

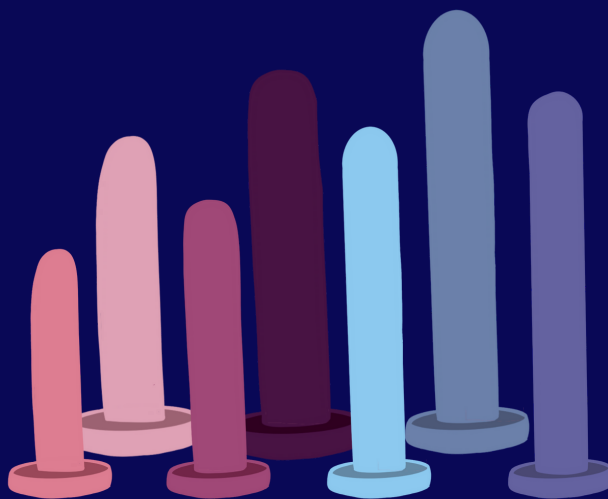


REPRODUCTIVE JUSTICE FUND

Overview of Services Covered by HEART's Reproductive Justice Fund

Join us and invest in the Reproductive Justice Fund today. Every donation will go towards financial assistance for people in our communities that are navigating access and financial burden of the following services in the reproductive and sexual health systems:

- Pre-and-Post Abortion Practical Support
- Pre-and-Post Miscarriage, Pregnancy & Infant Loss Care
- Menstrual Management
- Sexual Dysfunction
- Pregnancy Support
- Menopause





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Pre-and-Post Abortion Practical Support

Abortion is a medical procedure that ends a pregnancy. Although we are not providing financial assistance for abortion services, people seeking abortions who have lingering expenses and require assistance can apply to this fund to cover the additional needs to supplement abortion care. The different pre-and-post abortion care includes:

- Travel Expenses
- Child Care
- Post-Abortion, Care Packages
- Mental Health and Other Wellness Services
- Rental Assistance
- Legal Fees
- Medical services not related to abortion
- Medication
- Doula services
- Household necessities including groceries, diapers, baby formula, etc

For information about funds that provide financial assistance for abortion services, [click here.](#)

For more information about abortion decision making, fiqh rulings, and access visit our resource library for the one-pagers [here.](#)



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Additional services and requests will be considered on a case by case basis. For each of these categories, we understand that the expenses are not just limited to a procedure or treatment itself, but other life expenses that may also add up. These may be expenses that could act as barriers for one to receive treatment or the care they need or they just may ultimately make the overall health care seem inaccessible. The Reproductive Justice Fund will cover basic expenses surrounding transportation, childcare, medication, medical interventions and treatments, shelter, and expenses related to aftercare for related medical treatments.

These expenses may add up when one is planning for treatment or medical interventions and this fund hopes to serve as mutual aid in our communities to reduce the barriers in whichever way possible. We hope it offers our community members a pathway to live their lives with dignity, safety, and in alignment with their values so they may grow their families, sustain their families, and live in communities that are thriving.

The process to access the funds will be through a secure application which can be found [here](#).



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Pre-and-Post Miscarriage, Pregnancy Loss, and Infant Loss Care

The medical interventions used to manage miscarriage, stillbirth and pregnancy loss are nearly identical to those used in elective abortions. As such, the RJ Fund will cover all the same services and additionally provide support around the following:

- Grief counseling and support services
- Mental health sessions
- Legal fees for any criminalization of pregnancy outcomes
- Burial costs

Menstrual Management

Services under this category will support access to oral contraceptives, surgery, and other birth control methods to help individuals manage illness, pain, and irregularities with regards to their menstrual cycles. The following conditions have been noted as prominent within the Muslim communities we work with, and our fund will therefore address needs related, but not limited to them:

- Screening and diagnostic testing
- Polycystic Ovarian Syndrome (PCOS)
- Endometriosis
- Uterine Fibroids
- Uterine Polyps



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General needs from Muslim community spaces/institutions to support menstrual management with regards to access to products for sustainable menstrual management will also be considered on a case by case basis. This can include:

- **Menstrual cups**
- **Period underwear**
- **Tampons or sanitary napkins**

For more information regarding Menstrual disorders, their causes, and treatments, visit

<https://www.mountsinai.org/health-library/report/menstrual-disorders>

Ethical Considerations

Treatment for some of these conditions have led to coercive procedures by the medical field, especially with regards to rushing into treatments that have negative consequences for one's fertility options. The ability for one to fully grasp their diagnosis and feel empowered around their treatment plan as aligned with their vision for their future whether that be to preserve their fertility, live a life with minimal chronic pain, or move towards managing pain - we support each individual's journey and will also do our best to partner with specialists in the referral network to provide individuals seeking care with advice from medical professionals who are also keenly aware of the implicit biases and history of eugenics and sterilization of communities of color in the United States.



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We recognize that stigma still exists whereby minors struggle to access treatment for painful menstrual conditions because of the misinformation or lack of trust their parents have with either them or the hormonal birth control that may be offered to their children to manage their symptoms. Our intention is to reduce the harm that the impacted individual is actively facing and also educate and dispel myths for their guardians who may be acting from a place of fear.

Sexual Dysfunction

Sexual dysfunction for people with vaginas can be subdivided into desire, arousal, orgasmic and sexual pain disorders. With an understanding of sexual functioning and application of general medical and gynecologic treatments to sexual issues, sexual dysfunction may be effectively approached and treated. Based on the HEART Burden study 42% of individuals surveyed suffer from sexual dysfunction or experience pain with sex. In critical discussions with Muslim physicians and service providers, the overwhelming majority shared how pain with sex was a common experience of their Muslim patients and what community members sought advice, resources, and treatment plans around. Services to treat the following disorders will be given priority for the purposes of this fund:

- Vaginismus**
- Vulvodynia**
- Vestibulodynia**
- Erectile Dysfunction**



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Example of treatments covered: physical therapy, talk sex therapy, dilator purchase, valium suppository

For more information regarding sexual dysfunction and treatment options for each type of disorder, visit [our website](#).

Pregnancy Support

The prenatal and maternity experience can differ drastically from pregnancy to pregnancy, based on the site of where you receive your services, the delivery, and depending on your relationship to your provider. At HEART, we recognize there may be gaps in service provision based on implicit biases and gendered Islamophobia, as well. This category of support will focus on funding for additional services that may help a pregnant person find empowerment and access during their pregnancy.

Services covered may include:

- **Doula appointments**
- **Classes on childbirth education**
- **Lactation support**
- **Early pregnancy screening and diagnostic testing services**
- **Postpartum recovery support including night nurses**
- **Formula, breast milk, pump support**
- **Childcare**



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Menopause

While rarely discussed in our communities, the impacts of menopause can be difficult for many Muslims with uteruses to manage in isolation. The RJ Fund is invested in supporting people throughout their lifespan, including at the stage of menopause. Depending on the preference of the individual seeking services and severity of symptoms, some of the treatment that will be covered by the fund includes:

- Hormonal therapy treatment
- Vaginal suppositories and topical treatments
- Medication and physical therapy for treating osteoporosis and pelvic floor health

For services not listed here

We understand that the list of services above is not comprehensive and you may need assistance for a situation that falls outside of the ones named. Please reach out and we will consider them on a case-by-case basis.

Where we are not providing costs for certain services, we are offering funds for supplemental costs like rent, groceries, therapy costs, etc in the hopes that in doing so we can reduce the financial burden placed on individuals who are seeking out those services on their own.