



## **Join the MFHC Board of Directors**

Missouri Family Health Council, Inc. (MFHC) is seeking individuals that are passionate about sexual and reproductive health and dedicated to improving access to services to join our Board of Directors. The board plays a crucial role in the success of the organization through governance and needs members with a variety of skills, experience, and perspective. If you are interested in serving a nonprofit in an elevated, volunteer role and have a firm commitment to sexual and reproductive health, we want to hear from you!

### **Who We Are**

MFHC, a private nonprofit organization located in Jefferson City, Missouri, champions access for every individual to culturally sensitive, quality, sexual and reproductive health education and services.

We achieve this mission by improving quality services through programming, and advocating for the dismantling of systemic policy barriers which decrease health equity and impede healthcare access.

We know this is some of the most important work of our lifetime, so we're unwavering in our innovative, compassionate, and strategic energy toward challenging systemic oppression and shifting the dynamics of power toward more equitable opportunity and access. We have a deep commitment to diversity, equity, inclusion and belonging principles and we are resolute in supporting a diverse, multicultural, and inclusive board and staff.

MFHC is committed to reproductive justice, including and centering antiracism. MFHC works to eliminate biases and inequity by challenging systemic oppression and shifting power dynamics. All board members and staff are expected to meaningfully participate in this work. Simply put...we do hard work and we do it well.

### **Our Important Work**

For over 40 years, MFHC has been the sole grantee of federal Title X funds, for the provision of family planning services, in Missouri. Recently, MFHC was awarded Title X funds for Oklahoma. We are excited to replicate and expand our programming success to ensure those in need in Oklahoma receive services.

MFHC also serves as the Program Office for the Missouri Foundation for Health-funded initiative, *The Right Time*. The initiative is helping Missourians obtain contraceptive services by reducing costs and improving access and knowledge. In 2023, MFHC launched its wildly successful *Free EC Project*. MFHC joined with health centers and other community partners to distribute Free EC kits, which contain two doses of emergency contraception (EC), throughout Missouri.

MFHC is proud to support systems of care, with particular emphasis on safety net providers, in delivering patient-centered, high-quality reproductive and sexual healthcare to all those who seek services. We focus on removing cost barriers, specifically for the uninsured, and supporting health centers through quality training, analysis, and collaboration. Additionally, MFHC strengthens and coordinates policy efforts by defining its policy priorities and supporting partner organizations in achieving interconnected policy goals.

Visit [www.MFHC.org](http://www.MFHC.org) to learn more about MFHC and our [guiding principles and values](#).

If you would like to apply for board membership, please complete a brief, [online application](#), including uploading your CV or resume. If you have questions prior to applying, please contact Michelle Trupiano, MFHC Executive Director, [mtrupiano@mfhc.org](mailto:mtrupiano@mfhc.org). Prospective candidates interview with Board Development Committee members and/or the executive director before being advanced to the full board for consideration.

## **Important Information about MFHC's Board of Directors**

### **Terms**

- A term is three years and members may serve three consecutive terms.
- A term begins upon invitation and approval by MFHC Board of Directors.
- Historically, terms follow the fiscal year of the organization, which is April 1 to March 31 of the following year.

### **Meetings and Time Commitment**

- Typically, the board meets four or five times a year, either virtually or in-person.
- When meetings take place in-person, MFHC reimburses travel and lodging expenses.
- It is expected that board members spend approximately 10 to 12 hours per quarter on MFHC business. This includes committee service and scheduled board meetings as well as any prep work for meetings. The amount of time spent varies depending on level of committee involvement and leadership positions.

### **Committee Participation for MFHC Board Members**

- Every board member shall serve on at least two standing committees each year.
  - *Executive* - includes offices of the board and designated at-large member
  - *Finance* – review and advise on fiscal matters relevant to the organization
  - *Board Development* - recruit and evaluate candidate applications for membership
  - *Personnel and Bylaws* - review policies and advise board of any changes or proposals
  - *Fundraising/Development* - support the organization's fund development efforts

### **Leadership Opportunities**

Leadership activities include, but are not limited to:

- Chairing a committee
- Service on the executive committee
- Participating in a MFHC sponsored event, such as a kit building, lobby day, etc.

- Submitting letters to the editor to local/regional media outlets supporting MFHC
- Attending regional meetings or national conferences sponsored by MFHC's partners or allies

### **Benefits of Being a MFHC Board Member**

- Enhanced involvement with the sexual and reproductive health community
- Access to varied, but connected expertise
- Participation and experience with healthy board practice and culture
- Broaden horizons, sense of community, personal and professional network with diverse relationships

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Please contact Michelle Trupiano, MFHC Executive Director, [mtrupiano@mfhc.org](mailto:mtrupiano@mfhc.org), if you have any questions, or need additional information.