

Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

A+ for the Adolescent Health Conference!

With over 120 people in attendance, the 16th Annual Adolescent Health Conference was a great success! The day started with our Physician Assistant, Jennifer Monna sharing her many insights from the point of view of a provider that sees adolescents on a regular basis. Jennifer told us about PrEP, a prescription that can be taken daily to decrease the chances of contracting HIV. She also discussed her approach to providing services to teens and why it's important that we understand how their brains work. (Did you know it's one of the last organs to stop developing at age 25?) After Jenn spoke, one of our health advocates, Olivia Catalano, gave an overview of contraception methods and STI's. Olivia also presented information on the Zika virus, consequences of sexting and listed many of the common myths youth believe regarding sex and pregnancy prevention. Our keynote speaker, Sam Killerman, spoke of the importance of "meeting youth where they are." He shared stories of how he works with people from many walks of life to advocate for social justice and care for all. The room lit up with laughter and engagement while Sam did his thing - what a fabulous presenter! The hotel catered a tasty lunch and afterwards we kicked off our breakout sessions. This part of the day was very well received and covered everything from domestic violence and gender issues to teen pregnancy & prevention and substance abuse. Overall, the feedback we've received from everyone who was in attendance has been over the top! We are glad to provide this educational training each year and look forward to planning next year's event. Thank you to everyone who came. We hope YOU can join us next year!



Locations:

Bath

Community Health

117 E. Steuben St
Bath, NY 14810
(607) 776-3063

Geneva

Community Health

601B Washington St
Geneva, NY 14456
(315) 781-8448

Newark

Community Health

513 W. Union St
Newark, NY 14513
(315) 573-7577

Ovid

Community Health

7150 N. Main Street
Ovid, NY 14521
(607) 403-0065

Penn Yan

Community Health

112 Kimball Ave
Penn Yan, NY 14527
(315) 536-2752

Port Byron

Community Health

60 Main St
Port Byron, NY 13140
(315) 776-9700

Sodus

Community Health

6692 Middle Rd
Suite 2100
Sodus, NY 14551
(315) 483-1199

Administrative Offices

14 Maiden Lane
Penn Yan, NY 14527
(315) 531-9102

How are relationships affected by **TRAUMA**?



Provider Spotlight!

Deb Cole, Licensed Clinical Social Worker
Finger Lakes Community Health

“We all have a basic human need to be loved and cared for. Generally, this first occurs as infants with our parents and continues through our toddler years, early childhood, adolescence and into early adulthood years. However, when trauma occurs at any point in our lives, its effect on our relationships can be dramatic. Trauma is defined by the American Psychological Association as, “An emotional response to a terrible event like an accident, rape or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships and even physical symptoms like headaches or nausea.” Trauma can be a one time occurrence or take place over a number of years. How old we are when the trauma first occurs,

as well as the extent of time it occurred both make a difference in our response to it. The primary feeling it creates is generally overwhelming anxiety. Trauma can affect relationships in many ways. Often, a person that has experienced trauma will distance themselves in relationships as a way to protect themselves from being hurt again. This isolation creates more loneliness and depression, however, and this further disrupts the individual’s social support system. The individual tends to mistrust, as they don’t feel safe in the world. Not being able to clearly communicate one’s fear of intimacy creates confusion in the relationship. If the person was sexually abused, this can create fear of sex or a sexual dysfunction. If you or someone you care about has been traumatized, find someone to talk to who has experience in treating trauma.”

Why Choose A LARC?

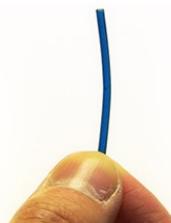
LARC's or Long Acting Reversible Contraception methods are becoming more popular by the day. These methods are placed in one or two office visits by your medical provider and provide protection from pregnancy for years after they are placed. These methods are up to 99% effective.

LARC methods consist of the implanon, known as Nexplanon, and IUD's. The Nexplanon is inserted into the arm and lasts up to three years. Nexplanon is over 99% effective in preventing pregnancy. The Skyla IUD, is designed to prevent pregnancy for three years, and the Mirena IUD is good for five years. All of these methods contain hormones that slowly release into the body and prevent pregnancy. The Paragard IUD prevents pregnancy for up to 10 years. It does not contain hormones but instead is made with copper. The copper reacts with the lining of the uterus to make it thin so a fertilized egg has no place to implant so it passed normally with your menstrual cycle.

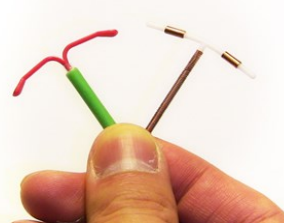
Like with all methods, some users experience increased or decreased bleeding after insertion, nausea, vomiting, or headaches. This is normal as your body needs time to adjust to the medicine. We recommended waiting at least 3-6 months for your body to adjust to the new medication. This process can be difficult for some, but once your body adjust to the medicine you have years of pregnancy prevention with no worry about remembering pills, patches, or changing your ring.

None of these methods provide protection from sexually transmitted infections, so using barrier methods such as male/external condoms, female/internal condoms, and dental dams to prevent STIs is highly recommended.

Implant Option:
Implanon



IUC Options:
Mirena and ParaGard



Where Are We (FLCH) This Month?

- **November 1st:** Tier 2 Meeting, Penn Yan
- **November 3rd:** Finger Lakes HIV Update Training, Canandaigua
- **November 4th:** BOCES Health Dimensions Class, Flint
- **November 7-9th:** FLCC Health Classes on STI and Contraception, Geneva
- **November 14-17th:** Healthy Teen Network Conference, Las Vegas
- **November 16th:** Thanks Birth Control Day (Follow our event on Facebook!)
- **November 18th:** Trans Sexual Health Conference, Buffalo
- **November 24th:** FLCC offices closed for Thanksgiving

**Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more? For more information go to www.localcommunityhealth.com or contact us today to schedule a time!*



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