

# ALTERNATIVES

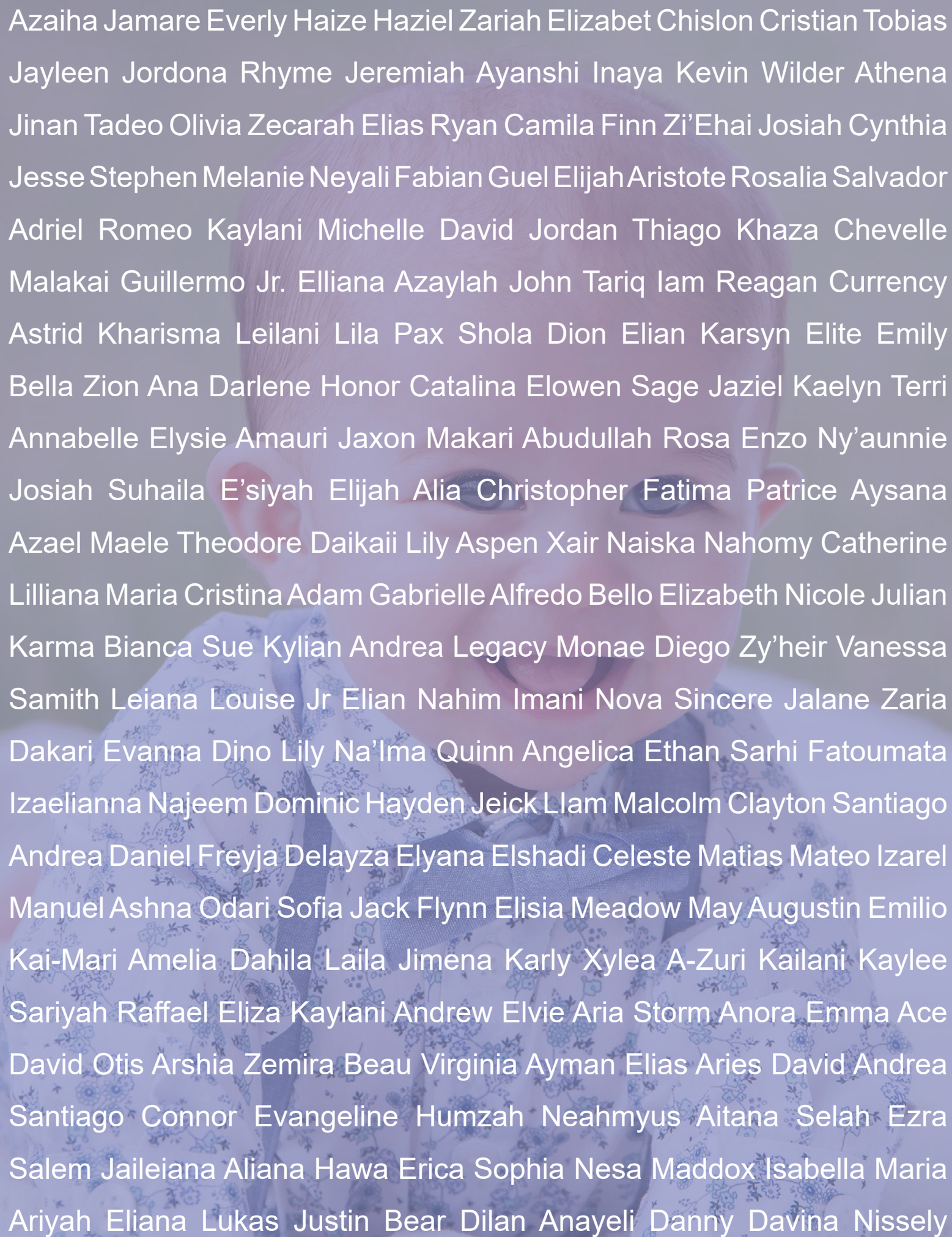
PREGNANCY CENTER



2023 | ANNUAL  
REPORT

MAKING A WAY!





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Salem Jaileiana Aliana Hawa Erica Sophia Nesa Maddox Isabella Maria  
Ariyah Eliana Lukas Justin Bear Dilan Anayeli Danny Davina Nissely

# DEAR ALTERNATIVES FAMILY,

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At the beginning of 2023 God impressed a verse on my heart:

*“See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.”*

ISAIAH 43:19

Many believe the battle for life has ceased since the overturning of Roe v. Wade, but in reality, it has geographically relocated the problem. Living in a state like Colorado, where there is unrestricted access to abortion, means there have been numerous moments throughout the year when it felt like we were navigating a wasteland. Yet, whether we perceived it or not, God was making a way with his living water, “a stream in the wasteland.”

Alternatives is steadfast in removing barriers in order to provide holistic medical and counseling services and education at no cost; because all communities of Denver have the right to access free and confidential care when faced with a pregnancy-related crisis. Teens, women and men deserve meaningful alternatives to abortion and to see a path forward. Society has come to believe the lie that the value of life is dependent on circumstance alone; in other words, life is only valuable “if.”

**Collectively, we say all life has inherent value no matter the circumstance. Together we are making a way.** In partnership with you, Alternatives can lead the way. We can continue to meet the challenge of the ever-increasing demands for support in unexpected pregnancy, issues related to sexual health, healing from past abortion decisions, valuing our youth through education and walking alongside clients in their parenthood journeys. Your generosity ensures our work can persist in the face of adversity. There are no insignificant contributions because every dollar counts when there is so much on the line.

May the words and stories on these pages show how our God faithfully made a way for Alternatives in 2023. I invite you to share in the highlights of the past year because **we couldn't do it without you.**

**Thank you for your partnership in the life-saving work of Alternatives. I am grateful for your investment in making a way by offering hope and compassion to all who need our services.**

Gratefully,



A handwritten signature in black ink that reads "jenni talcott".

**Jenni Talcott**

Director of Development



# 2 STRATEGIES 4 PROGRAMS OF IMPACT

Unplanned pregnancy is part of our shared humanity. Through education, advocacy and compassionate medical support, teens, women and men experience empowerment and the hope of building a promising future.



## PREGNANCY OPTIONS

Enabling and encouraging a choice for life every day

## COUNSELING AFTER ABORTION

Validating the grief of an abortion leading to healthier people



## A PROMISING FUTURE

Educating youth on the value of healthy decisions for now and the future

## STD TESTING & TREATMENT

Impacting sexual health through education, testing and treatment

**Care. Compassion. Always.**

# INTERVENTION

**COLORADO IS ONE OF SEVEN STATES THAT  
HAVE NO RESTRICTIONS ON ABORTION**

Let us recognize induced abortion as violence against women and girls and their pre-born children.

*-The American Association of Pro-life Ob/Gyns (AAPLOG)*



# PREGNANCY OPTIONS

The narrative that abortion is reproductive healthcare is not sound or medically accurate.

At Alternatives, the Pregnancy Options program provides early access to healthcare where women receive counseling support and medical care as they are in the decision-making process.

## 2023 HIGHLIGHTS

211

Babies Born

3,367

Office Appointments

2,812

Callers Assisted

485

Ultrasound Scans Delivered

589

Pregnancy Tests

38

Saturday Appointments

70

Uber Health Rides Provided



## Free & Confidential Services Provided to All Communities of Denver

- 24-Hour Helpline
- Online Appointment Requests
- Options Consultations
- HIPAA-compliant Telehealth Appointments
- Pregnancy Tests
- Ultrasounds
- Men's Support
- Fatherhood Mentoring
- Momma Mentoring
- Prenatal Resources
- Adoption Referrals
- Community Resources
- Mom & Baby Gifts
- Uber Health Rides

Alternatives received the award for being the #1 referral source in quarter three from Nurse Family Partnership.. Thirty percent of Alternatives patient referrals engaged with this publicly funded program that provides two and a half years of home nursing visits for pregnant and parenting women.

**ALTERNATIVES, A TRUSTED NAME FOR LIFE-AFFIRMING CARE FOR OVER 40 YEARS.**



# ULTRASOUNDS

What is the purpose of an ultrasound appointment?

To bring humanity to a mom and baby and give her the dignity of a true choice.

Actual Client Ultrasound Scans



*"It's a baby with a heartbeat and everything."*

Alternatives Ultrasound Client

The licensed, medical care team of Alternatives includes physicians, nurses and registered diagnostic medical sonographers. By providing a critical, limited OB ultrasound at no cost, pregnant patients receive information essential to their health and pregnancy.

Confirmation of Viable Intrauterine Pregnancy

Gestational Age and an Estimated Due Date

Fetal Cardiac Activity (aka heartbeat)

Fetal Development and Education

**EVERY WOMAN DESERVES ACCESS TO PROFESSIONAL, MEDICALLY ACCURATE INFORMATION.**



# LEGACY

MEN'S SERVICES



## MEN'S SUPPORT

When a man comes with his partner for an appointment, he has the option to talk confidentially with a trained Male Client Advocate who can help him process his situation and help him further understand his options when it comes to fatherhood, adoption and abortion.

**Blog: Heart for Serving Men by Men's Program Director, Ethan Van Buskirk**



*With funding from Care Net and Blue Mountain Foundation, Alternatives is known as a leader in men's services.*

### 2023 HIGHLIGHTS

307

Men Were Served

159

Attended the Pregnancy Test Appointment

171

Attended the Ultrasound Appointment





Offering expanded support to men is on the cutting edge of pregnancy center work today.

# FATHERHOOD MENTORING

## 2023 HIGHLIGHTS

17

Volunteer Mentors

16

Men Participated in  
Fatherhood Mentoring

42

*Men in Doctor Dad:*  
A Practical Course for New  
and Expectant Fathers.

Hosted Live Doctor Dad Event

Exclusive Movie Showing of  
*Show Me the Father*

Our team of trained, male mentors equip men to be the best they can be. Through a strong, consistent relationship with a mentor, men experience support through their partner's pregnancy with education and helpful advice from an experienced father.



*“Abortion says nothing good can come from this child’s life. This child is a net negative: for my future, my family and to society.” - Roland Warren, President and CEO, Care Net*



# MOMMA MENTORING



*“My momma mentor feels like she is my family.”*

Christina, Momma Mentee

In an interview with Christina and Caleb, a couple who participated in Pregnancy Options and Mentoring, we heard their inspiring story of hope. This is their story:

Christina was scared when she first found out she was pregnant. *“I didn’t want to tell anybody at first,”* said Christina. She questioned whether she’d be a bad mom or not by having another kid. In a time of confusion, they found Alternatives. Alternatives was their hope when they were at a crossroads of options. Ultimately, they chose life. Christina and her partner Caleb were both paired with mentors who walked alongside the couple throughout Christina’s pregnancy. Christina shared, *“My momma mentor feels like she is my family. [Alternatives] cared about us being better and staying better. You are the best thing to happen to our family.”* In October, the couple welcomed a baby boy into their family.



## 2023 HIGHLIGHTS

**34**

Women Participated in Momma Mentoring

**14**

Volunteer Mentors

**16**

Babies Born to Momma Mentees

**\$900**

of Resources Gifted to Each Mentee  
A Full Year of Diapers and Wipes



*“It has been an amazing privilege and blessing to walk alongside new mommas and their precious little ones - to love them with Jesus’ love and to invite the empowering presence of the Holy Spirit into their lives.”*

**Lori Poppleton**  
Momma Mentor



# COUNSELING AFTER ABORTION

More women than ever requested counseling related to their abortion experience. We saw women start counseling from a place of shame and trauma and move toward the hope of forgiveness and healing. As their value was restored, many women built a foundation for new hope and transformation for their future. Alternatives is grateful for their courage and what we learned from their perspective.

## 2023 HIGHLIGHTS

**300%**

Growth in all Dimensions of Counseling After Abortion Sessions.

*Virtual*

*In-person*

*Individual*

*Group*

**73**

Women Received Counseling After Abortion Support

**43**

Women Participated in Ongoing Therapeutic Support

*“Working with women who have experienced abortion is becoming a part of a story of a tapestry! With every director who came before me, we are being woven together with every woman’s story of grief and loss as a tangled-up knot. For each woman I encounter, their story is beautifully unique, where nothing is wasted, everything is redeemable and every single thread matters.”*

**Amber Havekost**  
MA, LPC, BCC



Who We Serve

# WHO DO YOU THINK IS VULNERABLE TO AN UNPLANNED PREGNANCY?

## DID YOU KNOW?

- 77%** of clients were 20-34 years old
- 35%** of clients were married or living together
- 45%** of clients identify as Christian
- 36%** of clients already have children

**96%** of clients surveyed recommend our clinics to their friends

**WHAT CLIENTS HAD TO SAY:**

*"Everyone was friendly and non judgmental about my situation!"*

*"Muy amables todo el personal." (All the staff are very friendly)*

*"They genuinely seemed to care about my well-being."*

*"I felt safe."*

*"I left with many resources, feeling confident that I could make a decision and be supported. I felt heard and understood."*

*"I received the best service."*

*"The nurses have always been great listeners."*

*"I love how engaged they are with the needs of the clients."*

*"It felt safe to open up."*

*"Best support I could get."*

*"Highly recommend. Felt no judgements or negativity, just understanding."*

*"I see it is a baby with a heartbeat and everything."*

## RACE

- 31%** Hispanic
- 29%** Caucasian
- 13%** African American
- 6%** Multi-Racial
- 21%** Other  
*(Asian, Native American, Middle Eastern and other)*





# PREVENTION

**ATTACHMENT TO ONE'S PRIMARY CAREGIVERS IS  
A POWERFUL INFLUENCING FACTOR ON THE  
RISK-TAKING ACTIVITIES OF ADOLESCENTS.\***



\*Citation: [https://hhd.fullerton.edu/msw/\\_documents/2021-research-posters/LaceyRogers.pdf](https://hhd.fullerton.edu/msw/_documents/2021-research-posters/LaceyRogers.pdf)





# PROMISING FUTURE

EXPLORE • EDUCATE • EQUIP • ELEVATE



A Promising Future (APF), the youth education team of Alternatives, expanded our reach in 2023 to include parents and primary caregivers. The importance of equipping trusted adults with the same skills their teens learned, promoted confidence and new opportunities for skill building to continue at home.

## Church

APF launched The Diamond Standard Parent/Teen Small Group to create healthier ways of interacting and deeper spiritual life skills. Groups were held at: Bethany Evangelical Free Church; Flatirons; Bear Valley Church; Ekklesia of Christ, LifeGate Church and Colorado Community Church.

## School

APF launched The Diamond Standard middle school curriculum as an elective for 8th grade students at Southeast Christian School and brought workshops to high schools: Golden, Smoky Hill, Columbine; Hinkley, Florence Crittenton, Adams City, Denver Street School and Aurora Central.

## 2023 HIGHLIGHTS

**382**

Students Served Directly by Staff

**199**

Adults Served, Including Five High School Teachers

## Global

The Diamond Standard was used to train teens, women and men in holistic life skills across the globe. Penny Salazar-Phillips, Alternatives Founding Executive Director, served with Help our World 101 in Kenya and Uganda and Marlene Collins, Volunteer Nurse, served in Kenya with Healthcare Christian Fellowship.



## Community Outreach

APF staff educated Alternatives Momma Mentors and Mentees in the importance of modeling healthy relationships to their kids and trained Youth for Christ, Denver Dream Center and the Women's Resource Center of the Rockies in The Diamond Standard curriculum.

Marlene Collins, Volunteer Nurse, served in Kenya with Healthcare Christian Fellowship.  
*Read about her trip here:*





# STD TESTING & TREATMENT

## STDs Continue to Forge Ahead, Compromising the Nation’s Health\*

Alternatives cares about women’s health before, during and after pregnancy. It is dehumanizing to accept contracting an STD as a cultural norm. This is why we care for each woman’s whole person health: physical, mental, emotional, spiritual and social. How do we talk about prevention?

Left untreated, STDs can produce severe, adverse effects  
**infertility** **ectopic pregnancy**  
**increased HIV risk**

### 2023 HIGHLIGHTS

**304**

Women Received Risk Assessments, Testing & Treatment

**26%**

Growth in Unique Patients

**2,263**

STD Tests Administered

Licensed Registered Nurses in the Alternatives clinic build relationships, open up conversations about lifestyle and best health outcomes.

New in 2023 – A follow-up appointment is offered to each STD patient with a counselor or coach to go deeper. What is the root cause of high-risk behavior? Lifestyle can be a symptom of an underlying issue. Sessions explore the patient’s story to help them identify choices that heal.



**Sarah Norman, RN, BSN**  
Nurse Manager

### Fertility Education and Medical Management (FEMM™)

FEMM transforms women’s healthcare by offering the education she needs to participate and advocate for her own health. By equipping women with knowledge about how to achieve or avoid pregnancy and determine signs of health and possible disease in order to begin early treatment.

**22**

Individual Patients received education through Fertility Education and Medical Management

*“The RN I was with was so kind and made sure I felt comfortable. She was transparent about the process. I’ve never felt more comfortable in a medical environment than I did here.”*

**Alternatives STD Patient**

\*Citation: [cdc.gov/std](https://www.cdc.gov/std)





# COMMUNITY SUPPORT

Churches, volunteers and community agencies engaged in the lives of Alternatives clients, patients and students through the generosity of their time, expertise and charitable contributions.

## Church Partners

Arapahoe Road Baptist Church  
 Ave Maria Catholic Church  
 Bear Valley Church  
 Beth Eden Baptist Church  
 Bethany Evangelical Free Church  
 Brave Church  
 BridgeWay Church of Denver  
 Calvary Chapel Castle Rock  
 Calvary Church Aurora  
 Calvary Church Broomfield  
 Calvary Denver Downtown  
 Calvary Redeeming Grace  
 Calvary West Littleton  
 Castlewood Canyon Church  
 Central Baptist Church  
 Cherry Creek Presbyterian Church  
 Christ Community Covenant Church  
 Christ on the Mountain Catholic Church  
 ChristLife Community Church  
 Colorado Community Church  
 Connect Church  
 Covenant Presbyterian Church  
 Creekside Bible Church  
 Crossroads Community Church  
 Denver United Church  
 Ekklesia of Christ  
 Elizabeth Presbyterian Church  
 Emmaus Anglican Church  
 Encompass Church  
 Encounter Church  
 Englewood Bible Church  
 Faith Presbyterian Church  
 Fellowship Community Church  
 Fellowship Denver  
 First Baptist Church of Golden  
 Flatirons Church  
 Foundry Church  
 Grace Chapel  
 Grace Chapel Castle Rock  
 GracePoint Community Church  
 Greenwood Community Church

Guardian Angels Church  
 Highlands Baptist Church  
 Holy Cross Lutheran Church  
 Horizon Christian Fellowship  
 Jubilee Fellowship Church  
 Lakewood Christian Fellowship  
 Lifegate Church  
 Light of the World Catholic Church  
 Lighthouse Church Denver  
 Littleton Bible Chapel  
 Living Way Fellowship  
 Majestic View Church  
 Mission Hills Church  
 New Beginnings  
 New Life Community Church  
 Notre Dame Parish and School  
 Orchard Bible Church  
 Our Father Lutheran Church  
 Our Lady of Fatima Catholic Church  
 Park Church  
 Parker Evangelical Presbyterian Church  
 Pax Christi Catholic Church  
 Peace Lutheran Church  
 Plum Creek Community Church  
 Red Rocks Baptist Church  
 Redeemer Community Church  
 Redemption Hills Church  
 Reformation Church of Elizabeth  
 Resurrection Church  
 Revive Church  
 Risen Christ Catholic Church  
 Saint Patrick Presbyterian Church  
 Shepherd of the Hills Lutheran Church  
 Smoky Hill Baptist Church  
 Southeast Christian Church  
 Spirit of Christ Catholic Church  
 Spirit of Hope Lutheran Church, LCMC  
 St. Francis of Assisi Catholic Church  
 St. Joan of Arc Catholic Church  
 St. John's Church  
 St. Jude Catholic Church

St. Mary's Anglican Catholic Church  
 St. Thomas More Catholic Church  
 Thrive Church  
 Trinity Church Denver  
 Trinity Lutheran Church  
 West Bowles Community Church  
 Whispering Pines Evangelical Free Church  
 Windsor Gardens Church

## Knights of Columbus

Colorado State Knights of Columbus  
 Knights of Columbus #8909  
 Knights of Columbus Charities, Inc.  
 Knights of Columbus Council #7880  
 Knights of Columbus Council CT #9597  
 Knights of Columbus Supreme Council  
 Our Lady of Fatima, Knights of Columbus #9597  
 Our Lady of Luminous Mysteries, Knights of Columbus #13301  
 St. Joachim, Knights of Columbus Council #5064  
 St. Jude, Knights of Columbus #16052  
 St. Thomas More, Knights of Columbus #10205

## In-Kind Donation Groups

Builders for Babies  
 CCU Students for Life  
 Clement's Sewing Group  
 Heartfelt Quilters  
 Heather Gardens Bible Study  
 Heritage HS Students for Life  
 Liberty Girls  
 Meadowood Handicrafters  
 Piecemakers  
 Project Linus  
 String of Pearls  
 The Solomon Foundation  
 UCG Women's Retreat

## THANK YOU FOR PROVIDING

Funds  
 Donors  
 Volunteers  
 Material Assistance  
 Educational Opportunities  
 Awareness  
 Prayer





## Community Partners

211 Colorado  
 A Precious Child  
 Bella Health and Wellness  
 Blue Bench  
 Beyond Home  
 CarePortal  
 Colorado Christian Services  
 Cornerstone Family Practice  
 Hope House  
 Hope's Promise  
 Nurse Family Partnership  
 Inner City Health Center

JAMLAC  
 Love INC. of Littleton  
 Marisol Health  
 Miles the Diaper Mobile  
 Marisol Family  
 Marisol Homes  
 Mile High Family Medicine  
 MotherWise Colorado  
 Salud  
 Samaritan House  
 Southwest Denver Coalition  
 Tepakac Community Health



## 2023 VOLUNTEER HIGHLIGHTS

**7,441**

Hours of Service Through the 24-Hour Helpline, Mentoring, Licensed Medical Care, Office Support and Community Engagement

**\$271,146**

The Combined Contribution of Alternatives Volunteers Provided in Services to Clients, Patients and Students in the Denver Metro Area

**117**

Volunteers

**417**

Medical Volunteer Hours



*"Alternatives is an amazing organization. There is such integrity and compassion throughout. I am proud to be a part of it through volunteering and feel very appreciated for my small contribution."*

**Marlene Collins**  
 RN, BSN

\*Citation: \*The IRS estimated national value of each volunteer hour for 2023 is currently \$31.80, a 6.2% increase from the previous year. Medical volunteer hours are valued at a higher rate.



# FINANCIAL HIGHLIGHTS



## Income

<b>61%</b>	<b>Individuals</b>	<b>\$1,616,487</b>
<b>20%</b>	<b>Churches</b>	<b>\$512,172*</b>
<b>11%</b>	<b>Foundations</b>	<b>\$292,785</b>
<b>4%</b>	<b>Businesses</b>	<b>\$116,625</b>
<b>2%</b>	<b>Workplace Giving</b>	<b>\$40,760</b>
<b>2%</b>	<b>Other Income</b>	<b>\$52,781</b>
<b>TOTAL</b>	<b>Cash Revenue</b>	<b>\$2,631,610</b>

## Foundation & Business Supporters

- Administrative Concepts, Inc.
- B.C. Building Services, Inc.
- Blue Mountain Foundation
- Bob's Auto Trim & Interiors Inc.
- Care Net
- Caritas Mountain Candle Co, LLC
- ChannelMom Media
- Charles A. Micale Foundation
- CureMD
- Eleanore Mullen Weckbaugh Foundation
- Fortress Foundation
- J5 Martin Family Foundation
- Jeffrey Grounds Photography
- Law Offices of Leonard R. Higdon
- Lewan Family Foundation
- Lighthouse Restoration
- Markham Family Foundation
- Seca Secure
- The Anschutz Foundation
- The Eugene C. and Florence Armstrong Family Foundation
- The Nord Foundation
- The Solomon Foundation



## Operating Expenses

<b>85%</b>	<b>Program</b>	<b>\$2,020,908</b>
<b>10%</b>	<b>Fundraising</b>	<b>\$247,648</b>
<b>5%</b>	<b>General &amp; Administrative</b>	<b>\$129,632</b>
<b>TOTAL</b>	<b>2023 Expenses</b>	<b>\$2,398,188</b>



## In-Kind Contributions

<b>60%</b>	<b>Mom &amp; Baby Gift Donations</b>	<b>\$78,222</b>
<b>36%</b>	<b>Medical &amp; Counseling Donated Services</b>	<b>\$47,783</b>
<b>4%</b>	<b>Donated Auction Items &amp; Services</b>	<b>\$4,816</b>
<b>TOTAL</b>	<b>In-Kind Donations Value</b>	<b>\$130,821</b>

*"For it is in giving that we receive."*  
St. Francis of Assisi

<b>TOTAL</b>	<b>Cash and Support Revenue</b>	<b>\$2,763,630</b>
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Numbers reflect unaudited financials (audit currently in progress)

Download audited financial statements at: [YouhaveALTERNATIVES.org/FinancialStatement](https://YouhaveALTERNATIVES.org/FinancialStatement)  
Alternatives Pregnancy Center is a 501(c)3 non-profit organization. EIN – 74-2218129

\*\$300,000 one-time gift.



# FUNDRAISING HIGHLIGHTS



## ALTERNATIVES AT THE PARK

In June, Alternatives put the fun in fundraising by hosting a summer carnival to celebrate life with the whole family. Over 250 people attended the event and collectively raised \$126,284!

### Our Summer Event Sponsors

- Administrative Concepts, Inc.
- Arapahoe Road Baptist Church
- Denver United Church
- Highlands Baptist Church
- Parker Evangelical Presbyterian Church
- Peace Lutheran Church
- Seca Secure
- Smoky Hill Baptist Church
- Trinity Church Denver

*Thank you to all the local businesses who graciously donated items and services to our silent auctions and sponsored the event!*



## THE MOMCO BY MOPS INTERNATIONAL DIAPER DRIVES

*“Live Generously: Teaching Generosity to Your Kids”* was a workshop specifically created to inspire and equip moms to cultivate generosity in their kids through practical tips no matter their child’s age. At the workshop, local groups collected diapers to support the clients and patients at Alternatives.



On October 7, Alternatives hosted a historic evening of fundraising and powerful conversation around peace and justice for life. The evening offered a unique opportunity to experience an insider perspective from two influential activists for life in Colorado, Representative Stephanie Luck, J.D. and Thomas Perille, M.D.

*To listen to the panel scan here:*



### Our Fall Event Sponsors

- |                               |                                      |
|-------------------------------|--------------------------------------|
| B.C. Building Services, Inc.  | The Larkin Family                    |
| Christ On the Mountain Church | The Law Offices of Leonard R. Higdon |
| Emmaus Anglican Church        | The Matson Family                    |
| Life Church Broomfield        | The Motichka Family                  |
| Our Father Lutheran Church    | The O'Donnell Family                 |
| Southeast Christian Church    | The Pace Family                      |
| St. John's Church             | The Percival Family                  |
| The Arfsten Family            | The Robbins Family                   |
| The Jacquot Family            | The Solomon Foundation               |
| The Lamb Family               | The Yockey Family                    |

*Thank you to our generous sponsors who made the evening possible!*



**BECAUSE OF OUR GENEROUS SUPPORTERS, 1,184 FAMILIES WERE PROVIDED WITH FINANCIAL AND MATERIAL ASSISTANCE.**



# MEDIA OUTREACH

Through engaging content and videos, Alternatives shared the human stories, reached more people who needed care and built trust with the community to expand the mission with a wider audience.



Thank you to the following advertising vendors who stood with Alternatives and amplified a message of life and hope in 2023:

BuzzRocket Media  
 ChannelMom Media  
 Choose Life Marketing  
 Outdoor Promotions

Ring Digital  
 Street Media  
 Versatility Creative Group



**f** Facebook  
 @youhavealternatives

**ig** Instagram  
 @youhavealternatives

**in** LinkedIn  
 Alternatives Pregnancy Center

**yt** Youtube  
 Alternatives Pregnancy Center

**tk** Tiktok  
 @youhavealternatives

**A** PROMISING FUTURE

**f** Facebook  
 @apromisingfuture

**ig** Instagram  
 @apromisingfuture

**in** LinkedIn  
 A Promising Future



**f** Facebook  
 @mychoice.mystory

**ig** Instagram  
 @mychoice.mystory

**yt** LinkedIn  
 My Choice My Story

## SOCIAL MEDIA

*Alternatives Pregnancy Center:*

**490.4%**

Increase in the Reach  
 (people who view Alternatives content)  
 on Facebook compared to 2022

**852 minutes**

Our Videos/Reels Were Watched  
 by Our Facebook and Instagram  
 Followers for 852 Minutes

**244**

New Followers on Facebook  
 and Instagram

*My Choice, My Story:*

**423,912**

Impressions on Paid Ads

**2,284**

Visits to Our Facebook  
 and Instagram Profiles

**119**

New Followers on Facebook  
 and Instagram

## PODCAST

Leticia Higdon, Director of Client Operations, promotes clients services on American Association of Pro-Life OB/ GYNs (AAPLOG)



Launched four new videos on *My Choice, My Story*



# OUT & ABOUT





# STAFF & LEADERSHIP

## Board of Directors

**Linda Pace Saccomano**  
*Executive Director*

**Lauren Castillo**  
*President*

**Toni Winkler**  
*Vice President*

**Andrew Aymami**  
*Treasurer*

**Mikayle Scheffel, J.D.**  
*Secretary*

**Dr. David Martinez**  
*Medical Director*

**K. Blake Burget, M.Div.**

**Gregory Gast, SPHR**

**Rene Larkin, J.D.**

**Krista Nash, J.D.**

## Staff

**Alex Paniagua, MA**  
Director of Operations & Finance

**Alex Sopocy**  
Program Director, A Promising Future

**Amber Havekost, MA, LPC, BCC**  
Counseling After Abortion

**Aspen Graber**  
Volunteer Development Manager

**Chelsea Nissen, MA**  
Director of Client Services—East Metro

**Christine Bergmann, RN, BSN**  
Staff Nurse

**Ethan Van Buskirk, MATS**  
Men's Program Director

**Heidi Cassford**  
Human Resources Coordinator

**Jenn Alafat**  
Social Media Manager

**Jenni Talcott**  
Director of Development

**Julie Grasman, MA, ACC**  
Director of Client Services—Inverness

**Kathy Cullis, MA, LPC**  
Clinical Supervisor

**Kendra Schafer**  
Database Administrator

**Kristen Curran**  
Administrative Coordinator,  
A Promising Future

**Leticia Higdon, MNM**  
Director of Client Operations

**Linda Pace Saccomano**  
Executive Director

**Liz McNaughton**  
Client Services Associate—Downtown/Inverness

**Lori Ann Satriano Arfsten**  
Director of Communications & Community  
Engagement

**Luba Hylen, RDMS**  
Sonographer

**Mattie Motl**  
Staff Instructor, A Promising Future

**Meredith Howard, MA**  
Client Services Associate—Inverness

**Michelle Chabot, MA, LPC, NCC**  
Helpline Manager

**Rachel Buterbaugh**  
Client Services Associate—East Metro/Inverness

**Sandy Fuller**  
Momma Mentoring Coordinator

**Sarah Bromiel, RN**  
Staff Nurse

**Sarah Norman, RN, BSN**  
Nurse Manager

**Sarah Prosis**  
Development & Digital Asset Manager

**Spenser Gandara, MA**  
Executive Assistant

**Staci Helseth**  
Director of Client Services—Downtown

**Trish Porter**  
Office Manager





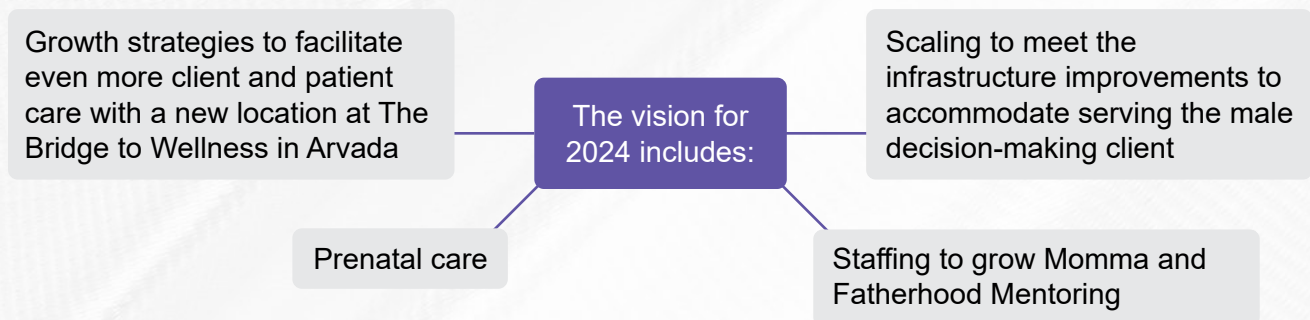
# LOOKING AHEAD

I am writing this letter with fond remembrance for what was accomplished in 2023 and with great anticipation of the work that lies in front of the staff and volunteers of Alternatives in 2024.

As you read the statistics in this Annual Report, I urge you to consider the humanity of each one of the lives represented by these numbers. Individuals who fought through difficult circumstances, relationship pressures and ultimately sought help through compassionate care at Alternatives. They cannot be considered as numbers on a page. **They are human beings (born and preborn) made in the image of God with a purpose and plan here on this earth and in eternity.** This is what your support did in 2023. This is what your partnership accomplished in 2023. **Talk about eternal gratitude!** I am expressing it for the thousands of individuals who you touched but will never know.

Looking forward to 2024, we know the public narrative will continue to be influenced by politicians, television shows, and various media outlets. The narrative that abortion is reproductive healthcare is not sound or medically accurate. It does not reflect the reality and humanity of this global issue. So, we will lean in and press on to the work that is ahead.

*Our faith compels us to strategically plan and prayerfully consider how the Lord is leading us.*



Our faith compels us to advance the work of Alternatives to give anyone and everyone who is desperate for solutions to an **unplanned pregnancy** or has **compromised sexual health** or is **suffering from grief and loss after an abortion** a place to be seen, heard, and loved. Our faith compels us to be a place where life is spoken with our words and actions.

We invite you to come along with us in 2024 in great anticipation of what the Lord will do. We will courageously work hard for the cause of life; it will take all of us together.



**Linda Pace Saccomano**  
Executive Director

*Thus says the LORD: "Let not the wise man boast in his wisdom, let not the mighty man boast in his might, let not the rich man boast in his riches, but let him who boasts boast in this, that he understands and knows me, that I am the LORD who practices steadfast love, justice, and righteousness in the earth. For in these things I delight, declares the LORD." - Jeremiah 9:23-24*



**ALTERNATIVES**  
PREGNANCY CENTER

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