

# CHICAGO WOMEN'S HEALTH CENTER



# DEAR FRIENDS,

Chicago Women's Health Center is evolving in intentional and really big ways. We are at a critical moment of expanding our model of care to provide primary care, while still serving many of the needs we have been for decades.

In celebration of our 40th Anniversary and all the changes ahead, we are so pleased and proud to share with you this report of our 2015 Fiscal Year, including a few of the incredible stories received from clients and community members through our Forty Years of Stories Campaign as well as images from our anniversary celebration event.

We are entering the next 40 years with the same radical commitment to loving care, to community, and to real connection.

Thank you for being a part of our continuing story.

Sincerely,



Jess Kane, Director





“I was patiently cared for and my body was finally valued.”

- Sangi, client and CWHC Board member

## VISION

We envision a world in which all people have access to comprehensive, affordable, and sensitive health care.

## MISSION

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

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# CLINICAL SERVICES

CWHC's longest standing and largest program, Clinical Services is undergoing a groundbreaking expansion to include primary care in addition to gynecology care and care for trans individuals.

In FY15, CWHC provided **2,904 appointments for 2,190 individuals**, with 958 of these appointments addressing primary care issues.

**97%** of Clinical Services clients plan to return to CWHC for care.

**91%** reported being able to make healthy changes after their visit.

**99%** said their provider respected their perspective.



"CWHC creates space for us to be honest about everything we experience and how it affects us, bad, good or otherwise."  
- Mary (right), client and CWHC staff nurse practitioner

# OUTREACH & EDUCATION

why do people kiss?

“My students had gone through most of their lives without anyone talking to them about sexual health and healthy relationships and when Scout came from CWHC, **it was like the floodgates opened and they finally felt like they were being listened to.** I really feel that this was actually life-changing for some of my students. I have so many anecdotes from these students – especially my female students. So many of them didn’t know anything about their own bodies or protecting themselves. I had so many girls say they felt empowered after talking to Scout – like they could make decisions for themselves”

– Nicole, teacher

Health educators begin each session by soliciting anonymous, “secret” questions from students and continue to use these questions to guide discussion – ensuring their classes are responding to students’ lived experiences and concerns (example pictured above).

The Outreach & Education (OE) Program provides comprehensive, age-appropriate, and medically accurate sexual health and healthy relationship education classes to youth in schools and community organizations.

In FY15, OE taught **432 classes reaching 3,914 individuals.**

**80%** of OE Program participants were youth.

**89%** of participants reported increased knowledge about health topics.

**100%** of the schools OE partnered with were in medically underserved areas.



“CWHC has changed my life and my perspective on what healthcare should look like.”

– Dietzler, client

# MENTAL HEALTH

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 them to be seen, heard, and understood in their full complexity.

In FY15, 153 individuals received counseling services through individual or group counseling at CWHC.

**98%** of Counseling clients reported they were partners in their care.

# TRANS HEALTH

With CWHC’s expansion to include primary care, all programs now offer trans affirming services to all trans-identified individuals.

In FY15, 57 clients established or continued their care with us for feminizing or masculinizing hormone therapy.

**10%** of Clinical Services and Counseling clients self-identified as trans.

# ALTERNATIVE INSEMINATION

The Alternative Insemination (AI) Program assists women and trans people on their path to pregnancy in a comfortable, respectful environment.

In FY15, AI served **155 clients**. One client wrote “Thank you for providing such a wonderful environment!”

**95%** of AI clients were satisfied in preparation to start inseminations after their consultations.

# INTEGRATIVE HEALTH

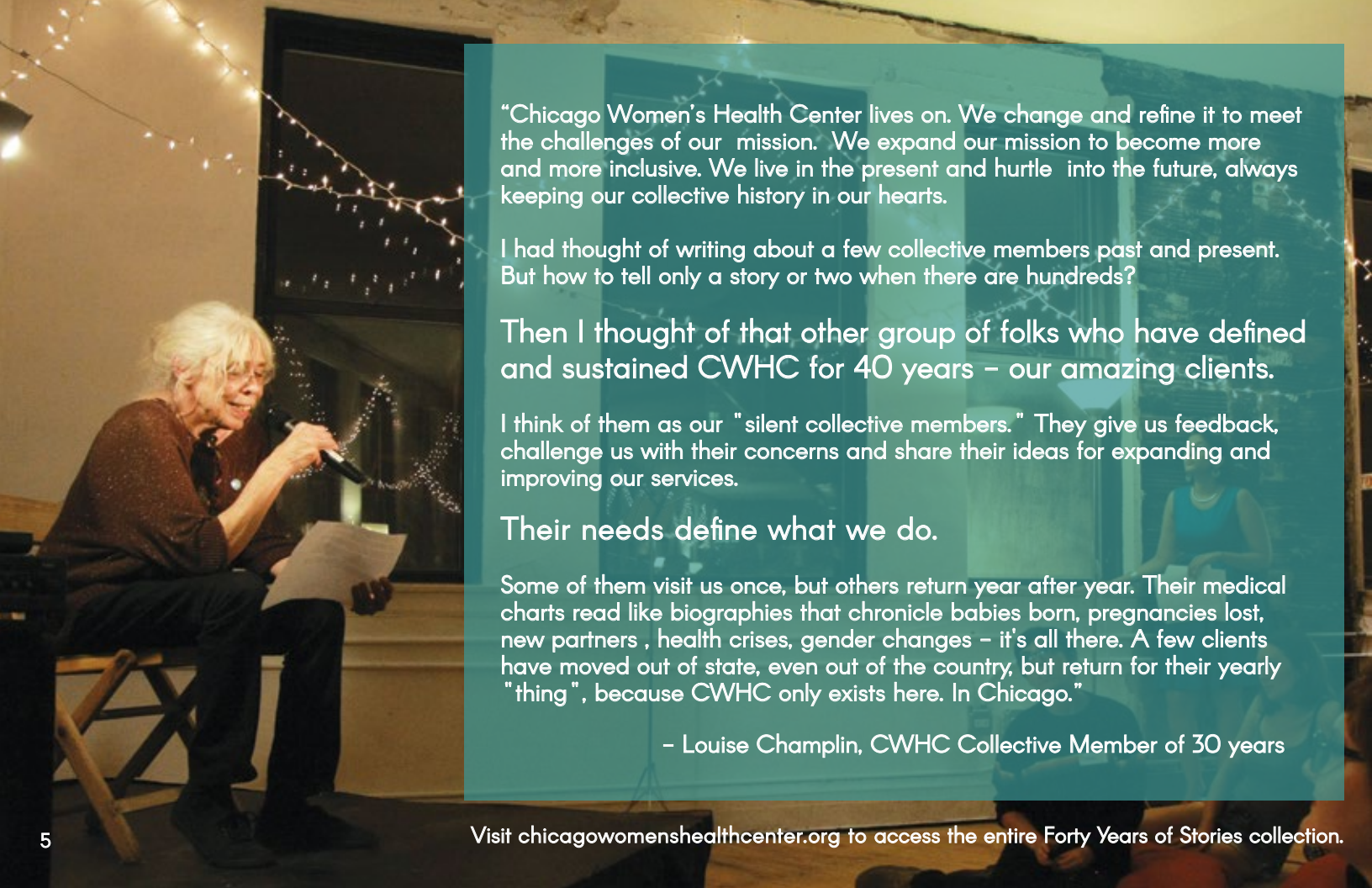
The Integrative Health Program offers alternative care including acupuncture and various forms of bodywork and massage. Clients are offered an alternative healing modality that is often unavailable to lower income individuals, enabling treatment for conditions such as menstrual cycle irregularities, stress and anxiety, and chronic pain.

In FY15, **214 acupuncture and 78 massage therapy appointments were completed** for 70 clients. One client wrote “So appreciative for this service!”

Pictures sent from AI clients displayed in CWHC's waiting room







“Chicago Women’s Health Center lives on. We change and refine it to meet the challenges of our mission. We expand our mission to become more and more inclusive. We live in the present and hurtle into the future, always keeping our collective history in our hearts.

I had thought of writing about a few collective members past and present. But how to tell only a story or two when there are hundreds?

Then I thought of that other group of folks who have defined and sustained CWHC for 40 years – our amazing clients.


I think of them as our “silent collective members.” They give us feedback, challenge us with their concerns and share their ideas for expanding and improving our services.

Their needs define what we do.

Some of them visit us once, but others return year after year. Their medical charts read like biographies that chronicle babies born, pregnancies lost, new partners, health crises, gender changes – it’s all there. A few clients have moved out of state, even out of the country, but return for their yearly “thing”, because CWHC only exists here. In Chicago.”

– Louise Champlin, CWHC Collective Member of 30 years





“CWHC holds the whole of me  
better than any other place.”  
– client

“As a survivor of sexual assault, and immigrant and someone with disabilities I had many unpleasant experiences seeking medical care. I also am a single parent and did not have insurance when I moved to the city, so I was very worried about not being able to afford the care I needed.

I first came across CWHC as I was looking for a place that was sensitive to issues around sexual assault and medical care. I remember going up the stairs of the old office space in Lakeview and being nervous I would leave feeling violated or that I would have to grit my teeth through being uncomfortable. Instead as I entered the room I was immediately put at ease... I don't remember the details of that first visit, just that I felt comfortable and not judged. There was no assumptions made about what I would be comfortable or uncomfortable with, and instead I was asked to okay every step. That felt so transformative and empowering. I was asked about stress levels and survivor status, and **I felt that my whole well being was being taken into consideration.**

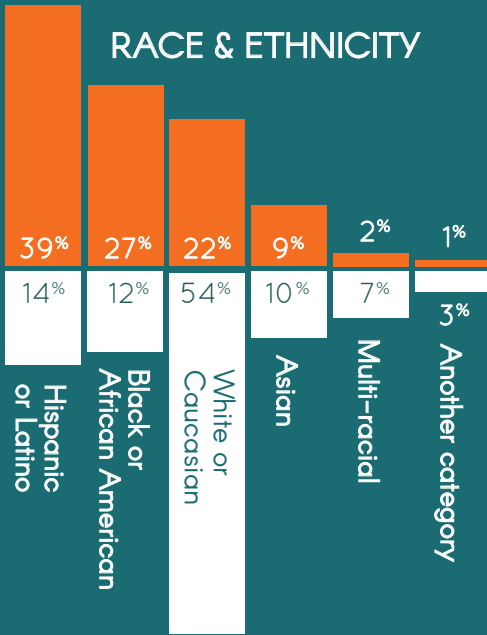
That was the beginning of the long standing relationship with CWHC... CWHC is one of the reasons why I decided to make Chicago my home...

Thank you CWHC from the bottom of my heart!”

– client

# OUR CLIENTS & STUDENTS

## RACE & ETHNICITY



6,482 individuals served

2,568 clients in all Clinical Services

3,914 students in OE programs

- = Entire organization
- = All Clinical clients
- = OE program students

“I’m a single mom that can’t afford your traditional doctor. I have never had the kind of care and consideration CWHC provides.”  
- client

Client age range: 18–68 Average age: 32

43% of clients were uninsured

32% of clients identified as LGBTQ

88% of clients and students lived in Chicago with another 6% living in Cook County



24% of clients had incomes below the Federal Poverty Level



74% made less than \$35,000 annually.

When asked what the most important thing they learned was, OE Program students responded:

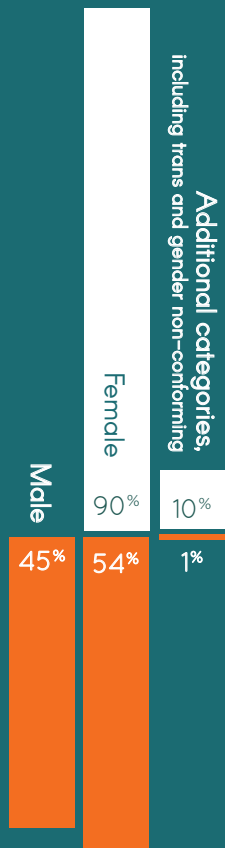
That it's okay that you are you.  
- Burley Elementary, 6th Grader

Our bodies are important.  
We have to take care of them.  
- Burley Elementary, 6th Grader

That no one is the same gender wise  
or any way.  
-Albany Park Theater Project, 9th Grader

Sex is a choice.  
- Air Force Academy High School, 11th Grader

## GENDER



"I have often been considered a difficult patient. When I was five months pregnant and minimally employed, a health department refused to continue seeing me because I was "difficult." I ask a lot of questions. I don't passively follow instruction. I want to know WHY.

### I want to be involved!

At CWHC, my questions have always been welcomed and answered thoughtfully. My involvement has been actively encouraged. It is MY body. The health workers help me understand and nurture it every time I visit.

These days, I have insurance and could go elsewhere for my health care. But I won't do that.

I don't want to leave behind the respect and compassion I know are a part of the model of care at CWHC.

I will continue visiting, being listened to, looked in the eye. We'll chat, we'll laugh. My knowledge will grow. THANK YOU, ALL!"

- Tineka, client



# STATEMENT OF ACTIVITIES

For Fiscal Years ending August 31, 2015 and 2014

SOURCES OF FUNDING	2015	2014
Foundation Grants	\$494,678	\$337,850
Fees for Service	\$380,094	\$331,592
In-kind Services	\$209,478	\$142,240
Individual Donations	\$73,212	\$72,531
Corporate Donations	\$26,241	\$4,107
Special Events	\$12,891	\$10,897
Miscellaneous	\$7,747	\$6,781

<b>TOTAL OPERATING REVENUE</b>	<b>\$1,204,341</b>	<b>\$905,998</b>
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## EXPENSES

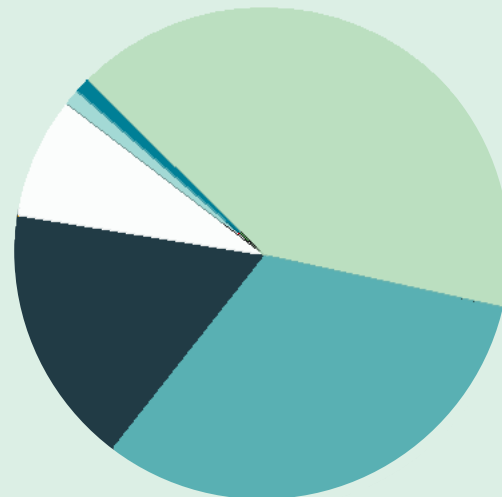
Programs	\$982,070	\$805,715
Management & General	\$28,637	\$29,439
Fundraising	\$62,732	\$57,041

<b>TOTAL EXPENSES</b>	<b>\$1,073,439</b>	<b>\$892,195</b>
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## NET ASSETS

Beginning of Fiscal Year	\$340,986	\$327,183
Change in Net Assets	\$130,902	\$13,803
End of Fiscal Year	\$471,888	\$340,986

## SOURCES OF FUNDING



# STATEMENT OF FINANCIAL POSITION

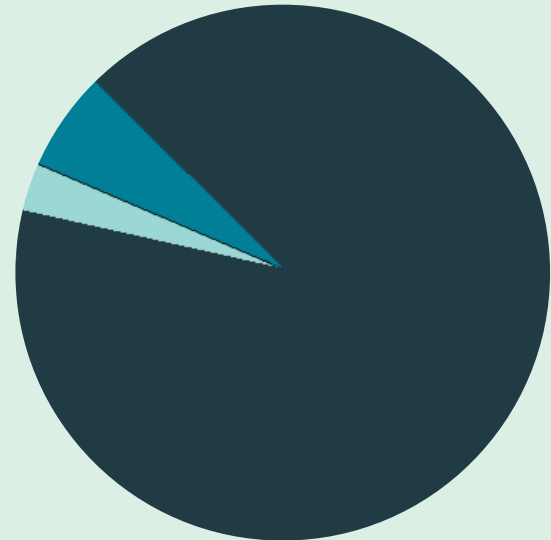
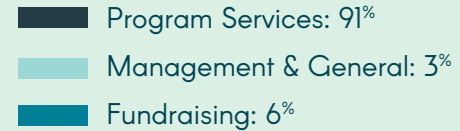
For Fiscal Years ending August 31, 2015 and 2014

<b>ASSETS</b>	2015	2014
Cash and cash equivalents	\$477,655	\$339,245
Accounts receivable	\$25,559	\$9,425
Unconditional promises to give	\$10,539	\$6,584
Prepaid expenses	\$21,528	\$19,651
<b>Total current assets</b>	<b>\$535,281</b>	<b>\$374,905</b>
Other assets	\$6,500	\$7,961
Property and equipment	\$24,085	\$27,614
<b>TOTAL ASSETS</b>	<b>\$565,866</b>	<b>\$410,480</b>

## LIABILITIES & NET ASSETS

Accounts payable	\$12,491	\$7,281
Accrued expenses	\$55,378	\$32,955
<b>Total current liabilities</b>	<b>\$67,869</b>	<b>\$40,236</b>
Deferred rent liabilities	\$26,109	\$29,258
<b>TOTAL LIABILITIES</b>	<b>\$93,978</b>	<b>\$69,494</b>
Unrestricted net assets	\$331,384	\$224,746
Temporarily restricted net assets	\$140,504	\$116,240
<b>TOTAL NET ASSETS</b>	<b>\$471,888</b>	<b>\$340,986</b>
<b>TOTAL LIABILITIES &amp; NET ASSETS</b>	<b>\$565,866</b>	<b>\$410,480</b>

## USE OF FUNDS



# SPECIAL THANKS

CWHC proudly recognizes the generosity and partnership of our foundation and corporate supporters.

## \$172,000 – \$30,000

The Crown Family | Nurse Practitioner Program  
The Crown Family | General Operations  
Telligen Community Initiative | Primary Care Expansion  
VNA Foundation | Clinical Services Program  
Polk Bros. Foundation | Outreach & Education Program  
Ravenswood Health Care Foundation | Clinical Services Program

## \$29,999 – \$10,000

The General Fund of Chicago Foundation for Women | General Operations  
Anonymous Foundation | General Operations  
WXRT/CBS Chicago | General Operations  
The Albert Pick, Jr. Fund | Outreach & Education Program  
BLS Family Foundation | Outreach & Education Program

## \$9,999 – \$1,000

Northwestern University | General Operations  
Winnetka Congregational Church | Clinical Services Program  
Daniel F. and Ada L. Rice Foundation | Clinical Services Program  
Elizabeth Morse Charitable Trust | Outreach & Education Program  
Peoples Gas | General Operations  
New Prospect Foundation | General Operations  
The Prentice Foundation, Inc. | Clinical Services Program  
Chicago Foundation for Women Capacity Scholarship | Counseling Program  
Dew Foundation | General Operations



CWHC sincerely thanks our 505 individual donors, who provided \$74,453 of support, as well as our volunteers, who donated over 6,725 hours of their time.





# COLLECTIVE MEMBERS

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## CHICAGO WOMEN'S HEALTH CENTER

[www.chicagowomenshealthcenter.org](http://www.chicagowomenshealthcenter.org)

1025 West Sunnyside Ave. Suite 201 Chicago, Illinois 60640

p. (773) 935-6126 | f. (773) 935-7145

