ISSUE 4 MARCH 2024

Ruth's Army

Things aren't always black and white

In This Issue

Nearest Abortion Clinics

Connecting with the APSU Community

Steps for Plan C

Contact Info

i. ruthsarmytn

f. https://www.facebook.com/ruthsarmyTN

e. ruthsarmytn@gmail.com

w. https://ruthsarmytn.org

Nearest Abortion Clinics

Are you familiar with the nearest abortion clinics in operation since Roe v. Wade was struck down? There are still nearby options accessible to Tennessee residents unable to receive the care they need within the state:

Choices

Carbondale, Illinois

- Offers two methods of abortion: an abortion pill and a surgical, or procedural, abortion
  - Only performs procedural abortions up to 12 weeks and 6 days
  - Exceptions that allow one to get an abortion in Illinois after viability (around 24-26 weeks of pregnancy):
    - To save the pregnant person's life
    - To preserve the pregnant person's general health (can include mental health)
  - Parental involvement is not required in Illinois. If you're younger than 18, you can consent to an abortion and do not have to notify your parents.
  - Illinois does not require you to attend a counseling session or go through a waiting period before getting an abortion.
- *Not just abortions*: offer gynecological wellness care, gender-affirming hormone management, HIV testing and referrals no-cost birth control, midwife-led prenatal care and births, and more,
- Licensed staff of physicians, nurse anesthetists, licensed, board-certified
- Typically can make appointments within 1 week
- Price varies based on how far along the pregnancy is
- Some financial assistance is available, but varies

Nearest Abortion Clinics (cont.)

Alamo Womens Clinic

Carbondale, Illinois

- Offers abortion care for up to 18 weeks
- Provides procedural abortions or abortions by medication
- Can begin advising patients before arrival, as well as prescribe a medical abortion via phone or video chat
- $600 flat fee for either abortion method
  - Alamo's website provides several financial assistance programs available nation-wide
- *Not just abortions*: offer ultrasounds, birth control, and financial assistance
- Licensed staff of physicians, nurse anesthetists, licensed, board-certified



Opportunities to Connect with the Community

We have two opportunities to connect with the community & share what we do at Ruth's Army:

Women's Empowerment Month Kick-Off

APSU's Women's Empowerment Month kick-off will highlight community organizations that support marginalized populations. If you want to represent Ruth's Army, message Ashley Kautz on signal or email her at ashkautz@icloud.com.

APSU Sex Fair Hosted by HHP

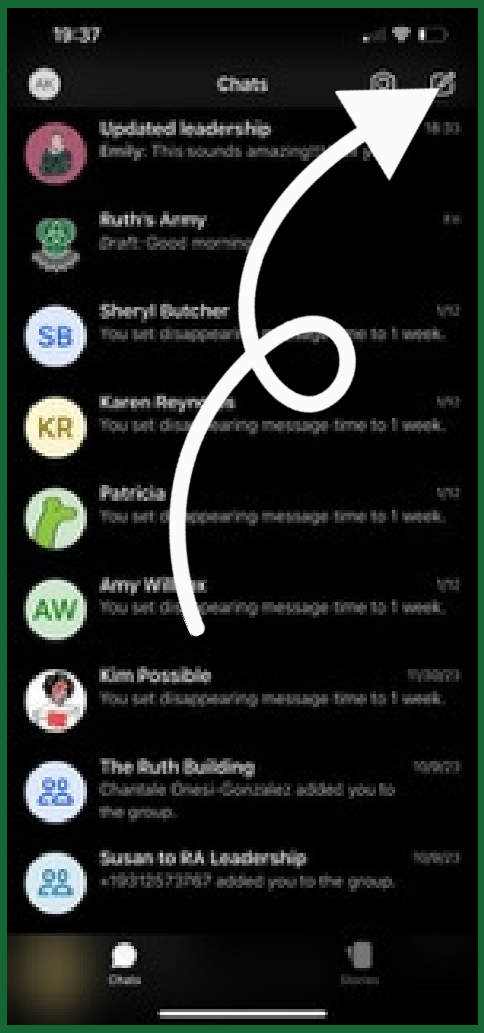
Another opportunity to share about what resources we can provide to the community, the APSU Sex Fair will be on March 13th from 11:00 am - 3:00 pm. Message Kristen Brewer on Signal to volunteer at our table.



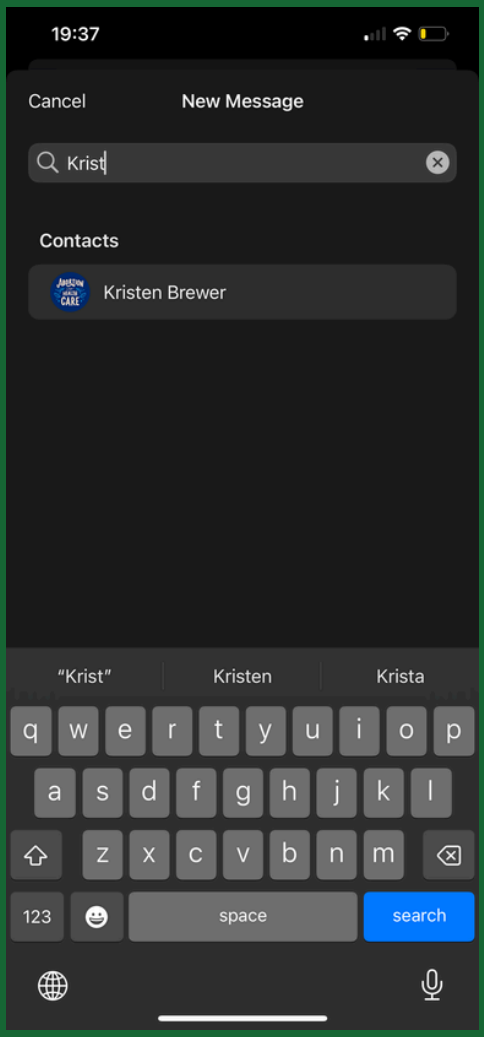
This event is open to the community, so feel free to stop by, grab some food and celebrate one-another.

How to Connect Individuals to Plan C

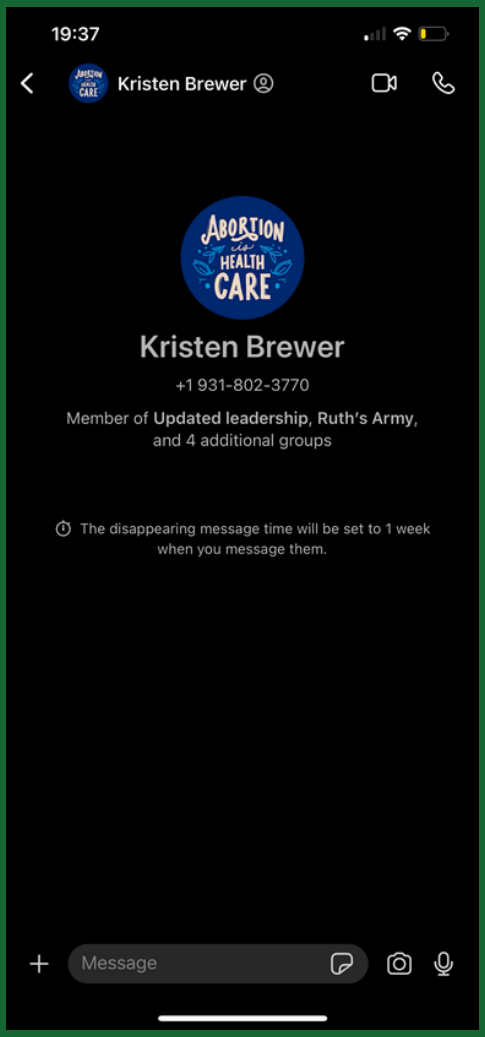
There has been a recent increase in requests for access. To maintain confidentiality, as well as ensure requests are not lost in larger, group messaging, please create as new direct message with Kristen Brewer. Please see the below steps if you are unsure how to create a direct message on signal.



Click the new message icon



Search for Kristen



Send Kristen details so she can determine next steps

Please note this does not replace the access team. Kristen will be in contact with those members when needed.