

## Providing Gender Affirming Care



**On June 17, 2019, Planned Parenthood California Central Coast launched Gender Affirming Care (GAC)** at all five of our health centers. The implementation of this new service was the result of several years of research, planning and training.

In partnership with Fielding Graduate University, we conducted an LGBTQ+ Community Needs and Assets Assessment in Santa Barbara and Ventura Counties. We surveyed LGBTQ+ individuals about their health concerns and their ability to access the care they needed.

Following the assessment, we met with our LGBTQ+ coalition partners, including clinics already offering GAC, to inform them about what services we would be providing and to establish a referral network for other services our patients might need. Our medical team, led by PPCCC medical director, Dr. Virginia Siegfried, spent several months training medical staff for the implementation of GAC, and all staff at PPCCC received information

about the important and sensitive issues around GAC.

Survey participants in the Community Needs and Assets Assessment expressed a desire to receive gender affirming health care from knowledgeable and compassionate clinicians. Transgender individuals shared that during a health care visit, they often encountered implied or blatant bias on the part of the health care professional as well as a lack of expertise in delivering transgender care. The cost for care was also mentioned as a barrier to getting the care they needed.



Matt Raiti,  
GAC Navigator

GAC patients by phone prior to their health center visit and following their visit. He provides information about the visit and the informed consent process and collects pertinent

With these concerns in mind, PPCCC recruited, hired and trained a GAC navigator. Matt Raiti personally reaches out to each of our

patient information to assist with the visit. He also provides links to videos that explain both estrogen-based and testosterone-based therapy. In addition to what we need for our patient visit, Matt spends time doing medical and legal research for our patients and providing appropriate referrals.

In our first four months of offering GAC, our clinicians have met with 55 patients throughout the tri-counties. Of those 55 appointments, about half requested estrogen treatment and half requested testosterone-based hormone therapy. Several patients have expressed enthusiasm and relief in knowing that we now provide these vital services. They share that our staff are sensitive to their needs and engage them with culturally appropriate and respectful language, terminology, questions, and information.

Planned Parenthood is proud to advance gender affirming care throughout our affiliate. At the heart of caring for our patients, is ensuring that every patient feels seen, heard, respected and cared for with dignity and professionalism.

***In a recent poll of lesbian, gay, bisexual, transgender, and queer (LGBTQ) Americans, 20 percent of respondents reported being personally discriminated against when visiting a doctor or health clinic. A separate survey conducted by the nonprofit Lambda Legal found that 70 percent of transgender and gender-nonconforming individuals have faced serious discrimination in a healthcare setting.***

# Welcoming New Leaders



## NATIONAL LEADER

### Alexis McGill Johnson – Acting PPFA President

In mid-July the Board of Planned Parenthood Federation of America appointed Alexis McGill Johnson as Interim President of PPFA. Alexis is a recognized social justice leader, lifelong political organizer and a tireless advocate for reproductive rights and access to quality, affordable health care.

Alexis resigned as a board member of Planned Parenthood Action Fund and PAC Chair to step into the Acting President position. Previously she served on the Board of Directors for Planned Parenthood Federation of America for nearly a decade. As Board Chair from 2013 to 2015, she expanded the organization's philanthropic reach to fund critical initiatives to increase access to care and meet the needs of Planned Parenthood's patients.

Alexis is the co-founder and former co-director of the Perception Institute, a consortium of researchers, advocates, and strategists who translate cutting edge mind science research on race, gender, ethnic, and other identities into solutions that reduce bias and discrimination and promote belonging. She currently serves on the board of Color of Change, Revolutions Per Minute, and Narrative Initiative. She holds degrees from Princeton and Yale Universities and has taught political science at both Yale and Wesleyan Universities.

## STATE LEADER

### Jodi Hicks - PPAC CEO & President

On September 30, 2019, Planned Parenthood Affiliates of California (PPAC) was pleased to announce that Jodi Hicks has been named the new CEO & President of the statewide policy and advocacy organization. PPAC serves the seven PP affiliates across the state that provide care at 108 health centers. A longtime health care advocate and lobbyist, Hicks has worked with numerous health care organizations. Hicks has been serving as Acting CEO and President since June and has previously served as a lobbyist for PPAC and board member for Planned Parenthood Mar Monte.



During her time as Acting CEO & President at PPAC, Hicks had already proven her ability to effectively lead the organization, helping to finalize the historic \$100 million included in the California State budget for sexual and reproductive health care. She's also been instrumental in leading legislative priority strategies to secure funding for security measures for health care centers that provide abortions and expand access to birth control through telehealth.

Prior to joining PPAC, Hicks was a partner in the lobby firm DiMare, Brown, Hicks & Kessler, LLC, specializing in health care, energy and social justice issues. Hicks has also served as the Vice President of Government Relations at the California Medical Association, a non-profit organization representing more than 35,000 members in all modes of practice and specialties.

Jodi's experience and vision will serve the organization well in pushing a robust public policy and advocacy program to help expand access and allow patients to thrive.



**LOCAL LEADER**

**Mary Ferris, M.D. - Interim Medical Director, PPCCC**

After 10 years of service to Planned Parenthood California Central Coast our Medical Director, Virginia Siegfried, retired last month. While we search for a new medical director, we are thrilled to announce that Dr. Mary Ferris has joined the PPCCC team as the Interim Medical Director.

Dr. Ferris is a Board-Certified Family Practice physician. She retired this

year after an impressive career that culminated with her service as the Executive Director of the University of California Santa Barbara (UCSB) Student Health Service. Prior to working for UCSB, Dr. Ferris held several other clinical and administrative roles, including serving as the Medical Director of PPCCC between 2001-2005. She is well-known and respected in the Central Coast medical community.

*When we all help one another, everybody wins*

**how YOU can help**

**1**

**Safe, secure online donations:**

Your gift to PPCCC is protected by VeriSign. Enjoy secure credit card convenience when you visit ppcentralcoast.org and click the "Donate" link at the top of the page.

**2**

**Pledge your monthly support:**

A small amount each month makes an important difference each year. Call Zoe at 805.722.1517 to start your monthly giving.

**3**

**Remember PPCCC in your will:**

"Tomorrow's dollars" are just as important as "today's dollars." Adding a charitable bequest to your existing will takes just a quick phone call to your legal or estate advisor. Or call Sherry Madsen, Vice President Development, at 805.722.1516.

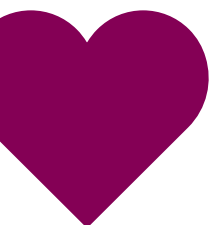
**4**

**Volunteer**

We are always looking for volunteers for the **Mary Jane McCord Planned Parenthood Book Sale**. Our volunteers work year-round sorting and pricing books for the sale. If you are interested in volunteering please visit ppcccbooksale.com.

**Looking for other volunteer opportunities with PPCCC? Please email volunteers@ppcentralcoast.org**

**Local Business Love**



*PPCCC is fortunate to have great friends in local businesses in our community. The two businesses below are huge supporters. They support us, and we want to support them! Please patronize these business who ♥ PPCCC!*



**Mammoth Moving and Storage** has been providing Residential, Office, Industrial, Hospitality and Storage services for over 40 years. They've been voted Santa Barbara's best moving company by the SB Independent for over 20 years. Mammoth has been supporting our book sale for the last 3 years. Not only do they heavily discount the move-in and move-out of our yearly sale at Earl Warren, but they store some of our boxes year-round for no cost.



Jen and the **Lunchbox** team have been providing catered meals for many of our PP events and meetings for the last 10 years. Not only does everyone love the food, but Lunchbox loves PP. They always provide a discount and donate at least one meal per year to our book sale volunteers. Visit lunchboxyum.com for more info or to order a great meal!

# My Story Project on Instagram!

## @PPCACentralCoast @My\_Story\_Project!



My older sister recommended Planned Parenthood when I was a teenager. Before my appointment, I had sex without protection. Then my relationship ended, at which point I didn't think I needed the appointment anymore.

Fast forward a month and I had to take a pregnancy test that confirmed I was pregnant. I was a senior in high school, 17 years old, and after having sex twice, I was pregnant. I am super fortunate to have supportive parents and have always had an amazing support system. I knew whatever I decided, I would be supported.

Seventeen years later, I'm a 36-year-old mom

to a teenager who is literally the best person I know. Shortly after giving birth, I went to Planned Parenthood to get on that birth control. Planned Parenthood was the only place I felt truly comfortable. The only place that I felt was accepting of me, my child, and my situation.

Everyone in my life had their opinions about my choice to become a teenage mother. The doctors, nurses and staff at Planned Parenthood didn't make me feel ashamed, guilty, or embarrassed because I chose to become a mother at 17.

I stand by Planned Parenthood because it is a place I feel respected, nurtured, supported and listened to, no matter what."

**-Jaymee Payan, PPCCC Volunteer**

**Read more stories on Instagram @My\_Story\_Project!**

*Save the Date*

Planned Parenthood California Central Coast  
Presents

*Birds  
and  
Bees  
Bash*

**April 4, 2020 at the  
Hilton Beachfront Resort, Fess Parker  
Santa Barbara, CA**

birdsandbeesbash.ppcentralcoast.org

## Giving Through Your IRA to PPCCC

- If you have a non-Roth IRA and you are 70 ½ years of age, you must take a required minimum distribution (RMD), which is taxable.
- If you don't need those funds, you can make a qualified charitable distribution (QCD), up to \$100,000, to avoid paying tax on your RMD.
- You can also make legacy gifts through your IRA. Designating PPCCC as a beneficiary in your estate plan is simple and can reduce your taxable estate, while supporting reproductive health care and education in your community!
- If you'd like to donate through your IRA, reach out to your legal or financial advisor and ask about directing your funds to Planned Parenthood California Central Coast.
- Have questions? Contact Sherry Madsen, Vice President Development, at 805.722.1516 or sherry.madsen@ppcentralcoast.org.



**GO GREEN!** If you would like to receive this newsletter via email only, please email [development@ppcentralcoast.org](mailto:development@ppcentralcoast.org) or call 805.214.3530 to update your preferences.