



PRESS RELEASE FOR LOCAL MEDIA

Central Michigan District Health Department
"Promoting Healthy Families, Healthy Communities"

For more information, please call: (989) 773-5921 ext. 8440
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, www.cmdhd.org

To: Local News Media

**From: Debi Harvey, RN; Family Planning Coordinator
Central Michigan District Health Department**

RE: Family Planning Program

Release Date: July 2013

The Family Planning Program at Central Michigan District Health Department (CMDHD) provides birth control services to men and women of all ages who want to prevent unwanted pregnancies, regardless of their income. This is a federally funded program which provides many positive health benefits for all men, women, and teens that are seen in our clinics. The program stresses education and counseling to help lower health risks and increase healthy behaviors. The main goal of the program is to reduce unplanned pregnancies, which has proven to be successful. There is also proof to show that after being in the program, women who choose to get pregnant have a lower chance of having problems during their pregnancies. Abortions are not provided through the Family Planning Program.

Anyone who wishes to receive family planning services are seen on a confidential basis. While services are available to anyone, our main groups of clients are teens and low-income men and women. People with income levels at or below poverty can receive their services at reduced or no cost to them. No one is denied services because of their inability to pay. Family planning fees are charged on a sliding fee scale to any person living within our 6 county district. CMDHD can also bill most insurance companies. Clients should check with their insurance company to see what services are covered at the local health department.

With teen pregnancy rates on the rise, it is time to focus even more on preventing teen pregnancies. CMDHD encourages teens to talk to their parents about their sexual behaviors and beliefs. Even though parental involvement is not required, we believe that it is extremely important for parents to know that staff encourages teens to talk to their parents or to an adult they trust about the consequences that follow risky behavior. Believe it or not, your kids want to know what you think.

- **FACT:** Teens say parents are the #1 influence on them when it comes to dating and relationships.
- **FACT:** When it comes to relationships, teens say it's all about trust – 40% of guys and 48% of girls say that trust is the most important part of a healthy relationship. Teens say that honesty is the second most important factor in a healthy relationship.
- **FACT:** Almost 1 in 5 teens say they don't know anyone who serves as an example of a healthy relationship.

Source: stayteen.org

The Family Planning Program at CMDHD has caring Nurse Practitioners and Registered Nurses working in our offices. Services include:

- Annual (physical) exams including tests for sexually transmitted infections
- A full range of birth control information, including abstinence education
- A variety of birth control methods including birth control pills, injections, patches, rings, IUD's, implants, condoms, natural family planning, and emergency contraception
- Pregnancy testing, counseling, and referrals
- Screening for referrals for breast and cervical cancer, and other health issues
- Referrals for HIV and AIDS testing
- Client education and counseling and community education
- Follow-up and referrals for social and medical issues

Parents and other adults are encouraged to call or come and visit our clinics for a tour. This is available even if your teen is not sexually active or using the health department's family planning services.

Please contact your local Central Michigan District Health Department branch office for more information by visiting our website at www.cmdhd.org. You can also call our offices at:

Arenac: (989) 846-6541 ext. 8123

Isabella: (989) 773-5921 ext. 8406

Clare: (989) 539-6731 ext. 8216

Osceola: (231) 832-5532 ext. 8511

Gladwin: (989) 426-9431 ext. 8316

Roscommon: (989) 366-9166 ext. 8614

If you would like an opportunity to get involved to prevent unhealthy behaviors, consider joining Together We Can. Together We Can is a community project aimed at improving the health status in the central Michigan counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. For more information LIKE Together We Can Health Improvement Council on Facebook, visit our website at www.together-we-can.org or email us at TogetherWeCan@cmdhd.org.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at www.cmdhd.org and LIKE Central Michigan District Health Department on Facebook.

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