

# SB 89 Implementation in the Bay Area: What can We Learn as a State?



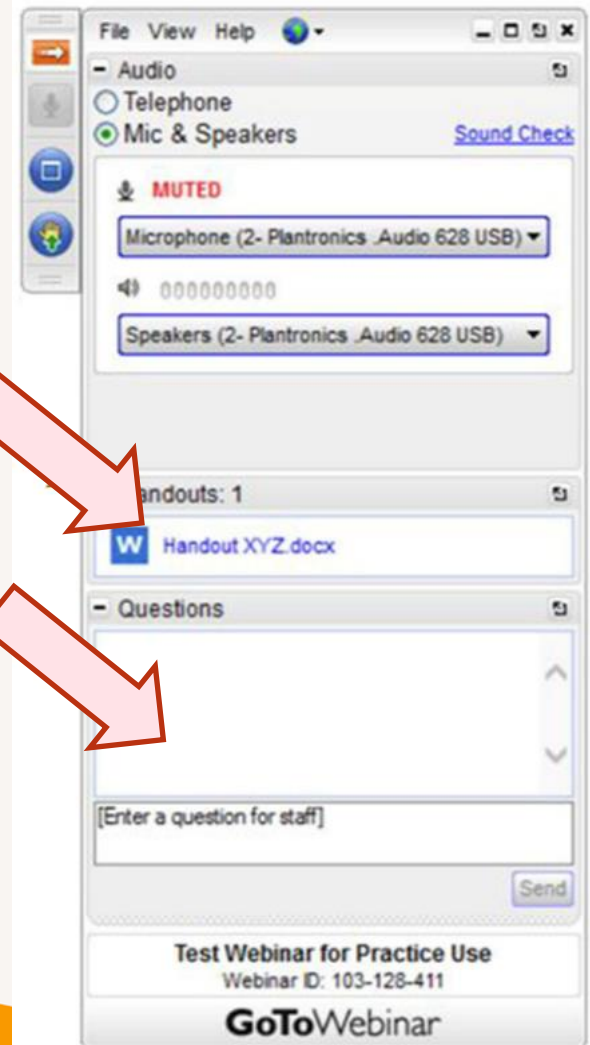
# Information to Participate

Today's slides can be downloaded in the "handouts" section of your control panel

To submit questions, click on the "Questions" panel, type your question, and click "send"

Presentation materials and audio will also be posted at:

<https://www.jbaforyouth.org/trainings-2/>





# Presenters

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JBAY Advocate &  
Subject Matter Expert with Lived Experience

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Director of Foster & Kinship Care Education Program  
at Chabot College



# Agenda

01

Reproductive and Sexual Health  
Disparities for Youth in Foster Care

02

Perspectives from Subject Matter  
Expert with Lived Experience

03

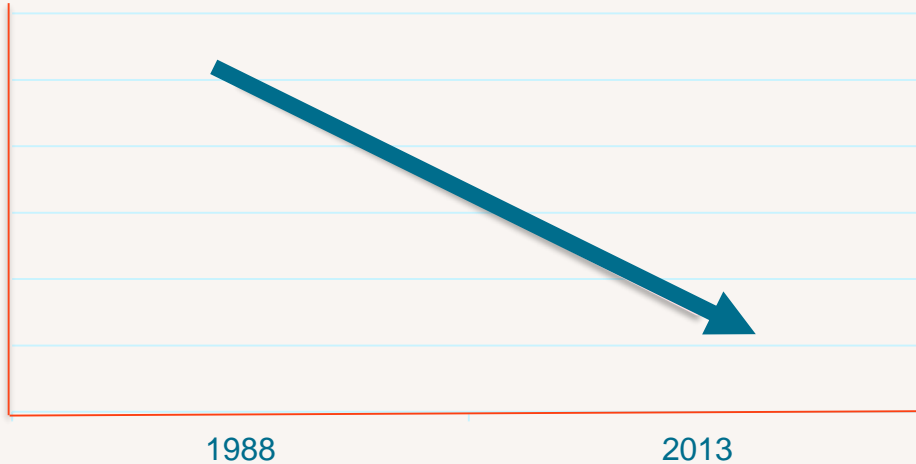
CA Foster Youth Sexual Health  
Education Act (Senate Bill 89)

04

SB 89 Findings, County & Resource  
Spotlights, and Recommendations



# Services and programs have effectively reduced pregnancy for teens overall

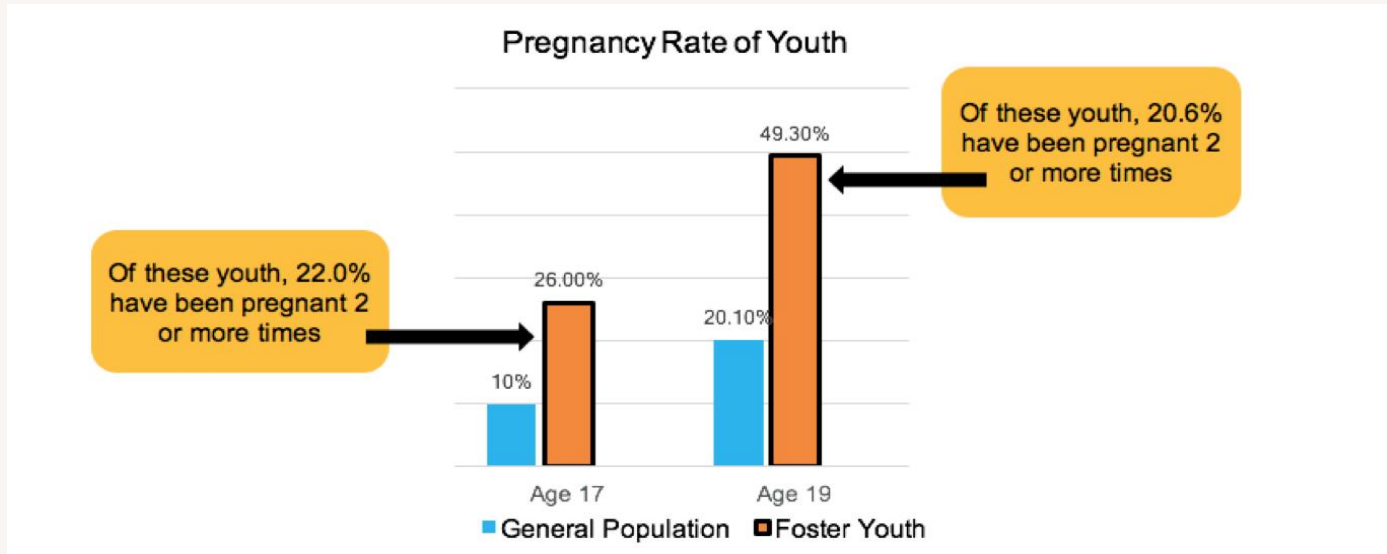


Teen birth rate for California is down 77% since 1991.

Greatest percent reduction in US, along with CT and MA.

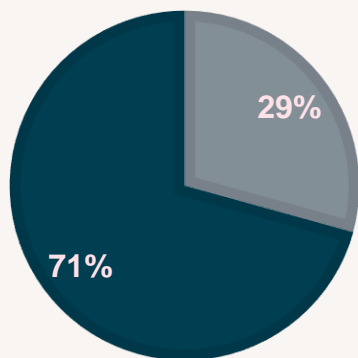
<https://powertodecide.org/what-we-do/information/national-state-data/california>  
<https://powertodecide.org/what-we-do/information/national-state-data/change-teen-birth-rate>

Yet, almost 50% of youth in foster care in CA will have been pregnant at least once by age 19

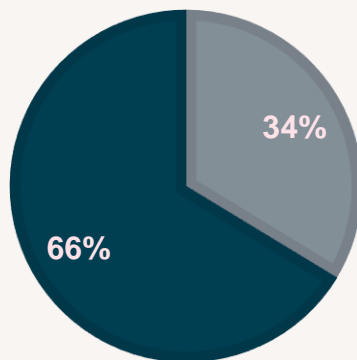


# For CA youth in care, most of these pregnancies were not intended.

## YOUNG WOMEN



## YOUNG MEN

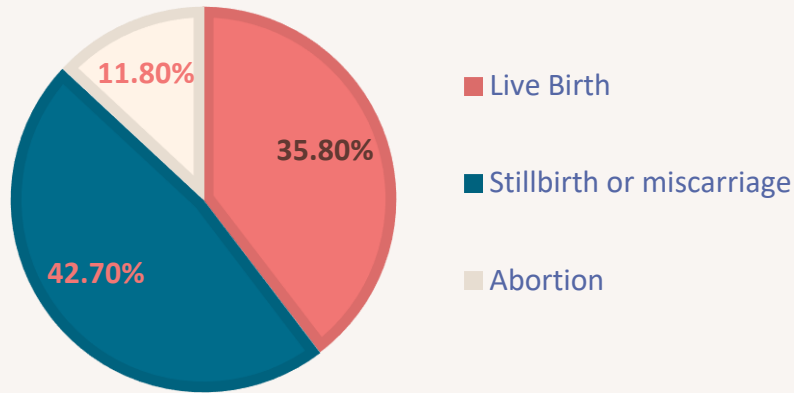


■ Intended ■ Unintended

66.3% of young men and 70.7% of young women reported that pregnancy was not intentional.

# Prenatal Outcomes

OF FOSTER YOUTH SURVEYED AT 17  
WHO REPORTED PREGNANCY:



42.7% had a stillbirth or miscarriage

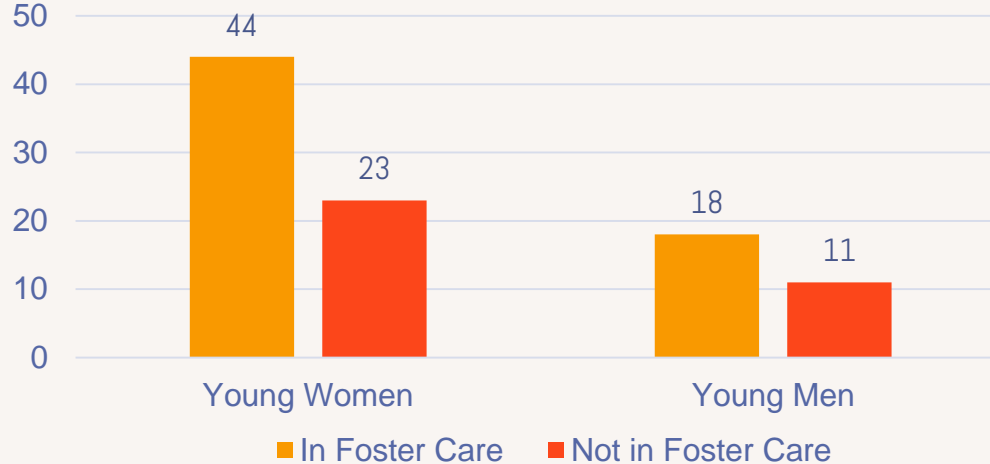
20.7% never received prenatal care

Source: Courtney et al., Findings from the California Youth Transitions to Adulthood Study: Conditions at Age 17 (2014).



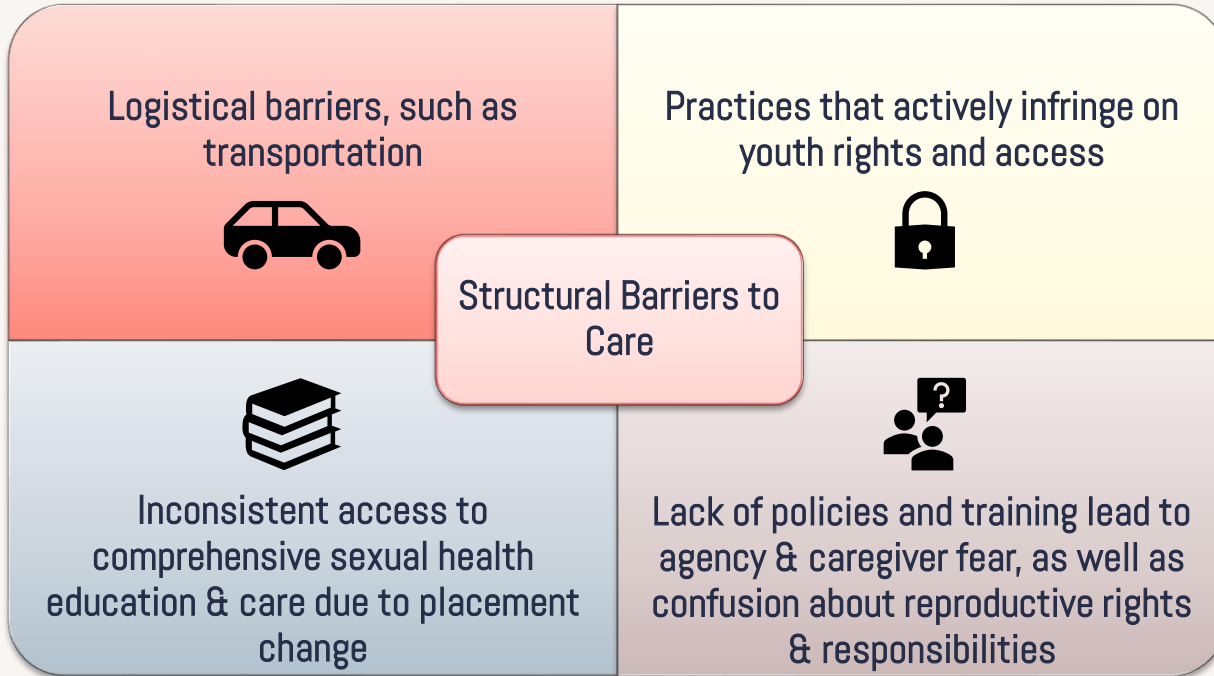
# Sexually Transmitted Infections

Percent of young people reporting STI diagnoses by age 26

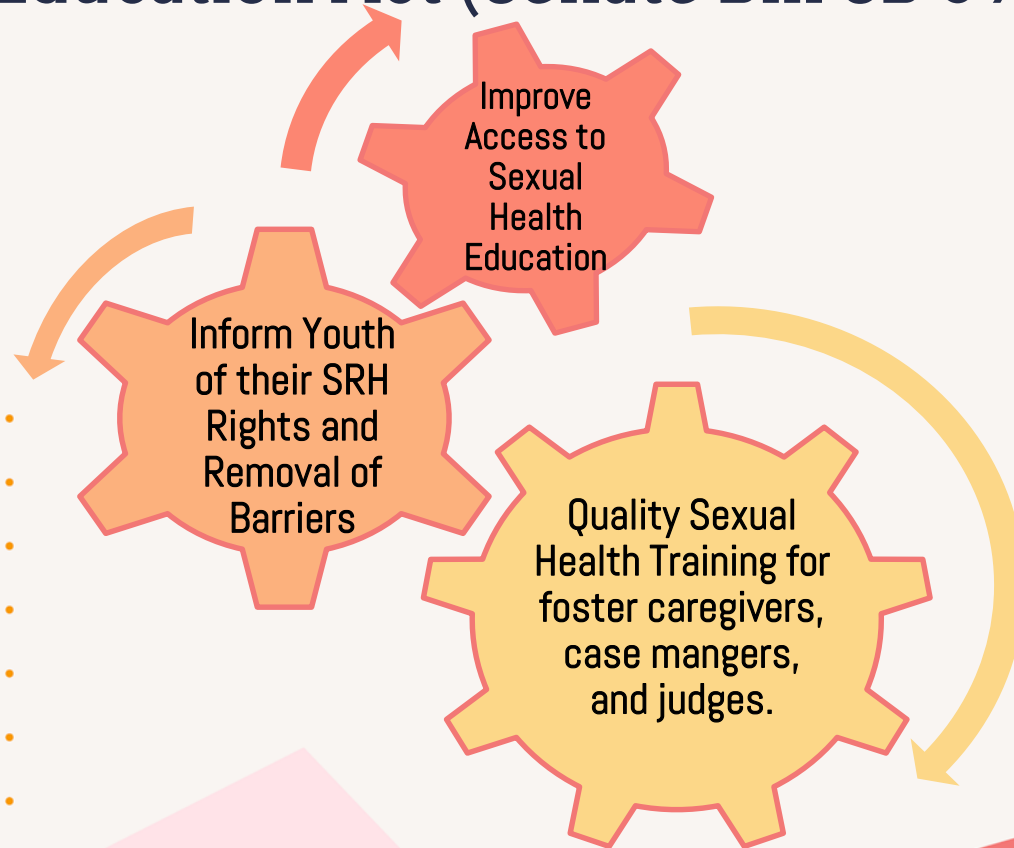


Source: Child Trends, 2017 using data from Midwest Study by Courtney et al.

# Unique Barriers to Care



# The California Foster Youth Sexual Health Education Act (Senate Bill SB 89)



# Subject Matter Expert with Lived Experience

Alexis Barries

Uplift Family Services Mental Health  
Service Provider & JBAY Advocate



## Policy Brief:

### SB 89 Implementation in the Bay Area: What can We Learn as a State?

Download a copy at:

<https://www.jbaforyouth.org/sb89-implementation-report/>



### SB 89 Implementation in the Bay Area: *WHAT CAN WE LEARN AS A STATE?*

A report to share how the California Foster Youth Sexual Health Education Act has been implemented in five Bay Area counties.

DECEMBER 2019



# Methodology

Interviews with county representatives from five Bay Area counties to determine:



## 1. Progress of Implementation

Whether policies and procedures had been updated to align with the provisions of SB 89

## 2. Best Practices & Barriers

Identification of promising practices and challenges that might have surfaced during implementation efforts

## 3. Recommendations

Policy recommendations to facilitate further SB 89 implementation efforts

# Acknowledgements



- Alameda County Social Services Agency, Department of Children & Family Services
- Alameda County Department of Education
- Chatbot College Foster & Kinship Care Education Program
- East Bay Children's Law Office
- Contra Costa Children and Family Services
- Contra Costa Juvenile Probation Department
- City & County of San Francisco, Family & Children's Services
- Superior Court of San Francisco County
- San Francisco Juvenile Probation Department
- Santa Clara Social Services Agency
- Santa Clara Probation Department
- Superior Court of Santa Clara County
- Solano County Child Welfare Services
- Solano County Juvenile Probation Department

# SB 89 Provision: Training for Caregivers & Professionals:

## Training Provision

Requires sexual health training for:

- County social workers and probation officers
- Judges
- Resource families during pre-approval training
- STRTP/group home administrators during certification training

## Topics Required

- The reproductive and sexual health rights of youth in care
- The duties of caregivers and case managers related to these rights
- How to document in the case plan
- How to engage with youth about sexual and reproductive health
- Information about contraception methods and additional resources





# Training for Caregivers & Professionals: Findings

01

02

03

04

05

- **Greatest clarity and implementation progress** around training components for social workers and resource families.
- **All** counties either had or were going to have **updated training curricula** for their Resource Family pre-approval training and social worker training by January 2020.
- Representatives from **4 out of 5 counties** discussed using curricula developed by the California Department of Social Services (CDSS).

# Training for Caregivers & Professionals: Findings

Effectiveness of incorporating this training mandate into:

Social Worker Training:

3.4



Priority topic but need for more guidance around case plan documentation; low attendance rates of training

Resource Family pre-approval training:

4.4



Importance of having RFs aware of their duties and responsibilities around SRH early

# Training for Caregivers & Professionals: Findings



"It takes a village, and everyone from the top to bottom needs to understand the importance of this."

- **Inadequacy in the visibility, awareness, and prioritization** of youth's SRH needs
- Child welfare agencies and probation agencies are **implementing training provision of SB 89 independently.**

# Training for Caregivers & Professionals: Findings



- Representatives were **not aware of status of implementation of the STRTP and Foster Family Agency (FFA) training mandates** of SB 89.



- Representatives noted the **need for more awareness** of existing, accessible, free **resources related to SRH**.

# Training for Caregivers & Professionals: Findings



- A common barrier for incorporating SB 89 content into pre-approval training was time.
- Most counties' training is structured for newly hired social workers and new Resource Families with no strategy to train existing social workers and Resource Families.

# County Spotlight: Alameda

Lois Rasberry, Ed.D.

Director of the Foster & Kinship Care  
Education Program at Chabot College



# Resource Spotlight

Links to available training  
curricula can be found here:

<https://www.jbaforyouth.org/wp-content/uploads/2019/08/SB-89-Trainings-avaliable-1.pdf>



CaISWEC's Case  
Manager Training



CaISWEC's E-  
Learning Training



CDSS's Caregiver  
Training



JBAY's Pre-approval  
Training

## Classroom Curriculum for Sexual and Reproductive Wellness in Foster Care

### SEXUAL AND REPRODUCTIVE WELLNESS IN FOSTER CARE (SB 89)

- 📍 Classroom Curriculum
- Online Curriculum
- Related Resources

Return to Toolkits  
Main Page

Below are links to the curriculum materials for Sexual and Reproductive Wellness in Foster Care. *NOTE: Not every segment of the training has handouts.*

[Trainer Guide](#)

[Trainee Guide](#)

[PowerPoint Presentation](#)

[Handout: CDSS Guide for Case Managers](#)

[Materials: Word Game Pieces](#)

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[◀ Sexual and Reproductive Wellness in Foster Care \(SB 89\)](#)      [up](#)

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[Online Curriculum ▶](#)



## Online Video-Based Curriculum for Sexual and Reproductive Wellness in Foster Care (SB89)

### SEXUAL AND REPRODUCTIVE WELLNESS IN FOSTER CARE (SB 89)

➤ Classroom Curriculum

➤ **Online Curriculum**

➤ Related Resources

[Return to Toolkits Main Page](#)

Welcome to the Online Training webpage for Sexual and Reproductive Wellness in Foster Care (SB 89).

Resources that are mentioned in these video tutorials are also provided for you, further down on this webpage.

### Online Video Tutorials

Click a link below to watch that video. To receive a certificate of completion by email, click the Certificate Form link for that video. You will be asked to fill out an online form, including the password you saw at the end of the video.

[Sexual and Reproductive Wellness Rights](#) <sup>Ⓔ</sup> (23-minute video)

- [Certificate Form](#) <sup>Ⓔ</sup>

[Duties and Responsibilities](#) <sup>Ⓔ</sup> (19-minute video)

- [Certificate Form](#) <sup>Ⓔ</sup>

[Case Plan Documentation](#) <sup>Ⓔ</sup> (22-minute video)--This video tutorial is specially for case workers.

- [Certificate Form](#) <sup>Ⓔ</sup>

[Finding Resources, Safer Sex, and Contraception Methods](#) <sup>Ⓔ</sup> (23-minute video)

- [Certificate Form](#) <sup>Ⓔ</sup>

[Engaging with Young People about Sexual Wellness](#) <sup>Ⓔ</sup> (29-minute video)

- [Certificate Form](#) <sup>Ⓔ</sup>

## Foster Caregiver Training Material

### Resource Parent Training: Sexual and Reproductive Wellness for Youth in Foster Care

- [SB 89 Caregiver Training PowerPoint \(Spanish Version\)](#)

This PPT includes slides for display and the corresponding notes on each slide for the presenter to understand how to present the material.

- [SB 89 Supplemental Training PowerPoint \(Spanish Version\)](#)

This PPT includes additional information about addressing sexual and reproductive wellness with LGBTQ, transgender and gender non-conforming youth, as well as information about sexual exploitation and trafficking. If training time allows, CDSS suggests also presenting this material, or if time does not allow, it can be shared by handout to interested trainees who would like to review it later.

### Additional Resource Parent Training Material

- [Youth Brochure \(Spanish Version\)](#)

This youth friendly brochure displays the reproductive and sexual rights of youth and some suggested questions for youth to ask a trusted adult.

- [All County Letter No. 16-82 Reproductive and Sexual Health Care and Related for Youth and Non-Minor Dependents in Foster Care \(Spanish Version\)](#)

This All County Letter goes into further information about the rights which are listed

<https://www.cdss.ca.gov/inforesources/foster-care/healthy-sexual-development-project/available-trainings>

## Healthy Sexual Development Resources

### All County Letters and All County Information Notices

The following resources contain relevant information and policy guidance for working with foster youth and issues related to their reproductive and sexual health. These letters and notices begin in 2016 with the creation of the Healthy Sexual Development Workgroup and the development of the Statewide Unintended Pregnancy Prevention Plan. As new guidance is released by CDSS related to reproductive and sexual health policy, these letters and notices will be shared here on this page.

[ACIN I-73-16 Documentation in the Child Welfare Services/Case Management System \(CWS/CMS\) for Parenting Minor and Non-Minor Dependents](#)

[ACL 16-32 Documentation of Pregnancy and Parenting in The Child Welfare Services/Case Management System for Minor and Non-Minor Dependents](#)

[ACL16-82 Reproductive and Sexual Health Care and Related Rights for Youth and Non-Minor Dependents in Foster Care](#)

[ACL 16-88 California's Plan for the Prevention of Unintended Pregnancy for Youth and Non-Minor Dependents in Foster Care](#)

[ACL 18-44 New And Revised Resource Materials Regarding Healthy Sexual Development And Pregnancy Prevention For Youth In Foster Care](#)

<https://www.cdss.ca.gov/inforesources/foster-care/healthy-sexual-development-project/healthy-sexual-development-resources>

# SEXUAL AND REPRODUCTIVE WELLNESS FOR YOUTH IN FOSTER CARE:

## A Curriculum for Resource Family Pre-Approval Training to Empower Caregivers to Support Foster Youth with their Sexual and Reproductive Wellness

The purpose of this curriculum is to train Resource Families to better support foster youth in their sexual and reproductive wellness. It was developed by John Burton Advocates for Youth (JBAY) and Seneca Family of Agencies as part of JBAY's work with the **Los Angeles Reproductive Health Equity Project**. Due to the passage of **SB 89**, training on sexual and reproductive health of foster youth is required to be part of pre-approval training for Resource Families (RF). This curriculum was developed to help county child welfare agencies, Foster Family Agencies, and community organizations who conduct RF pre-approval training fulfill those training mandate. Topics covered include:

- The rights of youth and young adult in foster care to sexual and reproductive health care and information, to confidentiality of sensitive health information, and the reasonable and prudent parent standard
- The duties and responsibilities of the assigned case management worker and the foster care provider in ensuring youth and young adults in foster care can obtain sexual and reproductive health services and information
- Guidance about how to engage and talk with youth and young adults about healthy sexual development and reproductive and sexual health in a manner that is medically accurate, developmentally and age-appropriate, trauma informed, and strengths-based
- Information about current contraception methods and how to select and provide appropriate referral resources and materials for information and service delivery

Additional SB 89 curricula on supporting sexual and reproductive health of youth in foster care can be found [HERE](#).



### DOWNLOAD POWERPOINT SLIDES

These slides cover content that will help caregivers become more knowledgeable about the sexual and reproductive health rights of their youth, the caregiver's role in supporting these rights, how they can play an active role in supporting their youth in their sexual and reproductive wellness as well as current conception methods and resources to share with youth.



### DOWNLOAD SPANISH VERSION

Translation of the powerpoint slides can be downloaded here.



### DOWNLOAD SUPPORTING MATERIALS

- **Pre-Test**  
English Version | Spanish Version
- **Post-Test**  
English Version | Spanish Version
- **Know Your Rights Youth Brochure**  
English Version | Spanish version

<https://www.jbaforyouth.org/sb89-preapproval-training/>

# Training for Caregivers & Professionals: Recommendations

CDSS, should work with the Healthy Sexual Development Workgroup to:

- Issue comprehensive guidance
- Provide technical assistance
- Assign a designated contact
- Publish an annual report of youth's SRH outcomes



# Training for Caregivers & Professionals: Recommendations

## Counties should:

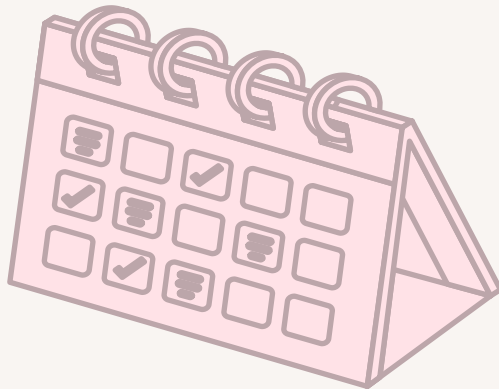
- **Update** their **training protocols**;
- **Disseminate** and **post** on their website available **trainings, materials, resources** and local service providers related to SRH;
- **Amend their contracts with STRTPs and FFAs** to clarify the expanded training requirements;
- **Provide advanced or extended training offerings**; and
- Identify a **point person to oversee the implementation of SB 89**.



# Training for Caregivers & Professionals: Recommendations

The legislature **could**:

- **Request an audit of SB 89 implementation**, funding uses, service access, common barriers and provide recommendations for improved implementation.



# SB 89 Provision: Improved Access to Sexual Health Education



1. Requires case managers to verify and document in a case plan if youth ages 10 and older have received comprehensive sexual health education (CSE), as defined by California Healthy Youth Act (CHYA), once in:



Middle School



High School

2. For youth and young adults who missed it, case managers must document how the child welfare agency or probation department will ensure that youth receives the missed instruction.



# California Healthy Youth Act (CHYA)

Since 2016, CHYA requires all students to receive comprehensive sexual health education (CSE) twice, once in:



Middle School



High School

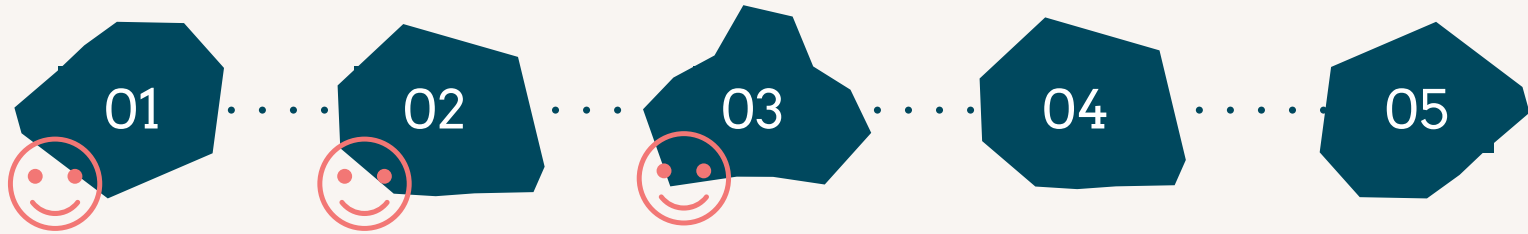
- State law sets forth what must be included
- Rigorous requirements
- Must affirmatively recognize that people have different sexual orientations
- Abstinence may not be discussed in isolation
- Must be age-appropriate & medically accurate and objective
- Districts are meeting this requirement with a range of strategies

Learn more: <https://www.cde.ca.gov/ls/he/se/>





# Improving Youth Access to CSE: Findings



- Representatives from **three counties** noted that they had **updated their policies and procedures** to specify that **verification and documentation of youth's receipt of CSE is a mandate.**
- No representatives named data entry in the case plan as an issue although **oversight of this case plan documentation is unclear.**

# Improving Youth Access to CSE: Findings



- Representatives were **least clear** about the provision of **requiring verification and documentation** that youth in care received CSE.

## Demystifying the misconceptions:

- Informing and engaging youth about their SRH rights **IS NOT** the same as receiving CSE.
- Verification of receiving CSE **CANNOT** be done through a youth's self-report.
- Social workers and probation officers will still have the responsibility to **ensure a youth receives CSE even if the student qualifies to graduate with the state minimum graduation requirements.**

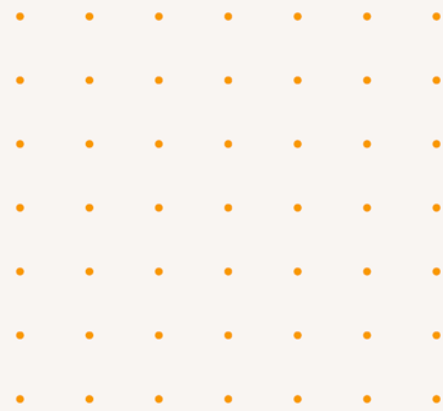
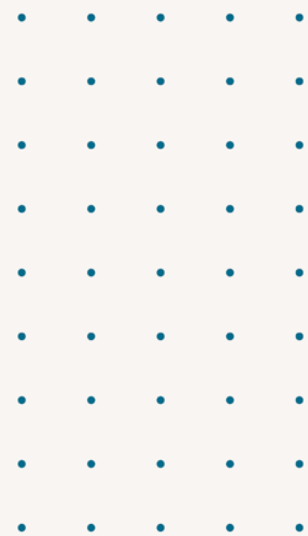
# Improving Youth Access to CSE: Findings



- CDSS **updated the CWS/CMS system** to enable verification and documentation of receipt of CSE in the youth's case plan.



- **Awareness and guidance on use of the new modifications** has been **limited** since updates went into effect in January 2019.
- There is **limited guidance** on **how to ensure students who missed it in school receive CSE.**



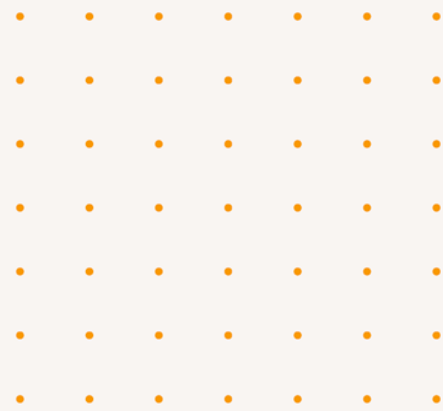
# Improving Youth Access to CSE: Findings



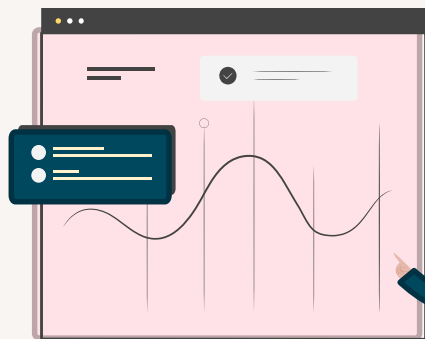
- Completion of **CSE is not documented on a student level** in the broad landscape of CHYA compliance, leading to a time consuming and confusing task for case managers.



- Representatives reported social workers and probation officers **contacting the school directly to verify** receipt of CSE.
- Representatives from two counties noted that their high schools requires **Health**, which CSE is taught in, as a **high school graduation**.



# Improving Youth Access to CSE: Findings



- Although funding and free CSE curricula and materials exist, **no** county representatives noted a **developed system for providing CSE for youth who missed it** in school.
- Representatives from **two counties** reported that they **provide CSE through their ILP**.

# County Spotlight: Contra Costa



- Strong partnership with local health plans to outreach to youth in care at schools, which includes **utilizing the mobile health clinics** who are already present at many of the county's high schools and several middle schools.
- Health educators in the schools **send invitations for youth in care to meet with health educators** at the mobile health clinic and receive comprehensive sexual health education (CSE) right there on site.
- They also **partner with CASAs**, who **provide incentives** in the form of a gift card, for youth in care who choose **to meet with a health educator and receive CSE.**

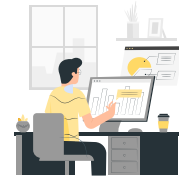
# Resource Spotlight



CWS/CMS  
Bulletin



CDSS Guidance on  
CSE Documentation



JBAY Webinar on  
Providing CSE in a  
Community Based Setting



California's CSE  
Provider List



California's Planned  
Parenthood List

## **SCR 8719 – New Case Plan Documentation Requirements Regarding the Sexual & Reproductive Health of Foster Youth and Non-Minor Dependents**

**Requirement 1** – Two new Service Types shall be added to the Education Services category of the Case Plan notebook Client Services page, and to the Contact notebook Associated Services page.

**Requirement 2** – The application shall be modified to provide a periodic reminder to notify users that a case focus child is due to receive comprehensive sexual health education.

**Requirement 3** – A new Service Type shall be added to the Case Management Services category of the Case Plan notebook Case Mgmt Svcs page, and to the Contact notebook Associated Services page.

**Requirement 4** – The application shall be modified to provide a periodic reminder to prompt users to document that a case focus child has been informed of their reproductive and sexual health care rights.

**Requirement 5** – The Case Plan document shall be modified to include the documentation of a case focus child receiving comprehensive sexual health education, and the documentation of a case focus child being informed of their reproductive and sexual health care rights.

**Requirement 6** – A new Service Provider Category shall be added with three static Service Providers to represent Middle School, High School, and an Alternate Source. These values cannot be edited by users.



June 20, 2018

ALL COUNTY LETTER NO. 18-61

TO: ALL COUNTY WELFARE DIRECTORS  
ALL CHIEF PROBATION OFFICERS  
ALL INDEPENDENT LIVING PROGRAM MANAGERS  
ALL INDEPENDENT LIVING PROGRAM COORDINATORS  
ALL FOSTER CARE MANAGERS  
ALL TITLE IV-E AGREEMENT TRIBES  
ALL TRANSITIONAL HOUSING COORDINATORS

SUBJECT: NEW MANDATES REGARDING CASE PLAN DOCUMENTATION AND  
TRAINING RELATED TO REPRODUCTIVE AND SEXUAL HEALTH  
CARE NEEDS AND RIGHTS OF FOSTER YOUTH

REFERENCE: SENATE BILL (SB) [89](#) (CHAPTER 24, STATUTES OF 2017);  
WELFARE AND INSTITUTIONS CODE (W&IC) SECTIONS [16501.1](#)  
AND [16521.5](#); ALL COUNTY LETTERS (ACL) [16-88](#) AND [16-82](#)

**PURPOSE**

The purpose of this ACL is to provide county child welfare agencies and other relevant parties with information regarding the passage of SB 89 (Chapter 24, Statutes of 2017). The SB 89 resulted in three new requirements for child welfare agencies and others serving foster youth, related to the reproductive and sexual health care of foster youth. These new requirements were effective June 27, 2017.

Statewide Roster: California PREP Grantees, Information and Education Grantees

Agency	Agency Name	Agency Address	Phone Number	Agency Website	Agency Email	Agency Fax
Alameda	Alameda County Family Violence Prevention Center	1015 Broadway, Suite 200 Alameda, CA 94501	(925) 763-1234	www.alameda.gov	alameda@alameda.gov	
Alameda	Alameda County Family Violence Prevention Center	1015 Broadway, Suite 200 Alameda, CA 94501	(925) 763-1234	www.alameda.gov	alameda@alameda.gov	
Alameda	Alameda County Family Violence Prevention Center	1015 Broadway, Suite 200 Alameda, CA 94501	(925) 763-1234	www.alameda.gov	alameda@alameda.gov	
Alameda	Alameda County Family Violence Prevention Center	1015 Broadway, Suite 200 Alameda, CA 94501	(925) 763-1234	www.alameda.gov	alameda@alameda.gov	

Page 1 of 1

## Statewide Roster: California PREP Grantees & I&E Grantees

The California Foster Youth Sexual Health Education Act (Senate Bill 89) went into effect on July 1, 2017. Among its provisions is a requirement that the county child welfare caseworker ensure that every youth age 10 and older, including non-minor dependents if still in high school, receive comprehensive sexual education (CSE) once in middle school and once in high school. For youth who do not receive CSE, child welfare workers must document in the case plan how that requirement will be met.

The California Healthy Youth Act (CHYA) requires that schools provide CSE to students, however some foster youth miss this course as a result of school changes or absences. For a youth who misses CSE, the child welfare worker should first try to coordinate with the student's school/district to provide the course out of sequence, over the summer, or if a multi-school district, at another school. If this is not possible, the child welfare worker must refer that student to a community-based provider to receive CSE.

This roster provides contact information for agencies that can provide CSE, funded through the Personal Responsibility Education Program (PREP) and the Information & Education (I&E) Program. For counties without PREP or I&E providers, Planned Parenthood is also resource for CSE.

[Download Roster](#)

<https://www.jbaforyouth.org/statewide-roster-cse-providers/>

## California Planned Parenthood Affiliate List

Agency	Agency Name	Agency Address	Phone Number	Agency Website	Agency Email	Agency Fax
Alameda	Alameda County Family Violence Prevention Center	1015 Broadway, Suite 200 Alameda, CA 94501	(925) 763-1234	www.alameda.gov	alameda@alameda.gov	
Alameda	Alameda County Family Violence Prevention Center	1015 Broadway, Suite 200 Alameda, CA 94501	(925) 763-1234	www.alameda.gov	alameda@alameda.gov	
Alameda	Alameda County Family Violence Prevention Center	1015 Broadway, Suite 200 Alameda, CA 94501	(925) 763-1234	www.alameda.gov	alameda@alameda.gov	
Alameda	Alameda County Family Violence Prevention Center	1015 Broadway, Suite 200 Alameda, CA 94501	(925) 763-1234	www.alameda.gov	alameda@alameda.gov	

Page 1 of 1

This document lists all the affiliates of Planned Parenthood, contact information, and notes whether they can provide California Healthy Youth Act (CHYA)-compliant comprehensive sexual education for interested parties.

September 2018

[Download List](#)

<https://www.jbaforyouth.org/plannedparenthoodlist/>

## Providing Comprehensive Sexual Health Education to Foster Youth: Lessons Learned from an LA Pilot

The California Foster Youth Sexual Health Education Act (Senate Bill 89) went into effect on July 1, 2017. Among its provisions is a requirement that the county child welfare caseworker ensures that every youth age 10 and older receives comprehensive sexual health education once in middle school and once in high school. For youth who don't, the case plan must document how that requirement will be met. This web seminar discussed a strategy counties can consider to meet this requirement, featuring the results from a pilot in Los Angeles County of the Making Proud Choices! curriculum.



 [DOWNLOAD SLIDES](#)

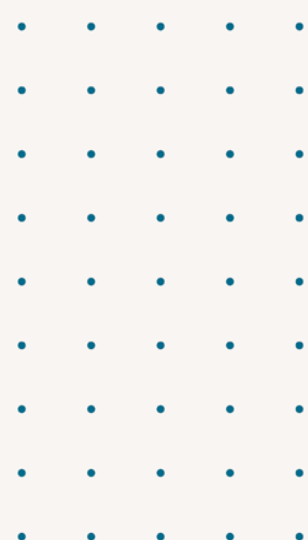
 [VISIT JBAY'S SB 89 PAGE](#)

<https://www.jbaforyouth.org/9-19-18-webinar/>

# Improving Youth Access to CSE: Recommendations

CDSS should work with the California Department of Education to:

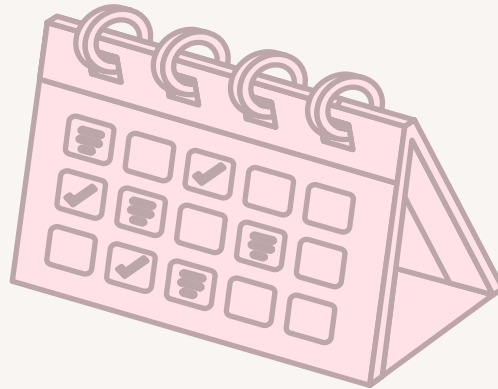
- Issue **comprehensive guidance** for how to use existing data sharing agreements for CSE verification.
- Issue **data entry guidance** describing **how to input student level information into CWS/CMS** and how supervisors or managers can **run aggregate reports**.
  - Issue guidance sharing **model county policies**.
  - **Clarify** that social workers and probation officers must arrange for youth to **receive CSE** once in middle school and once in high school.



# Improving Youth Access to CSE: Recommendations

## Counties should:

- Utilize aggregate data and pull reports from CWS-CMS to measure compliance with the case planning provisions of SB 89.



# SB 89 Provision: Informing Youth of their Rights and Removing Barriers



Requires the case managers to document that they have informed youth, ages 10 and older, of their sexual health & reproductive health rights annually in an age and developmentally appropriate manner:



**Right to access** age-appropriate, medically accurate information about reproductive and sexual health care.



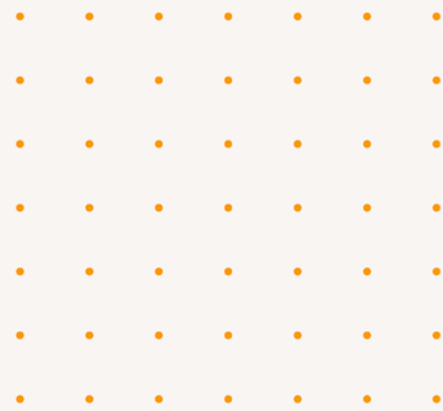
**Right to consent** to sexual and reproductive health services and his or her confidentiality rights regarding those services.



**How to access** reproductive and sexual health care services and facilitated access to that care, **including by assisting with** any identified **barriers to care**, as needed

Document identified barriers to sexual health & reproductive health information and services and how they will assist with removing them, as needed.

# Informing Youth of their Rights and Removing Barriers: Findings



- Representatives from **three counties** noted that they had **updated their policies and procedures** to specify that **caseworkers must inform youth about SRH rights and remove barriers to service.**
- Three counties **modified their case management forms and court reports** to include documentation of barriers to SRH care discussed and the actions taken to remove barriers.



# Informing Youth of their Rights and Removing Barriers: Findings

- **Implementation** of informing youth of their SRH rights and removing barriers happens earlier for specialized units with **caseloads of older youth**.
  - The five counties **place 30-65%** of youth in child **welfare placements out of county** and **50-83%** of youth in **probation placements out of county** making service referrals and barrier removal difficult.



	Out of County % (Child Welfare)	Out of County % (Probation)	Out of County % (Average)
Alameda	50.4	51.9	51.2
Contra Costa	29.7	60.3	45.0
San Francisco	64.2	70.9	67.6
Santa Clara	27.9	65.4	46.7
Solano	29.9	83.8	56.9



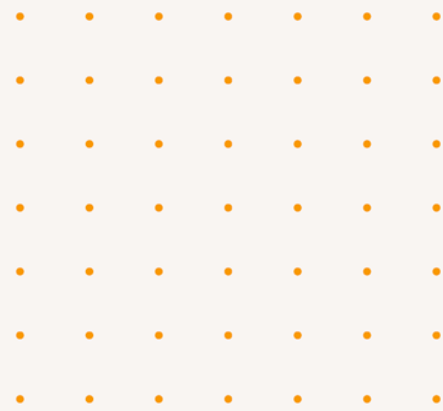
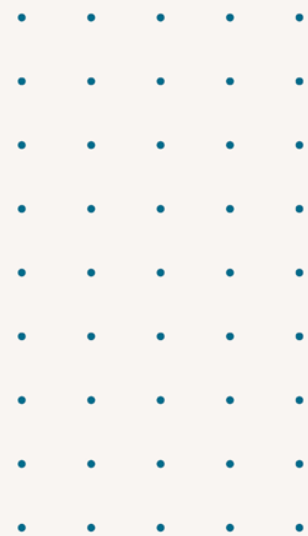
# Informing Youth of their Rights and Removing Barriers: Findings



- Representatives from **two counties** discussed the **active involvement of public health nurses** in engaging with youth about their SRH needs and assisting youth and caseworkers with removing barriers to SRH care.



- Representatives from **two counties** discussed **dependency attorneys** playing a strong **accountability role** for SB 89.



# Informing Youth of their Rights and Removing Barriers: Findings



- Representatives from **all counties were aware of the duty to inform youth of their SRH rights** and noted that these rights, along with the full bill of rights, were being reviewed with youth on their caseloads.

- Representatives from **all counties reported** providing the **CDSS Sexual and Reproductive Health Rights Brochure** to youth to inform them of their rights.

- Representatives from **two counties reported** creating a local version of the **Sexual and Reproductive Health Rights Brochure** specific to their local area so youth can easily access services nearby.

# County Spotlight: Santa Clara

- Developed a SRH **brochure** that is **tailored to their local area**, so highlighted resources are easily accessible for youth.
- Regularly **convenes collaborative monthly parenting youth meetings** with partners like First Five, Planned Parenthood, Public Health Nurses, and others to **discuss available resources for service referrals**, upcoming campaigns for their medical hubs, and strategies on what they can do to support parenting youth.

**WHERE TO ACCESS SERVICES**

**Planned Parenthood Mar Monte**  
San Jose Alameda  
1691 The Alameda  
San Jose, CA 95126  
(408) 287-7526  
For other locations, visit [www.ppanamonte.org](http://www.ppanamonte.org)

**School Health Clinics of Santa Clara County**  
ages 19 and under  
**San Jose High Neighborhood Health Clinic**  
1149 E. Julian St. Bldg. H  
San Jose, CA 95116  
(408) 535-6001  
For other locations, visit [www.schoolhealthlinks.org](http://www.schoolhealthlinks.org)

**Billy DeFrank Community Center**  
"on-site HIV testing"  
938 The Alameda  
San Jose, CA 95126  
(408) 293-3040

**The Hub@Middle Health Van**  
591 N. King Road #1  
San Jose, CA 95133  
(408) 792-1750

**ONLINE RESOURCES**

[www.plannedparenthood.org/resources](http://www.plannedparenthood.org/resources)  
Provides useful educational resources

[www.plannedparenthood.org/info-for-teens](http://www.plannedparenthood.org/info-for-teens)  
Website designed for teens that allows them to obtain information on reproductive health, sex, and sexuality

[www.bodidder.org](http://www.bodidder.org)  
A free birth control support network operated by the National Campaign to Prevent Teen and Unplanned Pregnancy

[www.cdc.ca.gov/15/ha/3e](http://www.cdc.ca.gov/15/ha/3e)  
Sexual health education resources from the CA Department of Education

[www.teenhealthnav.org/confidentiality](http://www.teenhealthnav.org/confidentiality)  
CA minor consent laws

Let's talk about sex.

IT IS IMPORTANT TO PROVIDE YOUTH COMPREHENSIVE SEX EDUCATION IN A NON-JUDGMENTAL WAY.

- TALK EARLY AND OFTEN
- BE OPEN AND AVAILABLE WHEN A YOUTH WANTS TO TALK ABOUT SEXUAL HEALTH
- PROMOTE HEALTHY LIFESTYLE CHOICES
- ADDRESS CONSEQUENCES ASSOCIATED WITH YOUTH'S DECISIONS WHILE RESPECTING THE CHOICES OF THE YOUTH

YOUTH AND YOUNG ADULTS MUST LEARN TO HOW TO SAY "NO" AND UNDERSTAND WHAT "SAFER SEX" IS.

"SAFER SEX" ACTIVITIES LOWER THE RISK OF SPREADING SEXUALLY TRANSMITTED INFECTIONS. THEY ALSO DECREASE THE LIKELIHOOD OF UNPLANNED PREGNANCIES.

Some common myths about sex.

MYTH #1: Everyone at school is having sex.  
FACT: The average age people start having sex is 17. 30% haven't had sex by the time they turn 20, so it's normal to wait, too.


MYTH #2: Sex is the only way to show love.  
FACT: Holding hands, hugging, and kissing are all ways to be close without the risks of sex.

MYTH #3: You can't get pregnant the first time you have sex/during your period/in water/after douching/right after giving birth.  
FACT: Women can get pregnant any time semen gets inside or near the vagina.


MYTH #4: Birth control doesn't really work.  
FACT: When used correctly, the best birth controls are highly effective—over 99% at preventing pregnancy. When used correctly, condoms are 98% effective, and protect against STDs. It's best to use a condom plus another method of birth control for the safest sex.

**Your Body,  
Your Choices**

Starting the Conversation with  
Youth and Young Adults



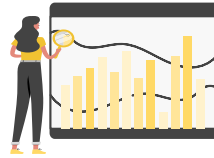
Sexual & Reproductive Health  
Options and Rights



**Santa Clara County  
Social Services Agency  
Department of Family and Children's  
Services**

373 W. Julian Street  
San Jose, CA 95110-9901

# Resource Spotlight



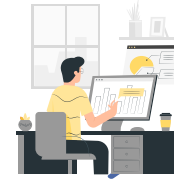
[CDSS Guidance on Supporting Healthy Sexual Development](#)



[JBAY/LA RHEP Developmentally Appropriate Youth Factsheets & Guide](#)



[CDSS Sexual and Reproductive Health Rights Youth Brochure](#)



[JBAY/LA RHEP Webinar on Resources to Have Sexual Health Conversations with Youth](#)



## ***A Guide for Case Managers: Assisting Foster Youth with Healthy Sexual Development and Pregnancy Prevention***

### Introduction

In February of 2016, the California Department of Social Services (CDSS) along with stakeholders, formed the Healthy Sexual Development (HSD) Workgroup. This workgroup met to address concerns regarding youth and Non-Minor Dependents (NMD) in care and their reproductive health. Despite the passage of legislation addressing the reproductive health rights of foster youth, it was clear that there was more guidance needed from CDSS to assist county agencies, case managers, group home staff, caregivers and others who work with foster youth, in understanding this important topic. The HSD Workgroup met several times between the months of February and October of 2016 with a goal of creating a statewide plan for preventing unintended pregnancy among California's foster youth and to create various accompanying materials.

In August of 2016, "California's Plan for the Prevention of Unintended Pregnancy for Youth and Non-Minor Dependents" was posted via All County letter [\(ACL\) 16-88](#). This guide is an extension of the plan and expands upon section III, "Role of the Case Management Worker (Social Worker or Probation Officer)." Throughout this guide, unless otherwise noted, all references to "foster youth" include dependents, NMDs and wards of the court placed in foster care.

# Know Your Sexual and Reproductive Health Rights

**KNOW**  
*your* **RIGHTS**

## Your Sexual and Reproductive Health Care and Related Rights

**No judgements! You have the right to sexual health information that only includes medical facts and not anyone's opinions.**

Do you know your rights when it comes to your sexual and reproductive health? Even if you're under age 18, you have rights! Knowledge is power, so read your rights below:

1. You have the right to have your personal rights explained and provided to you in a manner that you understand.
2. You have the right to get health care, including reproductive and sexual health care.

**Continue reading to learn more about what kind of reproductive and sexual health care services you can get.**



5. When you get sexual or reproductive health care, or ask your doctor questions about sex, your doctor cannot share that information with your parents, caregivers, group home, social worker, or probation officer without your written consent. There are a few small exceptions.
6. You have the right to ask your doctor to explain "privacy" to you and who can and cannot get your medical information before you get any health care.
7. You have the right to choose your own health care provider for sexual and reproductive health care, as long as the provider is covered by your Medi-Cal or other approved insurance.
8. Your caregiver, group home, or social worker must help you with transportation to get reproductive and sexual health care services in a timely manner.
9. You have the right to get, have, and use the birth control or protection of your choice, including, but not limited to:
  - a. Condoms, including the female condom
  - b. Diaphragm
  - c. Birth control patch, pill, ring, or shot
  - d. Spermicide
  - e. Dental dam
  - f. Emergency contraception (morning after pill)
  - g. Medications to prevent STIs
  - h. Intrauterine Device (IUD) or Implant
  - i. Medications to treat or prevent HIV such as Pre-Exposure Prophylaxis (PrEP) or Post-Exposure Prophylaxis (PEP)

# SB 89 Youth Factsheets & Accompanying Case Manager Guide

With the passage of the California Foster Youth Sexual Health Education Act (SB 89), all California foster youth age 10 and older are required to be informed of their reproductive and sexual health rights annually in an age and developmentally appropriate manner.

As part of the Los Angeles Reproductive Health Equity Project for Foster Youth (LA RHEP), John Burton Advocates for Youth has developed a series of youth fact sheets for case managers to communicate this important information. Accompanying the youth factsheets is a guide that includes age-appropriate conversation starters to help them navigate these sensitive conversations. Fact sheets are available for three developmental groups: tweens/early adolescents, middle adolescents, and transition-aged youth/young adults.

For Case Managers

For Tweens/Early Adolescents

For Middle Adolescents

For Transition Aged Youth / Young Adults

**SB89 CASE MANAGER GUIDE**

**Developmentally Appropriate Approaches to Discussing Sexual and Reproductive Health Rights with Foster Youth**

**What is a Trauma-Informed Approach?**

Age Group	Developmentally Appropriate Approaches to Discussing Sexual and Reproductive Health Rights with Foster Youth
Tweens/Early Adolescents	Use simple, clear language and avoid complex terms. Use visual aids like diagrams and illustrations. Focus on basic concepts and provide concrete examples. Use a supportive and non-judgmental tone. Encourage questions and provide reassurance. Use a mix of direct and indirect communication. Use a mix of written and verbal communication. Use a mix of individual and group communication. Use a mix of formal and informal communication. Use a mix of structured and unstructured communication. Use a mix of one-on-one and group communication. Use a mix of in-person and remote communication. Use a mix of synchronous and asynchronous communication. Use a mix of formal and informal communication. Use a mix of structured and unstructured communication. Use a mix of one-on-one and group communication. Use a mix of in-person and remote communication. Use a mix of synchronous and asynchronous communication.
Middle Adolescents	Use clear, concise language and avoid complex terms. Use visual aids like diagrams and illustrations. Focus on basic concepts and provide concrete examples. Use a supportive and non-judgmental tone. Encourage questions and provide reassurance. Use a mix of direct and indirect communication. Use a mix of written and verbal communication. Use a mix of individual and group communication. Use a mix of formal and informal communication. Use a mix of structured and unstructured communication. Use a mix of one-on-one and group communication. Use a mix of in-person and remote communication. Use a mix of synchronous and asynchronous communication.
Transition Aged Youth / Young Adults	Use clear, concise language and avoid complex terms. Use visual aids like diagrams and illustrations. Focus on basic concepts and provide concrete examples. Use a supportive and non-judgmental tone. Encourage questions and provide reassurance. Use a mix of direct and indirect communication. Use a mix of written and verbal communication. Use a mix of individual and group communication. Use a mix of formal and informal communication. Use a mix of structured and unstructured communication. Use a mix of one-on-one and group communication. Use a mix of in-person and remote communication. Use a mix of synchronous and asynchronous communication.

English Version

Spanish Version

**You may be wondering...**

- What's my body my body?
- I need help getting birth control.
- I need help getting birth control.

**IF YOU ARE IN FOSTER CARE, YOU HAVE RIGHTS!**

**You have the right to...**

- know the doctor or clinic that you want to go to
- get a pregnancy test
- change the method of birth control you are using
- get a pregnancy test
- get a second opinion if you are pregnant (before you want to have an abortion or have a baby)

English Version

Spanish Version

**You may be wondering...**

- I need help getting birth control.
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Spanish Version

## Tools You Can Use: Age-Appropriate, Medically Accurate Sexual Health Fact Sheets Available to County Case Managers

With the passage of the California Foster Youth Sexual Health Education Act (SB 89), all California foster youth age 10 and older are required to be informed of their reproductive and sexual health rights annually in an age and developmentally appropriate manner.

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DOWNLOAD SLIDES

DOWNLOAD GUIDE & YOUTH FACTSHEETS

LEARN MORE ABOUT SB 89

<https://www.jbaforyouth.org/5-16-19-webinar/>



# Informing Youth of their Rights and Removing Barriers: Recommendations

## CDSS should:

- Issue comprehensive guidance with instructions for how to record when a caseworker informs a youth of their rights in the system.
- Circulate the Office of the Foster Care Ombudsperson's findings and data related to Assembly Bill 1067 Foster Youth Rights and as required in Assembly Bill 175.
- Issue guidance discussing typical barriers to SRH care and strategies to assist with barrier removal.
- Establish a cross-county workgroup for the purposes of sharing resources and promising practices.
- Require counties to publicly post and circulate their SRH services for youth.



# Informing Youth of their Rights and Removing Barriers: Recommendations

## Counties should:



- **Document** and include barriers and barrier removal **in court reports**.
- **Engage public health nurses** to assist with informing youth of their rights and removing barriers to SRH care.
  - **Publicly post and cross communicate SRH resources and services** available for youth in their county.
  - If a barrier persists or a needed service does not exist within the county, counties should **provide transportation to the nearest available service**.



# What's Next?

- Download the report and discuss the findings with your community.

- Identify ways that you can address issues discussed and facilitate SB 89 implementation progress.

- STRTPs and Transitioning Group Homes:

Join our Sexual and Reproductive Health Learning Community.

Learn more:

<https://www.jbaforyouth.org/strtp-learning-community/>



# Questions or Comments?

To submit live questions, click on the “Questions” panel, type your question, and click “Send.”

## Contact Information:

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- Lois Raspberry, [lraspberry@chabotcollege.edu](mailto:lraspberry@chabotcollege.edu)