

## EDUCATION & TRAINING

Our Education & Training Department offers programs which provide accurate, unbiased information about human sexuality. We conduct programs at schools, colleges, residential facilities, civic associations, and community-based organizations, as well as trainings for parents, health care professionals, teachers, and other youth-serving providers.

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

### SEXUALITY EDUCATION

PPHP's expert educators can provide sexuality education programming for both young people and adults. Common topics include birth control, STI prevention, consent, and healthy relationships. We are happy to customize our trainings to meet the needs of your participants. To schedule an education program, contact us at (914) 220-1046 in White Plains or (631) 240-1147 in Smithtown.

### 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. Our professional educators will help your PTA or other organization plan an age-appropriate program.

### PEER EDUCATION

Our peer education program in Rockland County prepares 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 30-hour training that focuses on effective communication, decision-making, human sexuality, and leadership.

### TRAININGS FOR PROFESSIONALS

PPHP trainers will provide customized training to meet your needs on any sexuality topic at your agency or school, or will host a group of professionals at our health centers.

### SMARTWHEELS

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

### PROMOTORES

Our Health Promoter program works with Spanish-speaking adults who have been trained as health educators, or promotores, to bring messages about HIV/STI prevention and how to access reproductive health care to members of their community. Programs are available in English and Spanish.

### PERSONAL RESPONSIBILITY EDUCATION PROGRAM (PREP)

This program, funded through the New York State Department of Health, is aimed at reducing teen pregnancies in Suffolk County. PREP staff provides the evidence-based interventions Making Proud Choices! and Be Proud! Be Responsible! Additionally, PREP staff provide parent workshops, youth development programs, teen nights, and community organizing efforts.

### EVIDENCE-BASED PROGRAMMING

Our Education and Training Department offers the following evidence-based programs to reduce risks and increase healthy sexual behaviors for young people and adults:

**Making Proud Choices!** (8 modules) and **Be Proud! Be Responsible!** are 6-8 session curricula that target adolescents ages 12-18 to provide them with the knowledge, confidence, and skills necessary to reduce their risk of STIs, HIV, and teen pregnancy.

**Community Promise** is a community-based HIV prevention intervention designed to improve access to health services among women at a higher risk of HIV.

### 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**  
Suffolk: (631) 240-1147  
Westchester, Rockland, and Putnam: (914) 220-1046



### HEALTH CENTERS

#### Suffolk County

Huntington  
755 New York Avenue, 3rd Floor

Patchogue  
450 Waverly Avenue

Riverhead  
877 East Main Street, Suite 109

Smithtown  
70 Maple Avenue

West Islip  
180 Sunrise Highway

#### Westchester County

Mount Vernon  
6 Gramatan Avenue, 4th Floor

New Rochelle  
247-249 North Avenue

White Plains  
175 Tarrytown Road

Yonkers  
20 South Broadway, 11th Floor

**Rockland County**  
Spring Valley  
25 Perlman Drive, 2nd Floor

# Guide to Our Services



Planned Parenthood Hudson Peconic

Planned Parenthood Hudson Peconic (PPHP) is licensed by the New York State Department of Health and provides reproductive health and education services. Visit [www.pphp.org](http://www.pphp.org) for more information.

*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 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 high-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.

*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](http://www.pphp.org) for more information.*

## **PATIENT SERVICES**

### **BIRTH CONTROL**

We provide many forms of birth control (prescription and non-prescription), including the pill, patch, vaginal ring, intrauterine contraceptive device, condoms, and information on fertility awareness methods. Certain methods of birth control can be prescribed without a pelvic exam.

### **EMERGENCY CONTRACEPTION**

You can prevent pregnancy for up to 5 days after unprotected sex. Emergency contraception (EC) 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.



### **PREGNANCY TESTING & OPTIONS COUNSELING**

A pregnancy test is available upon request. Our specially trained medical staff will answer all your questions about the results of your test, discuss your individual circumstances, and provide information and referrals.

### **ABORTION SERVICES**

PPHP provides abortion services in a caring, comfortable environment. We offer in-center abortion and mifepristone as a non-surgical option. Ask our staff about abortion options, fees, and where services are available.

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



### **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, parenting information, and information from PPHP social workers. For expectant mothers who are eligible, PPHP will help you enroll in Medicaid for Pregnant Women. PPHP also accepts participating Medicaid Managed Care plans. PPHP patients deliver at local hospitals.

### **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 infections (STIs).

### **STI TESTING & TREATMENT**

Education on effective STI prevention, as well as screening, testing, and treatment for the most common STIs, including chlamydia, gonorrhea, herpes, HPV, and genital warts is offered. We also do testing for syphilis and hepatitis B and C. We offer some STIs screenings without an exam, including non-invasive urine tests for gonorrhea and chlamydia. With early detection, most STIs can easily be treated with antibiotics.

### **HIV TESTING**

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

### **GARDASIL® HPV VACCINE**

PPHP offers Gardasil®, the first FDA-approved vaccine to protect young people, 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.

### **PREP**

PrEP, Pre-Exposure Prophylaxis, is not a drug but rather a regimen for the common HIV treatment medication Truvada. PrEP is available for specific populations of people with clinically-identified risk factors and can help prevent a person from getting HIV if exposed to the virus.

### **MENOPAUSAL MANAGEMENT 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 TEENS**

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.

### **HEALTH SERVICES FOR MEN**

Testing and treatment for sexually transmitted infections, and HIV testing are available at PPHP health centers.

