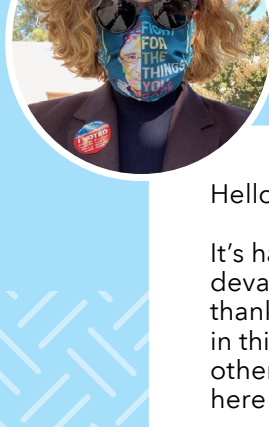


# The Full Mar Monte SUPPORTERS EDITION



## LETTER FROM THE CEO Navigating the post-Roe landscape

Hello Friends,

It's hard to believe that it's been only one month since the Supreme Court issued its devastating decision to overturn Roe, and I want to tell you again how impressed and thankful I am by the compassion and commitment you continue to show for our patients in this truly frightening new reality. Although the number of patients coming to us from other states for abortion care is relatively small right now, we have let them know we are here for them, with loving arms.

The recent election result in Kansas, where voters resoundingly defeated a ballot measure that would have almost surely led to an abortion ban, was especially significant because the state is solidly conservative. This is a good sign for how abortion rights may fare in the upcoming midterm elections, but anti-abortion state legislatures are still racing to pass severe restrictions and outright bans.

So far, more than a dozen states have virtually eliminated abortion rights, and there will surely be more. But we can all be very proud that, almost as soon as the court announced its decision in June, California Gov. Gavin Newsom issued a powerful video proclamation that this is a reproductive freedom state. And Nevada Gov. Steve Sisolak immediately issued an executive order to further protect abortion rights in his "sanctuary state."

Many of you may have friends and family members who are asking how they can most effectively respond to this crisis. Three things you can urge people in your networks to do are: vote, donate, and disrupt – by sharing your own personal stories about abortion.

The implications of the Supreme Court ruling also threaten other established rights, including gay marriage and birth control. In November, there will be a measure on the ballot in California, Prop. 1, that will add language to the state constitution significantly strengthening abortion-rights as well as the right to birth control. Voting to protect these rights has never been more vital.

In addition, you can direct people to the "fight back" page on our PPMM website that has lots of information about how they can make a difference, including ways to share your stories and hosting a house party to support abortion rights and the work we do at PPMM: [ppmarmonte.org/fightback](http://ppmarmonte.org/fightback)

Thank you again for the magnificent way that all of you are rising to this very challenging moment for reproductive health care and rights. Our patients are grateful, and so am I.

In solidarity,

*Stacy*

## A half-century of PP care in Reno

We are excited to celebrate two major Planned Parenthood Mar Monte milestones in Reno!

Our Reno health center just marked 50 years of providing reproductive and sexual health care in northern Nevada, and we will soon break ground on a much larger health center in town.

When it opens next spring, the Reno health center will be a Planned Parenthood Mar Monte flagship site, offering services that include medication and in-center abortions. The new building will be 8,400 square feet, more than twice the size of our current health center, providing more space for abortion care and other services. It will also be at a convenient location near the Reno airport and other transportation hubs.

To celebrate our "golden anniversary," we are creating special PPMM "Reno 50th" t-shirts that will be distributed later this year to Nevada donors and supporters – the folks who have made the new health center possible. A member of our Legacy Society also will be hosting a special house party event in September to honor them.

Be on the lookout in the coming weeks for more information about the t-shirts and the Reno groundbreaking thank-you event!

Interested in making a gift to support growth at Planned Parenthood Mar Monte? Please contact Jay Cohen at 916.870.8870 or [jay\\_cohen@ppmarmonte.org](mailto:jay_cohen@ppmarmonte.org).



Architectural renderings of the new Reno health center

## PPMM's role in cutting-edge research

### Q&A with Associate Medical Director Dr. Nimi Mastey

*In addition to providing care for tens of thousands of people every year, PPMM has been involved in important medical research studies as well. Now, for the first time in three years, we are participating in several exciting new projects that will benefit our patients. The Full Mar Monte caught up with Associate Medical Director Dr. Nimi Mastey to find out more.*

**Full Mar Monte:** Dr. Mastey, could you explain why it's important for PPMM to participate in medical research projects and studies?

**Dr. Mastey:** Sure. Research is one of PPFA's four "mission pillars," along with care, education, and advocacy. Research informs those other three pillars – in particular, the care we provide our patients. We are very excited to bring research back to our affiliate to continue to improve and advance the care we provide.

**FMM:** Can you give us an example of a past research project we were involved in and how it helped our patients?

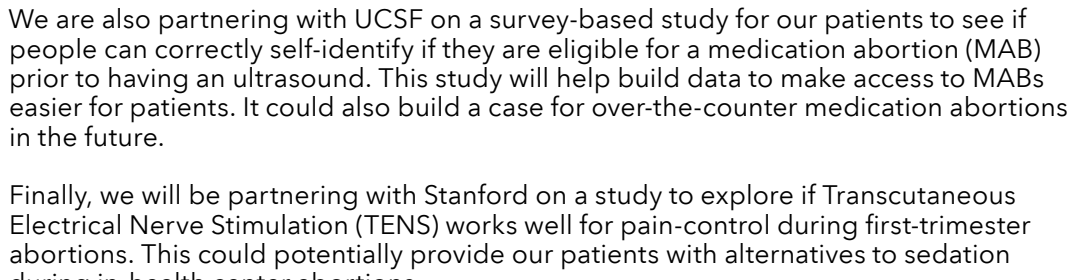
**Dr. Mastey:** Yes, for example, it is because of research done at Planned Parenthood affiliates that we know that the hormonal IUD is a very effective option for emergency contraception.

Research helps us pinpoint where there are needs for or gaps in care-delivery. It's helped us develop new birth control methods and deliver abortion care in a better, more patient-centered way.

**FMM:** Can you describe the research studies we are participating in now?

**Dr. Mastey:** We are excited about a few studies we have coming up with three universities, including two top institutions right here in the Bay Area.

First, we're partnering with the University of Utah on a study that further investigates using the hormonal IUD for emergency contraception. This study has the potential to change Center for Disease Control and Prevention (CDC) and World Health Organization (WHO) guidelines for the hormonal IUD. The hormonal IUD has the potential to be more effective than Plan B or Ella.



Dr. Mastey speaking to the crowd at a recent abortion-rights rally in Oakland

We are also partnering with UCSF on a survey-based study for our patients to see if people can correctly self-identify if they are eligible for a medication abortion (MAB) prior to having an ultrasound. This study will help build data to make access to MABs easier for patients. It could also build a case for over-the-counter medication abortions in the future.

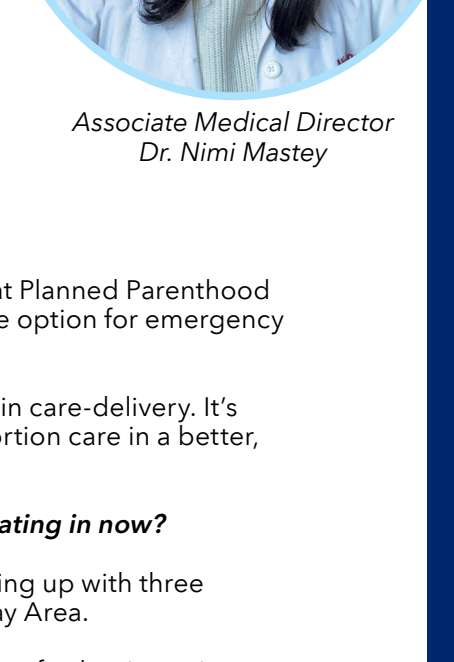
Finally, we will be partnering with Stanford on a study to explore if Transcutaneous Electrical Nerve Stimulation (TENS) works well for pain-control during first-trimester abortions. This could potentially provide our patients with alternatives to sedation during in-health center abortions.

**FMM:** How long will it take for these studies to be complete?

**Dr. Mastey:** The University of Utah and Stanford studies will probably go on for a couple of years. But the UCSF study would likely be completed in a much shorter period of time.

**FMM:** It sounds like PPMM will be playing a key role in, potentially, very exciting advancements, right?

**Dr. Mastey:** Yes, participating in these studies really keeps us on the cutting edge! Because we provide care to such a large number of patients over a wide geographic area, we are able to partner with incredible institutions to help advance science and medicine. It's very exciting to be part of this because of what we'll be able to offer our patients in all of our communities. It keeps us moving forward.

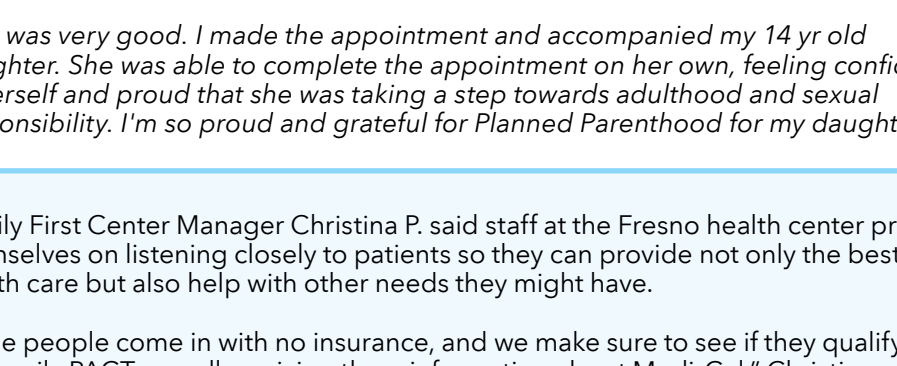


Associate Medical Director  
Dr. Nimi Mastey

## 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.

### Providing care that goes the extra mile, at Fresno Family First



Fresno Family First staff

Here is what one patient and another patient's parent had to say about their visits to our Family First health center in Fresno:

1) "I've never had a doctor's office experience where the whole team went out of their way to find me not only the best options for my body, but also were concerned about financially looking out for me and my health. I felt very respected and cared for, the way they listened to my needs."

2) "It was very good. I made the appointment and accompanied my 14 yr old daughter. She was able to complete the appointment on her own, feeling confident in herself and proud that she was taking a step towards adulthood and sexual responsibility. I'm so proud and grateful for Planned Parenthood for my daughters!"

Family First Center Manager Christina P. said staff at the Fresno health center pride themselves on listening closely to patients so they might not only the best health care but also help with other needs they could have.

"Some people come in with no insurance, and we make sure to see if they qualify for Family PACT as well as giving them information about Medi-Cal," Christina said. "We're near Fresno State, a high school, and a middle school, so we get the younger crowd. A lot of them aren't familiar with these programs."

She added that clinicians and HSSs at Family First are very sensitive to what a patient may need just to get to the appointment – and finding a way to help. "Maybe a patient needs to come in for a reproductive health visit but doesn't have a ride," Christina said. "We can often help find transportation so they can get the care they need."

Returning to the mission every day is something Christina focuses on in staff huddles: "I think what's so satisfying for staff is when we know we've made a real difference in a patient's life that day."

## FROM THE EDUCATION DESK

### Digital Learning by youth designers is not only more fun, their ideas increase access to sex ed!

Our department is overwhelmed with emotion and pride now that Digital Learning has completed the final game design of *jCon Confianza!* (With Trust and Confidence), which is a fun and engaging new gamified approach to comprehensive sex ed created by and for Spanish-speaking youth ages 13-18.

Throughout the ten levels of *jCon Confianza!*, the player follows game characters Daniel, Miguel, Samantha, and Jessica as they learn about different sex ed topics and apply their new knowledge to real-world scenarios. In the later levels, we see the characters visiting their local Planned Parenthood health center, having open conversation about STI-testing, navigating unhealthy relationships, and addressing barriers to accessing sexual and reproductive health care.

In the final level, we re-visit a challenge among many Spanish-speaking households – having open and non-judgmental conversations about sex and relationships. We see the main characters seeking support from trusted adults after ending an abusive relationship and sharing information they learned in sex ed classes with parents and caregivers.

We hope the scenarios in *jCon Confianza!* give players the language to facilitate these conversations for themselves. And their family members can play, too! Once published, youth and their influencers can play the game via their smartphones or tablets.

The first game of its kind, all of the game levels are aligned with the California Healthy Youth Act (CHYA) requirements for comprehensive sex ed middle school and high school. And this ambitious project could not have been possible without our incredible Y-LED youth designers who continue to amaze us with their passion and creativity as they took on a greater role in designing game lessons, characters, scenarios and activities.

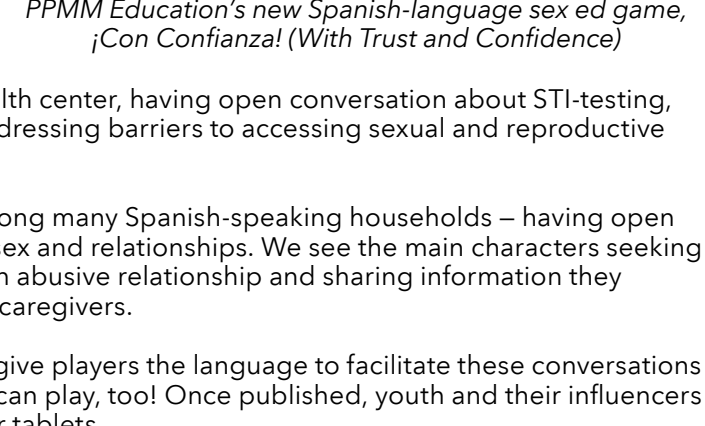
Next up: PPMM Education and Y-LED will be leveraging our design experience – and *Confianza* architecture – to create our next innovation: eCuberty the Game.

Y-LED also helped us improve our Safer Sex eCourse for older teens and young adults. Y-LED recommended we include real-life scenarios that represent conversations people might actually have regarding STIs. For example, deciding the best way is to disclose one's STI status and how to respond. Overall, Y-LED designers emphasized the need for accessible and relatable learning content. This shows up in our design decisions like the images we use, the color choices, and the mechanics of the eCourse.

Y-LED is helping ensure this course comes to life with the intention of changing the conversation around STIs to reduce stigma and to help their peers improve their sexual health and the health of others. While traditional sex ed programs do a great job explaining the basics of STIs, this course is meant to help folks:

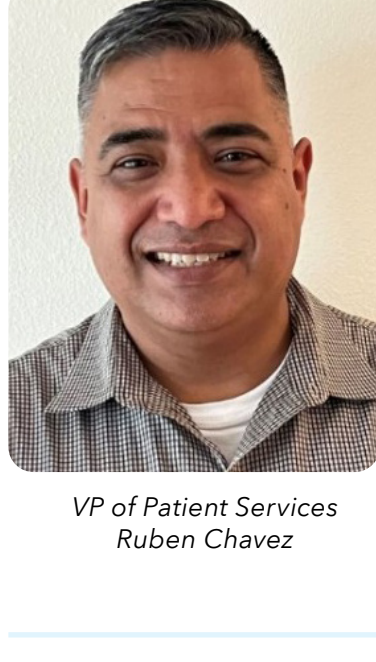
- Practice having difficult conversations with themselves and partners.
- Walk through the process of getting tested, including making appointments and knowing what to ask their healthcare providers.
- Change culture by shifting the way we talk about STIs – insuring we are inclusive, accurate, non-judgmental, and model mutual respect.

**FY23 Program Guide**  
You can learn all about PPMM Education programs and outreach kits [here!](#)



PPMM Education's new Spanish-language sex ed game, *jCon Confianza!* (With Trust and Confidence)

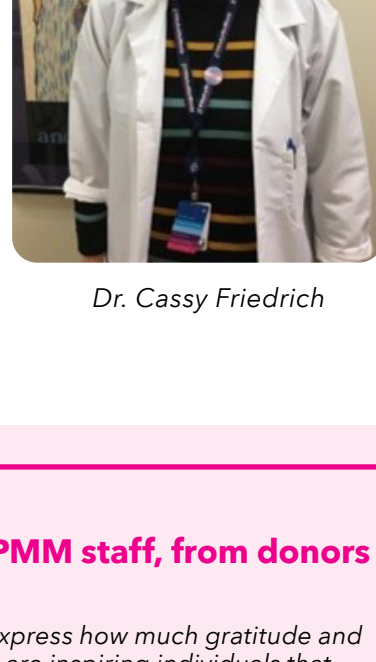
## Milestones & Events



VP of Patient Services  
Ruben Chavez

### Welcome to the fellowship!

PPMM's Gender Affirming Care Program Director Dr. Cassy Friedrich was just accepted into the Physicians for Reproductive Health Fellowship Program. Big congrats!



Dr. Cassy Friedrich

### A new VP of Patient Services

Meet PPMM's new Vice President of Patient Services Ruben Chavez. We'll have an interview with him in next month's Full Mar Monte. Welcome, Ruben!

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

*To all you beautiful people reading this, I cannot express how much gratitude and respect I have for you all and the work you do. You are inspiring individuals that make me want to get more involved and do my part to help more people in need of reproductive health services. Thank you for everything.*

– Supporter from Silicon Valley

## The Big Picture

### P.A. team helps enhance security at Sacramento and San Mateo sites

The Public Affairs team worked with PPMM staff and city officials in San Mateo and Sacramento this summer to significantly expand protections for patients at our health centers. In San Mateo a new, protective "buffer zone" was created, and in Sacramento the zone between our health centers and anti-abortion protesters was strengthened, making it easier for our patients to receive care without being impeded or harassed.

Anyone who has been to one of our sites where aggressive protesters routinely stand outside knows how essential these ordinances are. Both ordinances prohibit someone who has the intention of blocking access or engaging in intimidating behavior from coming closer than 100 feet from a health center or within eight feet of another person who is entering or exiting our health centers.

In May, the San Mateo City Council unanimously approved a buffer zone for the Planned Parenthood health center there. The San Mateo ordinance prohibits conduct that obstructs, deters, delays or prevents anyone from obtaining or providing reproductive health care services because they are forced to endure harassment for seeking care.

The ordinance also prohibits anyone from coming within eight feet of another person who is in an occupied motor vehicle that's entering or exiting the parking lot, without the consent of the person or vehicle occupant. The city attorney, police department, and public works department are working together to create and place signage at the health center that will discourage protestor activity.

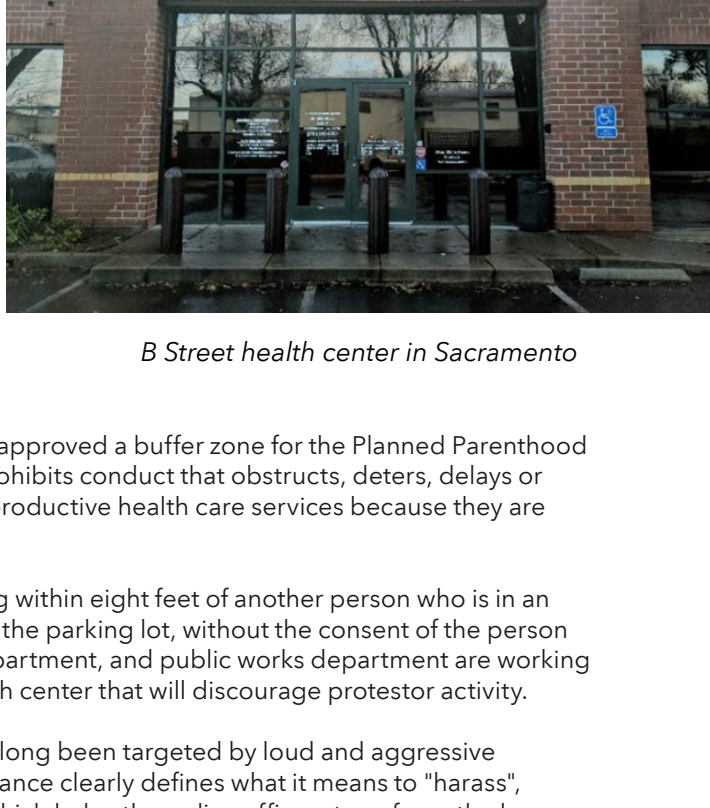
In Sacramento, where our B St. health center has long been targeted by loud and aggressive anti-abortion protesters, the revised buffer ordinance clearly defines what it means to "harass," "intimidate," "obstruct," and cause "true threat," which helps the police officers to enforce the law.

Sacramento also has penalties for people who violate the ordinance, including being charged with a misdemeanor and paying fines ranging from \$250 to \$25,000. Individual patients and staff can also personally sue for up to \$1,000 per violation and have court costs paid by the violator. The next step will be working with the police department and city attorney to have signs posted that will deter aggressive protesters.

As many states continue to decimate access to reproductive health care, the cities of San Mateo and Sacramento are standing with Planned Parenthood Mar Monte and our patients by implementing laws that ensure access to care. These ordinances are essential to promote the full range of rights of patients seeking vital reproductive health services and to maintain public health, safety, and welfare.

We are grateful to our community allies for coming together to ensure the passage of these vital protections for everyone we serve.

**San Mateo Ordinance:** [Access to Reproductive Health Care Facilities](#)  
**Sacramento Ordinance:** [12.96 Access to Health Care Facilities](#)



B Street health center in Sacramento

## Good Reads

July 23, *New York Times*  
[Abortion interstate travel is already straining parts of the system](#)

July 20, *USA Today*  
[Abortion will be on the ballot this November in at least five states](#)