

EDUCATION & TRAINING

Our Education and Training Department offers programs which provide accurate, unbiased information about human sexuality. We conduct programs for high schools, colleges, residential facilities, civic associations, and parents, as well as trainings for professionals and child care providers.

Our programs are developed to best meet the community's needs, highlighting the issues you think are most relevant. We are eager to work with you to create a curriculum or series tailored to your educational goals. Our staff of expert educators/trainers offers a broad array of educational programs on a host of topics, available in both English and Spanish.

• Parent/Child Communication Programs

Let's Talk is a two-hour program to support parents and caregivers in their role as the primary sexuality educators of their children. PPHP professional educators will help your PTA or other organization plan an age-appropriate program.

• Peer Education

PPHP peer education programs prepare teens to be resources for confidential and accurate information on reproductive health issues in their schools and communities. All peer educators, recruited from local high schools, attend an interactive 15-week training that focuses on effective communication, decision-making, and human sexuality.

• Training By Design

PPHP trainers will provide customized training to meet your needs on any sexuality topic at your agency or school. Available in Spanish. To schedule a program or a training session, or to borrow resources, contact us at (914) 220-1038 in White Plains or (631) 240-1147 in Smithtown.

• Smart Wheels

We bring quality education to you on wheels! Our mobile testing and education van provides on-site HIV testing and confidential information about reproductive health issues to teens and adults.

Promotores/Promotées

These programs work with immigrant men and women who have been trained as health educators, or promotores / promotées, to bring messages about HIV/STD prevention and how to access reproductive health care to members of their community. They share information about the services available and make referrals to PPHP health centers. Programs are available in English, Spanish and Creole.

Evidence-Based Programming

The Education and Training Department offers the following evidence-based programs to reduce risks and increase healthy sexual behaviors for both youth and adults:

- **Making Proud Choices!** is an eight-module curriculum that provides adolescents with the knowledge, confidence, and skills necessary to reduce their risk of sexually-transmitted diseases (STDs), HIV, and pregnancy by abstaining from sex or using condoms if they choose to have sex.
- **¡Cuidate!** (Take Care of Yourself) is a small-group, culturally-based intervention to reduce HIV sexual risk among Latino youth. The intervention consists of six 60-minute modules delivered to small, mixed-gender groups.
- **VOICES/VOCES** is a group-level, single-session, video-based intervention designed to increase condom use among heterosexual African-American and Latino men and women.

Comprehensive Adolescent Pregnancy Prevention (CAPP)

This program, funded through the New York State Department of Health, Bureau of Maternal and Child Health, is aimed at reducing teen pregnancies in the Westchester County communities of White Plains and Yonkers. To achieve this, PPHP provides the evidence-based intervention Making Proud Choices! Additionally, there are parent workshops, youth development programs, community organizing efforts and parent-youth conferences.



Planned Parenthood Hudson Peconic

ADMINISTRATIVE HEADQUARTERS

4 Skyline Drive
Hawthorne, NY 10532
(914) 467-7300

SUFFOLK REGIONAL OFFICE

70 Maple Avenue
Smithtown, NY 11787
(631) 361-7526

EDUCATION AND TRAINING

Westchester: (914) 220-1038
Suffolk: (631) 240-1152

HEALTH CENTERS

SUFFOLK COUNTY

Huntington
755 New York Avenue
(631) 427-7154

Patchogue

450 Waverly Avenue
(631) 475-5705

Riverhead

550 East Main Street
(631) 369-0230

Smithtown

70 Maple Avenue
(631) 361-7526

West Islip

180 Sunrise Highway
(631) 893-0150

WESTCHESTER COUNTY

Mount Vernon
6 Gramatan Avenue
4th Floor
(914) 668-7927

New Rochelle

247-249 North Avenue
(914) 632-4442

White Plains

175 Tarrytown Road
(914) 761-6566

Yonkers

20 South Broadway
11th Floor
(914) 965-1912

ROCKLAND COUNTY

Spring Valley
25 Perlman Drive
at Pascack Plaza
(845) 426-7577

PUTNAM COUNTY

Brewster
2505 Carmel Avenue
(845) 278-7313

www.pphp.org

800-230-PLAN

*If you're interested in volunteering with PPHP,
please call (914) 220-1026.*

Planned Parenthood Hudson Peconic (PPHP) is licensed by the New York State Department of Health and provides more than 33,000 Suffolk, Westchester, Rockland and Putnam residents a year with reproductive health and education services at its 11 health centers. Visit www.pphp.org for more information.

Guide to our Services



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Planned Parenthood Hudson Peconic

Our team of caring health professionals will answer your questions and address your concerns with understanding and respect.

At Planned Parenthood Hudson Peconic You Get...

Quality Health Care. You will receive nonjudgmental professional treatment in a comfortable setting. Our team is dedicated to providing the highest quality of care for you and your family.

Individual Attention. PPHP patients come from diverse social and economic backgrounds, but all get the individual attention they deserve. If you need a referral, we put you in touch with outside service providers including physicians, nutritionists, public and private agencies, clergy, and therapists.

Affordability. We welcome patients of all income levels and provide quality care at affordable prices. Medicaid and many private insurance plans are accepted. *Fees for most of our services are based on a sliding scale tied to income and family size.*

Privacy. When you talk to us, it's *always* confidential. Your information will never be shared.

Convenience. Request an appointment online. Go to www.pphp.org and type your zip code in the *Find a Health Center* box to locate the nearest center. Then click on *Request an Appointment*. To save time, print and complete medical forms before your appointment by clicking on the *Medical Forms* link under *For Patients*.

For Free. For Real. New York State's Family Planning Benefit Program offers FREE annual gynecological exams, birth control, family planning counseling, and more, for family planning patients who meet income and residency requirements, complete an application and provide documentation. Visit www.pphp.org and go to the *For Patients* tab and click *Free Birth Control*.

PATIENT SERVICES

• Birth Control

If you are sexually active and don't want to become pregnant, a reliable birth control method is the best way to reduce the risk. We provide many forms of birth control (prescription and non-prescription), including the pill, the patch, vaginal ring, contraceptive implant, three-month injection (Depo-Provera®), intrauterine contraceptive device, condoms, and information on fertility awareness methods. Certain methods of birth control can be prescribed without a pelvic exam.

• Gynecological Care

A comprehensive gynecological exam is your first and best defense against many life-threatening illnesses. An exam may include screening for cervical cancer (Pap test), breast cancer, and sexually transmitted diseases (STDs).

• Emergency Contraception

You can prevent pregnancy for up to 120 hours (5 days) after unprotected sex. Emergency contraception (EC) – often called the “morning after” pill – is a safe and effective way to reduce the risk of pregnancy after unprotected intercourse. The sooner EC is taken after unprotected intercourse, the more effective it is. EC can be purchased at all PPHP health centers. **No appointment is necessary for EC. Just walk in.**

• Pregnancy Testing & Options Counseling

Pregnancy testing and options counseling are available at all PPHP health centers. A urine pregnancy test is used, and you get the results right away. Our specially trained medical staff will answer all your questions about the results of your test. If your pregnancy test result is positive, an experienced medical professional will discuss your individual circumstances and provide information and referrals.

Call 1-800-230-PLAN for a same day or next day appointment, or walk in to any of our centers.



• Abortion

PPHP provides abortion services in a caring, comfortable environment. We offer in-clinic abortion and mifepristone as a non-surgical option. Ask our staff about abortion options, fees, and where services are available. To reduce discomfort and anxiety during in-clinic abortion, we provide conscious sedation.

• Prenatal Care

Consistent prenatal care that begins as soon as you know you are pregnant, and continues through delivery, is vital for a healthy pregnancy. Our prenatal program includes regular checkups, nutritional counseling, childbirth education classes, parenting information, and information from PPHP social workers. For expectant mothers who are eligible, PPHP will help you enroll in Medicaid Prenatal. PPHP also accepts participating Medicaid Managed Care plans. PPHP patients deliver at local hospitals.



• STD Testing & Treatment

If you are sexually active, PPHP is the best place for both you and your partner to get tested for sexually transmitted diseases (STDs). We offer education on effective STD prevention, as well as screening, testing, and treatment for the most common STDs, including chlamydia, gonorrhea, herpes, HPV, and genital warts. We also do testing for syphilis and hepatitis B and C. We now offer some STD screenings without an exam, including non-invasive urine tests for gonorrhea and chlamydia. With early detection, most STDs can easily be treated with antibiotics. We also offer STD prevention education.

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800-230-PLAN

• Gardasil® HPV Vaccine

PPHP offers Gardasil®, the first FDA-approved vaccine to protect males and females, age 9 through 26, against human papillomavirus (HPV) Types 6, 11, 16, and 18. These types of HPV can cause changes in the cervix, including genital warts and cervical cancer. For maximum protection, the vaccine should be given before becoming sexually active.

• HIV Testing

Rapid HIV testing is available at all our health centers and on our SmartWheels mobile health vans. With rapid testing, you can have your results in under 20 minutes. At PPHP, HIV testing is done in a *strictly confidential* environment.

• Health Services for Teens

We know it's important for teens to start and maintain preventive reproductive health care early. Teens are always welcome at PPHP centers. Same day appointments are available and our services are *confidential*. Although we encourage you to involve your parent or guardian, if you want to keep your visit confidential, we will honor your wishes.

• Mid-life Services

Along with standard gynecological care, mid-life services include menopause counseling, temporary hormone therapy, guidance on general health and well-being, and referrals for mammograms and bone density scans.

• Health Services for Men

Testing and treatment for sexually transmitted diseases, confidential counseling to prepare for HIV testing, and HIV testing are available at PPHP health centers.

