



CHICAGO WOMEN'S HEALTH CENTER

FY2019 ANNUAL REPORT

DEAR FRIENDS,

On behalf of Chicago Women's Health Center, I'm proud to share with you this report of our 2019 Fiscal Year.

In FY2019, CWHC's comprehensive sexual health education program celebrated its 30th anniversary, held over 850 classes across the city, and was featured in Chicago Foundation for Women's 2019 report on the status of women and girls.

In its clinic, CWHC also increased access to an expanded scope of services by introducing nutrition counseling that is weight-neutral and physical therapy focused on pelvic health – resources that complement our approach of emphasizing education and offering clients multiple treatment options.

As we look to our 45th year in 2020, CWHC is so grateful to our community of support and community partners for helping to ensure that over 6,000 women, trans people, and young people could access affirming health care and health education regardless of the ability to pay.

In peace and health,



Lisa Schengen, Executive Director



Lisa, right, with CWHC
Board Member, Rajni Tripathi

I've never felt more
completely cared for
than I have at CWHC.
- client

MISSION

Our mission is to facilitate the empowerment of women, trans people, and young people* by providing access to health care and health education in a respectful environment where people pay what they can afford.

*CWHC updated our mission to include young people in 2019.

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CLINICAL SERVICES

The Clinical Services Program provides collaborative health care with an emphasis on health education. CWHC's longest-standing program, services include gynecology care, primary care, and care for trans individuals.

In FY19, 1,912 Clinical Services appointments were completed for 1,206 individuals.

99% of clients said their provider explained everything well.

97% of clients report that their mental health was addressed as part of their health and wellbeing.

72% of clients rely on CWHC as their only health care provider.



Judy, left, and Stephanie, right, members of CWHC's provider team.

“I love having medical care that is affirming and makes me feel great. The people who called never used my dead name once, which, when I was having a rough time, made my week.” – trans health client

TRANS HEALTH

Through Clinical Services, CWHC provides hormone administration in addition to co-managing primary care issues. Further, each of CWHC’s programs offer trans affirming services to all trans-identified individuals.

100% of trans health clients would recommend CWHC’s health care services.

100% of trans health clients said their provider respected their identity and perspective.

97% of trans health clients said their experience at CWHC was better than experiences they’ve had elsewhere.

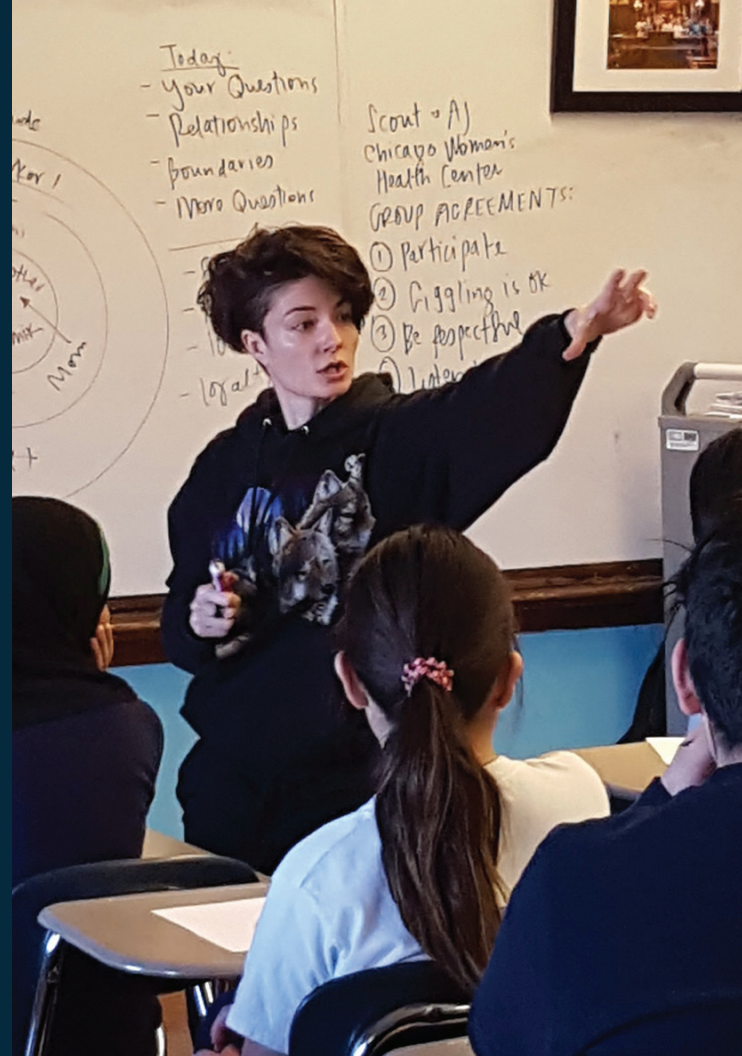
OUTREACH & EDUCATION

The OE Program provides comprehensive, medically accurate sexual health and healthy relationships education that is inclusive of all students. The program's curriculum includes the anatomical and physiological impacts of puberty, pregnancy, and sexually-transmitted infections, as well as tools for assessing and addressing messages from peers and social media regarding self-esteem, body image, gender identity, sexuality, and consent.

In FY19, OE taught 858 classes, reaching 4,733 students in schools and community organizations, and through in-house workshops.

97% of students said they felt respected by their health educator, extending the affirming approach CWHC practices in its clinic.

71% of OE's 41 school and community partnerships have been active for two or more years, allowing staff to build trusting relationships with students, schools, and communities.



Why are girls girls
Why am I a girl

To affirm and center students' questions, health educators collect anonymous "secret questions" and integrate them into upcoming sessions. In FY19, these questions included:

- How do you deal with sadness due to a crush?
- Why does it feel good to have sex?
- Why do people give their baby away?
- What do you do if you are gay, but still have conflicting feelings about who you're attracted to?

"The whole school has benefitted from the honesty and compassion integrated into every lesson and conversation. I see students being more reflective about themselves and society as a result of their CWHC education, which has consequently created a more accepting and empathic climate here at school."
– school partner

COUNSELING



"My counselor helped me find my resilience and to believe I am more valuable than I have been led to think."

The Counseling Program offers mental health services from a feminist and person-centered perspective. Counselors provide support and insight into a client's experiences while maintaining an open environment that enables clients to be seen, heard, and understood in their full complexity.

In FY19, 2,238 individual or couples counseling sessions were completed for 118 individuals.

93% of clients report an increased understanding or ability to approach difficulties in their life.

“The providers I’ve had have been so thorough and very in tune with my unique health needs. I’m so grateful for how affordable CWHC makes their acupuncture. I probably wouldn’t be able to do it otherwise.”
– IHP client

INTEGRATIVE HEALTH

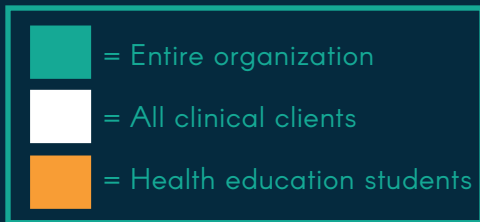
The Integrative Health Program (IHP) offers acupuncture, bodywork, and massage – providing access to alternative healing modalities regardless of an individual’s income.

In FY19, IHP completed 406 appointments for 153 clients.

ALTERNATIVE INSEMINATION

For over 35 years, the Alternative Insemination (AI) Program has supported women and trans people on their path to pregnancy in a comfortable, respectful environment.

FY19 CLIENTS & STUDENTS

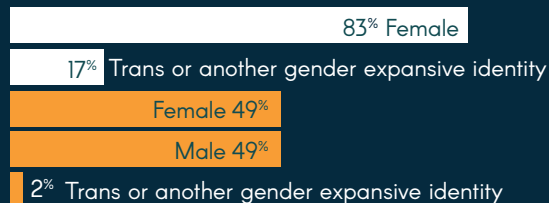


PEOPLE SERVED

6,556

1,823 | 4,733

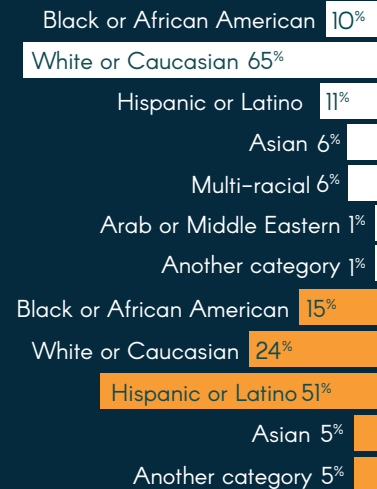
GENDER



INCOME & INSURANCE


- 52% of clients are either uninsured or underinsured by high-deductible plans.
- 61% of students are from low-income households across Chicago.
- 38% of clients are low-income.

RACE & ETHNICITY



AREAS SERVED

- 94% of clients reside in Cook County, with an additional 5% living in Illinois and 1% residing out of state.
- 97% of school partners are in federally-designated medically underserved areas of Chicago.



“CWHC is a super empowering space. I always feel respected and treated like I’m in control. There’s never any judgement.”

CLIENTS

91% of clients report feeling able to make a healthy change after their visit, including:

- CWHC helps me be better aware of what health resources are available to me, encouraging me to actually MAKE appointments.
- Receiving information instead of shame makes all the difference.
- CWHC prescribed me mental health medication. My world has really opened up since then.

STUDENTS

89% of students report learning about positive health seeking behaviors.

When asked what they would tell a student who has not taken a class with CWHC, students said:

- That you should feel safe, everyone goes through changes.
- [This] teaches you how to care for your body and respect it.
- Knowing about this can save your life.
- Be open to conversations. Don’t be afraid to say the truth of your experience.



In May 2019, CWHC celebrated the Outreach and Education Program with community members, supporters, and program partners. Attendees participated in actual OE classroom activities, like reflecting on messages received about their body and skill building around seeking and giving consent.

It starts with

sex ed

Celebrating 30 years of CWHC health education

2019 marked the 30th anniversary of CWHC's comprehensive sexual health education.

With "It Starts with Sex Ed," we celebrated this work by considering the importance of access to sexual health education for:

- Empowered selves
- Healthy relationships
- Inclusive communities
- Feminist futures

Special thanks to Leff Communications for providing beautiful designs and a video for the campaign!



Past and present members of the Outreach and Education Program at “It Starts with Sex Ed,” celebrating 30 years of CWHC’s comprehensive sexual health education across Chicago.

STATEMENT OF FINANCIAL POSITION

For Fiscal Years ending August 31, 2019 and 2018

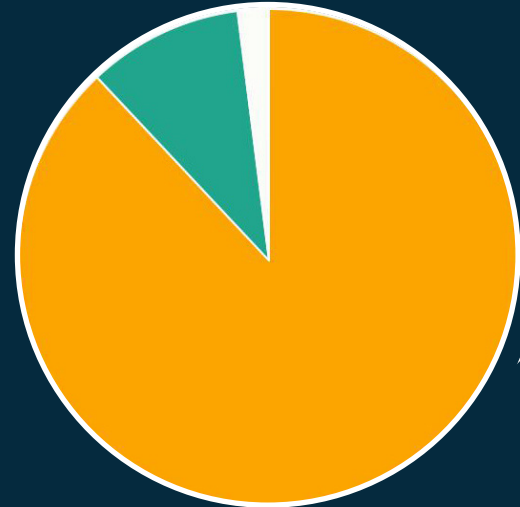
ASSETS	2019	2018
Cash and cash equivalents	385,610	367,582
Accounts receivable	64,807	40,427
Unconditional promises to give	54,718	11,833
Prepaid expenses	24,695	23,144
Total current assets	529,830	442,968
Other assets	6,500	6,500
Property and equipment	4,517	8,641
TOTAL ASSETS	540,847	458,127

LIABILITIES & NET ASSETS

Accounts payable	13,399	5,462
Accrued expenses	53,383	48,204
Current liabilities	66,782	53,666
Deferred rent liabilities	13,514	16,663
TOTAL LIABILITIES	80,296	70,329
Unrestricted net assets	390,551	387,798
Board designated	0	0
Temporarily restricted net assets	0	0
TOTAL NET ASSETS	460,551	387,798
TOTAL LIABILITIES & NET ASSETS	540,847	458,127

USE OF FUNDS

- Program services: 88%
- Fundraising: 9%
- Management & general: 3%



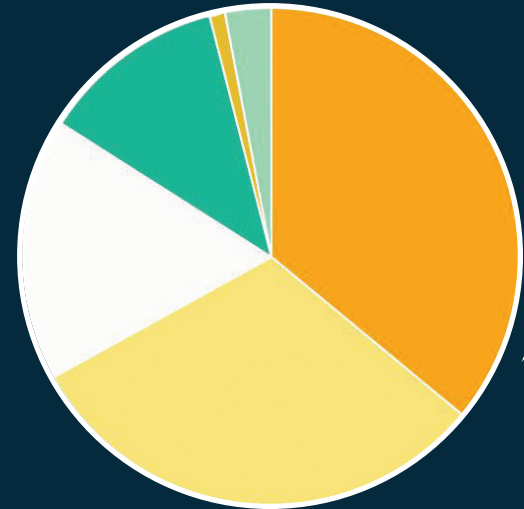
STATEMENT OF ACTIVITIES

For Fiscal Years ending August 31, 2019 and 2018

REVENUE	2019	2018
Foundation Grants	398,200	327,700
Fees for Service	413,403	379,092
In-kind Services	182,591	187,717
Individual Donations	125,523	109,428
Corporate Donations	10,221	20,266
Special Events (Net Income)	21,648	30,040
Other Income	12,238	11,446
Revenue Released From Restriction		
TOTAL UNRESTRICTED REVENUE	1,163,824	1,065,689
EXPENSES		
Programs	961,697	963,446
Fundraising	102,610	108,105
Management & General	26,764	28,958
TOTAL EXPENSES	1,091,071	1,100,509
Change in Unrestricted Net Assets	72,753	(34,820)
Change in Temporarily Restricted Net Assets		
Net Assets - Beginning of Year	387,798	422,618
Net Assets - End of Year	460,551	387,798

SOURCES OF FUNDING

- Fee for service: 36%
- Foundation grants: 34%
- In-kind service: 15%
- Individual & corporate donors: 12%
- Special events: 2%
- Other: 1%





CWHC sincerely thanks our 710 individual donors, who provided \$125,523 of support in FY19, and our 51 volunteers, who donated 6,090 hours of their time.

SPECIAL THANKS

CWHC is grateful for the generosity of our foundation partners.

\$65,000 – \$35,000

The Crown Family | General Operations
Illinois Association of Free and Charitable Clinics | General Operations
VNA Foundation | Clinical Services Program
Polk Bros. Foundation | Outreach and Education Program

\$25,000 – \$10,000

The General Fund of Chicago Foundation for Women | General Operations
Anonymous | General Operations
Anonymous | General Operations
Anonymous | Nurse Practitioner Program
Albert Pick, Jr. Fund | Outreach and Education Program
Harry S. Black & Allon Fuller Fund | General Operations
Phalarope Foundation | General Operations
Skaggs Family Foundation | General Operations
Renaissance Charitable Foundation | General Operations

\$8,000 – \$1,000

Winnetka Congregational Church | Clinical Services Program
DEW Foundation | General Operations
ECOLab Foundation | Outreach and Education Program
Crossroads Fund | General Operations
Anonymous | General Operations



Thank you to everyone who came out to support CWHC at special events!

BUSINESS SUPPORTERS

Thank you to the like-valued businesses that supported CWHC throughout 2019!



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