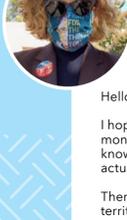


# The Full Mar Monte

SUPPORTERS EDITION



## LETTER FROM THE CEO Preparing for a post-Roe landscape at PPMM

Hello friends,

I hope everyone has been able to catch their breath after the devastating news early this month that the Supreme Court is poised to overturn *Roe v. Wade*. Even though we've known that this was likely to happen, it's still difficult not to be shocked that we have actually arrived at this moment.

There are some important things to remember as we forge ahead into this uncharted territory and California takes the lead among "reproductive freedom states."

First, we at PPMM have spent several years preparing for a post-Roe world, and we are committed to serving anyone who needs abortion care including those who live in California and Nevada "abortion deserts," where there is no access to care, as well as those who come here from abortion-ban states.

We have been training more clinicians to provide abortion, optimizing training partnerships with medical schools and residencies to secure the future of the workforce of abortion providers, focusing on patient-centered care, and planning to expand surgical abortion services and other abortion care at locations across our affiliate - which includes breaking ground this summer on a new, much larger health center in Reno, Nevada.

Also, PPMM has staff members, including Public Affairs Vice President Lauren Babb, serving on Gov. Gavin Newsom's California Future of Abortion Council whose policy recommendations have inspired a robust package of abortion-access bills recently introduced to the state legislature. In the meantime the Governor is proposing an amendment to the state constitution that will enshrine the right to abortion in California, regardless of the Supreme Court decision expected in June.

As you know, severe abortion restrictions in other states already have led dozens of people to travel to our health centers for abortion. From July 2021 to April 15 of this year, PPMM has provided abortion care to 80 patients from out of state, including 29 patients who traveled here after the Texas six-week abortion ban went into effect in September. We are prepared to serve an additional 250-500 patients a week who may be forced to travel to our health centers when the Supreme Court issues its final decision.

We are proud to be providing care in states that protect abortion care and welcome those from abortion-ban states to come here to exercise their rights over their own bodies - but we must also continue to focus on providing greater access to people who live in our affiliate territory. There are still too many Californians and Nevadans who must travel for hours just to access care that is their right.

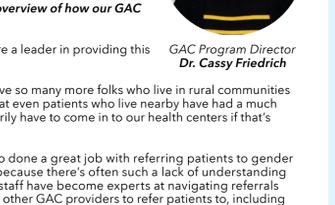
I am so moved to be working with fearless supporters like you who are so dedicated to standing with us on the front lines, helping thousands of people every day get the care they need and deserve. You are all rising spectacularly to this moment, and I couldn't be more proud and grateful.

In Solidarity,

*Stacy*

## FIGHT BACK

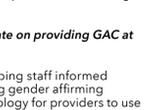
Check out our new page with ways people can show their support



## Major milestone for Gender Affirming Care Program

One year of providing gender affirming hormone therapy at our health centers

Our ground-breaking Gender Affirming Care (GAC) program recently had an important anniversary, and there's a lot to celebrate. April 1, 2022 marked one year since PPMM began providing gender affirming hormone therapy (GAHT) as a core service at our health centers. We had 4,910 GAHT patient visits by March 31 of this year, and our staff served hundreds who would not have been able to receive this care anywhere else. The Full Mar Monte recently caught up with our GAC program director, Dr. Cassidy Friedrich to get an update.



GAC Program Director  
Dr. Cassidy Friedrich

**Dr. Friedrich:** It's been pretty amazing. We really are a leader in providing this care.

Our telehealth services have meant that not only have so many more folks who live in rural communities been able to receive this care, but it's also meant that even patients who live nearby have had a much easier time accessing it because they don't necessarily have to come in to our health centers if that's difficult or inconvenient for them.

Our reproductive health care coordinators have also done a great job with referring patients to gender affirming surgeries, which is especially important because there's often such a lack of understanding about this care within the health care system. Our staff have become experts at navigating referrals for these surgeries. We have also compiled a list of other GAC providers to refer patients to, including for mental health care and speech/vocal coaching.

**FMM: What are you working on now to keep health center staff most up to date on providing GAC at PPMM?**

**Dr. Friedrich:** We have a continuing training plan that covers things from keeping staff informed about new prescriptions that we'll be able to provide for our patients, to putting gender affirming patient information on NextGen, to the most appropriate language and terminology for providers to use for our patients seeking these services.

**FMM: Tell us a little more about how GAC patients are recorded in NextGen.**

**Dr. Friedrich:** There's been some fine-tuning with the NextGen templates. For example, we make sure to enter the patient's chosen name and pronoun. The display no longer reads "preferred pronouns" because that makes it sound as though there's an alternative. This is someone's identity. Period. So now the display just says, "pronouns."

**FMM: Can you explain more about how it's so important to address gender affirming care patients with the correct pronouns and use gender affirming language?**

**Dr. Friedrich:** People need to be seen for who they are when they are coming in for care.

There's a lot of really solid research showing that when trans youth are surrounded by family and other people close to them who use their correct names and pronouns, they experience much better mental health.

There's also strong survey data showing that people are much less likely to seek health care if they've had previous negative experiences in the health care system, including not being addressed by the correct name or pronouns. This is part of the reason that trans people have worse health care, overall.

**FMM: Have you gotten feedback from staff since our GAC program has been in full-swing?**

**Dr. Friedrich:** I hear all the time from clinicians, HSSs, and other staff about how really rewarding this work has been for them. They can see how patients' mental health has improved since beginning GAHT and what it means to patients when their identity is respected and affirmed in a health care setting. I think the whole experience has been so gratifying for patients and staff.

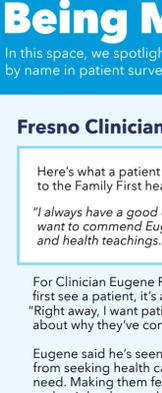
**Congratulations to Dr. Friedrich and to all of our staff who have been part of making our GAC program such a success! You can also check out GAHT information on our website.**

## Gender Affirming Language

Avoid saying this:	Why?	Say this instead:
What is your preferred name?		What name do you go by?
What are your preferred pronouns?	"Preferred" implies that it is optional, not a requirement to use affirming terms	What are your pronouns?
The patient prefers to go by...		The patient's affirming name and pronouns are...
<b>Tip:</b> If unsure, use name, "patient," or general "they" to refer to someone, don't assume.		
Male-To-Female or Female-To-Male	Focus placed on sex assigned at birth rather than identity	Transgender Man (or Man) Transgender Woman (or Woman) Nonbinary person
Born a man or woman Used to be a man or woman		
Assuming language around body parts (particularly breasts/genitals)	Many transgender people are asked unnecessary questions about genitals and sexual practices	I'm going to use the language that I know. If any language I am using is not affirming, please let me know what language I can use instead.
<b>Tip:</b> Always explain the reason you are asking about LMP, body parts, and other health topics.		
Person of the opposite sex or gender	Implies only identities within the gender binary exist	Person of a different sex or gender
Transgender Transgendered	Being transgender is only one aspect of a person, not the whole person	Transgender People People who are transgender
Chooses to transition	Implies it is a choice or decision, denies a likely biological component	Makes decisions about transition
Decides they are Transgender/Non-Binary		Realizes or comes out as Transgender/Non-Binary
<b>Tip:</b> Barriers to access and transgender health disparities are a result of living in a non-affirming world.		
Using gendered language regarding partners (i.e. men, women, she, he) Assuming sexual practices	Not inclusive of diverse identities and relationships, does not allow honest sharing	What types of sex do you have? What ways do you use sex?
You guys, ladies, gentlemen, girls or boys	Not inclusive of all identities represented in a group	You all, folks, patients, everyone, colleagues or coworkers
<b>Tip:</b> If you make a mistake, simply acknowledge it, apologize briefly, and move on with effort to get it right.		

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[www.TransgenderTrainingInstitute.com](http://www.TransgenderTrainingInstitute.com)

PPMM Services Training Department, rev. 01/08/2021



## STATE OF THE AFFILIATE WEBINAR

# After the Fall of Roe

A Conversation with Professor Michele Goodwin and Planned Parenthood Mar Monte

**SAVE THE DATE**  
Wednesday, July 6, 2022 • Noon

With the U.S. Supreme Court signaling its intention to overturn *Roe v. Wade*, the constitutional right to safe and legal abortion in our country will end. This decision will be deeply dehumanizing and harm millions of people.

As a recognized leader in our efforts to increase access to abortion, PPMM has prepared for this moment for the past several years, and we expect between 250-500 additional patients per week who seek this essential health care.

Join us for a conversation with award-winning author, advocate, professor, and social commentator Professor Michele B. Goodwin as we discuss what comes after the fall of *Roe*. Goodwin asserts that *Roe* was never enough, and that it was the floor, not the ceiling. This conversation will explore what our new north star should be in these horrific times.

Invitations and more info coming soon!

## Being Memorable

In this space, we spotlight health center staff members who have been mentioned by name in patient surveys for delivering a fantastic patient experience.

### Fresno Clinician Eugene R. emphasizes non-judgmental care

Here's what a patient said about Clinician Eugene R. after a recent visit to the Family First health center in Fresno:

*"I always have a good experience with the health care providers, but I want to commend Eugene for going way beyond his duty to give care and health teachings. He is such a helping hand and very approachable."*

For Clinician Eugene R., health care isn't just about medicine. "When you first see a patient, it's about setting a tone, 'calm and supportive' he said. "Right away, I want patients to feel that I'm non-judgmental and inquisitive about why they've come in and how they're feeling."

Eugene said he's seen how many patients' feelings of shame keep them from seeking health care and being able to talk openly about what they need. Making them feel comfortable and confident that they have come to the right place and that they have nothing to be ashamed of is an important part of the health care he provides for patients.

"I want people to know that sex, sexually transmitted infections, abortion - all these things are a completely normal part of medical care," he said. "I want to normalize this care for patients and make sure that by the time they leave, they know what's going on with their bodies and that they've found a really supportive place."

"Needing this care is part of what it is to be human. And we're here for them."



Fresno Family First Clinician  
Eugene R.

## FROM THE EDUCATION DESK

### Update on PPMM Education's fantastic programs for youth

PPMM Education has made great strides in FY22 toward our goal to create a sustainable and scalable model for Education Services. Our youth-led, community driven capacity building model is on track to expand more widely in next year.

Education's North Star remains: Increase access to inclusive sex ed, (designed by and for learners) for the estimated 3.4 MILLION youth and young adults who live in our territory. We're now refining our PPMM strategic priorities, and here is just some of our FY23 program plans:

#### Young Parents

The Teen Parent Support Program (TPSP), our comprehensive case management and positive youth development program for expectant and young parents under age 21, has been renewed for the 15th year by the Santa Clara County Public Health Department. TPSP also is approved by the county to be delivered as an in-person/virtual hybrid program next year. Our team will be working with PPMM Health Services and the county, to confirm protocols for this model to keep our staff and young parents safe during the ongoing pandemic.

#### Peer Education

We are currently recruiting high school students from the entire affiliate territory—for the first time ever—to be peer educators as part of our virtual Teen Council program. Please help us get the word out.

Supported by a \$10,000 PFA Education grant, we are currently piloting a new capacity-building, community-led design for peer education's by and for Spanish-speaking adults. Based on participatory research, PromotorX is now the Enlaces: Conectando Comunidades (Links: Connecting Communities) program.

The goal of the pilot is to increase access to equity-centered, community sex education in Latine communities by:

- Enlisting and training staff in community agencies to be promotores who implement Enlaces sexuality content sessions with groups of Latine adults they already connect.
- Providing technical support for partner staff to create comfort and confidence in facilitation of stigmatized health topics.
- Gathering community specific feedback on curriculum and technical support to be applied to future iterations and expansion of Enlaces.

Our pilot partners include:

- Center for Human Services Patterson Family Resource Center - Patterson, Stanislaus County
- Clinica de Salud del Valle de Salinas - Salinas, Monterey County
- Monterey Office Of Education Migrant Program - Monterey County

#### Special Education (SPED) Sex Ed

Our Digital Learning (SPED) Sex Ed was launched this month with our partner, Fresno Unified School District to reach an estimated 400 eighth and ninth graders via 30 FUSD special education teachers. PPMM SPED Sex Ed is unique because it's designed with special education expert partners for moderately to severely disabled students - including those who may be non-verbal or medically fragile - unlike most current sex ed for students with disabilities, which is designed for those who are assessed as mildly disabled.

PPMM SPED Sex Ed is also designed to be facilitated by special education teachers or aides in their classrooms. After a brief webinar training, they guide students through each lesson of our Digital Learning course in groups or one-to-one.

*"So far it's gone great! I've done 'Public and Private' and both 'Anatomy' lessons at three sites. It's been engaging and the visuals make it really accessible for the kids!"* - Austen Houts, FUSD special education teacher.

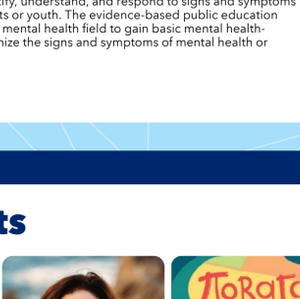
Aside from TPSP, all other programs will be delivered entirely virtually by PPMM Education in FY23 to increase access to sex ed for even more youth, families, schools, and partners in our 42-county territory.

#### Wellness

May is Mental Health Awareness and National Adolescent Health Month, and PPMM Education certified instructors are piloting Mental Health First Aid for youth with 12 staff from various departments.

This skills-based training teaches people how to identify, understand, and respond to signs and symptoms of a mental health or substance use challenge in adults or youth. The evidence-based public education program allows adults who are not clinicians or in the mental health field to gain basic mental health literacy, reduce stigma, and learn strategies to recognize the signs and symptoms of mental health or substance use challenges and offer support.

[Learn more here.](#)



## Milestones & Events

### PPMM Education leader's 2005 book helping inspire girls in Ukraine

In 2005, long before she was PPMM's vice president of Learning, Courtney Macavinta co-wrote the best-selling book, *Respect: A Girl's Guide to Getting Respect & Dealing When Your Line is Crossed*. Last year it was re-published in Russian, and this year it was translated and released in Ukraine. Courtney told the FMM, "I hope young women who get their hands on it can use it to create social change and fortify themselves." Courtney's book is a resource that keeps on giving!



VP of Learning  
Courtney Macavinta



"Respect" by Andrea Vander Pluym and Courtney Macavinta, Ukrainian edition, 2022



PPMM Oakland Clinician Debbie B. addressing students at Stanford

### PPMM clinician speaks at Roe-emergency rally on campus

Soon after the news broke about the Supreme Court's leaked opinion overturning *Roe v. Wade*, students at our Stanford PPGenAction chapter contacted one of their favorite event emcees, Oakland PPMM Clinician Debbie B. to see if she could address an emergency rally on campus about abortion rights and access. Debbie stepped down to Palo Alto and told a cheering crowd of hundreds of students about how PPMM is expanding access and committed to serving any patient who needs this essential health care. Thanks, Debbie!

## The Big Picture

### Capitol Week volunteers, staff bring PPMM priorities to CA lawmakers

Abortion-access at top of the list  
By Lead Organizer Jay G., Public Affairs

This year's Capitol Week was brought to you by our bold and fearless supporters! Folks turned out from just about everywhere this year to lobby, virtually, for the package of PPAC-sponsored bills - including some that expand and protect abortion-access.

Joining us in the digital event were inspiring newcomers, wonderful PPMM abortion providers, awesome PPMM staff from several departments, committed volunteers from our Faith Leaders Network, Storyteller's Bureau, Generation Action, Teen Council, and other groups, as well as longtime supporters!

The East Bay lobby group met with staffers of Assemblymember Mia Bonta and Sen. Nancy Skinner, who represent Alameda County districts and are stalwart champions of reproductive rights in the state legislature. Dr. Jessica H., one of our dedicated abortion providers, stepped into her power to share what it's been like providing this care during the resurgence of anti-reproductive rights legislation, highlighting the double-edged sword of being a beacon of hope for folks seeking care while weathering the threats and harassment from groups that oppose abortion.

These experiences directly relate to AB 1666, which would protect providers and patients who are giving and seeking care in California from civil liability penalties. Big thanks to Dr. Hamilton for her courage to share her experiences and advocate for change!

The Greater Sacramento team met with several legislators in the region, including Sen. Susan Eggman, representing western San Joaquin County, who sponsored SB 1142. One incredible moment was when a high school volunteer from the Teen Council shared about the challenges that teens face seeking accurate and comprehensive information about abortion and reproductive health care, citing another law which guarantees confidentiality for students. One of the staffers, a legislative aid, thanked the volunteer for educating her on policy! Major kudos to the Teen Council!

In the Silicon Valley region, legislative staff shared their commitment to PPMM's bill package after they heard directly from health services specialist Wei Wei C. and Senior Director of Clinical Services Katherine S.

Recalling an experience they had serving a patient from Texas, Wei-Wei spoke about the necessity of coordinated support services to meet the logistical and financial needs of patients traveling from out of state, which SB 1142 would address. Katherine reinforced the importance of protecting our providers from civil liability judgments, which could prevent a medical provider from certification and gravely impact their livelihood, a protection afforded under AB 1666.

In the Santa Cruz and Monterey County region, our lobby team spoke with long-time supporter and advocate, Sen. John Laird, whose district includes Santa Cruz County and half of Monterey County, and legislative staff for Assemblymember Mark Stone, whose district encompasses the Monterey Bay shoreline and a large section of southern San Jose. Sen. Laird heard directly from PPMM's Clinician of Quality Management Control Sarah G. and Director of Gender Affirming Care Dr. Cassidy Friedrich.

Both Sarah and Dr. Friedrich spoke about their experiences as providers at a pivotal time in the history of reproductive rights. Moved by their stories, Sen. Laird and legislative staff thanked the team for their hard work and reaffirmed their commitment to PPMM's mission.

The Central Valley volunteer cohort, consisting of committed longtime supporters, first-time lobbyists, sex ed educators, youth, community leaders, and PPMM staff, met with Assemblymember Joaquin Arambula, whose district encompasses western Fresno County and Assemblymember Rudy Salas, whose district includes Bakersfield and much of the southwestern Central Valley.

The legislators heard from volunteers who related the PP-sponsored bills to their own reproductive health care stories. One peer educator shared their experience with accessing PPMM services throughout high school, and the participants brought the bills' priorities to life through compelling storytelling.

The Public Affairs Department is grateful for the outpouring of support from other PPMM departments and program participants who used their voices to advocate for critical reproductive health care legislation.

If you were unable to attend and you're curious to learn about Planned Parenthood Affiliates of California's legislative priorities, [click here](#).



## Good Reads

May 5, *The New Republic*  
The end of *Roe v. Wade* won't motivate Democrats

May 2, *CalMatters*  
California preps to become a haven for abortion rights (PPMM CEO Stacy Cross quoted)