

Introduction

The purpose of this resource guide is to provide information about decision-making and the pregnancy options and resources available to you. Accurate information and support helps you explore all that is available to you when you are pregnant.

This book is designed to go along with the pregnancy counseling provided by Essential Health Clinic staff. You are encouraged to read this resource guide in any order that feels comfortable to you. You are encouraged to read it all. You may even need to read it again and again. While reading the guide, underline what is important to you. We have also provided some spaces for your notes.

We want to support you in making the decision that is best for you, a decision made by examining your values and life situation. It's important that you feel very comfortable with your decision.

The lists of resources included in this guide are not necessarily complete. For more information, please refer to your local yellow pages, local county or state services, or Essential Health Clinic's website (essentialclinic.org).

Remember, it is your body and your choice.

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Making Your Decision

Deciding what to do in the event of a positive pregnancy test can be confusing and difficult. You will have many different thoughts, feelings and responses. All of these are okay.

When making a decision about your pregnancy, think about your situation, feelings, values and beliefs. Talk openly and honestly with someone you trust, perhaps your partner, parent, relative, friend, clergy or counselor. Build and use your support system. Not everyone will agree with your decision and their advice may be confusing. Remember, it is your choice to make. We believe that you should have accurate information about all options available to you to help you make an informed decision and develop your plan.

Decisions are made in a lot of different ways:

- Impulse, not thinking it through;
- Not deciding;
- Letting others decide for you;
- Letting others pressure you into a decision;
- Being forced to make a decision through abuse (see Domestic Abuse and Sexual Assault Resources, page 2);
- Considering all options available and deciding the best choice for you.

Deciding whether or not to continue a pregnancy can be difficult, and there is not an easy answer. To help, we suggest you:

- Consider your current life situation and support (both emotional and financial);
- Identify your beliefs, values and goals;
- Check with people who matter to you and get their input (partner, parent, relative, friend, clergy or counselor);
- Review information on the options;
- Make your decision;
- Act on your decision.

If you are unable to come to a decision or if someone is trying to control your choice, ask for help (see Support Resources, page 14).

Domestic Abuse and Sexual Assault Resources

Are you in a relationship with a person who physically hurts you, threatens you, or tries to control your decision-making? These are all forms of domestic violence that can get worse and more frequent with pregnancy over time. You are not alone and there is help. If you want to begin talking about your situation, need a safe place to stay, or want legal advice, contact one of these agencies for assistance.

Gundersen Health System
Domestic Abuse/Sexual Assault Program
(608) 775-5950 or (800) 362-9567 ext. 55950

Mayo Clinic Health System - Safe Path
Domestic Abuse/Sexual Assault Program
(608) 392-7804 or (800) 362-5454 ext. 7804

New Horizons Shelter and Outreach Centers
(608) 791-2600 or (888) 231-0066 (La Crosse County)
(800) 706-8586 (Trempealeau and Jackson County)

Brighter Tomorrows (Monroe County)
(608) 374-6975 (Tomah) or (608) 269-7853 (Sparta)
(888) 886-2327

Vernon County Domestic Abuse Project
(608) 637-7007 or (800) 944-7856

Catholic Charities of the Diocese of La Crosse Domestic Abuse Program (Crawford County)
(888) 200-8426

Passages (Richland County)
(608) 647-6317 or (608) 647-3616 or (800) 236-4325

Bolton Refuge House
(608) 685-2424 (Buffalo County)
(715) 284-8820 or (715) 333-2350 (Jackson County)
(855) 526-5866

Women's Resource Center of Winona (Winona County)
(507) 452-4453 (24 hr hotline)
(877) 972-7353 (toll free)

Bluff Country Family Resources (Houston County)
(507) 894-2676 (office)
(866) 367-4297 (toll free)

Prenatal Care Resources

Prenatal care helps you and your baby. Plan to make an appointment with a medical provider within the first 12 weeks of your pregnancy.

Area Prenatal Care Coordination Programs

The Prenatal Care Coordination Program can provide assistance in finding nutritional, financial, and medical resources in your county.

La Crosse County: (608) 785-9865
Monroe County: (608) 269-8666
Vernon County: (608) 637-5251
Crawford County: (608) 326-0229
Richland County: (608) 647-8821
Jackson County: (715) 284-4301 ext 375
Buffalo County: (608) 685-4412
Winona County: (507) 457-6410 (WIC of Winona County)
Houston County: (507) 725-5811 or (507) 725-5816 (WIC)

Prenatal Care Clinics

La Crosse County
Gundersen Health System
La Crosse Clinic
1900 South Ave
La Crosse, WI 54601
(608) 782-7300
(800) 362-9567
gundersenhealth.org

Gundersen Health System
Onalaska Clinic
3111 Gundersen Dr.
Onalaska, WI 54650
(608) 775-8100
(800) 362-9567
gundersenhealth.org

Mayo Clinic Health System
La Crosse Clinic
700 S West Ave
La Crosse, WI 54601
(608) 392-9412
mayohealthsystem.org

Mayo Clinic Health System
Onalaska Clinic
191 Theater Rd.
Onalaska, WI 54650
(608) 392-5000
mayohealthsystem.org

Mayo Clinic Health System
Holmen Clinic
1303 S Main St.
Holmen, WI 54636
(608) 526-3351
mayohealthsystem.org

Monroe County
Gundersen Health System
Sparta Clinic
315 W Oak St.
Sparta, WI 54656
(608) 269-6731
(800) 554-0380
gundersenhealth.org

Gundersen Health System
Tomah Clinic
1330 N Superior Ave
Tomah, WI 54660
(608) 372-4111
(888) 600-3240
gundersenhealth.org

Vernon County
Gundersen Health System
Viroqua Clinic
407 S Main St.
Viroqua, WI 54665
(608) 637-3195
(877) 543-3195
gundersenhealth.org

Hirsch Clinic
407 S Main St.
Suite 400
Viroqua, WI 54665
(608) 637-3174
vmh.org

La Farge Medical Clinic
111 W Snow St.
La Farge, WI 54639
(608) 625-2494
vmh.org

Bland Clinic
100 Melby Street
Westby, WI 54667
(608) 634-3126
vmh.org

Crawford County

Gundersen Health System
Prairie du Chien Clinic
610 E Taylor St.
Prairie du Chien, WI 53821
(608) 326-6466
(800) 714-5362
gundersenhealth.org

Richland County

Richland Medical Center
301 E 2nd St.
Richland Center, WI 53581
(608) 647-6161
richlandmedctr.com

Trempealeau County

Gundersen Health System
Whitehall Clinic
18606 Ervin St.
Whitehall, WI 54773
(715) 538-4355
(888) 775-0516
gundersenhealth.org

Jackson County

Krohn Clinic
610 W Adams St.
Black River Falls, WI 54615
(715) 284-4311
krohnclinic.com

Black River Memorial
Hospital
711 W Adams St.
Black River Falls, WI 54615
(715) 284-5361
brmh.net

Buffalo County

Mayo Clinic Health System
Mondovi Clinic
700 Buffalo St.
Mondovi, WI 54755
(715) 926-4858
mayohealthsystem.org

Houston County

Gundersen Health System
La Crescent Clinic
226 North 2nd Street
La Crescent, MN 55947
(507) 895-6610
(800) 851-7153
gundersenhealth.org

Gundersen Health System
Houston Clinic
511 East Maple Street
Houston, MN 55943
(507) 896-6000
gundersenhealth.org

Gundersen Health System
Spring Grove Clinic
123 Fifth Avenue SE
Spring Grove, MN 55974
(507) 498-3302
(866) 343-1681
gundersenhealth.org

Winona County

Winona Health
859 Mankato Avenue
Winona, MN 55987
(507) 457-7701
winonahealth.org

Ectopic Pregnancy

What is an ectopic pregnancy?

An ectopic pregnancy is a pregnancy located outside the uterus (most commonly in the fallopian tube).

Why does an ectopic pregnancy occur?

The cause is not known, but it is more common in women who have scarring of the fallopian tubes from a previous infection or tubal surgery. It is also common in women who have a progesterone IUD in place when they get pregnant. Women who have had a previous ectopic pregnancy are at higher risk for another ectopic pregnancy.

What are the signs and symptoms of an ectopic pregnancy?

A woman may experience symptoms similar to a normal pregnancy (e.g., missed menstrual period, nausea and breast tenderness). More commonly, a woman may have unusual vaginal bleeding and lower abdominal pain, especially on one side. If there is internal bleeding, the abdominal pain will get worse and sometimes cause shoulder pain, dizziness, or fainting.

What are the risks of an ectopic pregnancy?

The fallopian tube may rupture (break) if it is stretched too much by the growing pregnancy. This can cause internal bleeding which, in some cases may lead to death.

What should you do if you think you have an ectopic pregnancy?

If you have severe pain or bleeding, call 911 or go to the emergency room. A pelvic examination and ultrasound may be used to help make the diagnosis.

How is an ectopic pregnancy treated?

Medication may be given to try to end the pregnancy or treatment may require surgery.

Adapted from Planned Parenthood of Wisconsin

Parenting Resources

Choosing to parent is a big decision. The following agencies have programs available to help parents and parents-to-be provide a caring, supportive, safe environment for their children.

La Crosse County

The Parenting Place
La Crosse Office
1500 Green Bay St.
La Crosse, WI 54601
(608) 784-8125
(800) 873-1768
theparentingplace.net

The Parenting Place
Onalaska Office
1035 Riders Club Rd.
Onalaska, WI 54650
(608) 784-8125
(800) 873-1768
theparentingplace.net

Family and Children's Center
1707 Main St.
La Crosse, WI 54601
(608) 785-0001
fcconline.org

Houston and Winona County

Help Me Grow
(866) 693-4769
helpmegrowmn.org

Vernon County

Family and Children's Center
1321 N Main St.
Viroqua, WI 54665
(608) 637-7052
fcconline.org

Crawford County

Family Resource Center
705 E Taylor St.
Prairie du Chien, WI 53821
(608) 357-2135
pdcmh.org/servicefamily-
resource-center.aspx

Monroe County

The Parenting Place
Sparta Office
201 E Franklin St.
Sparta, WI 54656
(608) 269-3151 ext. 6116
theparentingplace.net

The Parenting Place
Tomah Office
310 W Elizabeth St.
Tomah, WI 54660
(608) 374-4190
theparentingplace.net

Financial Support Resources

Depending on your financial situation, you may qualify for assistance to help pay for medical expenses, food, child care, or other services. For more information, please contact your county's Economic Support or Human Services Department. You may also contact the Wisconsin Maternal Health Hotline.

Human Services Departments

La Crosse County: (608) 784-4357

Monroe County: (608) 269-8600

Vernon County: (608) 637-5210

Crawford County: (608) 326-0248

Richland County: (608) 647-8821

Trempealeau County: (715) 538-2311 ext 290

Jackson County: (715) 284-4301

Buffalo County: (608) 685-6314

Houston County: (507) 725-5811

Winona County: (507) 457-6500

Wisconsin Maternal Health Hotline

The Wisconsin Maternal Health Hotline is your connection to all the services you need during your pregnancy.

(800) 722-2295 or mch-hotlines.org

MN Maternal Health Hotline

(651) 201-3760

Adoption Resources

You may decide you are unable to be a parent at this time in your life and adoption would be the best choice. Adoption agencies provide free services and help you develop your adoption plan, provide ongoing support and referrals. Please contact us with any questions.

Adoption Plan

Adoption agencies help you to be in control of your adoption plan. Their services are free and confidential. Agencies offer a variety of adoption approaches:

Open Adoption: an adoption that involves some amount of direct contact between the birth and adoptive families, ranging from exchanging names to sending letters and scheduling visits.

Semi-open Adoption: an adoption in which a child's birth parents and pre-adoptive parents exchange mostly non-identifying information. After the child is placed in the adoptive home, contact with the birth family may involve letters or pictures or other communications sent through an intermediary or the adoption agency.

Closed Adoption: an adoption where there is no contact between birth parents and adoptive parents. Also called traditional adoption.

Kinship Adoption: A form of adoption where the adoptive parents are biologically related to the child to be adopted, such as grandparents, aunts and uncles or other relatives. In kinship adoption, the relatives legally adopt the child.

Independent Adoption: A birth mother locates an adoptive family independent of an adoption agency. She places the child directly with that family rather than to an adoption agency. The independent adoption requires that the birth mother protect her legal interests by having her own attorney.

Adoption Agencies

Lutheran Social Services of Wisconsin and Upper Michigan
2307 South Ave
La Crosse, WI 54601
(608) 788-5090
(866) 787-1899
lsswis.org

Catholic Charities
La Crosse Office
3710 S East Ave
La Crosse, WI 54602-0266
(608) 782-0710
(888) 212-4357
cclse.org

Catholic Charities
Prairie du Chien Office
115 E Perry St.
Prairie du Chien, WI 53821
(608) 326-1616
cclse.org

Wisconsin Department of Children and Family Services
PO Box 8916
Madison, WI 53708-8916
(608) 266-0690
dcf.wi.gov

MN Adopt
777 Raymond Ave
St. Paul, Minnesota 55114
(612) 861-7115
(866) 303-6276
mnadopt.org

This is not intended to be a complete list. Many other agencies handle adoptions and some county social service agencies also assist in adoption procedures. For other adoption agencies, please refer to your local directories or your local county or state services.

Abortion Resources

If you decide that you cannot continue the pregnancy, either for personal or medical reasons, abortion is a safe and legal choice. The abortion clinic can provide up-to-date information and will help you schedule your appointments and answer any questions you may have. Essential Health Clinic's staff are also available to answer any questions.

Laws regarding waiting periods and parental consent vary from state to state. These are the current laws for each state (December 2015). The clinics can also provide you with the current laws in each state (see Abortion Clinics, page 12).

Abortion Laws

Wisconsin Abortion Law:

- A woman must receive state-directed counseling and then wait 24 hours before the procedure is provided. Counseling must be provided in person and must take place before the waiting period begins.
- Health plans that will be offered in the state's health exchange under the Affordable Care Act can only cover abortion when the woman's life is endangered, her physical health is severely compromised, rape or incest.
- The parent of a minor must consent before an abortion is provided.
- Public funding is available for abortion only in cases of life endangerment, rape, incest or when necessary to prevent long-lasting damage to the woman's physical health.
- A woman must undergo an ultrasound before obtaining an abortion; the provider must show and describe the image to the woman.

Minnesota Abortion Law:

- A woman must receive state-directed counseling and then wait 24 hours before the procedure is provided.
- The parents of a minor must be notified before an abortion is provided.

Illinois Abortion Law:

- Abortion is covered in insurance policies for public employees only in cases of life endangerment, unless an optional rider is purchased at an additional cost.
- The parent of a minor must be notified before an abortion is provided.

Iowa Abortion Law:

- The parent of a minor must be notified before an abortion is provided.
- Public funding is available for abortion only in cases of life endangerment, rape, or incest. The governor must approve each Medicaid-funded abortion.

Abortion Clinics

Wisconsin

Planned Parenthood of
Wisconsin
Madison Clinic
3706 Orin Rd.
Madison, WI 53704
(608) 241-3767
(800) 230-7526
ppwi.org

Planned Parenthood of
Wisconsin
Milwaukee Clinic
302 N Jackson St.
Milwaukee, WI 53202
(414) 276-8777
(800) 230-7526
ppwi.org

Affiliated Medical Services
1428 N Farwell Ave
Milwaukee, WI 53202
(414) 278-0424
(800) 498-0424
affiliatedmedicalservices.com

Minnesota

Whole Woman's Health
825 S 8th St. #1018
Minneapolis, MN 55404
(612) 332-2311
(877) 835-1090
wholewomanshealth.com

Robbinsdale Clinic P.A.
3819 West Broadway
Minneapolis, MN 55422
(763) 533-2534
robbinsdaleclinic.com

Planned Parenthood
Minnesota, North Dakota,
South Dakota
St. Paul Health Center
671 Vandalia St.
St. Paul, MN 55114
(651) 698-2406
(800) 230-7526
ppmns.org

Dr. Mildred Hanson
710 E 24th St. Suite 403
Minneapolis, MN 55404
(612) 870-1334
(877) 870-1334
drmilliehanson.com

Illinois

Visit gynpages.com for a
listing of providers in the
Chicago area.

Iowa

Emma Goldman Clinic
227 N Dubuque St.
Iowa City, IA 52245
(319) 337-2111
(800) 848-7684
emmagoldman.com

Planned Parenthood of the
Heartland
Cedar Falls Center
2520 Melrose Dr. Suite L
Cedar Falls, IA 50613
(877) 811-7526
plannedparenthood.org

Planned Parenthood of the Heartland
Dubuque Health Center
3365 Hillcrest Rd.
Dubuque, IA 52002
(877) 811-7526
plannedparenthood.org

This is not intended to be a complete list. For other abortion clinics, please refer to your local directory.

Abortion Funds

The National Network of Abortion Funds has a website dedicated to assisting women with finding funds for abortions they could not otherwise afford.
fundabortionnow.org

Support Resources

If you find yourself unable to decide, confused or desiring support, call Essential Health Clinic. We are here to support you wherever you are in your decision-making process. We can help you explore your decision and support your choice.

We promise to provide you with non-directive pregnancy counseling.

If desired or needed, we offer further counseling referrals.

Essential Health Clinic
(608) 775-8390 or (800) 657-5177

Great Rivers 211
Dial 2-1-1 or (800) 362-8255