



Missouri Family
Health Council, Inc.

Achieving Reproductive Health Equity in a *NEW NORMAL*

2020 ANNUAL REPORT





A Letter from Our Executive Director

The year 2020 was unlike any other. The country faced, and continues to face, two public health emergencies: the COVID-19 pandemic and systemic racism and oppression.

As an organization, we have grappled with our role in upholding white supremacy and have taken steps to deepen our commitment to anti-racism work, not just in words but actions. We still have a lot to learn and steps to take, but we are dedicated to racial equity at all levels within our organization.

STEADFAST. INNOVATIVE. RESILIENT. These are just three words I used many times last year to describe the MFHC team and our network. Despite the obstacles and challenges of 2020, our diverse network of 95 reproductive health centers remained resolute in their assurance to provide high-quality healthcare, oftentimes responding with ingenuity and creativity in how they delivered care to their clients. They stood strong against political attacks on reproductive health, and built stronger communities along the way. They continue to positively impact countless lives through their work.

Finally, thank you to our funders, whose unwavering support during the past year has allowed us to further our mission: the Office of Population Affairs for entrusting us with the federal Title X family planning program for nearly 40 years; Missouri Foundation for Health, who shares our vision for a more empowered and autonomous Missouri; and Health Forward Foundation for helping us advocate for lasting policy changes that will elevate the health of Missourians.

Reproductive and sexual healthcare is *essential*, and I'm honored to share MFHC's and our network's accomplishments with you in this annual report.

In solidarity,

Michelle Trupiano

Michelle Trupiano, MSW

OUR BOARD OF DIRECTORS

Robin Corderman: *President*
Ken Landau: *Vice-President*
Katherine Patterson-Paronto: *Treasurer*
Chimene Schwach: *Secretary*
Pam Xaverius: *At-Large Member*
Tracey Allen-Ehrhart
Kate Brennan
Vania Gladney
Viannella Halsall

Sabrina Holliman
Gabriella Justice
Stephanie Volker
Andrea Waner
Lucia Obergoenner: *Ex-Officio*
(*Agency Representative Committee Chair*)

Dr. Elizabeth Allemann serves as our Medical Director.

WHAT WE STAND FOR



Our MISSION: To champion access for every individual to culturally sensitive, quality, sexual and reproductive health education and services.



Our VISION: Missouri Family Health Council, Inc. is the Missouri leader and advocate that ensures quality, comprehensive reproductive healthcare and education for all in need of services.

Our VALUES:



- *Equity* – We commit to equitable treatment and elimination of biases and discrimination in all its forms at all organizational levels and throughout all programs.
- *Autonomy* – We believe every individual should be able to make healthcare decisions that are right for them, with dignity and without interference from anyone.
- *Compassion* – We show empathy through our work and interactions while respecting individuals' lived experiences.
- *Collaboration* – We foster a collaborative environment, both internally and externally, and develop relationships, which are all vital for improving communities and strengthening the healthcare safety net.
- *Inspiration* – We work to galvanize individuals to use their unique voices and power to inform our work.
- *Diversity* – We respect and value diverse voices, and work to create an environment that is inclusive of all.

We are guided by the following PRINCIPLES in prioritizing policies, programs, and endeavors:



- All people deserve quality, affordable healthcare, including accessible reproductive and sexual health services.
- Everyone should have the opportunity to pursue the future they want, including if, when, and under what circumstances to become pregnant.
- We recognize the historical roots of reproductive oppression and abuses, specifically for people of color, and we work to eliminate racial biases and inequity through challenging systematic oppression and shifting the dynamic of power.
- Our work is concentrated on removing barriers to healthcare while empowering individuals to make decisions that are right for them; while a reduction in abortions or unintended pregnancies is a byproduct of our work, it should not be the sole focus.
- New policies or programs implemented by our organization should lead to real, concrete improvement in people's lives.
- Those impacted by our work should have an opportunity for meaningful input.
- We are motivated and committed to learn, challenge, and improve in a continually changing environment.

WE ARE MISSION DRIVEN

A private, nonprofit organization, Missouri Family Health Council, Inc.'s (MFHC's) work is exemplified through our Four Pillars of Service – Programming, Policy & Advocacy, Collaboration, and Funding.

We are dedicated to improving quality reproductive health services in Missouri through our programming, which currently includes administering the federal Title X (ten) program and *The Right Time* initiative.

Our programming is focused on removing cost barriers, improving access, contraceptive equity, and supporting health centers through quality training, analysis, and collaboration.

PROGRAMMING

1

We're proud to lead *The Right Time* initiative, as well as the federal Title X (ten) family planning program for the state.

POLICY & ADVOCACY

2

Our advocacy program seeks to increase health equity and access to reproductive and other safety net services through stakeholder engagement, mobilization, and advancing a shared policy agenda.

COLLABORATION

3

We recognize the importance of partnership and alliance in healthcare, which is why we're committed to collaboration in all aspects of our work.

FUNDING

4

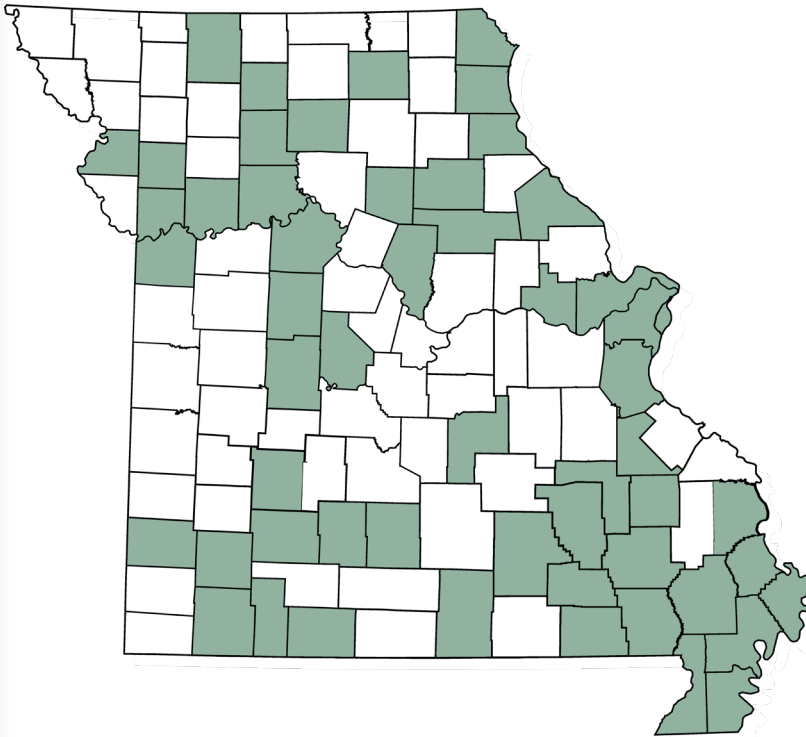
Our funders and partners are committed to our mission, and we're continually seeking funding opportunities to support our network.

TITLE X

Established in 1970, Title X is the nation's first and only federal program dedicated to providing reproductive and sexual healthcare. Title X primarily serves lower-income populations with low- to no-cost, confidential, culturally sensitive healthcare services. MFHC is the state's sole Title X grantee.

THE RIGHT TIME

MFHC also leads *The Right Time*, a six-year initiative of Missouri Foundation for Health. This program seeks to address persistent health disparities in unintended pregnancy and inspire individuals to take control of their own health by providing low- to no-cost contraception to all who need it.



We're proud to support systems of care throughout the state, with particular emphasis on safety net providers, in delivering client-centered reproductive healthcare to all who seek services.

MFHC's diverse network of health centers includes federally-qualified health centers (FQHCs), health departments, community action agencies, hospitals, and standalone family planning clinics.

Our reproductive health network is comprised of 95 clinics, providing access in 63% of the state.

OUR ADVOCACY



MFHC is committed to addressing systemic barriers that decrease health equity and impede access to reproductive healthcare and other safety net services.

We collaborate with health advocates across the state to engage stakeholders, mobilize communities, and advance a shared policy agenda that includes increasing access to family planning, improving infant and maternal health, reducing sexually transmitted infections (STIs), and strengthening family security.

OUR NETWORK

Our network of 95 reproductive and sexual health centers is the backbone to our work. Particularly in 2020, these providers showed ingenuity and flexibility in the face of adversity, and we're proud of their accomplishments and perseverance.

Title X Subrecipients

- Butler County Health Department*
- Contraceptive Choice Center*
- The Children's Mercy Hospital
- East Missouri Action Agency, Inc.*
- Family Care Health Centers
- Green Hills Community Action Agency
- Jefferson County Health Department*
- Katy Trail Community Health
- North East Community Action Corporation
- Ozarks Area Community Action Corporation
- Planned Parenthood Great Plains*
- Social Welfare Board
- St. Louis County Department of Public Health
- Stoddard County Public Health Center
- Tri-Rivers Family Planning, Inc.

The Right Time Health Centers

- Betty Jean Kerr People's Health Centers
- Columbia/Boone County Public Health and Human Services*
- Fordland Clinic
- Missouri Highlands Health Care
- Pike County Memorial Hospital
- Planned Parenthood of the St. Louis Region and Southwest Missouri
- Spectrum Health Care

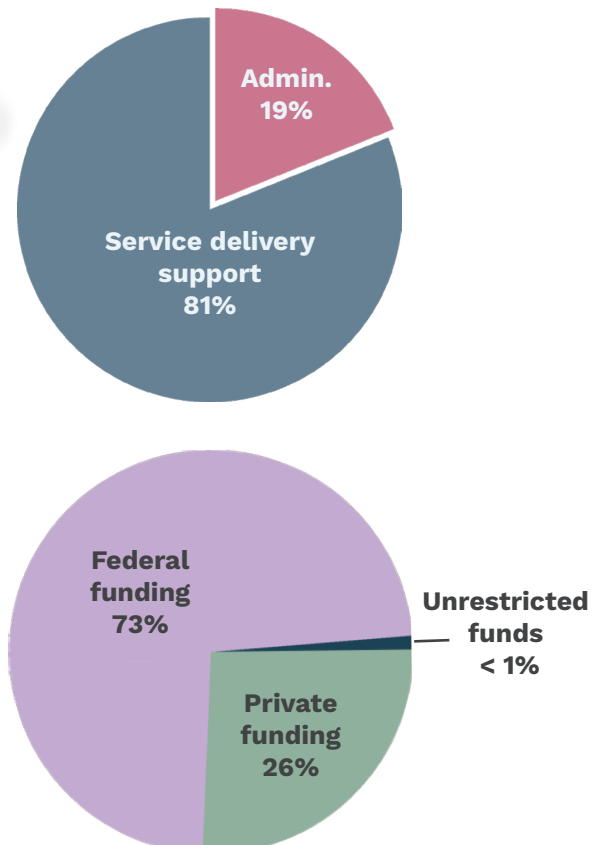
* Agency participates in both Title X and *The Right Time* initiative.

OUR FINANCIALS

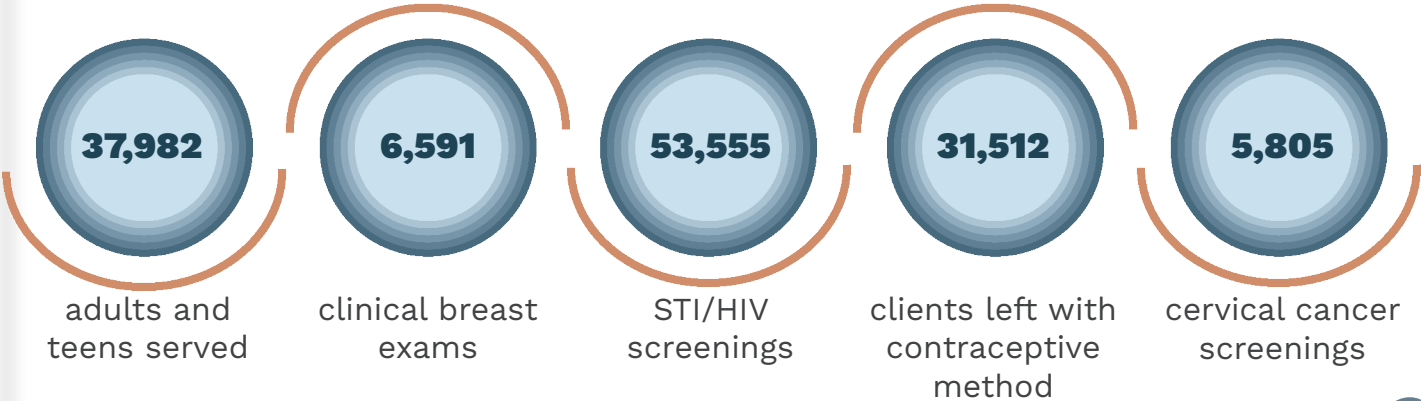
As a 501(c)3 nonprofit organization, we pride ourselves in allocating more than 80% of our funding for service provision from our reproductive healthcare network.

The majority of our funding is awarded from the federal Office of Population Affairs for oversight and management of the Title X family planning program in Missouri. Additional funding is provided from the Health Forward Foundation to support our advocacy and policy work. We also serve as the Program Office for Missouri Foundation for Health's initiative, *The Right Time*.

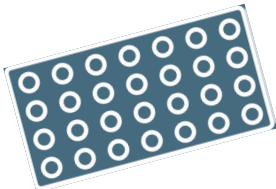
In 2020, we launched a donation page on our website for supporters to invest in our work. [Click here to give to MFHC today!](#)



PROGRAMMING SNAPSHOT



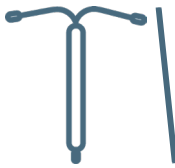
MOST CHOSEN PRIMARY METHODS



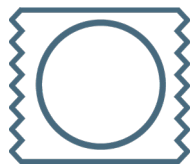
27% – oral contraceptives



23% – three-month hormonal injection

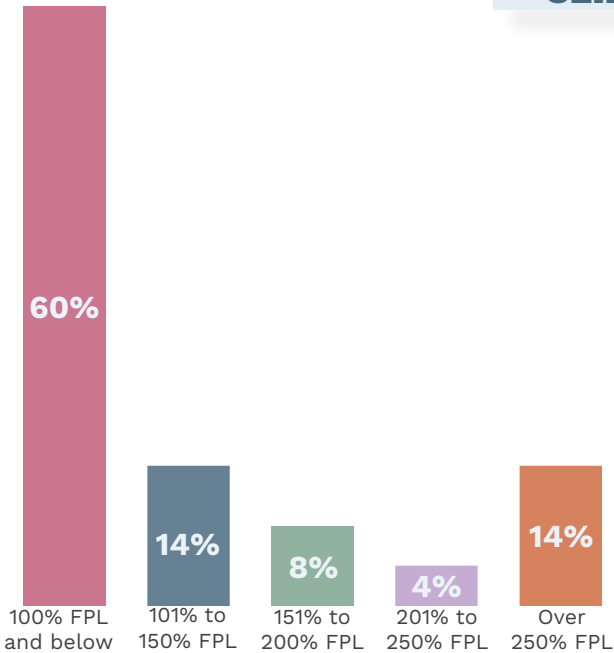


16% – IUD and implant

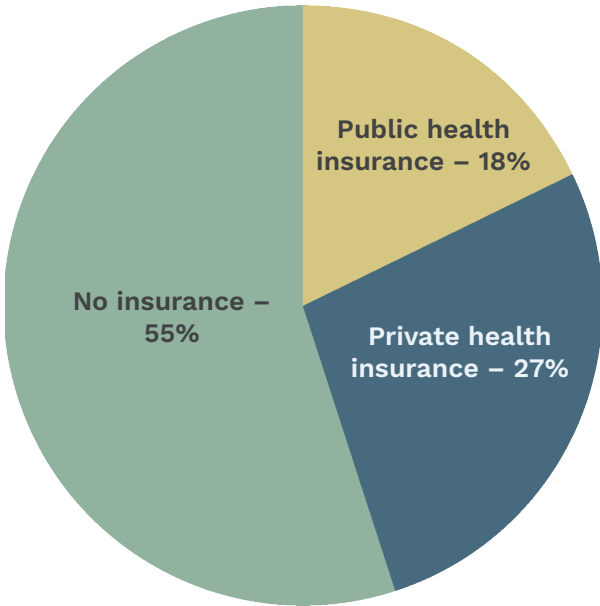


14% – female and male condoms

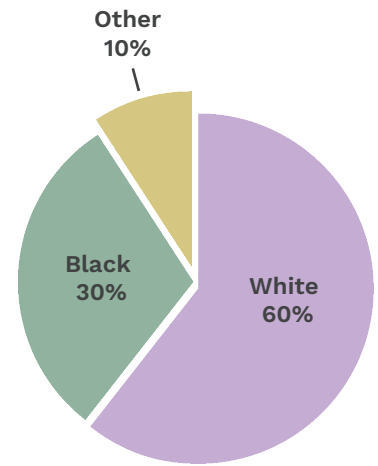
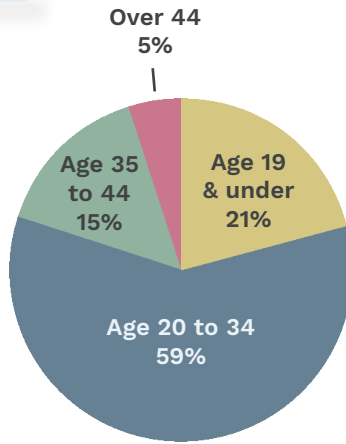
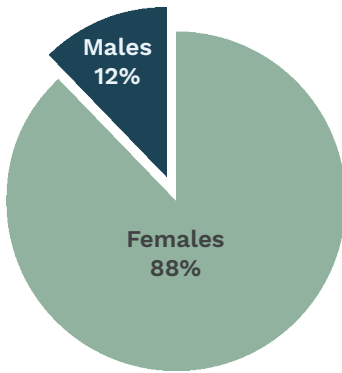
CLIENT INCOME & INSURANCE STATUS



Client income as a percentage of the HHS Poverty Guidelines



CLIENT DEMOGRAPHICS



* 3% reported Hispanic/Latino ethnicity

PROGRAMMING OUTPUTS

PERSON-CENTERED CARE



All clients are offered high-quality, confidential services focused on their goals.

- 37,982 total clients served in 2020 via the federal Title X family planning program and *The Right Time* initiative

INCLUSIVE ACCESS TO AFFORDABLE CARE



Missourians seeking reproductive and sexual healthcare have unhindered access to affordable, confidential care statewide, regardless of their income.

- Services include: birth control counseling, education, and supplies; well-person exams; breast and cervical cancer screenings; pregnancy testing and counseling; STI and HIV screenings/treatment; and fertility counseling and referral.

OUTCOME FOCUSED FOR A HEALTHIER MISSOURI



We provide holistic support for health centers through quality training, ongoing technical assistance, and continuous quality improvement.

- 24 total trainings in 2020
- 102 technical assistance sessions provided
- 1,314 total participants reached

TRAINING TESTIMONIALS



“This is one of the best web sessions I’ve attended – and I’ve attended a lot. Great info. Very engaging.”

— “Exploring Racism & Implicit Bias in Healthcare” attendee

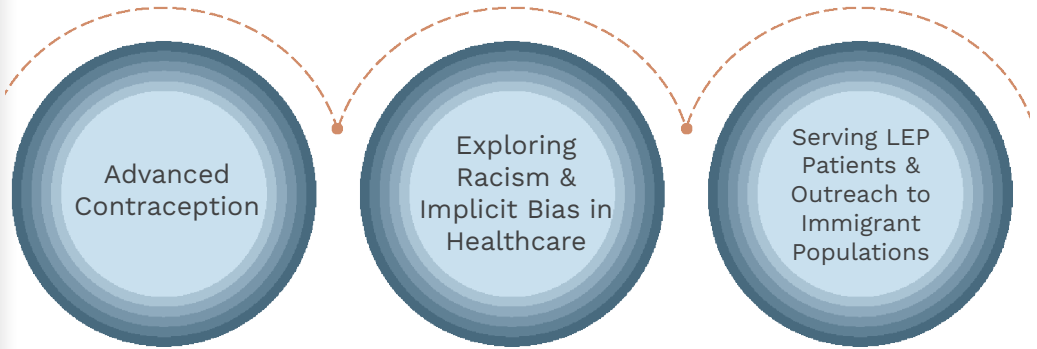
“The webinar’s content helped enhance my understanding of the different methods of contraception and their associated benefits/risks based on current evidence-based findings.”

— “Advanced Contraception” attendee

“Presented in a very cooperative/ collaborative manner to raise up everyone’s knowledge and understanding. Very thorough without overcomplicating.”

— “Hot Topics in Medical Coding” attendee

TOP THREE TRAININGS OF 2020



With **167 participants**, MFHC’s most popular training of the year was “Advanced Contraception,” presented in partnership with the National Clinical Training Center for Family Planning. This live webinar took participants on a deeper dive into some of the more complex issues surrounding birth control and patient care.



As part of our ongoing commitment to racial equity, MFHC offered the free training, “Exploring Racism and Implicit Bias in Healthcare.” Presented by the Diversity Awareness Partnership, the webinar trained **133 participants** and offered tangible steps for healthcare professionals to take to reduce the harmful impact of unconscious biases on reaching organizational goals.



The training “Serving Limited English Proficiency (LEP) Patients and Outreach to Immigrant Populations” had **103 participants**. The training focused on building understanding and skills for reproductive and sexual health providers to better serve patients with LEP and immigrants, while learning more about effective outreach strategies in predominantly Spanish-speaking communities.

24 total trainings

1,000+ trained in 2020



WHAT PEOPLE ARE SAYING

“*The Right Time* is helping women in Southeast Missouri to think more seriously about their reproductive health and birth control choices. Offering no- to low-cost birth control/family planning to Missouri Highland’s patients is a wonderful opportunity and we are thankful to help remove barriers to women’s health by implementing *The Right Time* initiative.”

Jodie Fields,
Missouri Highlands
Health Care

Charity Galgani,
Planned Parenthood of
the St. Louis Region &
Southwest Missouri

“*The Right Time* has been a critical lifeline to our community of patients, who depend on us for their reproductive healthcare. Because of *The Right Time* initiative we were able to continue to present our patients with a full range of contraceptive options, and deliver it at the right time, every time.”

“When I first found EMAA–Women’s Wellness Clinic, I was uninsured and having severe issues with my menstrual cycle. Access to affordable birth control was essential for my well-being. There was no other way I could have afforded an IUD or much needed screenings. [EMAA’s] services are crucial to the community, I can say with certainty without their compassionate care, I wouldn’t be the confident expecting mother that I am today.”

— East Missouri Action Agency (EMAA)
Title X Client Testimonial

“[The Title X program] allows us to provide vital reproductive health services and education to the adolescents and young adults in our community. We are able to teach our clients about healthy relationships while providing education and outreach.”

Rachel Whitfield,
Children’s Mercy
Hospital

THE YEAR OF HEALTH ADVOCACY

Our advocacy program seeks to increase health equity and access to reproductive and other safety net services through stakeholder engagement, mobilization, and advancing a shared policy agenda. Learn more below about how we're championing, and ultimately winning, changes in policy and regulation that increase affordability, quality, and accessibility of healthcare for Missourians.



Stakeholder engagement: We educate while building and maintaining strong relationships.



Mobilization: We build power and mobilize communities to act.



A shared policy agenda: We work in coalition to strengthen policy efforts.

MEDICAID EXPANSION PASSES

One of the biggest advocacy wins of the year was the passage of Constitutional Amendment 2 to expand Medicaid, ensuring 230,000 of our friends and neighbors will have access to breast and cervical cancer screenings, birth control (including highly effective methods like IUDs and implants), and other vital healthcare services. We were a proud endorser of the Medicaid expansion campaign from the beginning, mobilizing our board of directors, staff, and health center network in support of the measure.

We gathered signatures and served as the voice for reproductive health on the campaign steering committee. In addition to our work, our community mobilization partners contributed over 146,000 calls; dropped literature at over 1,000 doors; sent 21,000 text messages, and notarized over 500 mail-in ballots to ensure the measure's success.

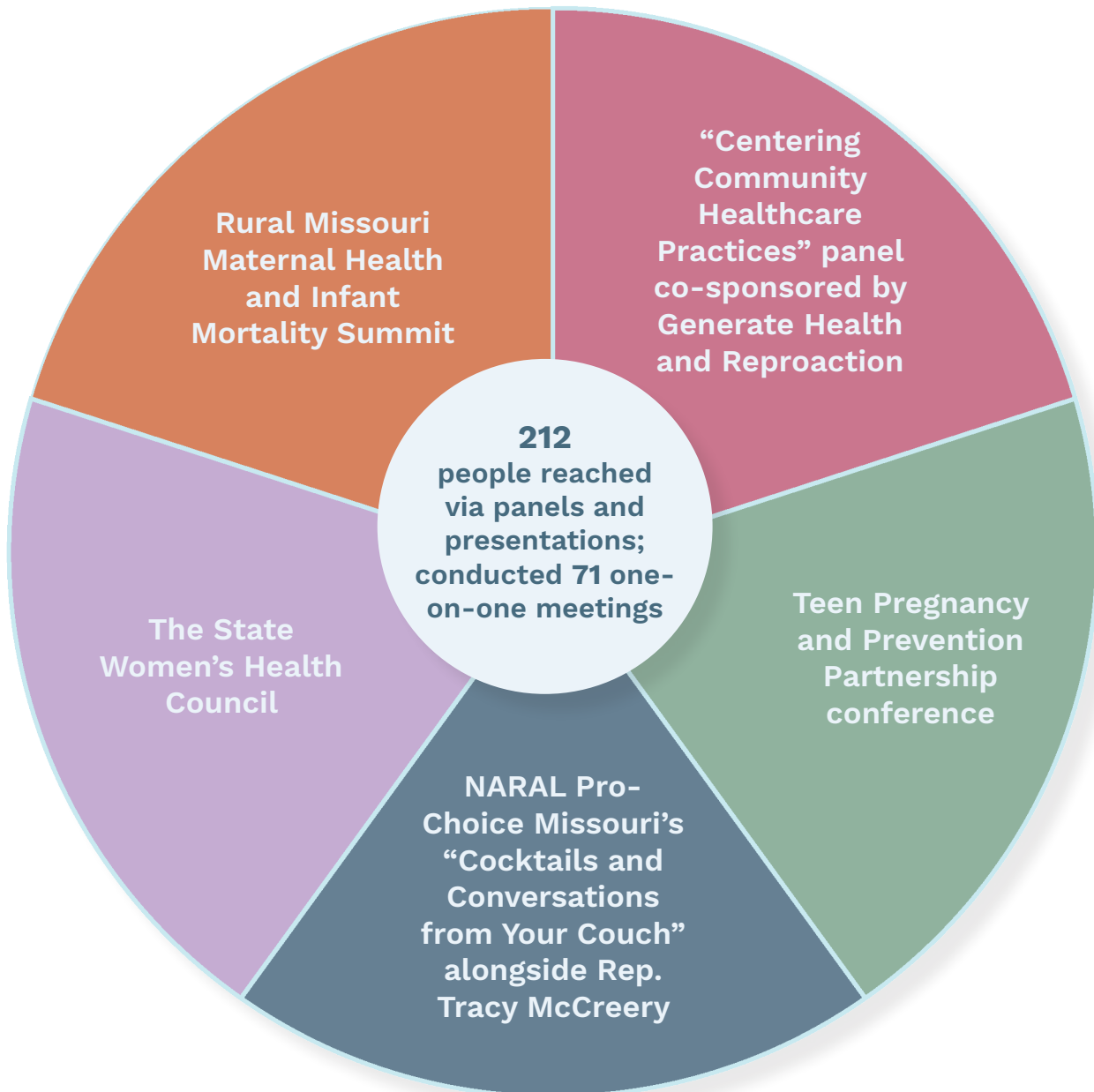




ACTION-ORIENTED COLLABORATION

Building and maintaining strong relationships with policymakers, stakeholders, and state departments is the foundation to our advocacy work. Through these connections, we educate and engage on our programming and policy priorities.

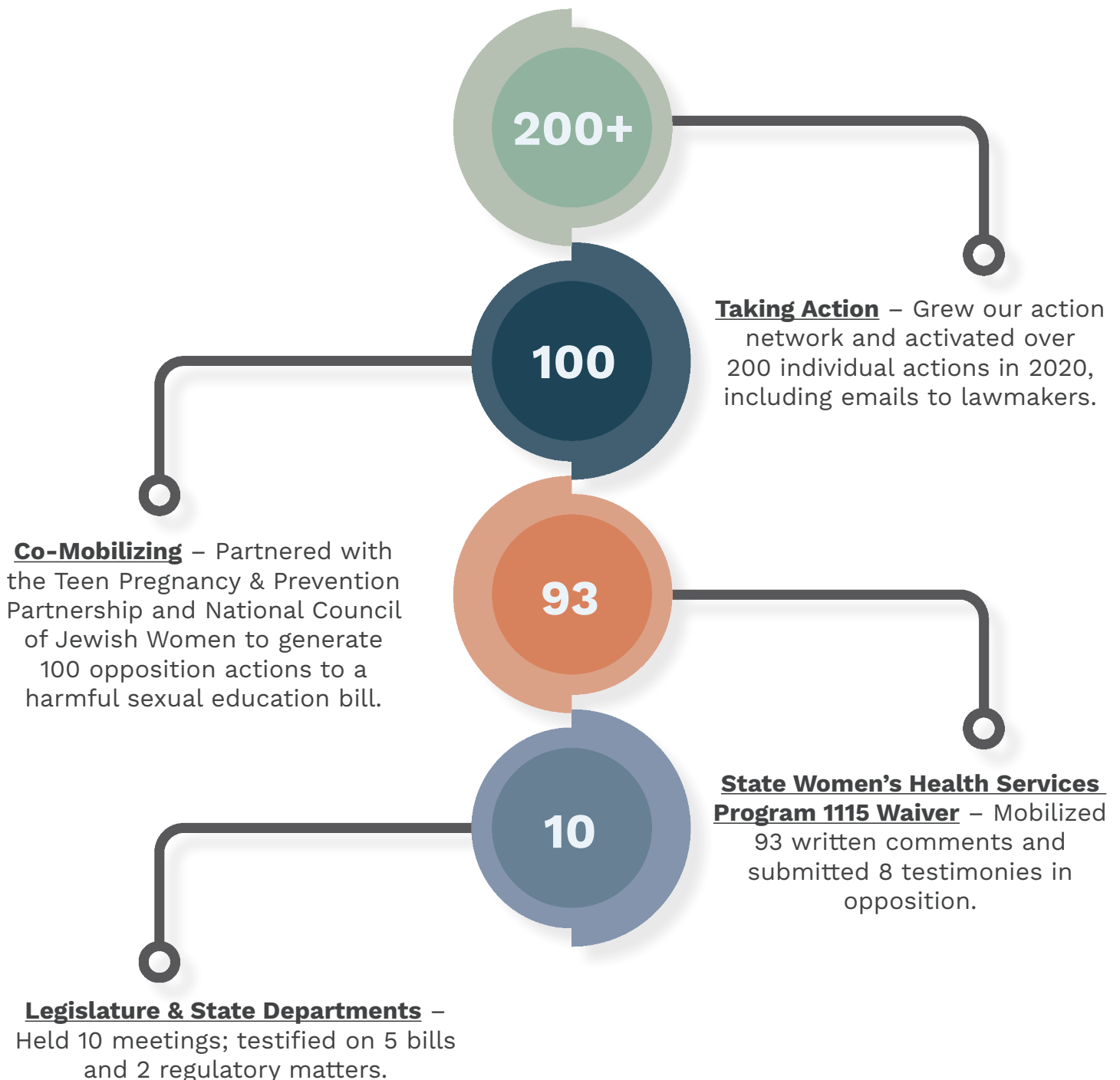
Below are some of our presentation highlights from 2020:



BUILDING POWER, SHAPING POLICY



We build power by developing a large action network so we can hold policymakers accountable and mobilize communities to act. We also contract with five reproductive and maternal health-focused organizations to extend our community reach and increase our impact.





SUSTAINING MOMENTUM

In addition to our own policy and regulatory priorities, MFHC strengthens advocacy efforts by working in coalition with partners across the state and convening the Healthy Families Priorities Coalition. We also actively support partner organizations in achieving interconnected policy goals. Our shared policy agenda includes:



MFHC's 2021 legislative and regulatory priorities are:

- » Strengthen the Affordable Care Act and ensure Medicaid expansion is implemented efficiently;
- » Streamline and improve the state Women's Health Services Program;
- » Repair and improve the federal Title X program;
- » Increase access to STI testing and treatment;
- » Provide comprehensive sexual health education in public schools;
- » Broaden access to contraception by requiring insurers to cover 13-month dispensing; and
- » Improve insurance billing practices to ensure confidentiality.



IN THE PRESS

“...The Right Time is aiming to give individuals a chance to make reproductive decisions that don’t begin and end with the price.”

— “Free Birth Control Program in Missouri Reaches 9,000 Patients,” *Riverfront Times*, February 24, 2020

“Additionally, increased funding for the federal Title X family planning program is essential — when women are able to plan the timing and spacing of their children, it results in significant improvements in health, as well as social and economic well-being.”

— “Public Health Sector Needs Our Support,” (Letter to the Editor) *News Tribune*, April 16, 2020

“[The Women’s Health Services Program] is essential to reducing health disparities in Missouri, but limiting providers will only decrease access and deepen the racial and economic disparities that already exist in our state, with communities of color paying the price for the state’s ideological objections to the provision of legal and constitutionally-protected abortion services.”

— “Limits on Women’s Health Program Deepens Disparities,” (Letter to the Editor) *Columbia Missourian*, September 2, 2020

“Voting yes on Amendment 2 would increase health equity by ensuring healthcare access for thousands of hard-working Missourians. The time has come for us to expand Medicaid eligibility.”

— “Yes to Expansion,” (Letter to the Editor) *Kansas City Star*, February 24, 2020

“Our network is full of very committed, passionate, and dedicated folks. They’ll always go the extra mile to implement Title X...for their patients.”

— Office of Population Affairs’ Grantee Spotlight, December 2020

“When voters decisively approved [Medicaid expansion], they sent a clear message that they want to expand coverage through the ACA, not further restrict it...”

— “Opinion: Coverage Under the Affordable Care Act Critical for Missourians,” *The Missouri Times*, November 20, 2020

A vibrant, stylized illustration of a diverse group of people of various ethnicities and ages, all wearing green face masks. The background is a collage of colorful shapes and patterns. In the center, a large white circle contains contact information and social media icons.

CONNECT WITH US

1909 Southridge Drive
P.O. Box 104475
Jefferson City, Missouri 65110-4475
info@mfhc.org • www.MFHC.org
(573) 636-4060



[Click here to join our
action network!](#)