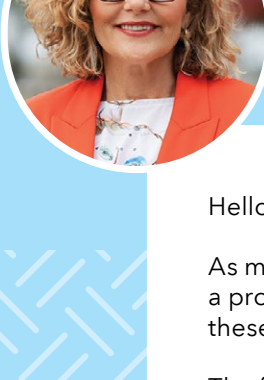


# The Full Mar Monte

SUPPORTERS EDITION

## LETTER FROM THE CEO

### Stay tuned for SCOTUS rulings soon on pivotal abortion-rights cases - and for the upcoming launch of PPMM's Charitable Trust!



Hello Friends,

As many of you know, the U.S. Supreme Court will rule in June on two cases that could have a profound effect on abortion-access throughout the country, and we are anxiously awaiting these decisions.

The first case, about access to the widely used abortion drug, mifepristone, could affect even states where abortion rights are protected, including California and Nevada. The plaintiffs, anti-abortion zealots seeking to ban abortion nationwide, want to severely restrict access to mifepristone even though it has been safely used for almost 25 years, since it was first approved by the FDA. And it is used in more than two thirds of abortions across the country, including among PPMM patients who have abortions.

If the court decides to eliminate access to the medication via telehealth, or mail, or depending on gestational age, it will be the most serious blow to abortion rights since the fall of Roe two years ago. For now, mifepristone is still available at all PPMM health centers.

The second case, *Idaho v. United States*, involves emergency abortion care. It will decide whether the narrow legal provisions for abortion under Idaho's strict abortion-ban conflict with the federal requirements for doctors and clinicians under the Emergency Medical Treatment and Labor Act (EMTALA).

Right now, in Idaho - which shares a border with PPMM's northern Nevada service region - medical providers face an impossible choice: Those who have patients requiring an emergency abortion must either help the patient and face prosecution under the Idaho law or not help, violating EMTALA, and risk losing their license as well as facing federal sanctions.

That these cases were even heard at the Supreme Court is another illustration of the dangerous chaos that has been unleashed in the health care system since 2022.

We will keep you updated on how PPMM responds to the outcome of these critical cases.

**PPMM's Charitable Trust:** This is an exciting time for our organization as we partner with our donor and philanthropic communities in new ways with the establishment of the Charitable Trust for Sexual & Reproductive Health.

We are establishing the trust to advance our mission and organization in the long term as well as mitigate the serious threats to health care-access, which have only intensified in the past two years. The Charitable Trust plays a critical role in our ability to accomplish a goal of funds for a comprehensive campaign over four years, beginning January 2025.

PPMM will be relying on the Charitable Trust to raise funds for its advancement including endowments, long term projects, capital investment, and other fundraising campaigns. More updates to come!

As always, I want you to know how grateful I am for your invaluable support and commitment on behalf of our patients and communities, especially at such a turbulent time for health care-access and reproductive rights.

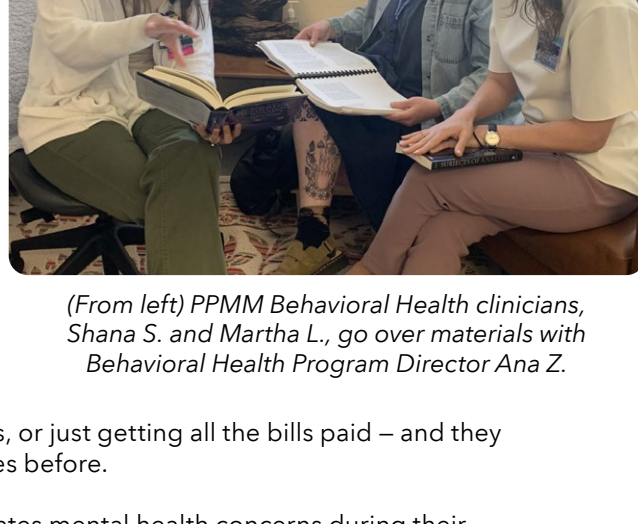
I look forward to telling you more in coming months about the launch of our groundbreaking Charitable Trust!

With deep gratitude,

*Stacy*

## PPMM behavioral health services in high demand Q&A with Behavioral Health Program Director Ana Z.

*Fifteen years ago, the Behavioral Health Program was launched at PPMM's Westside/Santa Cruz health center. Today, in the post-COVID lockdown era, it is more in demand than ever. During Mental Health Awareness Month in May, The FMM spoke with our Behavioral Health Director Ana Z. for an update about what's happening in the program now - and plans for the future.*



(From left) PPMM Behavioral Health clinicians, Shana S. and Martha L., go over materials with Behavioral Health Program Director Ana Z.

**Full Mar Monte: Ana, can you tell us how our Behavioral Health Program benefits patients?**

**Ana Z.:** The services we offer give people the space to talk about mental health issues they might be dealing with. It's a place to have these concerns be really heard and understood and have the symptoms managed.

Many of our patients have significant stress in their lives - whether it's finding affordable day care for their kids, or concerns about their partners, or just getting all the bills paid - and they might not have had access to mental health services before.

If someone comes into the health center and indicates mental health concerns during their appointment, they can be referred to our behavioral health services. Having your medical care and mental health care in one place is a very holistic way of providing patient care.

**FMM: Can you tell us about plans to expand our behavioral health services - including a one-year Santa Clara County grant for us to have an internship program, run by mental health interns, which measures the impact of behavioral health treatment among our sexual/reproductive health patients?**

**Ana:** Yes, there is so much demand for our services! Right now, we have two providers (Shana S. based at Watsonville and Martha L. based at Westside/ Santa Cruz), who are seeing only family medicine patients.

But we really want to grow and expand to other health centers.

With the grant from Santa Clara County, we're starting a pilot at the Blossom Hill health center in San Jose, offering behavioral health services to sexual/reproductive health patients in-person or via telehealth. We will be starting a program where mental health interns will see patients for appointments. This also allows us to support the development and growth of the behavioral health workforce.

**FMM: During COVID lockdown, did we begin to see more patients with behavioral health needs?**

**Ana:** Absolutely. So many people were really struggling then, and a lot of them had never had any therapy before. There's still so much stigma. People often think "I don't need to go to therapy, I'm fine."

However, when they begin therapy, they realize that therapy can help them address problems - like not being able to sleep or focus on work. They learn what anxiety or depression or trauma looks like and how to take the pressure off, calm their mind and body.

**FMM: Over the past year or so, since you've been at PPMM, how would you describe our Behavioral Health Program now?**

**Ana:** I continue to hear from other clinicians who share how helpful it is to have Shana and Martha at their site. Staff always emphasize that they love to be able to consult with therapists regarding patients. They often tell me they wish Shana and Martha had even more availability because the demand for services is always there.

*Great to hear that we're working on expanding these services that are already helping many PPMM patients!*

## 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.

### Giving patients space to tell their health stories Clinician Jackie H. in San Jose

When patients come to the San Jose health center to see Clinician Jackie H., she says her goal is to make them feel right away that they are being "really seen and heard" as she addresses their health-care concern.

"When I introduce myself, I let them know that I'm appreciative of their time," she said. "I want them to know that they have come to the right place to be taken care of."

Recently, a patient came in who had tested positive for HPV, and she was very upset.

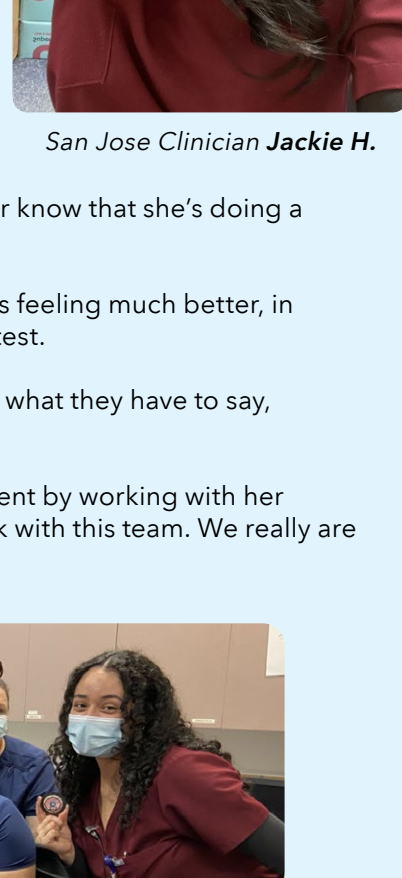
"She was on the exam table, and I rolled the stool over to ask how she was doing and if I could answer any questions for her," Jackie said. "She had a lot of questions, especially about the possibility of cancer. We went over the fact sheet together, including information from the CDC website."

I was able to answer all her questions, reassure her, and let her know that she's doing a great job taking care of her own health."

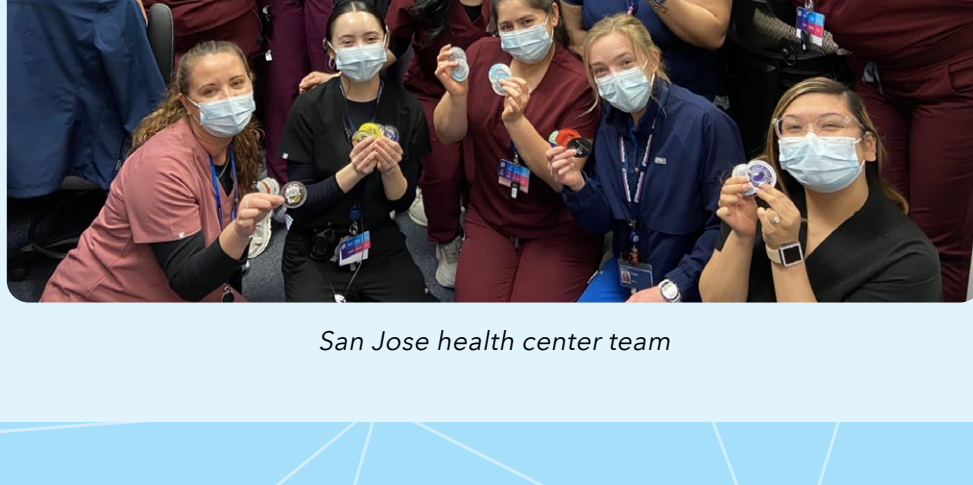
By the end of the appointment, the patient told Jackie she was feeling much better, in control, and planning to come back in a year for another Pap test.

"It's important to really just sit down with patients and listen to what they have to say, bearing witness to what they're experiencing."

Jackie also said she finds strength, support, and encouragement by working with her colleagues at the San Jose health center: "It's amazing to work with this team. We really are in this together."

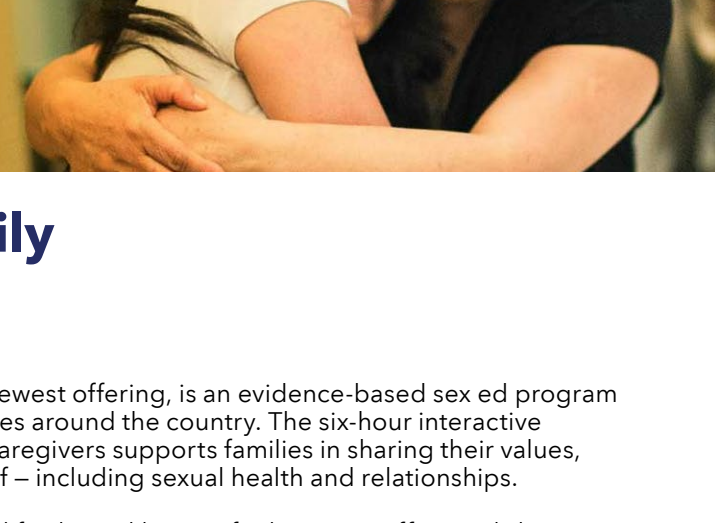
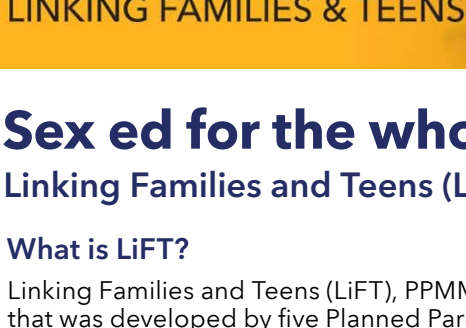


San Jose Clinician Jackie H.



San Jose health center team

## FROM THE EDUCATION DESK



### Sex ed for the whole family Linking Families and Teens (LiFT)

**What is LiFT?**

Linking Families and Teens (LiFT), PPMM Education's newest offering, is an evidence-based sex ed program that was developed by five Planned Parenthood affiliates around the country. The six-hour interactive and in-person workshops for teens and their parents/caregivers support families in sharing their values, strengthening bonds, and talking about the tough stuff - including sexual health and relationships.

LiFT is hosted by Education's community partners and facilitated by certified PPMM staff in English or Spanish. After the workshop, participants can receive follow-up learning prompts with text messages or phone calls.

**Where is PPMM offering LiFT?**

As part of our mission to increase access to sex ed, PPMM is helping partner organizations in California's Kern and Tulare counties and Nevada's Washoe County to provide LiFT workshops in their communities.

LiFT is available via our Sex Ed Equity (S.E.E.) Project, funded by the Office of Population Affairs' Teen Pregnancy Prevention Program through FY28.

Currently, trained PPMM Education facilitators are implementing the workshops, while the partner organizations are leading local marketing and recruitment for the program. Our community partners are learning PPMM best practices, and in FY25, they will lead LiFT on their own!

**How many parents and teens is PPMM reaching with LiFT?**

We've already implemented three LiFT workshops, with a total of 72 participants, in partnership with Community Interventions (Kern County), Community Action Partnership of Kern, and Northern Nevada Public Health (Washoe County).

By June, we aim to reach another 70 adults and teens with our Tulare County partner, California Health Collaborative.

Our goal with the S.E.E. Project is to advance health equity among youth of color who are historically underserved and have STI or adolescent pregnancy rate above the national average.

**What do participants gain from LiFT?**

LiFT empowers teens to open up to their parents/caregivers about sex ed topics, helps parenting adults support teens in making healthy choices and achieving their goals, and connects participants with health-focused community resources.

In a post-workshop survey of one group of PPMM's LiFT workshop participants, nearly all adults agreed with the statement, "I can share values with my teen, while staying open to their point of view."

**What next for LiFT?**

Education's LiFT facilitators will attend a new train-the-trainer session in February 2025 to enable PPMM to train our community partners, directly.

In the future, this means we can offer LiFT in more PPMM counties through more local partners that we can train more cost-effectively - all while continuing to support community partners with coaching, training, program management skills, and marketing strategies.

**Participants' responses** about how LiFT and other family programs can better meet their needs and needs of the community:

- *"By just continuing doing what they're doing for me, like helping me become a better person and teaching me to understand a lot of stuff I never knew before."* - Teen participant
- *"Listen to what they say, don't over talk them and just help out."* - Teen participant
- *"Love the 'together time' for the community."* - Adult participant

## Love Notes

Appreciation for PPMM staff, from donors and supporters

*The hard work given daily for the community is priceless and appreciated, even by those who don't use it. Despite the barriers Planned Parenthood is experiencing, their level of care and attention has increased as a result.*

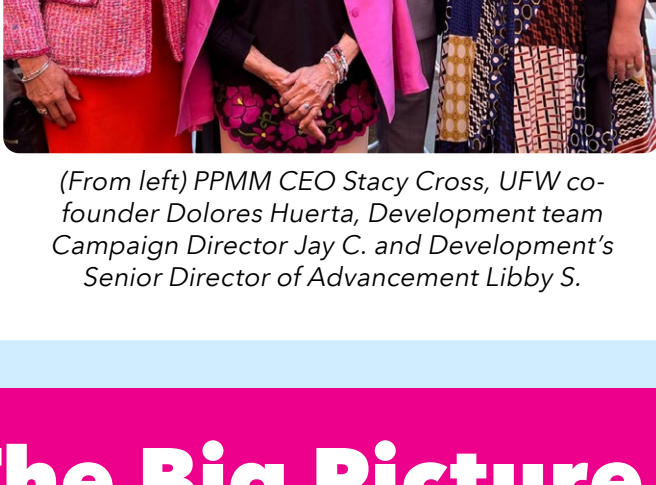
*Coming from an undocumented family, the amount of times Planned Parenthood has been there for the family is countless, and I will be forever grateful for the services and care they provide to everyone.*

- Kimberly, Supporter from Silicon Valley/Coast

*Thank you for providing abortion care because many women and people in general do not have access to abortion care. After the reversal of Roe v. Wade, many women/people were not able to get safe and supportive abortion care.*

*So, thank you for being here and supporting women/people with abortion care! We appreciate you guys so much!*

- Jianna, Supporter from Silicon Valley/Coast



### United Farm Workers labor movement icon, Dolores Huerta celebrates birthday #94 with PPMM!

PPMM CEO Stacy Cross and some other lucky PPMM staff members celebrated Dolores Huerta, storied heroine of the farmworkers labor movement, turning 94 in April. Dolores has long been a champion of PPMM's work, especially in the Central Valley.

A remarkable birthday for a remarkable leader!

(From left) PPMM CEO Stacy Cross, UFW co-founder Dolores Huerta, Development team Campaign Director Jay C. and Development's Senior Director of Advancement Libby S.

## The Big Picture

### PPMM GenAction students make their mark at California Capitol Day in April

More than 45 college students from 10 PPMM Generation Action chapters in California traveled to Sacramento in early April for PP's Capitol Day, speaking with elected officials about the importance of access to sexual and reproductive health care.

The students, many of whom had never spoken directly to legislators before, participated with the PPMM Public Affairs team in virtual as well as in-person meetings with nine state senators and 15 members of the California Assembly.

GenAction members spoke eloquently in support of four bills, including:

- **SB 1131**, which would enhance access to family planning service
- **SB 959**, which would establish a website with resources for transgender, gender diverse and intersex people
- **AB 2339**, which would extend telehealth for reproductive health care to Medi-Cal patients
- **AB 2099**, which would further protect reproductive health clinics.

The Public Affairs team also arranged for a photographer to take professional headshots of each student, for them to use at their college graduations.

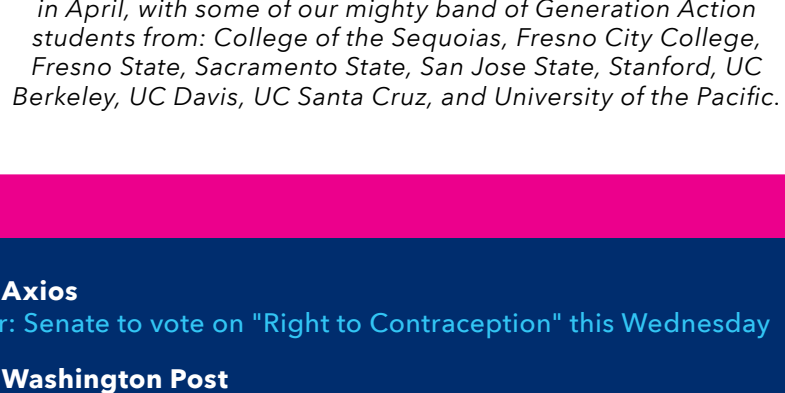
PPMM is very proud that so many GenAction members participated in Capitol Day as part of the foundation of their crucial, continued commitment to strongly advocate for the future of health-access now and in the future. It is so important that their generation is helping to lead the way!

*"Capitol Day made speaking to your legislators tangible and important. I would never have imagined myself as capable of demanding audience from people in those high-level positions, but talking to them made me realize they're just people whose job it is represent me and my community."*

- Annabel, student from UC Davis

*"PPMM Capitol Day was an exhilarating experience. Speaking with California legislators and legislative aides was a great learning experience for women interested in politics."*

- Denecia, volunteer from Sacramento



PPMM Public Affairs leaders on the Capitol lawn in Sacramento, in April, with some of our mighty band of Generation Action students from: College of the Sequoias, Fresno City College, Fresno State, Sacramento State, San Jose State, Stanford, UC Berkeley, UC Davis, UC Santa Cruz, and University of the Pacific.

- June 2, Axios**  
Schumer: Senate to vote on "Right to Contraception" this Wednesday
- June 4, Washington Post**  
Why the Supreme Court's abortion pill ruling might not end legal fight
- May 20, AP News**  
Nevada abortion-rights measure has enough signatures for November ballot, supporters say initiatives