

# Clarity & *Brightness*

THE

---

**CLARIS WAY**





“Claris” means clarity  
or *brightness*, and  
that is exactly what  
Claris offers.

# Claris Health is on the *Move* ... literally

Two years ago, key leaders at Claris created a 10-year impact statement: *By the end of 2027, 7,350 Angelenos facing unintended pregnancies will be equipped to make fully-informed pregnancy and sexual-health choices.*

This past year marked a record-breaking year as we reached **658 women**, and many of their partners, who were facing an unintended pregnancy, bringing us to **22% of the 10-year goal.**

Despite this recent growth, these numbers are still a small fraction of the city's unintended pregnancies each year. With permanent clinics in West Los Angeles and Inglewood, our geographic reach is limited. While we'd love to distribute our model of care, The Claris Way, via permanent clinics in every community in Los Angeles, such physical breadth is an impractical near-term objective. Yet, community partners and the unreached neighborhoods they represent continue to request Claris' unique services. Too many women in Los Angeles never get to experience Claris' family-centric, client-led, and integrated care, which can equip them to make a fully-informed choice.

*To address some of these obstacles, in 2019* we're launching the latest major initiative, *a mobile medical unit*, to serve as a satellite clinic in the more difficult to reach areas in Los Angeles. This past year involved planning, preparation, and fundraising for this custom vehicle, along with the other critical programs that Claris offers. We're excited to announce that due to the overwhelming support from financial and community partners like you, the mobile clinic will be complete in **September** and patient services will begin soon thereafter!

This new mobile clinic will grow Claris' ability to deliver high-impact care while also bringing costs lower than an equivalent brick-and-mortar facility. Currently, there are more than **50 community partners** who've expressed eagerness to host the mobile unit, ensuring many new opportunities to serve the targeted demographic.

This exciting effort is only one element of our operational footprint. Dedicated staff and volunteers continue to serve at our permanent clinics, support center, and at schools and partner locations throughout Los Angeles. In addition to caring for the pregnant women and their families, we remain committed to guiding young parents, at-risk students, and anyone else facing a challenging sexual-health choice. People continue to invite us into their journeys, and we're honored by their choice to seek care and support with us by their side.

I pray that this report reminds you of the incredible task before us and also illustrates the powerful impact that a small group of **passionate visionaries** can accomplish! There is much to celebrate, and we are confident that the following year will be filled with even greater successes as we continue to see lives transformed. Thank you for being an integral part of the Claris Health family.

A letter from Peter Kingston, Board President  
& Talitha Phillips, CEO



Peter Kingston



Talitha Phillips



I've been a supporter of Claris Health for many years and love their unique approach to care. They provide compassionate, non-judgemental support to women and families in need. This mobile clinic will go the extra mile reaching those who lack access to healthcare and need to know they are not alone.

**- Patricia Heaton, Actress**

Our New *Mission* Statement





To equip and care for individuals and their families *before, during, and after* pregnancy and sexual-health choices.

This conviction of caring for people beyond a pregnancy situation became so critically important to our staff, Board, and key stakeholders this past year that we changed our mission statement to capture both the breadth and the depth of our care.

**- Talitha Phillips, CEO**

# How We Care

## BEFORE PREGNANCY

### SERVICES:

Sexual Health Education [Reality Check]  
Youth Mentorship  
Health Screenings  
STD/STI Testing + Treatment

### IMPACT:

**6064\*** Students + parents [402 presentations] in LA received sexual health education

*\*\*Does not include satellite locations around the nation.*

**570** STD/STI + Health Screening Appointments

This presentation helped reveal the truth about so many things that I was misinformed about by the media and other sources.

*– 15 Year Old Malibu High School Student*



Claris' staff and their support is unbelievably amazing. It went a long way when I was confused and unsure of what direction to take moving forward.

*- Claris Patient*

## DURING PREGNANCY

### SERVICES:

Pregnancy Testing  
Options Education  
Early Prenatal Care + Group Prenatal Care  
Case Management + Community Resources

### IMPACT:

**85%** Pregnant patients were equipped to parent after receiving education and support at Claris

**99%** Client Satisfaction

**1,807 PARENTING CLASS\* PARTICIPANTS**



Claris has been such an instrumental service provider to our pregnant and postpartum women. From seeing our participants as walk-ins who are having medical urgencies to facilitating our court ordered parenting class, Claris has made a significant difference in our participants lives, helping them become the parents they want to be. Claris' generosity and kind, caring, thoughtful interactions with our participants and team members have helped to foster hope for a bright future ahead. They have been a godsend and we are a better program because of them.

**- Nicole Pyles,  
Clare Matrix**

## **AFTER PREGNANCY**

### **SERVICES:**

Pregnancy Loss [*miscarriage & abortion*] Support  
Adoption Support  
Professional Therapy  
Parenting Education + Resources

### **IMPACT:**

**1,326** Counseling + Support Visits  
**190+** Community Partners

**\*\***[Parenting Classes Include Breakthrough Parenting (court mandated), Childbirth, Potty Training, Fitness, Discipline, and more.]

# Coming To A *Location* Near You!



*The beginning...* Our dream of a mobile clinic is coming true!



*Extending Our Reach...* Claris is on the move!

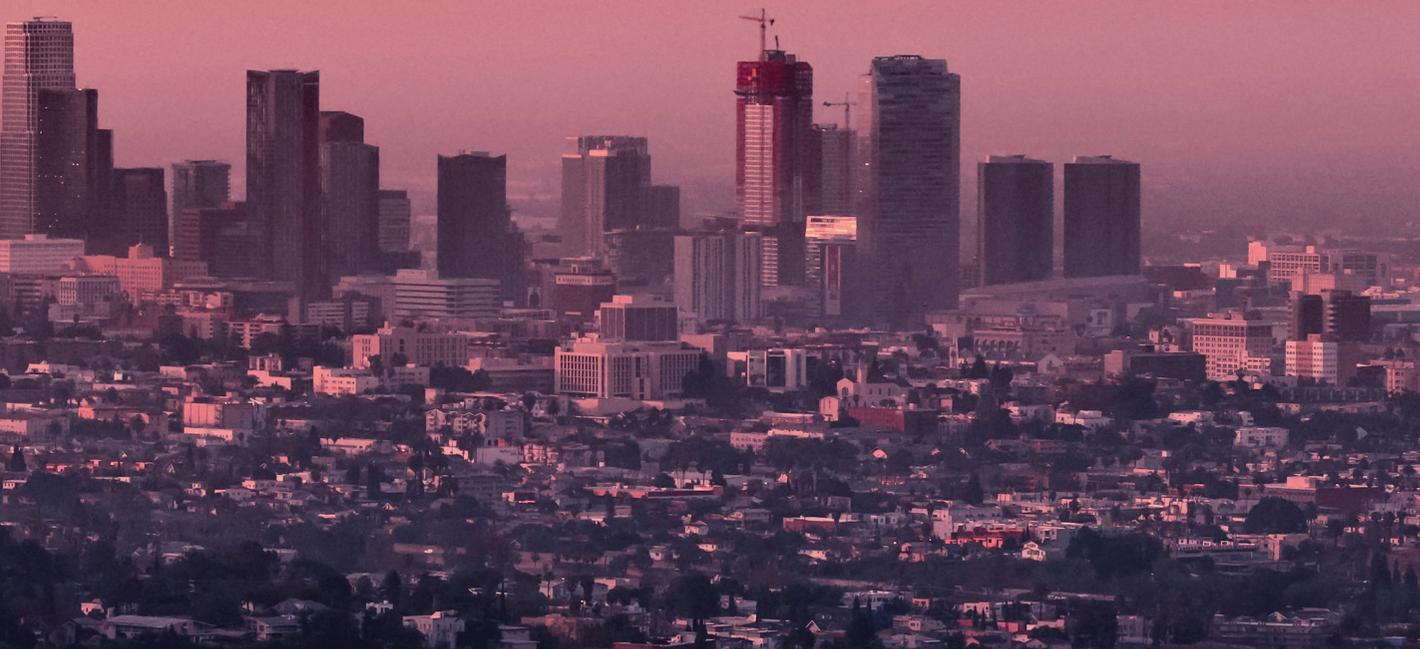
## **SERVICES OFFERED ON THE MOBILE INCLUDE:**

PREGNANCY TESTING, ULTRASOUND, HEALTH SCREENINGS, STD/STI TESTING, CASEWORK, COMMUNITY REFERRALS, AND MORE!

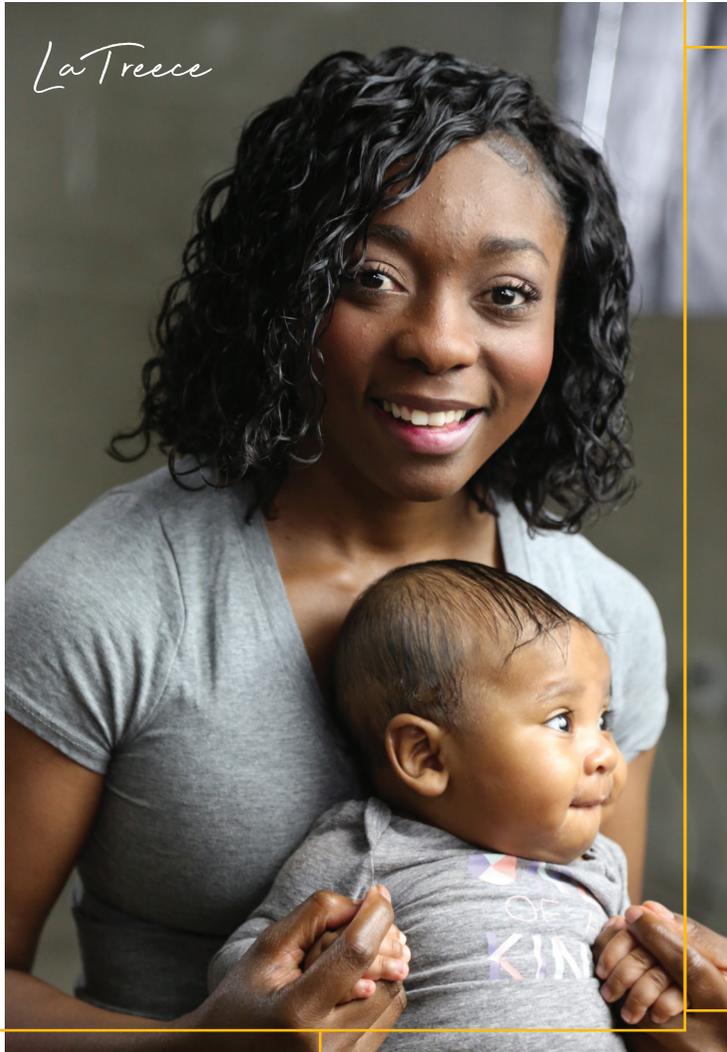
Visit [clarishealth.org/mobile](http://clarishealth.org/mobile) for locations, updates, and other fun facts.



The mobile medical  
unit is ready to launch  
in the *fall of 2019*



# Stories From Our *Community*



"I felt shattered and could not believe this was happening to me. I didn't rationally think of my options. Instead I thought, 'Get rid of it. Don't think about it again.'

When I told my boyfriend, he said, 'Don't worry. I will be here with you so don't feel like you are alone.' I took him truthfully when he said he would be here throughout the process so when he left me, I felt like it was a slap in my face.

After that I went on Google to search for clinics so I could get an ultrasound. Claris came up as my number one search and Miranda answered the phone. *She was very welcoming and understanding which instantly made me feel relieved and like I truly wasn't alone. That's all I needed to feel like I can do this.* I took Claris' parenting classes and their birthing boot camp class four times just to make sure I was extra ready.

My son was born on October 30th, 2018 and he is literally the best thing that's ever happened to me. If there are any other women who are just finding out that they're pregnant, keep your head up. *Sometimes things fall apart in order to fall together. Your life is not over. If anything it is just beginning and it will be a life you never dreamed of."*

Sometimes things fall apart in order to fall *together.*

I didn't realize how *freeing* it was to talk about abortion with other women who have gone through the same thing.



"I thought I was going to take this to the grave until I reached out to one friend. She grew up the same way as I did so her solution was also to 'take care of this, go to a clinic by Wednesday and you'll be free by Thursday'. Freedom was an abortion. *Freedom was erasing a mistake and pretending like it never happened; living a lie.* That is the course of action we took. The amount of shame and heaviness felt like a dark cloud came and sat on my chest saying, 'You are trapped for life. This decision you for sure cannot reverse'. I felt so much anger but I didn't know to process who or what I was angry at.

I broke up with my boyfriend at the time and started spiraling into pretty reckless behaviors to numb the pain and to numb the reality of the situation. About three years after I had my abortion I had a really loving friend who went to church with my brother and donated to Claris. She said, 'With your story, we think you'd love to come to this gala to hear about other women who've had similar experiences as you. It sounds like you're battling and fighting through a lot that we don't think you're supposed to go through alone.' So I went to the gala and heard all these testimonies. I was blown away thinking, *'What is this place? Who are these people? I've never met a community like this and I had no idea there was such a work being done.'* I realized then that *I really wanted to go through post abortion healing.*

So I called Claris, asked what the post abortion support group looks like and I did it with another small group of women. *It was life changing. I didn't realize how freeing it was to talk about abortion with other women who have gone through the same thing.*

We are in need of these *services* and I appreciate it.



Roni grew up in Chicago with ten other siblings; six sisters and four brothers. His parents separated when he was just a child which made his upbringing very tough. After being informed of the mother of his child's substance abuse, the court asked her and Roni to enroll in court-mandated parenting classes. This is how they found Claris.

"The [parenting class] teacher, Niki, made me feel comfortable and as if I had a voice on day one. She reminded me that I was here for the right reasons. *Before you know it, there I was in this class with the mom of my child building our relationship back up as we learned together how to best care for our daughter.* We got to know other parents in the class, their struggles and their life experiences so I felt like I was getting something out of it from all angles just through this one class. I started doing more work at home and even took a copy of it (parenting booklet) and shared it with other parents who could use the help."

*Since then, Roni makes the brave choice to put his daughter, Malia, and his sobriety first by investing in the parenting, therapy and other support services that Claris has to offer.* "Thank you to the people who make this happen and to the people who donate. We are in need of these services and I appreciate it."



Thank you to the volunteers  
who donated close to **\$75,000**  
**+ 900 hours** in services...

including legal assistance, construction, interior design,  
childbirth classes, and IT help.

## 190 COMMUNITY PARTNERS

Creating a network for our clients that provides housing, medical care, mental health services, job assistance, abuse counseling, food, and so much more.

## 727 ACTIVE DONORS

Including **212 Clarity Makers**  
*(a group of individuals committed to providing consistent monthly support)*

# Our Financials

FOR EVERY *dollar* SPENT...



\$ .77 programs\*

\$ .12 fundraising

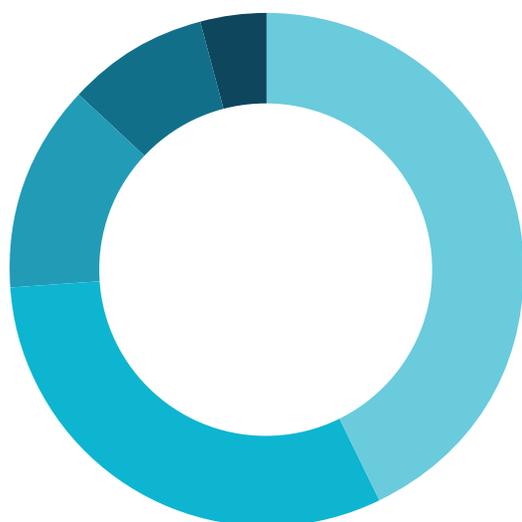
\$ .11 administration

\*PROGRAM *dollars* SPENT...

46%  
MEDICAL

21%  
SEXUAL HEALTH  
EDUCATION

33%  
SUPPORT/  
COUNSELING



## Support & Revenue

- 43% Donations
- 31% Fundraising Events
- 13% Grants
- 9% Gifts In-Kind
- 4% Programs



## Expense

- 77% Programs
- 12% Fundraising
- 11% Administration

### Statement of Activities

Fiscal year ending June 30 each year

	FY 2019	FY 2018
<b>Support &amp; Revenue</b>		
Fundraising Events	\$476,794	\$641,353
Programs	\$69,483	\$99,582
Grants	\$198,200	\$201,000
Donations	\$664,274	\$671,196
Gifts In-Kind	\$141,778	\$159,436
Other	\$9737	\$3,965
<b>Total</b>	<b>\$1,560,266</b>	<b>\$1,617,096</b>
<b>Expense</b>		
Program	\$1,093,668	\$1,091,911
Fundraising	\$157,680	\$171,643
Administration	\$177,035	\$167,646
<b>Total</b>	<b>\$1,428,383</b>	<b>\$1,435,200</b>

### Statement of Financial Position

As of June 30

	2019	2018
<b>Assets</b>		
Cash	\$784,027	\$772,211
Fixed Assets	\$59,744	\$53,122
Vehicle Deposit	\$110,875	\$0
All Other Assets	\$29,295	\$27,999
<b>Total</b>	<b>\$983,941</b>	<b>\$853,332</b>
<b>Liabilities &amp; Net Assets</b>		
Total Liabilities	\$74,642	\$75,916
Net Assets	\$909,299	\$777,416
<b>Total</b>	<b>\$983,941</b>	<b>\$853,332</b>



FOLLOW US  
TO STAY  
*connected*



# Our Leadership

---

## BOARD OF DIRECTORS

---

**PETER KINGSTON**  
President

**TALITHA PHILLIPS**  
CEO

**BRIAN LEE**  
Treasurer

**LAURA DUFOUR, RN**  
Secretary

**AMEN BAINS**  
Member

**CHRIS COATES**  
Member

**RONALD COLE**  
Member

**ADRIENNE DIXON**  
Member

**CHARLES HU**  
Member

**KEITH ORSO, ESQ.**  
Member

**ANDREA REGALADO**  
Member

## BOARD OF TRUSTEES

---

Tish & Charles Anderson

Theresa & Bill Armour

Leslie & Dr. Bob Hamilton

Patricia Heaton

Jo Ann & Bob Klein

Tegra & Marc Little

Celeste Liversidge

Christine Martinez

Christine Metzler

Seth Mitchell

Tracie & Chris Shepard

Craig Tschudi

Christa & Mike Workman

## MEDICAL DIRECTOR

---

Carla Janzen, MD, PhD

---



[WWW.CLARISHEALTH.ORG](http://WWW.CLARISHEALTH.ORG)

501(c)(3) community-based,  
non-profit organization  
in Los Angeles, California