



VIABLE OPTIONS

TAKE OWNERSHIP OF YOUR TOMORROW

315.801.CARE

viableoptions.org

11 Court St., Canton

CLIENT PROFILES

A GUIDE FOR REFERRING TO VIABLE OPTIONS

PREGNANT WOMAN WHO:

- Is shocked or surprised by the pregnancy
- Has not processed what choice to make regarding the outcome or is undecided
- Has made a decision, but appears not to be confident in it
- Is overwhelmed by her situation
- Is financially, emotionally, or mentally unstable
- Seems to have little to no relational support system

POSSIBLE VERBAL INDICATORS:

- *"I can't afford a(nother) baby."*
- *"I don't know how I'm going to do this."*
- *"What am I going to do?"*
- *"I can't do this again."*
- *"How could this happen?"*
- *"How could I be so stupid?"*
- *"I could never tell [name]."*
- *"[name] will be so angry/disappointed."*

POSSIBLE EXTERNAL FACTORS:

(If three or more are identified, a referral is strongly recommended.)

- **Lives below the Federal Poverty Line**
- **Unemployed/unstable vocation**
- **Has one or more dependents**
- **Medicaid recipient**
- **Aged 14-26**
- **Unmarried**
- Lives alone
- Limited access to transportation
- Easily overwhelmed or confused
- Emotionally unstable
- Inability to advocate for self
- Victim of domestic abuse
- Living with parent(s) or guardian(s)
- Attending high school or college
- History of substance abuse
- History of mental illness
- Taking medication(s) for physical or mental illness
- Lacks insurance coverage
- Recently received psychiatric evaluation or treatment

POSSIBLE PHYSICAL INDICATORS:

- Avoiding eye-contact
- Fidgeting
- Crying
- Nervousness/fear
- Hostility/agitation
- Carelessness/apathy

FINANCIAL PRESSURES:

- Inability to afford caring for/raising a child
- Difficulty paying rent
- Lack of permanent/consistent housing
- Reliance on government assistance (e.g. WIC, Food Stamps, SNAP, etc.)

FAMILIAL/RELATIONAL PRESSURES:

- Dependants already in her care
- One or more children not in her custody
- Single mother
- Family members that would disapprove of the pregnancy
- Boyfriend/partner that would pressure her towards a specific outcome

SUBSTANCE-RELATED PRESSURES:

- Drug use
- Opioid addiction
- Alcohol abuse
- Regular use of over-the-counter prescriptions
- Regular use of prescribed medications for physical/mental illness

MENTAL/EMOTIONAL PRESSURES:

- History of chronic depression and/or anxiety
- Admittance for psychiatric evaluation and/or treatment within the last 12 months
- Medical diagnosis of a mental disorder
- Past consideration of or attempted suicide within the last 2 years

EDUCATIONAL PRESSURES:

- Current attendance of high school or college
- Current enrollment in online courses

RELIGIOUS PRESSURES:

- Religious community that would disapprove of her sexual lifestyle
- Religious community that would pressure her towards a specific outcome
- Religious community that would shun her for becoming pregnant

FATHER OF THE BABY WHO:

- Is unsure how to offer care and support
- Feels unsure of his role in the decision-making process
- Is overwhelmed by the situation
- Wants to collect information on the options available in St. Lawrence County for his partner
- Is actively pressuring his partner towards a specific outcome or action
- Does not want to be involved in raising a child or is unwilling to pay child support
- Wants to be involved in the decision-making process and/or parenting, but his partner is unwilling to allow his involvement
- Is financially, emotionally, mentally, or relationally unstable



Viable Options restores autonomy and decisional ownership
to women facing a pregnancy decision by alleviating the pressures that often cause a lack of confidence or control.

WHERE VIABLE OPTIONS SERVES



FREE PREGNANCY DECISION SUPPORT



PREGNANCY DECISION COUNSELING

- Processing and clarifying emotions, desires, and needs
- Identifying external pressures



EDUCATION ON PREGNANCY, ABORTION, & BIRTH

- Education regarding pregnancy and pregnancy outcomes
- Information about local options, policies, and resources



ADOPTION EXPLORATION & NAVIGATION

- Navigation of local adoption resources
- Education on the process of adoption
- Assessment of confidence in the decision to pursue an adoption plan
- Customized creation of birth/hospital plan
- Advocacy on behalf of client to all necessary legal, social service, familial, and medical representatives



CLIENT ADVOCACY & SOCIAL SERVICES COORDINATION

- Resource navigation on behalf of client based on assessment of needs
- Assistance with appointments, paperwork, and contacting local agencies



MEDICAL CARE COORDINATION & REFERRALS

- Referrals and advocacy to the professional medical community
- Assistance with appointments, paperwork, and intake processes



TEEN PREGNANCY COUNSELING & SUPPORT

- Processing and clarifying emotions, desires, and needs
- Identifying external pressures
- Assistance in understanding and navigating the options and resources available to pregnant minors
- Relational mediation with parent(s), teacher(s), counselor(s), and/or partner



FAMILY MEDIATION (WITH PARTNER, PARENTS, ETC.)

- Facilitation of healthy communication between client and key members of their support system
- Advocacy on behalf of client to their closest community