ANNUAL REPORT

2023

HOPE & HEALING FOR PEOPLE
IMPACTED BY ABORTION

SUPPORT AFTER ABORTION

ABOUT US

Support After Abortion is dedicated to healing people who have been impacted by abortion.

We do this in two ways:

- **We connect people** who struggle after abortion(s) to the type of healing they desire.
- **We equip healing** providers by active leadership in creating, aggregating, and elevating abortion healing resources.

OUR WHY

Whether their abortions were last week or decades ago, **women and men can live with grief, depression, flashbacks, and other adverse effects**.

Abortion healing helps people work through their emotions, safely share their stories, and grieve in order to **restore their well-being and bring transformative change** to create a better future for themselves and their families.

Our research shows

34% of women and 71% of men **experienced adverse effects** after abortion

63% of women and 83% of men **searched for help or** said they **could have benefited from talking to someone**

Only 18% of women and men **know where to find help** for abortion healing

WE ARE A CATALYST *for change*

inspiring COMPASSION
for people impacted by abortion

2,500,000	Media coverage reach
21,400	Conference/event reach
1,500,000	Marketing connections
PUBLISHED	White paper on men's research

promoting COLLABORATION
with abortion healing leaders

4,800	Abortion healing providers trained
18,885	Client and training videos watched
8,700	Print resources provided for free

building CAPACITY
for abortion healing programming and resources

LAUNCHED	Coaching program for healing group facilitators
LAUNCHED	Community Ambassador program for grassroots outreach
LAUNCHED	Men's secular *Keys to Hope & Healing* video series
LAUNCHED	New resources for abortion healing providers

FOUNDER'S NOTE

Janine Marrone

Founder & Board Chair

In a world where discussions around abortion can be marked by judgment and stigma, we at Support After Abortion embrace the power of compassionate support.

Meeting women and men who are struggling after abortion with compassion allows us to create a safe space for healing. And it mirrors the unconditional love and understanding that Jesus offered to the Woman at the Well.

The well symbolizes a space for open dialogue, free from prejudice and stigmatization. **Like the Woman at the Well, people who have experienced abortion may feel alone, guilty, or judged by society.** Just as Jesus spoke with the woman without condemnation, it is crucial for us to do the same. Understanding the complexities surrounding abortion, including personal circumstances, emotions, and the broader societal context, is essential in fostering compassion. **Just as the Woman at the Well was seen and heard, individuals impacted by abortion deserve to have their experiences acknowledged without the weight of condemnation or invalidation.**

Jesus offered the Woman at the Well understanding and living water, a metaphor for nourishment and transformation. Our curricula, resources, and initiatives are avenues for transformative healing. Jesus meets the Samaritan woman as she is, listening and speaking to her in a way that resonates with her. **We also meet people as they are, listening and speaking compassionately, and connecting them with the abortion healing options that best meet their needs.**

Jesus didn't just wait for people to come to him. He went out to find them. Similarly, **through collaboration and our new Community Ambassador program, we reach out to other groups to help those they serve who have experienced abortion.** These may include people dealing with addiction, domestic violence, sex trafficking, homelessness, incarceration, poverty, and other challenges.

Together we can create an environment where people impacted by abortion feel safe to share their stories, seek support, and find healing. By doing this, we move away from judgment and towards a more understanding society that cares about individuals and their struggles.

Let's keep learning from Jesus' example of compassion, meet people where they are in their after-abortion journeys, and provide a caring space for emotional healing. Through this unified effort, we can cultivate a world where love and compassion prevail, transforming lives, and offering a path to peace and well-being.

NEW IN 2023

COACHING PROGRAM

Our new Coaching Program is designed to build abortion healing capacity. It offers those who wish to facilitate *Keys to Hope and Healing* and/or *Unraveled Roots* groups free access to one-on-one coaching with our expert facilitators, diversified resources, best-practice facilitation training, and customized marketing tools. The program launched mid-year, and in six months grew from 6 to 34 coachees.

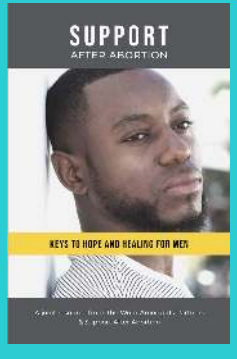
COMMUNITY AMBASSADOR PROGRAM

Our new Community Ambassador team is focused on making grassroots connections to pregnancy centers, churches, and intersecting agencies. We raise awareness, share our resources and trainings, engage to determine how we can support them, share how to care for clients including referring to us or starting an abortion healing program. We encourage current abortion healing providers to join our directory and to diversify their programming.

NEW MEN'S RESOURCES

MEN'S RESEARCH

Published a white paper on our national men's research study showing the impact of abortion, need for after-abortion support, and the most effective ways to deliver healing to men who struggle after a partner's pregnancy termination. Key findings include that most men experience adverse effects, such as depression, anger, anxiety, regret, emptiness, and other emotions. They want healing, but don't know where to go for help. Scan the QR Code to read the paper and review the research data.



KHH

Produced and launched men's secular *Keys to Hope and Healing* client and facilitator training video series. They are available on our website, providing self-guided, self-paced options.

These video series were also added to programs offered by BrightCourse and BrightTraining (BC/BT), along with our women's secular *Keys to Hope and Healing* video series. BC/BT is a video-streaming service used by 2,000 social service agencies, counselors, pregnancy centers, and others. *Keys to Hope and Healing* is BC/BT's first men's programming and one of only a few secular resources they offer to meet clients where they are.

INTERSECTING FACTORS

Intersecting factors like addiction, abuse, homelessness, and mental health significantly influence individuals' decisions and emotions regarding abortion. An empathetic and understanding approach is crucial. We collaborate with social service agencies, providers, ministries, churches, and others serving marginalized populations. We equip them to consider after-abortion struggles as part of client care, engage effectively with clients who have experienced abortion, and offer or connect clients to after-abortion support. In this way, together we can foster hope, healing, and restored well-being.

> The girl I was dating had an abortion and I'm really struggling. I've been drinking more and **using alcohol to try to cope.** I don't want my abortion to define me like my dad, who is haunted by two abortions. I need help to deal with my grief and emotions in a healthy way. - Client

> I'm struggling. I've had so much to deal with - **sexual abuse, being trafficked, addiction**. My abortion still affects me, and it's gotten worse with time. **I felt very alone then and now.** I'm afraid people or society will judge me. I'm worried about eternity. **At times I wish I could just die.** - Client

> My ex-boyfriend was **abusive, physically and emotionally**. If I didn't have the abortion, I could never have gotten him out of my life. But **I'm dealing with a lot of grief and guilt**. I'm struggling to find motivation to do my regular activities or even eat. **I feel severely depressed.** - Client

SEX TRAFFICKING
DOMESTIC VIOLENCE
HOMELESSNESS
MENTAL HEALTH
ABUSE
ADDICTION
CODEPENDENCY
YOUTH
ABANDONMENT
GENERATIONAL TRAUMA
UNEMPLOYMENT
FINANCIAL INSTABILITY

> **I cry most nights and have trouble sleeping since my abortion last year.** I can't find local help and don't have transportation. I had an **alcohol problem, am unemployed, and homeless**. But I'm nine months sober now and looking for a job. I'm still really struggling with the abortion and my emotions. - Client

> I didn't want the abortion. I was in an **abusive relationship** and focused on escaping. My therapist and doctor encouraged me to abort. After my first abortion 20 years ago, I **drank to cope**, and took five years to move on. I've been sober for eight years now. **I'm trying to cope without alcohol. But I really need help.** - Client

> **GRATEFUL FOR HEALING**
>
> **The abortion healing program helped lift my shame, anger, fear and isolation.** Being able to tell my story without judgment and hear others share was powerful. It has made me feel less alone and gave me hope. It helped me find my voice and identify the best coping skills for me. - Client

OFFERING COMPASSION & SUPPORT

A DEEPER LOOK . . .

at how risk factors intersect with abortion

Research on intersections with abortion is limited. Yet available data provide valuable insights into the realities of people who experience these complex issues and their need for after-abortion support and healing.

Intersecting Factors → **Increased Risk of Unintended Pregnancies** → **Increased Risk of...**

- Miscarriages
- Stillbirths
- **Abortions**
- Adoption Placements
- Unplanned Parenting
- Protective Custody

ADDICTION

- **86% unintended pregnancy rate** among women with opioid addiction[1] (compared to 45% of women overall)[2]
- **70% increased unintended pregnancy** likelihood among women with illicit or recreational drug use than without[3]

WHICH COMES FIRST? ... BOTH

Addiction can lead to abortion & Abortion can lead to addiction

HOMELESSNESS

Among women experiencing homelessness, which is typically accompanied by poverty:[4]

- **2X** number of pregnancies[5]
- **75%** unintended pregnancy[6]

POVERTY

- **73%** of women who obtain abortions have income less than 200% of the US poverty level[7]

Women with income below US poverty level:[8]

- **5x** unintended pregnancy rate
- **6x** abortion rate

SEX TRAFFICKING

Among sex-trafficked minors (11-17yo): [9]

- **90%** at least 1 abortion
- **83%** 2+ abortions

Among sex-trafficked persons (all ages): [10]

- **71%** at least 1 pregnancy
- **55%** at least 1 abortion
- **55%** 1+ abortions were at least partially forced
- **30%** 2+ abortions

DOMESTIC VIOLENCE

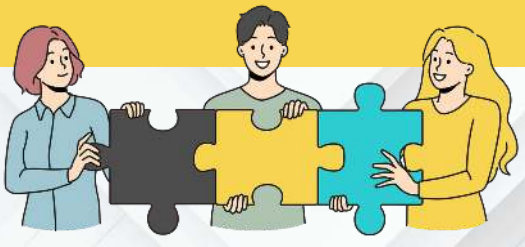
Among women with a history of intimate partner violence:[11]

- Significantly higher risk of unintended pregnancy
- Greater risk for rapid, repeat pregnancies
- Highly motivated to terminate these pregnancies

Community Ambassador Connection

Through our new Community Ambassador Program, we **network to raise awareness** of the intersection of abortion and agencies' areas of focus. We **provide free resources and training** to equip them to have compassionate, effective conversations with clients about their abortion experiences and to serve or refer them for after-abortion support and healing.

CITATIONS



"We are so thankful you are supporting us. The training was relevant and will be very helpful in caring for our clients. We are eager to collaborate with you. - Agency

PROVIDING AFTER-ABORTION SUPPORT

Through our research, curricula, trainings, and resources, Support After Abortion educates and equips abortion healing providers to meet clients where they are, assess what they need, and offer a safe space to serve them and impact their healing.

RESEARCH

Research & White Papers

Our research found negative impacts of abortion on women and men. Our white papers explain our findings and highlight reinforcing research by others. They **offer concrete action steps for those who want to help people find hope and emotional healing after abortion.** Scan to read our white papers and review our research data.

> I enjoy your trainings and I am impressed by the quality of the work Support After Abortion does, the perspective, and the resources you offer. Your compassion and love for people is evident. We learn so much and appreciate the support you give - Provider

Keys to Hope & Healing is a beginner-level abortion healing resource. Versions include: religious and secular, men and women, English and Spanish. Resources available: print or digital books, journal, facilitators guide, video series for clients and facilitators.

Unraveled Roots: Exposing the Hidden Causes of Damaging Behaviors helps individuals identify the root causes behind damaging choices and patterns to change their life and legacy by establishing new, healthier patterns one small step at a time. Resources available: print or digital book, journal, facilitators guide, video series for clients and facilitators.

COMING IN 2024
Unraveled Roots for Men

Who provides after-abortion healing?

Providers include clinicians, pregnancy center staff or volunteers, lay ministry leaders, pastors, intersecting agencies, and more.

Support After Abortion offers many FREE educational opportunities for providers:

- Monthly Abortion Healing Provider Webinars
- Online Provider Training Center
- Coaching Program
- Community Ambassador Program

COMING IN 2024

- Monthly *Men's Healing Matters* Webinars
- Quarterly Facilitator Training

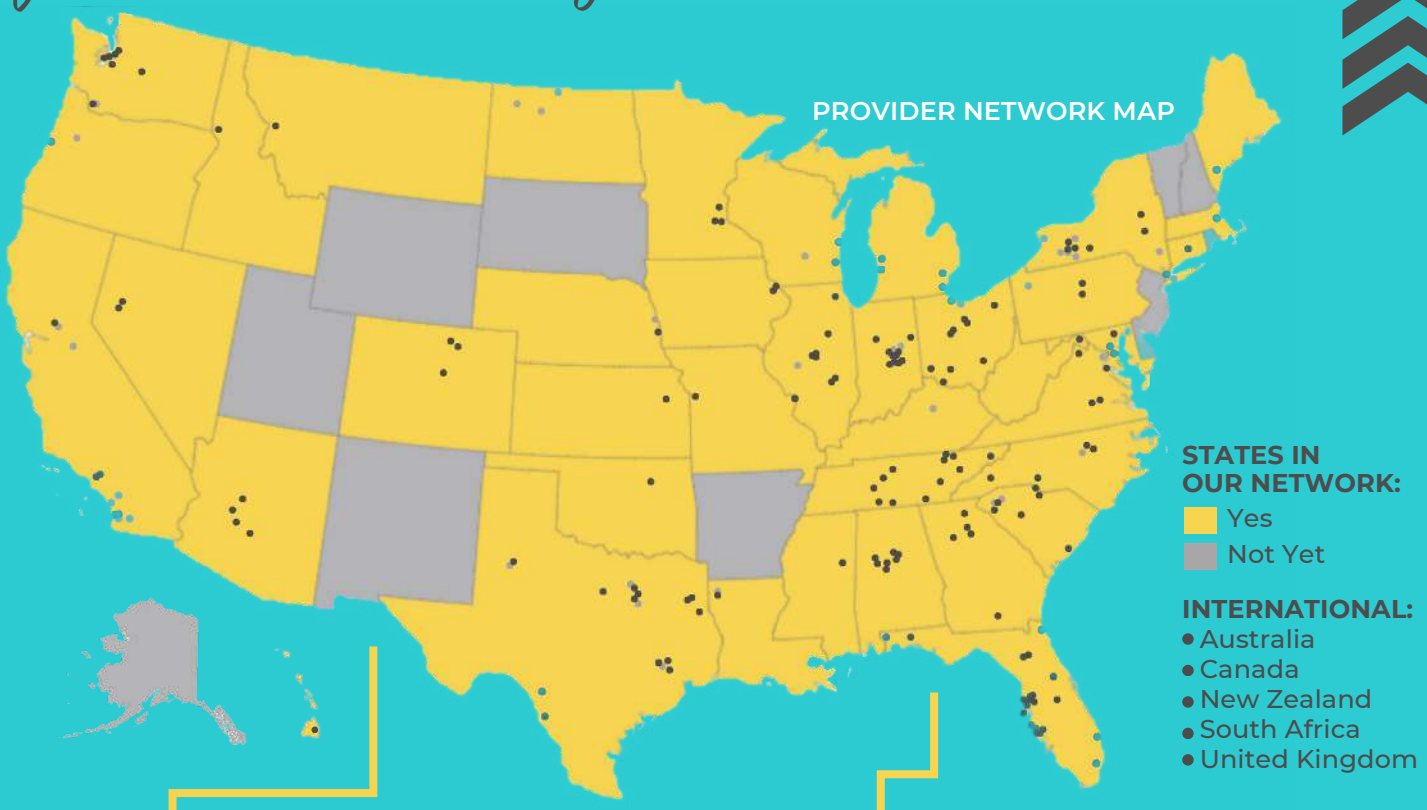
For more information, contact hello@supportafterabortion.com

or visit supportafterabortion.com

> The value added to our program has been monumental. The equipping we get is phenomenal. - Provider

> We are so thankful for how you are supporting us, providing resources, and bringing us all together so that we don't have to go it alone. - Provider

COLLABORATING & BUILDING CAPACITY
for abortion healing



CITIES WITH BLACK DOT:

Provider(s) Joined Our Abortion Healing Provider Directory

Providers can connect with clients seeking after-abortion support, receive referrals from other professionals, and make referrals for clients who desire healing options they don't currently offer. Women and men seeking help after abortion can find providers and the healing options they want and contact them directly.

CITIES WITH GRAY DOT:

Provider(s) Joined Our Facilitator Coaching Program

Current and new providers can become equipped or sharpen their skills by receiving free training, one-on-one support, client referrals, customized marketing tools, and more to facilitate clients in groups or individually for *Keys to Hope and Healing* abortion healing or *Unraveled Roots* for women or men.

"**Shortly after we joined the directory, a client found us.** She was devastated and struggling after going through a medication abortion. We were able to serve her virtually, and she saw great progress. - Provider

"Thank you for inviting us to join the directory. **We have received client referrals from the After Abortion Line and from other agencies.** - Provider

"**Being in the coaching program has been so helpful! I've grown as a facilitator.** And the encouragement to add *Keys to Hope and Healing* virtual groups enabled us to serve people we would not have reached with our in-person groups. **All said they felt so much better after *Keys to Hope and Healing*, and all said they would not choose abortion if they became pregnant again.** - Provider & Coachee

CONNECTING TO HEALING

Abortion healing helps people work through their emotions, safely share their stories, and process their grief. This process aims to restore well-being and bring transformative change to create a better future for themselves and their families.

Being a part of this group has **helped me find my voice and identify the best coping skills for me.** Being with others who are going through the same thing has been an amazing support and reassurance. **I feel less alone in my emotions and experiences.** - Client

I just wanted to say how much y'all helped me! I'm watching the ocean right now, just worshipping ... **When I called seven months ago, I couldn't even imagine living after having my abortion.** - Client

I'm the one who swayed her. I felt relief that day. But the next day it hit me so hard. **I couldn't forgive myself.**

Things got worse including bad friendships, alcohol abuse, drugs, acting out, poor decisions with more girlfriends, just complete destruction for over a decade. I got into AA and thought that's all I needed. But **someone told me about Support After Abortion and *Keys to Hope and Healing*.** It helped me to process the sad thoughts, regret, sorrow, and shame I used to feel.

I'm so grateful. **Now I want to help other people because of how much abortion healing impacted me.** - Male Client

Support After Abortion provides compassion, hope, and healing for women and men struggling with emotions and grief after abortion.

CONTACT OUR AFTER ABORTION LINE

Call or Text
844-289-HOPE (4673)

Online Chat

Social Media Messaging

Email
help@supportafterabortion.com

INDEPENDENT, SELF-GUIDED OPTIONS

Online Directory of Abortion Healing Providers

Self-Guided *Keys to Hope & Healing* introductory abortion healing program

SUPPORTAFTERABORTION.COM

I'm pregnant again and could not consider abortion this time after going through the *Keys to Hope and Healing* abortion healing program. **Thank you!** - Former Client

Healing is a journey, not a "one-and-done." Pain and healing are often layered. People may start with one healing option, then later desire another type of care. **Wherever people are in their healing journeys, we can help.**

ABORTION HEALING IS A JOURNEY

EXPERIENCE

1 in 4 women[1] and 1 in 5 men[2] will experience abortion by the time they are age 45

IMPACT

After abortion, people may feel relief. They may also feel anger, guilt, grief, sadness, regret, alone, depressed, anxious, and other emotions or adverse effects.

34% of WOMEN

71% of MEN

reported experiencing adverse changes after abortion[3]

SEEKING HELP

People deserve a safe space to process their feelings. We care. We listen. We are here for them. We provide compassionate care for women and men who are struggling after abortion.

CLIENT-CENTERED HEALING

We connect clients to the healing resources that work best for them. That may be virtual or in-person; one-on-one, group, or independent; clinical, peer-facilitated, or self-guided; religious or secular.

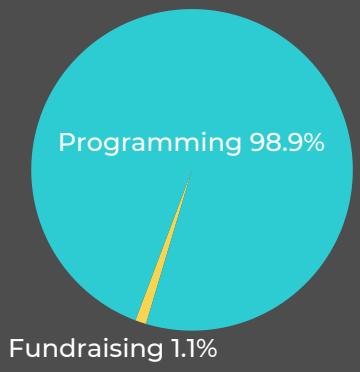
SUPPORTING OTHERS

Paying it forward is part of the healing process. Supporting others in their healing journeys can be public, private, direct, or indirect.

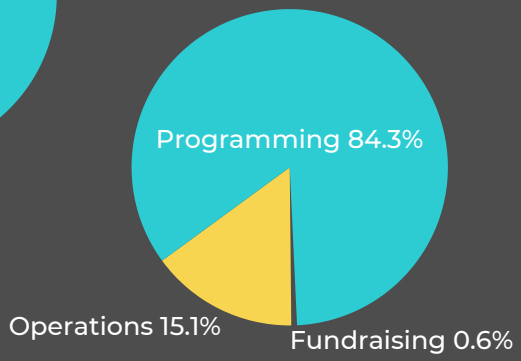
[1]Guttmacher Institute, [2]Survey of Family Growth, [3]Support After Abortion / ShapardResearch

2023 FINANCIAL HIGHLIGHTS

INCOME
$836,358



EXPENSES
$926,809



CASH FLOW

The donation to fund the start-up of Support After Abortion came from a singular donor for the purpose of assisting with a three-year startup. The excess income reflected in this donation is intentionally reserved to accommodate our cash flow needs affected by cyclical giving.

REGISTRATION

Support After Abortion, Florida State Registration Number CH61905. A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free within the state 1-800-HELP-FLA or via the internet at FloridaConsumerHelp.com. Registration does not imply endorsement, approval, or recommendation by the state. Support After Abortion is headquartered in Florida with offices across the U.S.

ON THE ROAD

Platinum Transparency 2023 2024 Candid.

Charity Navigator THREE-STAR

SUPPORT AFTER ABORTION IN ACTION

MEDIA HIGHLIGHTS

From compelling press coverage to engaging social media campaigns to impactful blogs and email marketing, **we engaged audiences; enhanced media outreach; demonstrated thought leadership; and strengthened visibility, brand recognition, and educational outreach.**

Media Marketing

***Expanded* our social media presence** to YouTube, Twitter, and Pinterest in addition to Instagram, TikTok, and Facebook. **Grew our email marketing** to over 14,000 monthly connections.

As Seen On

NEWSWEEK
SOCIAL WORK NEWS
FOX NEWS DIGITAL
PSYCHOLOGY TODAY
WORLD NEWS
REAL CLEAR POLITICS
ARIZONA REPUBLIC
RELIGION UNPLUGGED
EWTN
INDIANAPOLIS STAR
INSIDE SOURCES
THE FEDERALIST
SALEM NEWS
THE WASHINGTON STAND
THE MESSENGER
WASHINGTON EXAMINER
STAR NEWS DIGITAL

Media Coverage

Expanded awareness of the need for abortion healing, our men's research, and Support After Abortion. Coverage included op-eds written by team members and third-parties, as well as third-party stories and articles.

MEDIA

Our Blogs

Engaged readers and showcased our expertise. Key blogs included the intersection of generational trauma, compassionate conversation training, the harm of incivility on mental health, and coping with various holidays after abortion.

BLOGS

TV Series

***Walking in Healing* - a 9-episode series on abortion healing** featured on Maria Vision, a Catholic TV Network and co-hosted by our founder, Janine Marrone. Topics included leading with compassion and intersecting issues.

TV SHOW

SCAN THE QR CODES TO READ MEDIA AND BLOG ARTICLES AND TO WATCH OUR TV SHOW

EVENTS HIGHLIGHTS

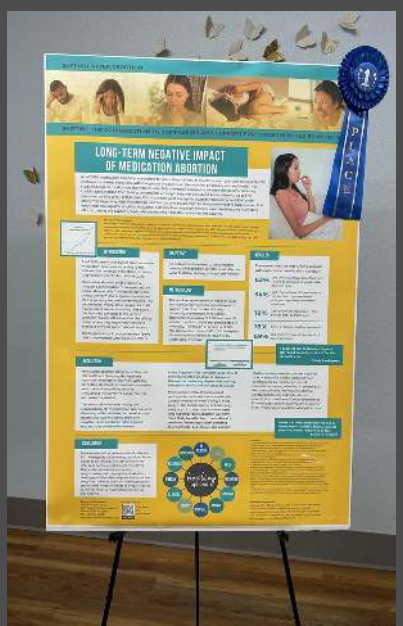
SPEAKING ENGAGEMENTS

In-Person Events Map

We spoke and exhibited to diverse audiences in secular, religious, pro-life, and motivational forums. This included events with women, men, clinicians, students, mental health professionals, ministry leaders, and more. Our presentations spanned main stages, workshops, small groups, panels, and various media platforms such as television, radio, podcasts, webinars, and webcasts, both in-person and virtually.

RESEARCH POSTER AWARD

Won 1st place for our research poster presentation on our National Women's Medication Abortion Study at the Institute of Reproductive Grief Care's symposium. The event's purpose was to discuss research to transform reproductive grief care and best practices in medicine.



WHAT PEOPLE ARE SAYING

This workshop showed me the importance of helping those who have experienced abortion and offering them healing specific to their needs. - Attendee

I love good research. Thank you for a great workshop. - Attendee

We are so happy we found your resources. We shared your info with the rest of our social work team. We were really happy with the training! - Attendee

I am on the board of directors for an addiction recovery facility and would love to connect to see how we could implement abortion healing in our inpatient curriculum. - Attendee

WHAT'S NEXT?

We are excited for MORE to come in 2024! Here's a sneak peek at some of our plans.

UNRAVELED ROOTS FOR MEN

Publish ***Unraveled Roots for Men: 4 Causes of Damaging Behaviors*** book (print, digital, and audio), client and facilitator training video series, facilitator guide

TRAINING MANUAL

Publish a **How to Start an Abortion Healing Program Manual** to assist providers entering this space

FREE TRAININGS

Launch monthly **Men's Healing Matters webinars** and **Quarterly Facilitator Trainings** in addition to our **monthly Abortion Healing Provider webinars**

KEYS TO HOPE & HEALING - MEN

Create **KHH Men's audio book** and **KHH Men's German** secular book

BUILDING CAPACITY

Expand abortion healing capacity by **growing our new Coaching Program** for both *Keys to Hope and Healing* and *Unraveled Roots* **and our new Community Ambassador Program**

VIDEO STORIES

Produce 3-5 minute **videos showcasing stories of after-abortion struggles and subsequent healing**. Through our website, these will provide a powerful and empathetic connection to real-life experiences

PARENTING AFTER ABORTION

Develop resources to offer support for emotional and psychological well-being, reduce stigma, **and provide practical guidance for those navigating parenting after abortion**

EXECUTIVE MESSAGE

Kylee Jean Heap

Executive Director

I am honored to be the new Executive Director of Support After Abortion. Initially a program in a pregnancy center, it began by exploring available abortion-healing programs and conducting research to identify the impact and how best to serve people struggling after abortion. Having become a leader in abortion healing with a national presence and global impact, it transitioned in 2020 to an independent nonprofit with Lisa Rowe as CEO, who now serves as Clinical Strategist.

Support After Abortion's roots in research spoke to me because I had spent 18 years in pharmaceutical research, co-authoring over 50 peer-reviewed medical journal publications and poster presentations. **Learning about Support After Abortion and its work shortly after it launched opened my eyes** to getting to the root causes of abortion and understanding Support After Abortion's research and the need it found to meet people where they are and offer the type of healing resources, including virtual and secular, that they desire.

Support After Abortion's evidence-based, client-centered approach emphasizes the importance of leading with love. God is in everything we do - in our words and in our actions. And as St. Ignatius of Loyola noted, actions often speak louder than words. For instance, when individuals seek secular after-abortion support, we treat them with love, respect their needs, and offer appropriate resources. One provider described this approach as not putting a limitation on how the Holy Spirit works. And, as one of our board members, Fr. Shawn Monahan, OMV, says, "Our role is to be the merciful presence and compassionate heart of Jesus."

Support After Abortion's approach of caring for women *and* men, *as well as* others impacted by abortion, such as grandparents, siblings, and friends was particularly compelling to me. And it aligns with my faith's concept of serving individuals in need and helping a person to become the best version of themselves.

I was so convicted by Support After Abortion's work that I became involved immediately. As Chief Operating Officer, I oversaw all aspects of the organization including finance, marketing, communications, client services, external relationship development, fundraising, programming/training/education, and operations. A lot of change and growth has occurred across my tenure.

It is my deepest pleasure and privilege to build upon the strong foundation that's been laid. I am excited for the future we will shape together - expanding, growing, and adapting to meet the evolving needs of those we serve.

VOLUNTEERING

You can join us in our mission from wherever you are located geographically! Training provided.
Contact: volunteer@supportafterabortion.com

AFTER ABORTION LINE

Interact directly via text, online chat, phone, email, and social media messaging with women and men struggling after abortion and connect them with the resources or providers that best match their needs.

COMMUNITY AMBASSADOR

Bring the message of abortion healing to your local community social service organizations, pregnancy centers, churches, clinicians, and others who serve those who may have experienced abortion.

EVENT BOOTH

Join us at conferences and events to set up and tear down booth space, represent us in meeting people both in the booth and through networking opportunities, and distribute our merchandise and resources.

SPEAKERS BUREAU

Advocate for those struggling after abortion by speaking to groups on behalf of Support After Abortion. Ideal for someone who has experienced abortion and healing to share their story of hope.

PRAYER PARTNERS

Become a beacon of spiritual strength and support by praying for requests we will send you monthly. In lifting up Support After Abortion clients, providers, and team members, you will make a meaningful difference.

I know the way abortion destroyed my life and the healing God brought me. I want to share that with others who need healing.
- Volunteer

It's a privilege to serve on the After Abortion Line. Clients are hungry for hope. They come to trust us and are able to share the rawness of what they are feeling. Sometimes the conversations are hard and heavy, but enabling them to feel safe, being there to listen, supporting them, and connecting them to care - it's such a blessing.
- Volunteer

GIVING HOPE & HEALING

You are so important to bringing hope and healing to women and men struggling emotionally after their abortion experiences.

$78
Average Donation

72%
Recurring Donations

Your giving helps raise awareness, develop resources, equip abortion healing providers, and connect clients with the healing options that best meet their individual needs.

GIVING BY MAIL

Support After Abortion
2607 Woodruff Rd, Ste E119
Simpsonville, SC 29681

GIVING ONLINE

Scan the QR code or go to supportafterabortion.com to securely donate online.

GIVE

> I never thought about how someone might feel after abortion until I heard about Support After Abortion. **Your website, resources, and email newsletters have made me realize the depth of pain and grief many people face and that they may need help to cope, heal, and move forward.** I pray for your team as you all make a transformative difference in so many lives. I am committed to giving monthly to support your mission, hoping to play a small part in helping you help others. - Monthly Donor

> Talking with Support After Abortion was the first time I told anyone other than my wife about an abortion from a previous relationship. **Thank you for helping me heal from that experience.** - Male Client and Donor

After Abortion Line
844.289.HOPE (4673)

Corporate Line
833.403.HEAL (4325)

WWW.SUPPORTAFTERABORTION.COM