



Letting The Light In

**The True Value of
Pregnancy Care Clinic**

Letting The Light In—The True Value of Pregnancy Care Clinic
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Letter From The Director

Greetings,

Since 1993, this organization has been dedicated to providing life-affirming education, service and care to women who are pregnant. All services are provided with standards above and beyond regulations, best practices, and the expectations of our clients. Pregnancy Care Clinic is a religious, non-profit, pro-life, free medical clinic licensed by the State of California as a clinic and laboratory. PCC is funded 100% by donations. Every dollar raised speaks of the confidence our donors have in us. Education is the method used to accomplish our goals. It is not the mission of PCC to talk women into keeping their baby, but rather to educate them in their options so they can come to an informed choice. As such we accomplish our mission 100% of the time.

The purpose of this booklet is to spotlight PCC as a valued member of the community. We want to demonstrate our commitment to medical professionalism, excellence, honesty, conscience and exceeding client expectations. Each year PCC serves approximately 800 clients.^[1] In 2014 28% of these clients were repeat clients!^[1] We want our community to know the value our clients see in us. The positive outcomes and reviews from our clients speak for themselves.

America and our community are divided on reproductive rights and bio ethics. The US Supreme Court ruled in 1992 that men and women of good conscience may disagree on these issues.^[2] At PCC, we believe a woman can and should have all options presented and discussed in a coercive-free environment. Our hope is that our clients would choose life, but we feel strongly that they should make an informed decision for themselves. PCC believes in alternatives to abortion, abstinence until marriage and natural family planning as the best choices. Our conscience objects to participating in the decision to take a life. As such we cannot refer for abortion or abortifacient birth control. Naturally, our conscience puts us at odds with some. Disagreement, thoughtful debate and liberty to advocate for one's beliefs are hallmarks of our society. History has shown efforts to silence conscientious dissent are not successful or profitable. On the contrary, crushing conscientious objection is always recorded as tyranny and abuse of power. In order for a woman to have a choice, as the law demands, all options need to be available. PCC is one of their options!

We also believe our clients are smart. If given all the information, including the alternatives, people will make a decision they can live with. Our exit surveys indicate our clients are pleased with that approach. Trust is won when the client is loved regardless of their circumstance, and treated with respect. They see, from the outset, that we do not profit from their choice. We have programs to support men and women regardless of the decision they make about their pregnancy. It does not benefit PCC to coerce, delay or mislead. The truth always comes out, and a cheated client will remember what happened and will warn their friends. There is no better compliment than a referral from a trusted friend. Our number one method of marketing is word of mouth. I hope you read this report and come to the conclusion that Pregnancy Care Clinic is of value and worthy of the trust our clients place in us!

Josh McClure

Executive Director



Professionalism For All To See

Pregnancy Care Clinic:

- ♦ A non profit 501-c3 California Corporation in good standing.
- ♦ Licensed by the California Department of Public Health as a free community clinic, and licensed clinical laboratory. Is in compliance with all California Code of Regulations.
- ♦ Is controlled by a local Board of Directors and affiliated with Care-Net and National Institute of Family Life Advocates (NIFLA). Is a member of Cal Chamber, East County Chamber of Commerce, Association For Life of San Diego and Imperial Counties and the director is a member of El Cajon Noon Rotary Club.
- ♦ Clients who are pregnant receive a list of referrals for local ObGyns on their first visit.
- ♦ In 2015 our medical team consisted of; 2 ObGyns, 1 Radiologist, 1 Anesthesiologist, 1 Certified Nurse Midwife, 1 Nurse Practitioner, 10 Nurses and 2 RDMS. Each may practice at PCC within the scope of their license and our scope of practice. A licensed medical professional is on duty when all medical services are provided.
- ♦ Nurses are trained in limited obstetric ultrasound according to AWHONN Guidelines.^[3]
- ♦ Diagnosis of pregnancy is only performed by a licensed physician.
- ♦ Regular medical team meetings review procedures, patient care, and medical professionalism. All medical literature and information is routinely reviewed for accuracy and approved by the medical director.

Medical Services:

- ♦ Pregnancy verification
- ♦ Abortion information
- ♦ Limited obstetric ultrasound
- ♦ Initial supply of pre-natal vitamins
- ♦ Natural Family Planning

Advocacy Services:

- ♦ Alternatives education
- ♦ Moral & peer support
- ♦ Adoption information
- ♦ Abstinence education
- ♦ First 5

Material Support:

- ♦ Baby items
- ♦ Maternity clothing

Education:

- ♦ Healthy lifestyles information
- ♦ Childbirth education
- ♦ Court approved parenting classes
- ♦ Moms helping moms support group
- ♦ Post abortion support & healing

Referrals To:

- ♦ Medi-Cal
- ♦ Prenatal care
- ♦ Legal services
- ♦ Housing services
- ♦ Professional counseling
- ♦ Substance abuse rehab
- ♦ WIC
- ♦ Cal-Works
- ♦ Adoption agencies
- ♦ Black Infant Health
- ♦ Nurse Family Partnership



Commitment of Care and Competence



Fetus at 9 weeks

- Clients are served without regard to age, race, income, nationality, religious affiliation, disability or other arbitrary circumstances.
- Clients are treated with kindness, compassion, and in a caring manner.
- Clients always receive honest and open answers.
- Client pregnancy tests are distributed and administered in accordance with all applicable laws.
- Client information is held in strict confidence. Releases and permissions are obtained appropriately. Client information is only disclosed as required by law and when necessary to protect the client or others against imminent harm.
- Clients receive accurate information about pregnancy, fetal development, lifestyle issues, and related concerns.
- We do not offer, recommend or refer for abortions or abortifacients, but we are committed to offering accurate information about abortion procedures and risks.
- All advertising and communications is truthful and honest, and accurately describes the services we offer.
- We provide a safe environment by screening all volunteers and staff interacting with clients.
- We are governed by a board of directors and operate in accordance with our articles of incorporation, by-laws, and stated purpose and mission.
- We comply with applicable legal and regulatory requirements regarding employment, fundraising, financial management, taxation and public disclosure, including the filing of all applicable government reports in a timely manner.
- Medical services are provided in accordance with applicable laws, and in accordance with pertinent medical standards, under the supervision and direction of a licensed physician.
- All of our staff and volunteers receive appropriate training to uphold these standards.



Education Is The Key

The philosophy of PCC is to educate clients about all their options. Our advocates are trained to share all three options (parenting, adoption and abortion), including their benefits, responsibilities and side effects. An unintended pregnancy is a life altering situation. PCC's role is to help our clients think critically about the options before them. Each client who has a positive pregnancy test receives a copy of "Before You Decide."^[4] This powerful booklet contains reinforcement of the topics covered during their visit. Each fact and point of information is fully referenced by a scientific study, textbook or authority. We think it is important for clients to take the information we share home with them and consider it. The references are modern, relevant and are not circular pointing back to pro-life organizations or to PCC. It is reviewed annually to address new information, and to verify accuracy. Topics included in the booklet are:

- ◆ Understanding Pregnancy & Fetal Development
 - ◆ Emergency Contraception
 - ◆ Abortion Procedures
 - ◆ Abortion Risks (physical, emotional and spiritual)*
 - ◆ Options
- *All risks are properly cited by scientific studies

Sample Content^[4]

Consider the following as you make your decision:

Abortion & Preterm Birth

Women who undergo one or more induced abortions carry a significantly increased risk of delivering prematurely in the future.^[5-9] Premature delivery is associated with higher rates of children with cerebral palsy, as well as all other complications (respiratory, bowel, brain and eye problems).^[10-11]

Abortion & Breast Cancer

Medical experts continue to debate the association between abortion and breast cancer. Research has shown the following:

- ◆ Carrying a pregnancy to full term gives a measure of protection against breast cancer, especially a woman's first pregnancy.^[13-15] Terminating a pregnancy results in loss of that protection.
- ◆ The hormones of pregnancy cause breast tissue to grow rapidly in the first 3 months, but it is not until after 32 weeks of pregnancy that breasts are relatively more cancer resistant due to the maturation that occurs.^[16-17]

*13 references supporting these claims are included



The Value of an Early Ultrasound

A urine pregnancy test performed at home is generally very accurate. It does not, however provide a verification of pregnancy. In California, a woman needs a verification signed by a nurse or physician in order to obtain prenatal care, sign up for Medi-Cal or receive an abortion. It is equally important to note that a pregnancy verification is not a diagnosis of pregnancy. This is where ultrasound steps in as a diagnostic tool. PCC provides ultrasound services between weeks 6 and 24 to those who have not started their prenatal care. These ultrasound scans are performed by a nurse trained to look for three specific measurements:

1. Fetal Heart Rate: The heart begins to beat 21 days after conception. Verifying and measuring the beats per minute tells us the circulatory system of the fetus is active, and can be compared to known parameters of health and development.
2. Gestational age: Crown/rump or femur length are measurements that can be used to determine how far along the fetus is in development. These lengths provide the most accurate dates for conception date and delivery date.
3. Intrauterine placement: There are times when a fertilized egg can implant in the fallopian tube or outside the uterus. When this happens it is called an “ectopic” pregnancy, and represents a very urgent threat to the woman’s health. The sooner this is identified the better.

Early limited obstetric ultrasound can rule out ectopic pregnancy, which needs treatment as soon as possible. It can also provide very accurate gestational age data. The ultrasound report is used by our team of doctors to diagnose a “viable intrauterine pregnancy”, or diagnosis of a problem needing care immediately.

Ultrasound provides vital information for the client who is considering abortion. She will learn how far along she is, which should be used to determine the method of abortion that can be performed. Ultrasound can also reveal if a miscarriage is under way, or if one has already occurred. This knowledge can save a woman from an unnecessary abortion. Ultrasound provides a picture of what is really going on in the womb. The abortion industry regularly tells people who are seeking help with an unintended pregnancy that it is a “clump of cells” or a “blob of tissue”. Some have gone so far as to call the fetus a parasite! Dehumanizing the unborn to lead a woman to choose abortion (especially if there is profit involved) is unjust. Early ultrasound pulls back the veil to show the truth without any words necessary. All of this information should be considered before a choice is made.

A copy of the ultrasound report is valuable information to the ObGyn or midwife for prenatal care. Verification that there was a beating heart, the rate it was beating, accurate dating based on ultrasound (instead of the best guess from a missed period) and ruling out ectopic pregnancy. This information is helpful to doctors. The report PCC generates can demonstrate development over time, show more of the history of the pregnancy and be used to help troubleshoot complications. Most commonly, PCC’s report is compared with the ultrasound usually performed in the second trimester.

In short, early ultrasound is beneficial to women who are pregnant before a decision is made. Once a choice is made, early ultrasound provides valuable information for both ongoing care and for abortion. Every pregnant woman should seek this information!



Our Value to the Community

Since all our services are free, we do not bill insurance and we do not accept government funds:

- We provide over \$500,000 of free goods, services and education every year.
- We log over 38,000 volunteer hours every year, and more than 5000 donors and their families.
- We are educating young people to make positive healthy decisions about their lives.

"For having lived long, I have experienced many instances of being obliged, by better information or fuller consideration, to change opinions, even on important subjects, which I once thought right but found to be otherwise." -

Ben Franklin

- We are the only provider of these alternatives in our community. PCC should be available if women are to have real choices.
- We are equipping young and inexperienced moms with skills, relationships and spiritual support that will help them to become good parents and providers. Our goal is that our clients would not be a burden on society, but rather shining examples of self sufficiency.
- Each pregnant client choosing life at PCC is expanding California's future and developing the potential greatness of our society. If nothing else, we are broadening the tax base to the State by \$4800 per year per baby born. This is based on 2014 State revenues of 8.41% combined tax in California^[19] and a median personal income of \$57,528.^[20]

PCC Quickens Access to Care^[21]

- 100% of clients with a positive test are referred for prenatal care on their first visit. With a pregnancy verification from PCC, clients can apply for Medi-Cal, get presumptive care, apply costs to insurance and seek care, including abortion. Clients are urged to seek care immediately.
- 65% of clients with a positive test complete their services in one day. The remainder had a 2.5 week wait, typically for an ultrasound, which is used for a diagnosis of pregnancy.
- 78% of clients who were considering abortion completed their services in one day. 44% of these clients had an ultrasound, 56% of which were performed on the same day. There is no systematic delay!
- PCC receives referrals from abortion providers for an ultrasound to diagnose pregnancy and obtain the gestational age. This information is used to determine what abortion procedure to use. These clients are given priority in scheduling since time is of the essence.




Our Clients Speak For Themselves

Abortion is one of the most divisive topics in America today.

We talk about it daily.

Each client is asked to complete a survey before leaving the clinic. Here is what they said:

In the last half of 2014, 380 surveys were completed

- 99.5% said they felt they were listened to.
- 99.7% said they would recommend us to a friend.
- 98.4% said they were comfortable talking about the issues.
- Clients rated their care with 4.97 Stars out of 5! 

It is only with compassion, care and concern that we could discuss these topics and end up with results of this kind!

Everyone was so helpful and I am very grateful.

Client 11/25/14

This place has always made me feel comfortable and always answered any questions I had.

Client 9/17/14

Your group is wonderful and I am definitely happy I came by!

Client 9/25/14

People are very kind and helpful. Definitely I would recommend this place.

Client 12/2/14

I already knew this wouldn't be an easy journey and having this first experience through here is just wonderful. Thank you for the education!

Client 8/6/14





facebook

Incredibly awesome people...grateful for their help.
Client 8/12/14

This place is absolutely amazing. When I first found out I was pregnancy I was lost, I had no insurance and didn't know where to go or what to do. I remembered driving by this place and gave them a call. They helped me so much. From the very beginning, they gave me my first ultrasound and provided me with baby blankets. They pointed me in the right direction with insurance, provided birthing classes and even called me after my delivery to check on me and baby. I brought my daughter in to see them and they gave us a wonderful diaper bag filled with stuff for my baby. I seriously left there in tears more than once, they are a huge blessing. They are kind hearted caring women. I could go on for days about how great this place is. Thank you ladies. You were there for me and my daughter and I will be forever grateful for what you did for us. Client 4/10/15

I found out I was pregnant, but everyone at the Pregnancy Care Clinic just absolutely helped to affirm me that I made the right choice for me. They were really sweet and welcoming from the moment I walked in the door. Client 11/5/14

5.0 ★

5.0 of 5 stars
32 reviews



Very friendly, very sweet and attentive. Also very informational.

Client 7/16/14

You are so friendly. I tell everyone about you guys!

Client 11/6/14

Everyone was sooo nice & caring, compassionate, helpful, & understanding. Thank you I'm so grateful.

Client 10/14/14

Very friendly & welcoming staff

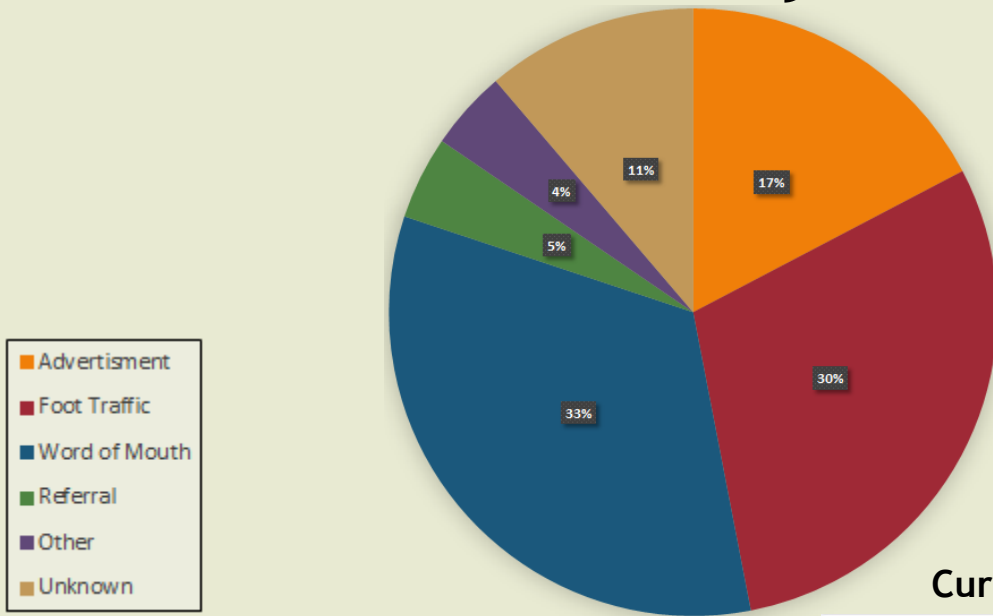
Client 7/23/14

It was a nice experience and also helpful. I would recommend Pregnancy Care Clinic to men/women.

Client 7/23/14



Our Clients By Source ^[18]



Current Internet Ad



Advertisement: 17% of our clients learn about PCC from various advertisement methods we use. All advertising is checked for false claims, correct information and verified that it meets our commitment of care. We currently use billboards, brochures, and internet. However, this represents the minority of where our clients come from.

Foot Traffic: We are located on the corner of two busy streets. 30% of our clients come to us for services because they see us in the community they live in.

Referrals: 5% of the clients we have are referred to us by another organization. We receive referrals from:

- | | |
|----------------------|-----------------------------------|
| ✍ Abortion Providers | ✍ Information Line (211) |
| ✍ Churches | ✍ Medi-Cal |
| ✍ College/University | ✍ Prenatal Clinics |
| ✍ Community Clinics | ✍ Social Security |
| ✍ Hotlines | ✍ WIC (Women, Infants & Children) |

Word of Mouth: Our clients recommending PCC to friends and others that need our services represents 33% of where our clients come from, and our greatest source. We consider this high percentage a testament of the trust our clients have in us and in our quality.



Conclusions

- ◆ PCC is a valuable member of the community and has demonstrated professionalism and excellence since it began in 1993, and after 2005 as a licensed medical clinic.
- ◆ PCC is in compliance with the regulating authorities that it reports to.
- ◆ PCC is a member of two national affiliates for council and best practices.
- ◆ PCC is a religious organization. It therefore advocates for alternatives that are respectful to our understanding of who God is, and His value of the unborn.
- ◆ While working with women facing difficult decisions regarding their pregnancy, PCC has managed to provide services with highly rated consumer feedback. This would not be the case if we were misleading, delaying or coercing our clients.
- ◆ The services of PCC are recommended by a wide variety of community support groups including the abortion industry.
- ◆ PCC's advertising methods are appropriate, truthful and legal! However the majority of our clients find PCC because a friend referred them, or because they see us in the community.
- ◆ PCC quickens clients to receive ongoing care. 100% of clients with a positive pregnancy test are encouraged to seek care right away, and they have the verification and referral list from PCC to do so. Though our conscience objects to referring for an abortion, and thereby participating in an abortion or abortifacient birth control, clients receive care quickly so they can make a decision about their ongoing care. If they choose abortion, we are confident they will discover for themselves where to get one. The facts just don't support the proposition that our clients are delayed in seeking care, or kept from choosing abortion.
- ◆ The services provided are offered at no cost, which is a savings both to client and the community. PCC is the only organization offering these alternatives to this community. If a client is to have a choice, she should be able to come unhindered by draconian regulations.
- ◆ PCC utilizes evidence based methods and facts supported by the scientific community in peer reviewed journals, textbooks and government entities.
- ◆ PCC provides these services regardless of the client's intentions are regarding their pregnancy, religion, race, sexual orientation or ability.
- ◆ Voices in opposition of the work of PCC is ideologically driven, which is not a concern of public safety, but rather a concern for individual decisions and the debate floor.
- ◆ God willing, PCC will continue its services to the community for many years to come.

Special Thanks:

Robin Brust
Abdi Zelaya
PCC Volunteers



A Life Changed

Jessica was 16 and suspected that she might be pregnant. She did not know what she would do if she were, but she needed a place to go and find out for herself. While walking down the street to catch a bus for school, Jessica saw the sign for PCC and thought this was just the right place to go. The volunteer advocate listened intently as Jessica shared the circumstances of her life. Her relationship with her parents was strained, and there was little money or support that Jessica could count on. The nurse came in to perform the pregnancy test. They discussed Jessica's plans for the future.

The reality of Jessica's situation began to set in when the test came back positive. The volunteer advocate began to discuss Jessica's options (parenting, placing for adoption and abortion). She learned of the risks, responsibilities and rewards of each of these options. The volunteer advocate said, "There is no easy choice here, but it's not the end of your dreams."

Jessica was just not sure what was right for her. The nurse returned with a pregnancy verification form and an appointment for an ultrasound. Jessica left PCC with the prospect of a baby weighing heavily on her.

She returned with her mother for the ultrasound appointment. When the nurse brought her to the exam room, Jessica told the nurse, "I don't think I can keep the baby." Her mother was not being supportive. To make matters worse, her father illegally threatened Jessica that he would harm her baby if she brought it home. Both her parents were pushing her to have an abortion. When the ultrasound was underway, Jessica saw the baby's beating heart and couldn't take her eyes off the screen. She kept saying, "It's so cute!". What she thought was such little significance and in the way of her dreams became real before her eyes. The volunteer advocate and the nurse spoke to her about open adoption as an alternative to abortion. Jessica was instructed that she needed to seek prenatal care immediately no matter what decision she would make. She left that day, still unsure of what she was going to do. The staff and volunteers of PCC prayed for Jessica daily.

Months later, Jessica returned with her new born baby daughter. The volunteers were filled with joy, and put together a package full of baby items for her. Jessica shared that she was close to graduation thanks to home schooling. She was beaming with the news that her mother loved being a grandma and wouldn't have it any other way! The volunteers provided a referral to Cal-Works to help Jessica through college. What a change! Her future is so bright, and she credits PCC for the new hope she has with her daughter!^[22]



Photo and story used with permission
Name changed to protect her privacy



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There Is Not A Truth Existing Which I Fear.. Or Would Wish Unknown To The Whole World—**Thomas Jefferson**

Give me the Liberty to know, to utter, and to argue freely according to conscience, above all liberties—**John Milton**