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 Schergen, Executive Director
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.

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

MISSION

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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.
“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

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.

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.
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.
“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

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

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

“...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

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

RACE & ETHNICITY

- Black or African American: 10%
- White or Caucasian: 65%
- Hispanic or Latino: 11%
- Asian: 6%
- Multi-racial: 6%
- Arab or Middle Eastern: 1%
- Another category: 1%

In total:

- White or Caucasian: 24%
- Hispanic or Latino: 51%
- Asian: 5%
- Multi-racial: 6%
- Arab or Middle Eastern: 1%
- Another category: 5%

GENDER

- 83% Female
- 17% Trans or another gender expansive identity

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.

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.”

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.

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.

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

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

## LIABILITIES & NET ASSETS

<table>
<thead>
<tr>
<th></th>
<th>2019</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounts payable</td>
<td>13,399</td>
<td>5,462</td>
</tr>
<tr>
<td>Accrued expenses</td>
<td>53,383</td>
<td>48,204</td>
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<tr>
<td>Current liabilities</td>
<td>66,782</td>
<td>53,666</td>
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<tr>
<td>Deferred rent liabilities</td>
<td>13,514</td>
<td>16,663</td>
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<tr>
<td><strong>TOTAL LIABILITIES</strong></td>
<td><strong>80,296</strong></td>
<td><strong>70,329</strong></td>
</tr>
<tr>
<td>Unrestricted net assets</td>
<td>390,551</td>
<td>387,798</td>
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<tr>
<td>Board designated</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Temporarily restricted net assets</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>TOTAL NET ASSETS</strong></td>
<td><strong>460,551</strong></td>
<td><strong>387,798</strong></td>
</tr>
<tr>
<td><strong>TOTAL LIABILITIES &amp; NET ASSETS</strong></td>
<td><strong>540,847</strong></td>
<td><strong>458,127</strong></td>
</tr>
</tbody>
</table>

## USE OF FUNDS

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

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*Note: The graphic represents the proportion of funds used for different purposes.*
# STATEMENT OF ACTIVITIES

For Fiscal Years ending August 31, 2019 and 2018

## SOURCES OF FUNDING

<table>
<thead>
<tr>
<th>Revenue Source</th>
<th>2019</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foundation Grants</td>
<td>398,200</td>
<td>327,700</td>
</tr>
<tr>
<td>Fees for Service</td>
<td>413,403</td>
<td>379,092</td>
</tr>
<tr>
<td>In-kind Services</td>
<td>182,591</td>
<td>187,717</td>
</tr>
<tr>
<td>Individual Donations</td>
<td>125,523</td>
<td>109,428</td>
</tr>
<tr>
<td>Corporate Donations</td>
<td>10,221</td>
<td>20,266</td>
</tr>
<tr>
<td>Special Events (Net Income)</td>
<td>21,648</td>
<td>30,040</td>
</tr>
<tr>
<td>Other Income</td>
<td>12,238</td>
<td>11,446</td>
</tr>
<tr>
<td><strong>Revenue Released From Restriction</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total Unrestricted Revenue**

<table>
<thead>
<tr>
<th></th>
<th>2019</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Revenue</strong></td>
<td>1,163,824</td>
<td>1,065,689</td>
</tr>
<tr>
<td><strong>Expenses</strong></td>
<td>1,091,071</td>
<td>1,100,509</td>
</tr>
<tr>
<td><strong>Change in Unrestricted Net Assets</strong></td>
<td>72,753</td>
<td>(34,820)</td>
</tr>
</tbody>
</table>

**Net Assets - Beginning of Year**

<table>
<thead>
<tr>
<th></th>
<th>2019</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Net Assets</strong></td>
<td>387,798</td>
<td>422,618</td>
</tr>
<tr>
<td><strong>Net Assets - End of Year</strong></td>
<td>460,551</td>
<td>387,798</td>
</tr>
</tbody>
</table>

**Percentage of Revenue**

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

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.
Thank you to everyone who came out to support CWHC at special events!
Thank you to the like-valued businesses that supported CWHC throughout 2019!

Michelle Starbuck Designs
Dinizulu Law Group
Law Offices of Max Elliott
Middle Brow Beer Co.
Uptown Bikes
Milk Handmade
Patrick Schell Real Estate
Revel Global Events Inc.
New Day Network Wellness
Vichcraft and Co.
Good Omen Tattoo
E.E. Mercantile and Co.
Jacqueline Anderson*
Danielle Babbington**
A.J. Barks**
Noshaba Bhatti**
Scout Bratt**
Ana Bermudez*
Sarah Bier**

Cheryl Carvalho**
Jacoba Cruz-Rodríguez**
Jubi Dutcher**
Joan Fadayiro**
Leslie Fiedler**
Jane Flotte**
Sarah Rebecca Gaglio**

Danielle Gang*
Clare Hiyama**
Chrissy Hoffman**
Sula Hitzeman*
Terri Kapsalis
Kate Lassiter*
Elinor Lee**

Tina Lee**
Sandra Maldonado**
Avery Matthew*
Ariel Mejia**
LaKetta Montagne*
Linda Oh**

Nicole Perez**
Judy Popovich**
Mary Ricker**
Michele Reitsma*
Lisa Schergen**
Megan Selby**

Stephanie Salamanca**
Emily Thornton*
Rajni Tripathi*
Molly Wilbers*
Marissa Yelnick**
Jess Young*

FY19 COLLECTIVE MEMBERS

*Board **Staff