 2,779**  
ONE-TO-ONE  
INTERACTIONS



SHAPERS excited to leave on their Spring Retreat!

# PATIENT ADVOCACY



## I AM WOMEN'S HEALTH

I primarily work in checkout, so I get to hear a lot of patient feedback and gratitude around the importance of accessible health care, which has had a big impact on my future ambitions. In May, I graduated with my Masters of Public Health in Global Health and Maternal Child Health. I will be leaving BVWHC at the end of July to begin medical school! Like many of my colleagues, I am very passionate about accessible primary care, and my MPH along with the work that I have been able to do at BVWHC has motivated me to pursue medicine as a career.

I am fortunate to have been able to work at this clinic and be inspired by the providers and clinic staff who are making a difference by providing compassionate and quality care for everyone.

~ Minuri, Patient Services Assistant

## Patient Advocacy & Case Management

As a Patient-Centered Medical Home, Women's Health coordinates care for our patients for follow-up care, specialty care or services outside our scope of practice.

**Outgoing Referrals:** Our Patient Advocates coordinate care for a broad range of medical services, including mental health, colorectal cancer screenings, gastrointestinal, urological and dermatological care, pelvic imaging and pelvic floor therapy, sleep medicine, gender confirmation surgery, or other specialty care that is indicated during the patient's exam.

**Incoming Referrals:** Patient Advocates also manage incoming referrals from local physicians and medical practices.

**Non-Medical Resources:** Patient Advocates also work to reduce or eliminate barriers to care and connect our patients to resources for vital non-medical needs such as food assistance, transportation, clothing, housing, shelter, childcare, and safety from interpersonal violence.

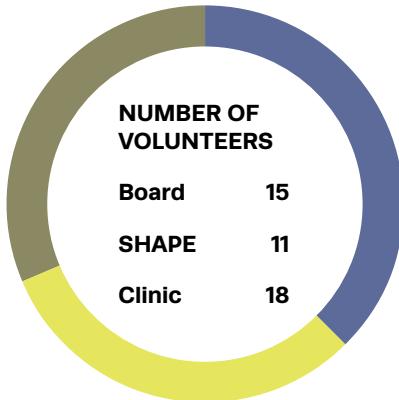
**943**

TOTAL REFERRALS IN 2018

# VOLUNTEERS & OUTREACH

## Volunteers

Volunteers contribute to the success of our organization in a variety of ways. In addition to our Board members who volunteer their time to provide oversight, planning and support, members of SHAPE (Sexual Health Awareness & Peer Education) volunteer their time to provide sexual health and prevention information to their peers. Clinic volunteers work a weekly shift in the clinic, volunteer on one-time projects or assist at special events.



## Community Outreach

Women's Health maintains a visible presence in the community so that those who need us know about us. Our staff, volunteers and Board members table at health fairs, college campuses, and community events throughout Boulder County, with a special focus on reaching underserved populations, such as low-income/uninsured people, and the Latinx\* and LGBTQ+ communities. We also do outreach to other nonprofits and social service agencies whose clients might benefit by knowing about our services.

\*A non-gendered alternative to Latino/Latina.



## I AM WOMEN'S HEALTH

In the summer of 2015, I read [Missoula](#) by Jon Krakauer, an unflinching expose on college rape, and by extension, misogyny generally. It left me feeling both incensed and fiercely

motivated to do something, ANYTHING to combat that societal sickness. But determining an effective way to do so was challenging. The problem is so pervasive and so vast.

It is hard to say what the first step is in achieving gender equality, but a first step is certainly providing all people with the knowledge and tools they need to confidently execute complete bodily autonomy. In BVWHC, I found an organization executing that mission with incredible skill and success. I donate my time and money to this organization because the people here heal the rot at the heart of so many physical and social ills, making space for rich gardens to bloom.

~ Casey, Volunteer

# 2018 FINANCIALS

## 2018 Statement of Activity

### REVENUE

Government Contracts	\$1,017,163
Grants and Contributions	\$491,152
Subsidized Program Revenue	\$931,347
Non-Subsidized Program Revenue	\$162,119
Fundraising Events (net expenses)	\$74,811
<hr/>	
Total Revenue	\$2,676,592

### EXPENSES

Subsidized Programs	\$2,046,713
Non-Subsidized Programs (abortion care)	\$304,004
Management, Fundraising and General	\$330,895
<hr/>	
Total Expenses	\$2,681,612

### EXCESS OF REVENUE OVER EXPENDITURES

(after depreciation) (\$5,020)

## 2018 Statement of Financial Position

### ASSETS

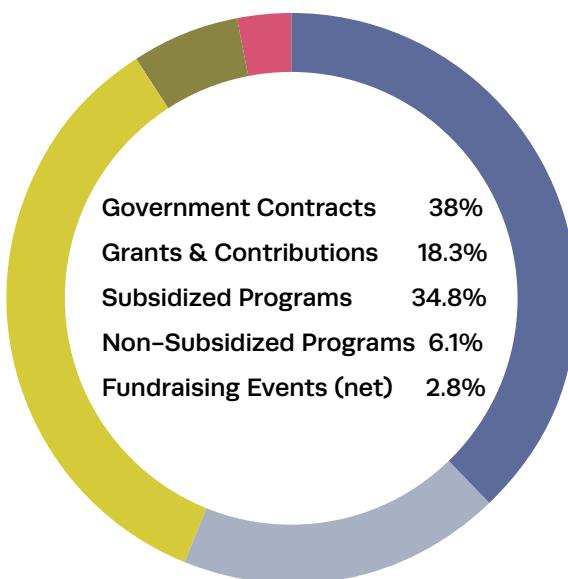
Current Assets	\$984,354
Property and Equipment	\$1,002,230
Other Assets	\$27,061
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Total Assets	\$2,013,645

### LIABILITIES & NET ASSETS

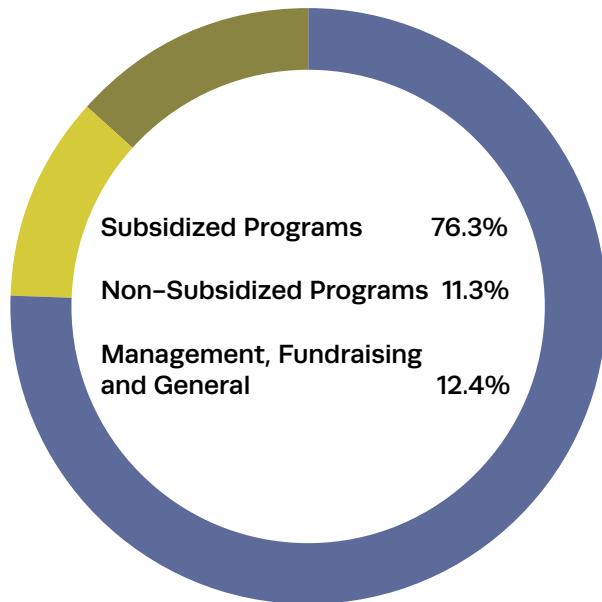
Total Liabilities	\$116,343
Net Assets (with or without donor restrictions)	\$1,897,302
<hr/>	
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$2,013,645</b>

# 2018 FINANCIALS

## REVENUE



## EXPENSES



# LEADERSHIP TEAM

## 2018 BOARD OF DIRECTORS

*Our hard-working Board of Directors represents a diversity of ages, race/ethnicities, genders, sexual orientation, cities of residence and areas of expertise, including physicians, attorneys, financial experts, and current or former patients.*

**Jamie Fenton**, President

**Laura Stark-Ghayur**, Vice President

**Shelly Merritt, JD, CPA**, Treasurer

**Tim Rohrer, PhD**, Secretary

**Ruth Becker, JD**, Member at Large

**Nalini Brown, MD, MPH**

**Meagan D'Angelo, CFP®**

**Taylor Hannegan**

**Karen Lenser**

**Kimberly Lerner, MD**

**Susan Freeman Mann**

**Alexis Moreno, CPRP**

**Hollie Rogin**

**Lisa Shoemaker, JD**

**Gus Spheeris, JD, LLM**

## 2018 SENIOR STAFF

**Susan Buchanan, JD, RN**

Executive Director/CEO

**Ruth Weinberg, MD**

Medical Director

**Shannon Winters, MN, APN, ANP-BC**

Clinical Director/COO

**Heidi Halpern, MNM**

Finance Director/CFO

**Elena Ramirez**

Clinic Operations Director

**Ellie Stoakes**

Youth Services Director

**Meaghan Peters, MNM**

Development Director

**Lisa Radelet, MA**

Communications Director

**Griffin Jensen, MA**

Counseling Supervisor

# YOU ARE WOMEN'S HEALTH

## DONATE

Support Women's Health to keep subsidized family planning services, sexuality education, and abortion care available to all who need them. Right now, the Title X federal family planning program is under attack as never before. Losing these vital funds would impact our ability to provide free or low cost services to those most in need.

### Join our Circle of Sustainers

By making a recurring donation to Women's Health, you become part of our **Circle of Sustainers**, a special group of people who provide ongoing, reliable support for our mission. Giving monthly is convenient and easy on your budget! **Sustaining Partners** are Circle of Sustainers members who donate at least \$100 each month.

### Become a Champion of Choice

**Champions** are dedicated community members who each donate \$1000/year specifically to support abortion care at Women's Health.

### Other Ways to Give

Consider giving gifts of stock or mutual funds, making a planned gift or bequest in your will or trust, donating a car, maximizing your gift through a workplace match, or shopping through Amazon Smile.

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To learn more about these programs or to donate on our website, go to: [www.boulderwomenshealth.org/donate](http://www.boulderwomenshealth.org/donate) or contact Meaghan Peters, Development Director, at meaghan@bvwhc.org or 303-440-9320, ext. 111.

## I AM WOMEN'S HEALTH



I give my money and my support to Women's Health because, as an economist, I believe that quality healthcare is a right, yet many financial, physical, and psychological barriers limit access to care. Whether barriers are natural or, in the case of family planning, political, removing them is critical for ensuring the rights of our residents. The services provided by Women's Health are critical for our residents on moral grounds, but also economic grounds.

~Ed Van Wesep  
Associate Professor of Finance,  
CU Leeds School of Business  
2019 Women's Health Board Member

**2855 Valmont Rd, Boulder, CO • 8221st Ave, Longmont, CO**

**Clinic: 303-442-5160 • Admin: 303-440-9320**

**Email: [info@bvwhc.org](mailto:info@bvwhc.org)**

**[www.boulderwomenshealth.org](http://www.boulderwomenshealth.org) • [www.teenclinic.org](http://www.teenclinic.org)**

