

Chris and John were new to the United States, here on a research grant. Chris learned she was pregnant soon after they arrived. They were parents to two children and hadn't planned on another pregnancy. They didn't have health insurance and they knew nothing about our health care system. They came to Options because they were advised to visit us after calling a women's health clinic near where they lived. The women's center wouldn't see Chris because she lacked health insurance.

When John and Chris came to Options, Chris received official documentation of her pregnancy for insurance purposes. She scheduled an ultrasound that showed she was in her second trimester, a shock because Chris was using birth control. The couple wanted to discuss the availability of all their options, specifically abortion. Chris was certain that abortion would be the best thing all around for her and her family at this time.

A pregnancy counselor met with Chris before and after her ultrasound appointment. Chris felt burdened and needed to get a lot off her chest. When John and Chris left it seemed a fait accompli that Chris would have an abortion. They had mapped out all the pros and cons of carrying vs. terminating.

Six weeks later Chris called us back. She didn't have an abortion. After seeing their daughter on the sonogram the couple said they felt connected to her. Also, they now had some direction as to how they could apply for health insurance and have Chris's pregnancy covered. Options had provided Chris with the referrals and follow-up that she needed not to feel panicked. Chris said that just having someone listen to her while she reviewed all of her options without feeling judged or rushed into making a decision helped her to think clearly and calmly. They no longer felt so alone.

The ultrasound was a big help. When their baby was born last spring, they came to share their good news with us. Options was a stabilizing influence during a very unsettling time. They were grateful they had somewhere to go to process everything they where they could vent their concerns and crisis.