

CHOICE Remarks

FALL 2017

Upcoming Events

Birthright: A War Story Film Screening

Tuesday, Oct. 3
6:00 pm to 9:00 pm
Arts Center of the Capital Region

Women's Leadership Circle Luncheon

Thursday, Oct. 12
11:30 am to 1:30 pm
Wolferts Roost Country Club

Keynote speaker:
Michele Goodwin

To get tickets or to learn more about our upcoming events, visit us online at uhpp.org

Upper Hudson Planned Parenthood Launches Care Coordination

Upper Hudson Planned Parenthood provides sexual and reproductive health care to nearly 10,000 patients each year in the Capital Region. Our patients frequently report that we are their only health care provider and often we need to refer them for additional care, including mental health services. However, many of our patients do not seek the mental health services due to economic barriers, social stigma, and trust of the mental health system. These barriers then negatively affect the patient's overall health care outcomes.

To improve patient engagement, destigmatize getting appropriate care, and provide comprehensive care, we implemented our Care Coordination program. Every patient is screened for their mental health when they visit. If we identify a patient might need additional support and are interested, they meet with one of our full-time Care Coordinators. The Care Coordinators talk with them about their needs, provide additional support to help them receive the services, and refer them to local mental health providers.



"I want to share this with you because I am 100% appreciative of my Care Coordinator. She deserves a reward of some kind. She deserves to know she has done an amazing job and restored my faith in humanity. I am forever grateful for her."

-Cynthia, Upper Hudson Planned Parenthood patient

The program has already had a huge impact. An email from a patient named Cynthia shares her story of meeting a Care Coordinator after going to Planned Parenthood for an STD test. *"I expressed to her I was in a domestic violence relationship. She offered me many options. She validated every concern I had. She found many resources. She was so humane and went above and beyond the call of duty. She cared, she made me feel human again. I was lost and didn't think I had options."*

We've referred over 150 patients to local mental health providers. We work with organizations such as Whitney M. Young Health Center, Rensselaer County Mental Health and Hudson Mohawk Recovery Center. We've also been able to help patients with other needs such as escaping intimate partner violence, people in need of shelter or health insurance and those who may need additional support from local community organization such as Equinox, Unity House, WILLOW, and Trinity Alliance.

Women's Leadership Circle

The Women's Leadership Circle is a group of philanthropic women leaders who contribute \$1,000 or more annually to the mission and services of Upper Hudson Planned Parenthood, who give openly, and who are committed to ensuring that women for generations to come are empowered to shape their own lives and futures and are guaranteed access to Planned Parenthood's services.

Given the current attacks against Planned Parenthood across the country, we are ramping up our local support and we have a goal of 200 WLC members this year.

Join us and help us make our second century even stronger than our first! Get your tickets to our Luncheon or join the Women's Leadership Circle at uhpp.org.

"Together we will ensure that future generations achieve their hopes and dreams" - Cecile Richards

Rally in the Valley

Rally in the Valley, a three day festival in Hudson, kicked off this summer and shined a bright light on our mission through workshops, events, art, and activism.

Rally in the Valley represented a new approach to community-outreach, with inclusive programming designed to engage and inspire.

Collectively, the festival raised public support and impressively raised over \$18,000 to support Upper Hudson Planned Parenthood.

By bringing people together in such a public way, the rally sent a strong message that the city of Hudson and the community around it stands with Planned Parenthood. For more information please visit: Rallyinthevalley.org



Planned Parenthood Generation at SUNY Albany

PPGen at SUNY Albany is a group of student activists fighting for reproductive justice in the Capital District. In our first year on campus we accomplished a lot. We provided over 500 safer sex kits to students on campus during our condom crawls; we held important discussions on intersectional feminist issues, and attended trainings to prepare us for the fights ahead. We also helped coordinate the largest rally in UHPP history with over 1,500 people coming out in the snow to Stand with Planned Parenthood. This semester we are focused on expanding our reproductive justice organizing. We hope to start chapters at The Sage Colleges in Albany and Troy as well as RPI. We are working with other groups on campus to promote awareness and action around intersectional feminist issues, and coordinating with national efforts to ensure access to reproductive health services for all.



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