#FightforFamilies: Support for the Alabama Family Building Community & Beyond

Last updated: 3/7/24



Key topics in this resource guide:

- Overview of the situation and key organizations to follow
- Resource summary for individuals & families in Alabama and beyond
- Common Q&A: For anyone considering and/or in treatment*
- Resource summary for those looking to get involved & advocate for the cause

Overview of the situation and key organizations to follow

While there are *many* articles out there about the situation, here are a few concise summaries that can help you get up to speed quickly:

3/6/24

- AP: Alabama governor signs legislation protecting IVF providers from legal liability into law

2/21/24

- Five things to know about the impact of the Alabama Supreme Court ruling
- More detailed summaries from the American Society for Reproductive Medicine (ASRM) or AP News

Podcasts including one from our own Clinical Advisor, Dr. Neil Chappell, talking through the personhood topic overall as well as a few summaries from Halle Tecco and the NYTimes

There are a few key organizations that continue to share updates on the situation as well, including:

- ASRM: A multidisciplinary organization dedicated to the advancement of science and practice of reproductive medicine
- RESOLVE: The National Infertility Association: A non-profit organization focused on infertility and expanding access to care
- Doctors for Fertility: A non-profit organization founded by fertility doctors to protect and promote reproductive rights and improve fertility access for all

Subscribe to their email lists and follow them on social media to stay updated on news related to this and other family building topics.

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Resource summary for individuals & families in Alabama and beyond

Frame

We're offering **free 1:1 coaching sessions** to support individuals and families in Alabama. Here are some topics our fertility coaches can help with:

- How to emotionally navigate this new reality
- Strategies to help manage stress, anxiety and overwhelm
- Questions to ask your provider
- Tips for self-advocacy

Please email us at hello@frameyourfuture.com to schedule your free coaching session.

If you are outside of Alabama and need support, we're happy to try to accommodate you in any way we can, including offering discounts on our services. Please email us

to discuss your options or join Frame here.

RESOLVE

RESOLVE's comprehensive resources include: support groups, an online support community, and a professional services directory of family building professionals (including fertility clinics and attorneys).

Sunfish

Our partners at Sunfish provide financial services for couples seeking assisted reproductive services. They are offering **free consultations for patients in Alabama.** For more info, please email info@sunfish.com and let them know your location when you email.

Mavida Health

Reproductive mental health company Mavida Health, is offering a free 3-month membership that includes access to Mavida's exclusive educational library, community support, peer guides, and Mama 101 events with experts. **Mavida is also launching a free fertility support group specifically for those affected.** For more info, please email info@mavidahealth.com with code: IVFACCESS

Seven Starling

For those of us currently dealing with infertility or having dealt with it in the past, the news coming out of Alabama may feel triggering and devastating. Seven Starling provides specialized mental health care covered by insurance for every stage of parenthood, which includes support for patients who are struggling with infertility. If

speaking with someone might help, schedule a free consultation with Seven Starling today.

TMRW® Life Sciences

TMRW is providing one year of free cryostorage for frozen eggs and embryos for any patients in Alabama who wish to move their precious cells to our state-of-the-art cryostorage facility in New York. Please contact TMRW via email at bior-nyc@tmrw.org or by phone at 1-866-719-2441.

Grain Fertility

We cannot imagine what Alabama IVF patients are going through and know you have a million things to worry about. To help organize their information, answer any questions they may have, and connect them with trusted resources to answer questions, **Grain Fertility is offering all Alabama IVF patients a free Premium Account, including 1 on 1 coaching with a Patient Empowerment Coach**. You can create a free account here and email us at info@grainfertility.com and we will set you up with our coach and help in any way we can.

Jewish Fertility Foundation

The Jewish Fertility Foundation is offering grants of up to $10,000 to eligible patients in Birmingham to use in Atlanta. We are also helping clients to establish care in Atlanta clinics since we have a relationship with them and can get them connected to the right people. If you are interested, go to jewishfertilityfoundation.org/grants for more information.

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Common Q&A: For anyone considering and/or in treatment*

Should I call my fertility clinic?

- If you live in Alabama, it is important for you to stay connected to your fertility clinic as the situation evolves. If you are in an active treatment cycle, do not hesitate to check in with your provider as some modifications in your treatment plan may need to be considered.
- If you're not in Alabama, it is a personal decision as to whether you want to reach out to your doctor/clinic. Your doctor(s) are likely working behind the scenes to try and advocate for no additional rulings like the one seen in Alabama. It's likely that your doctors and/or clinic may be fielding a lot of questions and they'll reach out to you to share an update if they foresee that you will be affected in any way. You're of course always free to reach out to your clinic and/or other medical providers for an update as well.

If I do call my fertility clinic, what should I ask?

- If you do call your doctor and/or clinic, some potential questions could include:
    - Does this Alabama ruling change anything about my treatment plan?
    - Do you anticipate making any changes to the treatment(s) you will offer given this ruling?
    - Where are my eggs and/or embryos stored currently? (if applicable)
    - Do you recommend I consider making any changes related to their storage?
    - Do you use an out-of-state lab for embryo genetic testing? If so, where? Do you foresee any changes to your approach?
    - What's the best way for me to stay updated about any changes in my care or your clinics' protocols related to this ruling? (Like your website or patient portal)

What else should I be concerned about?

- Right now, the main impact of this ruling is being felt in Alabama. However, the fallout has the potential to reach far beyond state borders. It's important to stay informed of the current political environment in your community. Find out who your representatives are—their websites often outline the bills they support and their stances on important issues.
- We're all hopeful that our government takes action to address this ruling and prevent others from following suit. The Access to Family Building Act,

sponsored by Senators Tammy Duckworth and Pat Murray and US Representative Susan Wild, is a national bill on the table that would solidify protection for IVF. See below to voice your support for this bill.
- That said, we recognize that this is making an already stressful experience even more stressful, so we are happy to talk with you about your concerns, fears and/or potential considerations. See above and reach out to hello@frameyourfuture.com if you'd like to schedule a time to talk with one of our coaches.
- We've also shared other resources to consider, including group sessions to talk with others in a similar situation, coaching via Frame, mental health options, and/or legal resources.

*The Q&A above is for informational purposes only, and should not be construed as legal and/or medical advice on the matter.

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Resource summary for those looking to get involved & advocate for the cause

At Frame, we're doing everything we can to support advocacy and education for this cause and to support family building efforts overall. We've compiled a list of potential action steps for you to take to advocate for yourself and/or others. As you know, infertility is not uncommon (1 in 6!), so anything you do will support other friends and family on the journey.

- **(ASAP)** Voice your support for the Access to Family Building Act, which would solidify national support for IVF and other family building options
    - Share your support through ASRM
    - Share your support through RESOLVE
- Reach out to your elected officials
    - You can use this template
- Share your story if you've gone through your own journey
- Consider donations to the specific organizations below who advocate for IVF and reproductive care for everyone:
    - ASRM's Advocacy in Action Fund
    - RESOLVE
    - Doctors for Fertility - you can sign up as a paying member or donate to

their PAC here

- Register for RESOLVE's Advocacy Day