

# The Full Mar Monte

SUPPORTER'S EDITION

## SCOTUS Update: Mississippi abortion case, direct attack on Roe

The U.S. Supreme Court recently announced it will review a law passed by the legislature in Mississippi that bans abortions after 15 weeks of pregnancy. This ban is clearly unconstitutional and is currently blocked by the federal courts - meaning it's not being enforced.

The Court now has an extreme-conservative majority since the former president's nominee, Justice Amy Coney Barrett was confirmed last fall to fill the seat vacated by legendary late Justice Ruth Bader Ginsburg. There is a 6-3 majority of justices who are blatantly opposed to safe and legal abortion, and we've seen many indications that the Court is ready to overturn decades of precedent. *Roe v. Wade* has never been in more jeopardy than since the landmark decision was first issued in 1973.

The Supreme Court will hear the Mississippi case after the next session begins in October, and the justices will likely rule on it next spring. If they uphold the 15-week abortion ban, many other states will rush to pass similar laws.

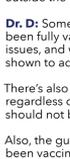
Fortunately, California has the right to abortion enshrined in its state constitution and Nevada has laws protecting the right to abortion, so Planned Parenthood Mar Monte health centers will be able to provide abortion care even if *Roe* is overturned. However, 25 million people could lose access to abortion in the states where they live, and some will seek care at health centers in other states, including ours.

**On Monday, June 14, PPMM will sponsor an 11 a.m.-noon webinar about the implications of the Mississippi Supreme Court case, featuring a conversation between our President & CEO Stacy Cross and Planned Parenthood Federation of America's VP for Public Policy Litigation & Law Helene Krasnoff. (See below, in this newsletter, for information on how to register for this webinar, or click here.)**

Abortion must be available not only in theory but in ways that are practical and easily accessible.

## Navigating CDC's new mask guidelines

Q&A with CMO Dr. Laura Dalton



Since the CDC released new mask guidelines in May for COVID-vaccinated people, there's been some confusion about how they should be interpreted. The Full Mar Monte Supporters Edition caught up with Chief Medical Officer Dr. Laura Dalton, who talked us through it.

**Full Mar Monte:** The CDC recently announced that vaccinated people can go without wearing masks outdoors or indoors in many circumstances and remain at low risk of being infected by COVID-19. But the announcement caught a lot of people - and public health experts - by surprise. Can you clarify how these guidelines are for and where they apply?

**Dr. Dalton:** These guidelines are for fully vaccinated people, which means two weeks after you've had the Johnson & Johnson vaccine or two weeks after the second shot of the Pfizer or Moderna vaccines.

The guidelines don't apply to health care settings or crowded locations, like transportation hubs, where everyone must continue to wear masks. People must also continue to follow local laws that mandate wearing masks in certain places. Staff and patients must continue to wear masks at all times in our health centers.

**FMM:** Is it still possible for virus infection to "break through" the vaccines?

**Dr. Dalton:** It is possible, but the data that's out there right now shows that the likelihood of infection after being vaccinated is quite low. Still, there needs to be more study and investigation about this.

**FMM:** So, how does this information affect when vaccinated people should continue to wear masks - or not?

**Dr. Dalton:** During vaccine implementation, it's still important to take sensible precautions, like wearing masks and social-distancing in crowded situations and among people who are not vaccinated. But the CDC has now said that vaccinated people can take a balanced approach by resuming some lower-risk activities.

**FMM:** All of that seems pretty clear. Where do you think the confusion comes in?

**Dr. Dalton:** Well, there's a new push to incentivize people to get the vaccine while allowing them a little more balance in their lives - and I think that's part of the message that we need to communicate. I think it's really important for people to be fully informed to allow them to make a decision that works for their personal circumstances and value system.

What the CDC is saying is that the risk of fully vaccinated people being infected isn't zero. But the benefits of relaxing some restrictions - like self-imposed travel quarantines, frequent COVID-testing and reducing social isolation - may outweigh the risks of vaccinated people being infected with the virus. It may be that relaxing these restrictions will lead more people to get the vaccine. We don't know that yet. We'll see.

**FMM:** What are some of the main concerns that public health experts outside the CDC have about these new guidelines?

**Dr. Dalton:** Some have pointed out that barely 50% of the total American population has been fully vaccinated, partially due to racial and ethnic disparities and health equity issues, and wearing masks indoors as well as around unvaccinated people has been shown to add an extra layer of protection.

There's also a lot of concern about stigma. Those who want to continue wearing masks, regardless of their vaccination status - including those in immuno-compromised groups - should not be stigmatized in any way, and these guidelines may make that more difficult.

Also, the guidelines rely on an "honor system," that those in public places who have not been vaccinated will continue to wear masks. But how do you know that?

Finally, the big question is, why are we in such a hurry? There are still things we don't know about how long immunity lasts or other variants that may come out. Once you change the guidelines, it's very difficult to go "backward" and re-instate the mask mandate.

**FMM:** Does that last concern, especially, enter into your decision-making about PPMM's policies regarding the virus?

**Dr. Dalton:** Yes, I really prefer for us to move in a slow, forward progression (regarding mask/COVID-safety protocols) that will not require us to go backwards. That makes it a little easier on us as individuals and as an organization.

**FMM:** What is your recommendation to people contemplating these new CDC guidelines and how to apply them in their daily lives?

**Dr. Dalton:** You have to make a lot of decisions based off your own risk-assessment and your own value system. The two key points that should drive your decision making is that we don't know how long immunity will last, and we don't know when a new mutation might develop that could pose a significant risk even to vaccinated individuals.

It's important to consider the layering of low-risk activities as, overall, increasing your risk. If you live in a home with other vaccinated people who are doing low-risk activities, then you can feel safer about doing low-risk activities. If you're living with some people who are unvaccinated, then I would be more cautious about choosing even how many low-risk activities you're doing.

**FMM:** How do you feel, personally, about not wearing a mask (outside PPMM health centers) since hearing the new CDC guidelines?

**Dr. Dalton:** I will keep wearing a mask indoors. I live with an unvaccinated kiddo, so, for me, it's not worth the risk. Wearing a mask is not a big deal, and if it prevents me from being a breakthrough case and protects my child, then it's worth it for me.

You have to make that decision for yourself, but I think there will continue to be a lot of people who will continue to wear masks indoors.

At PPMM, we all strive to provide a really inclusive, non-judgmental environment. I think it's very important for all of us to do that and to support those who continue to mask for whatever reason. I'm hopeful that we will continue to be people in the community who are supportive of people who make that decision.

### Risk Mitigation



We still do not know when immunity will lessen or if a new mutation will develop that may be lethal even to vaccinated individuals.

Infection is rare, but still possible in fully vaccinated individuals.

Personal Risk Assessment

- Consider the multiplication and layering of low-risk activities as overall increasing your risk
- Think about who you may be exposing

# ABORTION IS HEALTH CARE.

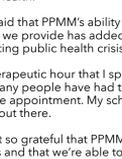
## STATE OF THE AFFILIATE WEBINAR: 2021 SCOTUS

Monday, June 14, 2021  
11:00 AM - 12:00 PM PST

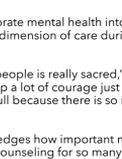
Platform: Zoom



**HELENE KRASNOFF**  
Vice President for Public Policy  
Litigation & Law Department,  
Planned Parenthood Federation  
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**STACY CROSS**  
President & CEO,  
Planned Parenthood  
Mar Monte



**TANUJA BHAL**  
PPMM Immediate Past  
Chair and Board Member,  
PPFA Board Member

### What happens if the new Supreme Court erases Roe?

A conversation with PPMM CEO Stacy Cross and renowned PPFA litigation expert, Helene Krasnoff

A 15-week abortion ban in Mississippi has just been taken up by the U.S. Supreme Court - its first such extreme conservative majority in the history of the nation. The ban is confirmed to the bench last fall. Many legal experts believe this means *Roe v. Wade* is about to be overturned or made irrelevant by the new, far right 6-3 majority on the Court.

We know that if the Mississippi ban is upheld, many other states will quickly follow. Already the governor of Texas has signed a bill banning abortion at six weeks, before most people even know that *Roe* is on the way. In 2021, state lawmakers introduced more than 500 bills restricting access to sexual and reproductive health care.

Bottom line: If *Roe* falls, millions of people in over 20 states will lose the right to abortion entirely, while California and Nevada will remain among the nation's few safe havens for abortion care.

Special guest **Helene Krasnoff** - an attorney in the 2007 SCOTUS case, *Gonzales v. Planned Parenthood Federation of America* - leads PPFA's national legal team that challenges laws restricting access to reproductive health care. She also advises Planned Parenthood affiliates and helps influence state and federal legislation to improve access to reproductive health care.

This webinar is free, but donations are encouraged to expand access to sexual and reproductive health care to underserved communities. PPMM is dedicated to remaining a safe haven for all people who are unable to seek abortion care in their home states.

To register or learn more, [click here](#).

## COVID Care Stories



### These are stories about how our amazing staff is caring for the community during the COVID-19 pandemic. You can read more on the PPMM blog at [ppmmonte.org/blog](#).



**Behavioral Health Clinician Shana S.**

It's no secret that the pandemic has led to significant anxiety and mental health challenges, including for many of our patients. PPMM Behavioral Health Clinician Shana S. says she has been talking via telehealth to former patients, who have returned to PPMM for behavioral health services since the pandemic began, and to many new patients as well.

"I speak with a wide range of people whose emotional lives have been made so much more difficult by the pandemic," Shana said. "Parents and caregivers of special needs kids are finding this especially challenging. So are teenagers who are having a really hard time focusing on online classes because the experience doesn't feel valid to them."

"The high rate of isolation during the pandemic means I've been hearing about a lot of depression, anxiety, and higher rates of domestic abuse. Being able to speak with patients - including many who have never had any kind of therapy before - and give them the tools and resources to manage this stress and stay safe is so essential to their health."

Shana said that PPMM's ability to incorporate mental health into the services we provide has added a critical dimension of care during this devastating public health crisis.

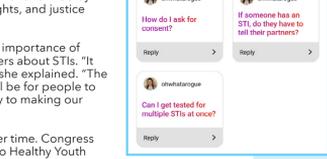
"That therapeutic hour that I spend with people is highly sacred," she said. "Many people have had to gather up a lot of courage just to make the appointment. My schedule is full because there is so much hurting out there."

"I am just so grateful that PPMM acknowledges how important mental health is and that we're able to provide counseling for so many who would be out there on their own to deal with this pressure, isolation, and fear if it weren't for us."

## Sacramento's Fruitridge health center takes pride in timely access for patients

Every month, we ask the staff at one of our health centers three questions about the work they do.

**What are you most proud of about the way your health center has responded to COVID-19 pandemic?**



*Fruitridge health center staff, in Sacramento*

Since our staff was cross-trained and already working in teams, we launched systems to get people checked into their appointments quickly and effectively. We listened to our patients' fears and needs and addressed staff concerns with each morning huddle. Now our team structure is a well-oiled machine that can really adjust to any change.

Our patients are grateful that we are here and they can access services in a timely manner. They report that other medical providers' offices are booked months in advance and have limited services. They are pleasantly surprised that our appointment availability is usually no more than a week out - or sooner. We have received so much positive feedback from patients, and they are incredibly grateful.

**How would you describe the culture at your health center?**

Our community is made up of many different ethnic and cultural backgrounds, and our staff is really focused on all patients feeling welcome and not judged. Many of our patients come to our health center with unmet health care needs. Our providers recognize that and address those issues as well as provide outside resources.

Our staff here work well together to make all patients feel comfortable and heard, and we are definitely a proud team here. Outside providers send more complicated patients to our health center because they know we are capable and understand patients' needs. They also know the patients will have a good experience. It really comes down to our mission: Planned Parenthood Mar Monte invests in communities by providing health care and education, and by expanding rights and access for all.

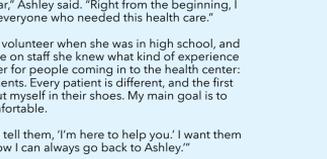
**How does your health center staff best reflect the values of PPMM?**

"Tend to the team. We respect and honor all people. We jump in. We try and we learn. We care for our business. We return to our mission." Those are our affiliate values, and our staff leads by example!

## Virtual Capital Dinner fundraiser, a capital success!

The final event of PPMM's "Moving Forward, Fighting Back" 2021 fundraising program raised a record of just under \$100,000, including testimonials from many Sacramento-area donors that it was one of the best events they had ever attended! The virtual program featured an inspiring presentation from Lifetime Achievement Honoree Dolores Huerta, legendary labor leader and social justice activist.

It also showcased our work in 2021, including a discussion with PPMM Education Digital Learning Sr. Educator Violeta G., and the youth partners who are designing the very first mobile comprehensive sex ed game in Spanish; *Con Confianza!* Huge thanks to our amazing donors and supporters who made the Capital Dinner event a triumph!

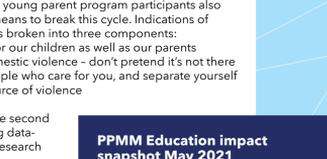


*PPMM Digital Learning Senior Educator Violeta G. (upper left) and young game designers discuss PPMM's innovative *Con Confianza!* comprehensive sex ed game during the virtual Capital Dinner fundraising event in May.*

## FROM THE EDUCATION DESK

### Partnering with youth

PPMM Education is celebrating all we've achieved, and endured, during the past year. Here is a snapshot of our impact and what youth, young adults, and community partners are co-creating with us to expand PPMM sex ed throughout the affiliate.



*PPMM Digital Learning Senior Educator Violeta G. (upper left) and young game designers discuss PPMM's innovative *Con Confianza!* comprehensive sex ed game during the virtual Capital Dinner fundraising event in May.*

Supported by a Blue Shield of California Foundation two-year grant, we've launched youth participatory action research (YPAR) asking young parents to seek powerful questions about the impact of our youth development programs.

In Digital Learning, we've recruited youth designers. We enroll, train, provide stipends to, and build their capacity to lead our program development and delivery.

The methods youth researchers and designers are using include:

- Listening sessions, conducting focus groups, and designing surveys for not only their peers but other stakeholders such as parents, teachers, or community partners
- Testing design tools to create learning experience prototypes, and improve engagement
- Developing digital learning strategies, courses, content, and design guidelines

For example, our YPAR team has been studying our Teen Pregnancy Support Program (TPSP) in Santa Clara County, which has led to the following question: "Does TPSP disrupt or break cycles of intergenerational violence within TPSP participant families?"

Moving their work, these former young parent program participants also created a definition of what it means to break this cycle. Indicators of breaking the cycle of violence is broken into three components:

- Model healthy behaviors for our children as well as our parents
- Communication about domestic violence - don't pretend it's not there
- Surround yourself with people who care for you, and separate yourself from those who are the source of violence

The YPAR team is currently in the second phase of the process; designing data-collection tools and forming a research plan.

Council meetings are all held virtually, and PPMM facilities have adapted teaching building activities while using online spaces to brainstorm and co-create. These approaches encourage youth researchers to lead the project from their lived experience, and to respond to the needs of their community.

### The next version of PPMM comprehensive sex ed for middle and high school students, which will be released in August, is also being envisioned and created by students for students. Their leadership is cementing PPMM Education's social justice approach to sex ed, including, incorporating learning strategies, teaching methods, and materials that are trauma-informed, culturally inclusive, sex-positive, and grounded in social justice and equity.

According to a 2020 *Journal of Adolescent Health* report, students who received rights-based or anti-oppression based sex ed demonstrated more "positive attitudes about sexual relationship bases," more empathy for their LGBTQ+ peers, and became more supportive allies and advocates of marginalized peers' rights.

This is the work we're doing, and we're so grateful to be elbow-to-elbow with our brilliant students in making it happen.

### PPMM Education impact snapshot May 2021

27,100+ safer sex pamphlets, condoms, and other outreach materials were shipped to partners who annually serve 32,000 individuals with developmental disabilities, LGBTQ+ youth, parents/caregivers, unsheltered community members, youth in foster care or juvenile justice systems, migrant populations, and high school and college students.

Because this program is being delivered virtually, we were able to collect detailed demographic data from our partners about the individuals who'd receive the materials and barriers/methods included in the kits:

- 75% to 100% of the youth and adults these partners serve qualify for free/reduced meals at school and/or live at <200%FPL
- 70% of the folk they serve identify as people of color and/or English language learners.

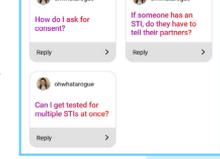
## #SexEdForAll

In May, our social media staff partnered with PPMM Education to create Instagram videos about why sex ed matters. Digital Community Specialist Erica C. and Educator Karina E. worked together to bolster *Sex Ed For All Month*, a national effort led by a coalition of sexual and reproductive health, rights, and justice organizations, including Planned Parenthood.

Karina shared about how to ask for consent, the importance of getting tested for STIs, and how to talk to partners about this. "It was so fun and they were so actionable," she explained. "The more we normalize these topics, the easier it will be for people to have these conversations. Communication is key to making our communities healthier, happier, and equitable."

This collective outreach couldn't come at a better time. Congress just introduced the Real Education and Access to Healthy Youth Act of 2021 (REAHYA), which aims to increase youths' access to medically accurate, inclusive sex education and sexual health care. Right now only 18 states require sex education to be medically accurate.

For Erica, working closely with PPMM Education staff was a powerful way to engage with young people in our communities who need this information. "I'm glad we were able to provide the opportunity for our supporters to ask Karina questions through social media," she said. "Karina was able to address topics and questions that many other people may be curious about but too shy to ask."



## Love Notes: Appreciation for PPMM staff, from donors and supporters

Thank you for your good work. It is appreciated more than ever in these difficult times.  
- Donor from Santa Cruz, CA

We appreciate your commitment to affordable reproductive care!  
- Donor from Albany, CA

We appreciate the work of Planned Parenthood Mar Monte and are pleased to offer this support to advance your efforts.  
- Donors from Fresno, CA

## 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.

### For Health Services Specialist Ashley M., being there for PPMM patients is a family tradition

Here's what one patient said about their experience with Fresno Family First Health Services Specialist Ashley M.:

*"Ashley was amazing; she went above and beyond. She was so patient and kind. She made me comfortable with what was great, seeing as she eventually had to deliver some sensitive news. All in all, I appreciated the experience because it was the best environment I could've asked for to receive the news."*



*HSS Ashley M.*

Back when she was 12 years old, long before she began working at Fresno's Family First health center, Health Services Specialist Ashley M. was volunteering for Planned Parenthood at Pride events - with her mom, Tina M., who was an HSS in the Central Valley.

"I'm a PP baby! My mom had me by her side at Pride, helping condoms that Planned Parenthood was giving out and helping in materials were shipped to partners who annually serve 32,000 individuals with developmental disabilities, LGBTQ+ youth, parents/caregivers, unsheltered community members, youth in foster care or juvenile justice systems, migrant populations, and high school and college students."

Ashley continued to volunteer when she was in high school, and by the time she came on staff she knew what kind of experience Ashley M. was volunteering for Planned Parenthood at Pride events - with her mom, Tina M., who was an HSS in the Central Valley.

"It's all about the patients. Every patient is different, and the first thing I do is try to put myself in their shoes. My main goal is to make them feel comfortable."

"I introduce myself right away and tell them, 'I'm here to help you.' I want them to think, 'If I have a question, I know I can always go back to Ashley.'"

Now, both Ashley and her mom are HSSes at Family First, and she has been seeing some families at the health center for years.

"There's one I've known since she was a little girl, about 10, and now she's a 21-year-old, coming in her for her Pap smears," Ashley said. "It's so great having a history like that with patients. Some come in and ask for me by name. That means so much to me."

## The Big Picture

### PPMM in Nevada spotlights National Sexual Assault Awareness Month

By Organizing Specialist Jas T., Reno and Admin. Asst. Hailey L., Reno

PPMM joined with community partners in Nevada to create a sexual assault-prevention program, where advocates who attended the event spoke with participants in both Spanish and English.



To commemorate the recent National Sexual Assault Awareness Month, Planned Parenthood Mar Monte in northern Nevada committed to a community-wide effort in a two-part program: combating the violence endured in our communities.

In April, we organized and collaborated with Tu Casa Latina, the Nevada Coalition to End Domestic and Sexual Violence (NCEDSV), Voto Latino, Magic Touch Botánica, and University of Nevada, Reno's Office of Equal Opportunity to bring a night of healing and reclamation.

The panel and the safe space were educational and action-oriented. Participants were able to learn more about the resources available to them in Reno as well as the red flags associated with an unhealthy relationship. The program focused on demystifying negative connotations around reporting sexual assault - especially among undocumented Latinx communities, due to a fear of deportation - and a look at what's happening legislatively to protect survivors of sexual assault.

The NCEDSV is a statewide community leader when it comes to this issue in Nevada. Voto Latino and NCEDSV also collaborated to create an action form for folks to tell their legislators to pass the *Violence Against Women Reauthorization Act* and the *VOCA Fix Act* to sustain the Victims Crime Fund. Building community spaces to let survivors know they're not alone in the journey was worth all the work, and it was inspiring to hear how these survivors used this space to ultimately reclaim their lives and individual journeys!

Hailey (she/hers) worked in partnership with the UNR Planned Parenthood Generation Action Club to host a survivor space post-panel. The event partners built a welcoming space for survivors of sexual assault to decompress after the heavier themes of the panel. Jas (she/they) collaborated closely with Tu Casa Latina to focus on the undocumented Latinx community and provide the bilingual component for the entire program. This collaboration allowed participants to interact with English- and Spanish-speaking victim advocates, engage in a "Reclaiming Your Sexuality Workshop," and take the benefits of Title IX all while sharing a safe community space. It was a great collaboration!



### LETTER FROM THE CEO: Highlighting local racial justice groups, in memory of George Floyd

Hello Friends,

In May 2020, when millions were galvanized to take action and stand with the Movement for Black Lives in the wake of the murder of George Floyd, PPMM committed to furthering our partnership with community organizations that are on the front lines of the battle for racial equity and justice.

This year, to commemorate Mr. Floyd and the powerful protest movement launched in his memory, PPMM social media spent the final week of May highlighting four organizations in our affiliate that make a real difference in advancing equity and justice with a strong racial justice lens: **Somos Advancing in East San Jose, Fresno Building Healthy Communities, Progressive Leadership Alliance of Nevada (PLAN), and Sacred Heart Community Service in San Jose.**

Also, I am so proud that PPMM's Diversity, Equity, and Inclusion Committee came up with these important questions, below, to honor Mr. Floyd and the movement he came to personify. I have been asking myself these questions and invite you to as well:

- How have I continued our commitment to anti-racism?
- Have I followed through on the calls to action I committed to a year ago?
- Have I educated myself about police department budgets in our community?
- Have I asked about officer involved shootings in my area?
- Have I educated myself on what requirements a person must meet to be sworn in as a police officer?
- Have I made progress?

We will continue to lift up the work of our community partners who are leading the way to fight for a more racially just and equitable society. Thank you so much for supporting this important work.

In Partnership,  
*Stacy*

## Good Reads

May 25, *Slate*  
*Roe is going to fall. Here's what to focus on next*

May 25, *New York magazine/Intelligencer* chats  
*The Radicalism of the Abortion Law the Supreme Court Took Up*

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