

Six Rivers Planned Parenthood Voice for Choice

• Fall 2010 • Issue Number 27 •

• Serving Humboldt, Trinity & Del Norte Counties • Founded in 1975 •

Striving to be Inclusive & Supportive

To ensure access to reproductive and sexual health care for all - that's why we're here.

In pursuit of this mission, the staff at Six Rivers Planned Parenthood is always working to improve and expand our services to include everyone. Recently, we have been working on improving our inclusiveness of the transgender community. We have done this by offering training to staff & volunteers and by making changes to some of our forms, particularly our registration forms.

The conversation about being more inclusive of the transgender community really got started about two years ago when Jessica Pettit, a Diversity Educator, came to SRPP to talk to staff about better ways of communicating with transgender clients. One essential lesson from this training was simply to ask people their preferences, rather than making assumptions.

Several staff have taken active roles in learning ways to be more inclusive of transgender clients. One of our health educators, Gina Figueroa, recently attended a training presented by the Transgender Law Center. Another staff member, Abby Hudson-Crim, has become involved by serving on the Humboldt County Project Health Council, which is a partnership between Lyon Martin Health Services, the Transgender Law Center, and Equality California. The primary focus of this council is to challenge barriers and improve access to community healthcare

for transgender people throughout the state of California. Having a member of Project



Health on our staff helps SRPP be in the forefront of policy change when providing health care to transgender people.

One of the changes resulting from our staff trainings involves changing our client registration forms. Currently, there are only two boxes to check – male or female. We are in the process of changing this form to include an additional box for individuals who may identify differently. We would also like to add an additional space for individuals to indicate their preferred name.

One other challenge we face at SRPP has to do with billing. One of our primary funding

sources, FamilyPact, requires that the patient's sex is identified in order to determine services. They do not take into account a person's gender identification. This creates a conflict between trying to recognize our patients' desires to be identified in terms of their gender preferences and FamilyPact's requirement to indicate a specific sex.

These are the types of issues that we are working towards resolving as we partner with Project Health and other groups to be more inclusive in our health centers and in our community.

"As one of the co-facilitators of Humboldt County's local Trans Support Group, I have heard nothing but positive recommendations from our members. SRPP is often suggested with the highest of recommendations to and from members of our trans community without hesitation."

*-Jessica Pettit,
Diversity Educator*

For more information, visit:

The Lyon-Martin Health Clinic: www.lyon-martin.org

International Foundation for Gender Education: www.ifge.org

Intersex Society of North America: www.isna.org

Gay, Lesbian, Bisexual, Transgender, & Queer Encyclopedia: www.glbtc.com

The Sylvia Rivera Law Project: <http://srlp.org/node/123>

Trans 101 Information: <http://ganimede.transboys.info/trans101.html>

SRPP Expands Medical Outreach Services to Del Norte County

We are pleased to announce that Six Rivers Planned Parenthood's Medical Outreach Team will begin visiting College of the Redwoods in Del Norte County each month starting September 20th. The Medical Outreach team, consisting of a clinician and two clinic assistants, offers birth control methods, including the pill, the patch, NuvaRing, condoms, and Depo-Provera contraceptive shots, as well as emergency contraception. Clients can also receive pregnancy testing, STD and HIV testing, and treatment for STDs. Services will be offered in the nursing lab at the CR Campus on the first and third Monday of each month and are available to all patients.

The Del Norte campus location will offer privacy, easy access and confidentiality for men, women, and teens who want to take care of their health and we are excited to be able to offer these services. Current Humboldt County Medical Outreach sites include Humboldt State University, College of the Redwoods Eureka Campus, the RAVEN Project, and the

Multiple Assistance Center.

Teen birthrates in Del Norte County have hovered above the state average for many years and continue to do so, though they have dropped from 65.6 per thousand girls ages 13-19 in 1996 to 45.1 per 1,000 in 2006. State and national teen birth rates have been declining since 2006. California's decline of 2.6 teen births per thousand is six times larger



One of the services available at Outreach sites is HIV testing, as shown here.

than the national decline of only 0.4 teen births per thousand.

California's nation-leading success can be attributed in large part to its unique and substantial investments in teen pregnancy prevention education, programs, and services. These investments have not been small, and their continuation is increasingly at risk; however, the cost of these investments pales when compared to the state's savings in taxpayer and societal costs. California's teen birth reductions represent annual savings to its taxpayers of \$1.1 billion, and a total annual savings to society of \$4.5 billion.

By increasing access to birth control and educating young people in Del Norte County, we continue our work to decrease teen birthrates in our community and our state. For more information on our Medical Outreach program or educational programs, contact us at 442-2961 or visit our website at www.srpp.org.



Our Patients Voice the Need & Appreciation for Services

- ★ *“SRPP has helped me to prevent pregnancy in a time when I am not financially able to raise a child. I am also able to keep a healthy reproductive system for when I am ready.”*
- ★ *“I am at a place in my life that bringing a child into this world would be very difficult. SRPP makes it so that I can wait until I am physically, emotionally, spiritually, and financially stable to have a child.”*
- ★ *“I feel very safe at this PP. I drive four hours to the Eureka PP to get the care I need, to feel safe and get help with my issues.”*
- ★ *“I am so grateful to have access to such a friendly, knowledgeable, non-judgmental facility. It has provided me with care that I otherwise would not receive and could not afford. I am comforted to know such a place exists and is available to me and other college students who are unable to afford health insurance or who have been denied. Thank you!”*
- ★ *“PP has given me the ability to be educated and concerned about my body. Without its services, I would be unhealthy and probably suffering from serious complications. I love this place and think what it does for so many people is very rare and important. Planned Parenthood can never lose its funding because then, millions of people would suffer!”*
- ★ *“Being able to choose family planning allowed me to complete college (masters) and raise a family size we could afford economically – when it was right for us. My friends sometimes ask why I still come here as a grown woman. I still rely on Planned Parenthood for the most up to date, honest, and compassionate treatment of gynecological concerns. The difference now is I can pay for my services and gladly give to SRPP so they can continue to help other girls, women, and men lead healthy responsible fulfilling lives (with hopefully great sex too!).”*
- ★ *“I was going through sexual abuse when I first started to come to PP. I was between ages 13-15, so it saved me from being a pregnant teen.”*
- ★ *“A blessing; truly a great thing to have in our community!”*
- ★ *“Peace of mind is priceless!”*

Planned Parenthood® | WE'RE HERE.™

Iranian Physician Shares a Sad Tale

SRPP has an award-winning international program. Over the years, volunteer International Advocate, Frederica Aalto, has connected with several other countries including Iran, Afghanistan, and Nicaragua. Frederica has given many talks on population and international family planning. She has also inspired important speakers on international issues to come to Humboldt County. She anticipates a visit from two Iranian physicians later this year and an Afghan physician in 2011. These visits help raise awareness because we are often so immersed in our own situations that we forget how much worse things are in other parts of the world.

If you would like to contribute to the international program, write “international” on your check to SRPP. For further information, contact Frederica Aalto, International Advocate, by calling our administration department at 442-2961.

Here is a story from a physician in Iran to remind us of the grim reality elsewhere....

“Yesterday I had a client that needed help. She is 37 years old and not beautiful and is not married.

Sometime ago, while she was talking on her mobile phone with a man (her boyfriend by phone), her brother arrived and heard her voice and her boyfriend’s voice. The brother got so angry that he decided to kill her. He shouted at her so loudly that it scared the neighbors. They came and prevented the brother from beating his sister.

But all the neighbors and relatives heard about her affair (and her affair was just talking to an unknown man on the phone for a few times). Then she became severely depressed. She did not eat anything, did not talk at all and did not go to work and just lay down at home. After 3 weeks one day she suddenly fainted. They brought her to Mashhad and took her to a hospital and hospitalized her. She underwent a CT scan in Mashhad and stayed for one week in hospital. Then her brother and family forced her to marry with a man that they introduced. She did not dare to say a word and married but she could not have an intercourse with that man since she hated him.

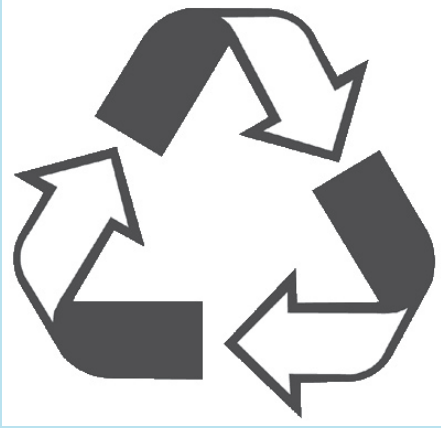
Then she attempted suicide three times because her husband had started beating her and having intercourse by force. Then she got pregnant and attempted suicide for the fourth time.

Eventually her mother supported her and asked for divorce. Now she had come to ask me for help because her mother trusted me a lot. She said: “I hate this man and if he learns that I am pregnant I have to live with him for ever or he will kill me”

This is just a sample and you certainly have heard many stories like this. What else is logical and humane to help this Lady with this problem?”

Sign up for our E-Newsletter

In order to reduce paper waste, SRPP will begin sending out E-Newsletters as of November 1, 2010. We will continue to send out a paper newsletter once a year and will update our supporters by email every other month. We are excited about this new endeavor and want to make sure that we have your email address. Please make sure we have your email address by doing one of the following:



1. Make sure to write your email address on the enclosed remit envelope and mail it to us (donations gladly accepted, but not required).
2. Go to our website at www.srpp.org and sign up for our E-Newsletter.
3. Call our administration department at 707-442-2961.

Visit us at
www.srpp.org

Thank you Debbie Hatch for 30 years of service to Six Rivers Planned Parenthood!



1989



2010

Debbie began working at SRPP in 1980 when she was sponsored to become a nurse practitioner.

"I began to realize that Planned Parenthood provides medical services the way they should be provided; patient centered, compassionate and always striving for excellence. I realized that this is where I will stay and it no longer felt like just a job."

- Debbie Hatch

Tribute and Memorial Gifts to Six Rivers Planned Parenthood

David & Barbara Dansky in memory of Charlene Cline
Jim & Janelle Dupree in memory of Ken Barney
Nancy & Doug Frey in memory of Joyce Pratt
Donna & Monte Lowe in memory of Esther Selfridge
Pam Masterson in memory of Claire Courtney
Melinda & Ronald Stahl in memory of Charlene Cline
Benjamin Tankersley in memory of Nancy Ryder
Dick Wyatt in memory of Mary Larsen

Carmen Beatty in honor of brave women
Kaci Elder & Ryan Forsythe in honor of Wendy Elder
Ralph M. Hockley in honor of Marianne Pennekamp's birthday
Tracy Jordan French & Richard A. French, Jr. in honor of Madelin Amir's birthday
Lisa Naef in honor of Marge Custis
Virginia Plambeck in honor of Ms. Isabel Plambeck
Dr. Terry William Raymer in honor of the great work of Deb Harrison
Jamie & David Rich in honor of Judy Anderson
Betty & David Schneider in honor of Mira Friedman, Aila Gilbride-Read, and Liz Land



Bittersweet - SRPP Bids Adieu and Welcomes New

SRPP's beloved Information & Education Director has retired after 19 years of dedication to our mission. SRPP would like to thank Debbe Hartridge for her years of service to our organization. Debbe was an esteemed co-worker and will be greatly missed. While sad to leave, Debbe is excited to move on to the next chapter in her life, spending time with her husband, Ira, and her grandchildren.



Debbe Hartridge retires after 19 years of service as the Director of Information & Education

Debbe's position has been filled by a new director, Nicole Gans. Nicole comes to us with a background in Health Education and is excited to begin her work at SRPP. Nicole first

got interested in health education when she was a student at HSU. She was part of the Student Health Outreach Project. Nicole was a peer educator and her focus was on sexual health. She recruited volunteers and they organized Healthy Passions Week, which focused on positive sexuality.

Nicole also worked for four years at the Humboldt County Department of Health & Human Services in their Public Health Branch. She was a health educator, working with people on issues such as domestic violence prevention, cultural competency, increasing access to care for underserved populations, and using evidence-based practices.

It was during her tenure at Public Health that Nicole met Debbe Hartridge and they often worked on prevention projects together. Little did she know that Debbe would one day bequeath her status as Education Director to her. Nicole said that she feels really lucky to receive excellent training and guidance from Debbe and to be a part of this organization. She is wowed by Debbe's 19 years of service and



Nicole Gans, SRPP's new Director of Information & Education

commented that Debbe is "quite a role model".

On Thursday, September 30, we will be having a retirement party for Debbe Hartridge here at SRPP. Come help us celebrate with Debbe as she moves on to the next chapter in her life...retirement!

Debbe's Retirement Party
Thursday, September 30
5:30 p.m. - 7:30 p.m.
at Six Rivers Planned Parenthood

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Upcoming Events

September

Retirement Party for Debbe Hartridge

Let's celebrate with Debbe as she moves on to the next chapter in her life - retirement! We will be honoring Debbe's 19 years of service as Information & Education Director at SRPP.

Thursday, September 30th, 5:30 p.m. -7:30 p.m. at SRPP.

October

Midlife and Beyond

Hormones, vitamins, osteoporosis, empty nests, sex and relationships! Menopause is a prime time to evaluate your personal health and make a plan to be at your best throughout your life. Healthcare specialists will talk about the latest ways to make the most of menopause and midlife. This three-session course will engage you with information, a theater piece on aging, and exercise and fitness tips and practice. We will learn from each other by sharing challenges and successes.

Mondays, Oct. 4-18 from 6:00 p.m.-8:00 p.m. at SRPP. Register at www.humboldt.edu/olli. \$20/ OLLI Members \$30/Non-Members.

November

SRPP Turns 35

Come help us celebrate the last 35 years and usher us into the next 35! There will be friends, memories, photos, stories, and sharing ideas for the future. Hosted by Michele McKeegan, Judy Webb, Tina Mackenzie, and Marge Custis.

Thursday, November 4, 2010 from 5:30 p.m.-7:30 p.m. at SRPP.

January

29th Annual Choices Breakfast

The Choices Breakfast is our annual celebration of the anniversary of Roe v. Wade. This year's keynote speaker will be Lynne Randall, Planned Parenthood Federation of America Vice President of CAPS (Consortium of Abortion Providers). As the anti-choice movement continues their efforts to restrict or deny abortion access, Lynne Randall will discuss the importance of staying committed to creating greater access to abortion care nationwide.

Friday, January 21, 2011 from 7:45 a.m.-9:30 a.m. Location: To be announced.

Parent/Child Communication Workshops Coming Soon!

Growing Up - For girls ages 9-12 and their guardians. Girls learn about changes to expect during puberty and talk about concerns.

Girl Power/Women Power - For teen girls ages 13-16 and their guardians. Teens have a chance to talk about healthy body image, saying "no", relationships, sex, and staying safe from STD's.

Father/Son Discussion Group - For boys in 6th-8th grades and their guardians. Boys get a chance to talk about puberty, communication, sex, and responsibility.

Call 445-2018 to sign up or to find out more about these upcoming workshops!

We would like to thank the following businesses for underwriting the costs of this newsletter



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Voice For Choice

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