



## Voices for Choice Public Policy



Stay Informed! Keep up on public policy by visiting: [www.citizensforchoice.org/home/policy-activism/](http://www.citizensforchoice.org/home/policy-activism/)

### POLICY ADVOCACY IN THE ERA OF COVID-19

By Elaine Sierra, Public Policy Director

The coronavirus stay-at-home restrictions have profoundly affected how Citizens for Choice operates, and the universe of legislative and policy advocacy. As your Public Policy Director, I have had to adapt.

First, we are re-thinking and revamping our usual process of selecting and supporting California bills that focus on reproductive health, rights and justice. Our state legislature recessed in March because of the virus, and will not meet again until May 4. The number of bills that may move forward is being scaled way back, because of the new priority, addressing the epidemic, and, because of the newly dire revenue shortfalls for meetings of all of California's budgetary needs. For example, action on legislation that we support to address the STD epidemic is postponed to next year. The state's budget surplus is fast being depleted, leading to the likelihood of a large deficit. Major expenditures are needed to address the Covid-19 pandemic and its economic effects for some time to

come, with the budget taking priority over changing or enacting new laws. We will be monitoring the situation in the legislature, and considering how to revise our policy agenda, in light of this new reality.

Despite the legislature being in recess, we participated in the annual Reproductive Freedom Week led by the California Coalition for Reproductive Freedom. We joined in three virtual lobbying visits with legislators. It is important at this time that we take such actions to sustain and build on relationships with our Assembly and Senate members.

At the same time, Citizens for Choice has taken the opportunity to affect policy in ways other than legislative advocacy. First, we joined with our CCBS partners in a letter to the Governor and state health-related agencies, urging that California ensure continued access to reproductive healthcare and gender affirming care during the epidemic. We jointly urged that the state issue guidance



clarifying that access to reproductive and sexual health services—including abortion and family planning—is essential health care that cannot be delayed, and should be available as needed. In partial response, the CA Department of Healthcare Services issued guidance on March 24 to include pregnancy-related services among those that should continue to be made available to Medi-Cal beneficiaries during the Covid-19 crisis.

Separately, we joined an amicus brief in a California case (California v. Becker, Kings County) affecting reproductive rights. The underlying emergency motion seeks to lift the \$2 million bail imposed on a woman charged with murder for the stillbirth of her child while she was addicted to drugs. We oppose the notion of criminalizing addiction and an adverse pregnancy outcome, oppose the unaffordable amount of bail, and oppose the result that this woman remains incarcerated in a high risk detention setting during the current COVID-19 epidemic.

As we stay safer in our homes and restrict our social interactions, we'll nevertheless do what we can to advance the reproductive health and rights of Californians, especially our most vulnerable fellow citizens. Thank you all for your support of Citizens for Choice and our pro-choice advocacy.



[www.CitizensforChoice.org](http://www.CitizensforChoice.org)

# NEVADA COUNTY Citizens EDUCATED CHOICES for LIFE Choice



## Voices for Choice

### ABOUT TITLE X

An Update on Essential Access Health's legal challenge to halt implementation of the current administration's new Title X regulations.

An en banc panel of the 9th Circuit court of Appeals released a devastating decision in February that upheld the new Title X regulations in their entirety. On April 9, Essential Access asked that the full 9th Circuit reconsider the panel's decision, joining a petition filed earlier by the National Family Planning & Reproductive Health Association and the State of Washington. California Attorney General Xavier Becerra, Planned Parenthood, Federation of America and the American Medical Association filed similar requests.

*If the litigation partners are successful, it would be the first time full reconsideration would be granted in the history of the appellate court.*

**THE ODDS ARE NOT IN OUR FAVOR.** Still, now more than ever, Essential Access and other litigants are committed to ensuring that patients served by Title X in California and across the country receive the information and care they need and are entitled to. For further information and updates on this case, go to [AmyMoy.com](http://AmyMoy.com) at [amyessentialaccess.org](http://amyessentialaccess.org).

Title X of the Public Health Service Act was established in 1970 with broad bipartisan support. As the nation's only dedicated source of federal funding for family planning services, Title X provided access to essential services for nearly 4,000,000 individuals nationwide in 2018. The Title X program is administered by the national Office of Population Affairs (OPA).

**Title X in California** Essential Access Health has been a Title X grantee for 50 years and operates the largest Title X system in the nation, supporting the delivery of quality family planning and related services for low-income and uninsured patients throughout California. Essential Access re-grants to health care providers, faith, and community-based organizations throughout California in order to deliver core family planning and preventive services, and link individuals to the health care and information they need to support their reproductive goals and optimal health outcomes. Six to 10 women who obtain health care from a family planning provider consider it to be their only or usual source of health care.



### JANE AGAINST THE WORLD

Book review by Lynn Wenzel

As we self-isolate during COVID-19, I am imagining many of us curled up with good books to pass the time. On the subject of reproductive justice, I can't recommend too strongly Karen Blumenthal's newly released *Jane Against the World: Roe v. Wade and the Fight for Reproductive Rights* (poaching Book Press, New York, 2020). Blumenthal has written a riveting history of the reproductive rights movement, from its early beginnings with Madame Restell and Margaret Sanger, through the Second Wave women's movement and the Jane Collective, through *Griswold v. Wade* and, finally, up until today. She covers early heroes such as Dr. Alan Guttmacher, Patricia McCormick, and the murdered Dr. George Tiller; the development of *Roe*, the first birth control pill in 1960; and the endless court fights bringing the reader up until today. Personal stories and experiences make up

an important part of the book, reminding us of the courage of the members of the Jane Collective who learned how to do medical abortions for each other when there was no one else to turn to. The back of the book contains a glossary and an all-important list of every court case since 1927. Blumenthal asks (and answers) the all-important questions: what would counterbalancing *Roe* look like and how would it affect women's lives everywhere. She reminds us that, as always, and no matter the law, access to abortion falls at the intersection of economic class, race and gender. Important attention is paid to the heroes of the movement for reproductive rights, but the author also remembers, "We were very ordinary women, but we did extraordinary things!" Indeed they (we) did. Don't miss this important and timely journey through the intense fight for reproductive justice.

[www.CitizensforChoice.org](http://www.CitizensforChoice.org)



12 Reasons  
**Let's Talk**  
Before We  
Have Sex

**9** Sexually  
Responsible  
Behaviors

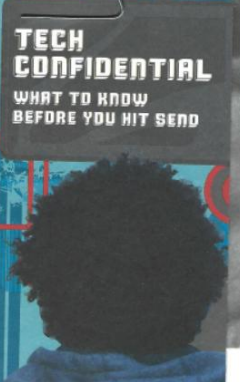


**Is It Sex?  
Is It Safe?**

Safer Sex



Can Be Fun!



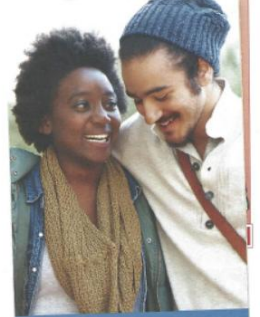
**STD  
Facts**  
**Birth  
Control  
Facts**



Condoms • Depo-Provera • Diaphragm  
Foam • Suppositories • Film • Implant  
Natural Family Planning/Fertility Awareness  
Pill • Patch • Vaginal Ring • Sterilization • IUD

WHAT TO SAY & HOW TO SAY IT  
**20 Ways to  
Respond to  
Sexual Pressure**

**YESmeans  
YES**



What is  
**affirmative  
consent?**



**HATE HAS NO BUSINESS HERE.**

#HATEHASNOBIZHERE

We respect **WOMEN**. We value **BLACK LIVES**.

We stand with our **LGBT COMMUNITY MEMBERS**.

We stand with **IMMIGRANTS** and **REFUGEES**  
and **PEOPLE OF ALL FAITHS**.

We stand with **OUR COMMUNITY**.



*All are*  
**WELCOME HERE.**

Peb tos txais txhua tus אין פה מקום לשנאה  
欢迎各界人士 Tous sont les bienvenus ici  
Waan soo dhaweyneynaa dadka oo dhan  
모두 여기에 오신 것을 환영합니다  
نحن نرحب بالجميع Todos son bienvenidos  
Mọi người đều được chào đón ở đây. ਜੀ ਆਇਆਂ ਨੂੰ

The  
HUMAN STRAITS  
Alliance  
http://straitsalliance.org







*Women's Health Specialists*



**Compassionate, non-judgmental treatment.**  
***Always confidential services.***

Facebook: Nevada County Citizens for Choice







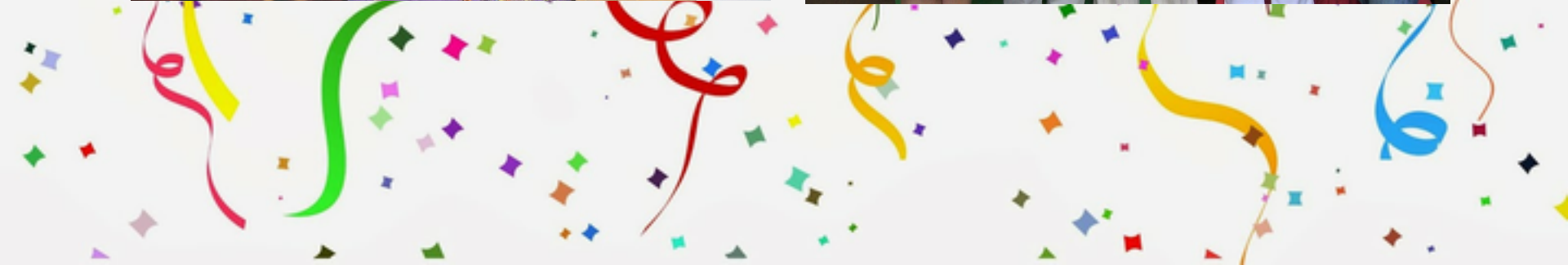


# RESPECT OUR DIFFERENCES

Put Downs, Ethnic, Homophobic, Racial, and Sexist Remarks Are Not Accepted in Our School.



NATIONAL ASSOCIATION OF  
SCHOOL PSYCHOLOGISTS



**Celebrate  
Women's  
Health!**



Photo credit: © Jason Stitt

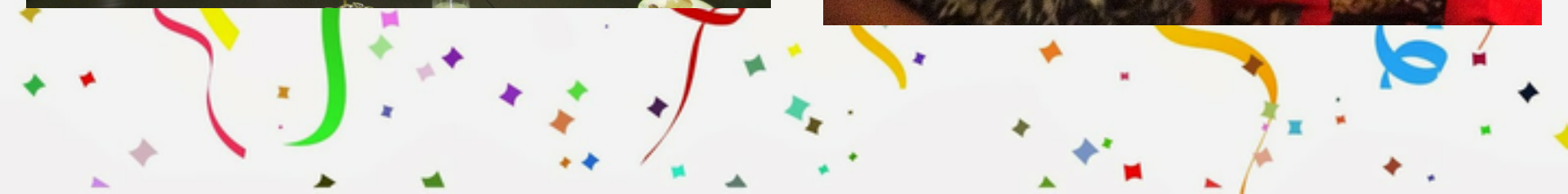
**PREVENTION  
TAKES PRACTICE**



**Facebook: Nevada County Citizens for Choice**











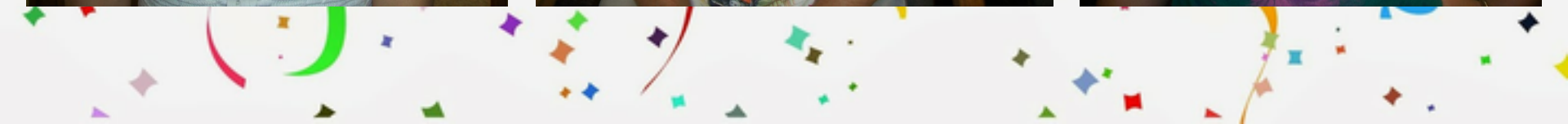
**GYT**  
GET YOURSELF TESTED

**1 in 2 SEXUALLY ACTIVE YOUNG PEOPLE  
WILL GET AN STD BY 25  
-MOST WON'T KNOW IT**

**GYTNOW.ORG**

**It's Time...  
The Clinic!  
is Open!**





**CHLAMYDIA  
IS NOT A FLOWER.  
GET TESTED!**



Facebook: Nevada County Citizens for Choice

# The Early Option Pill

**What is the Early Option Pill, "The Abortion Pill?"** It is a way to end pregnancy without surgery using the drug Mifeprex. Mifeprex is the "abortion pill" you've heard about and it is available in the U.S. Mifeprex can be taken from the time a woman knows she is pregnant up to ten weeks after the beginning of the last menstrual period.

**How does it work?** Mifeprex blocks the hormone necessary to maintain a pregnancy. When followed by a second medicine, misoprostol, the uterus contracts to expel the pregnancy.

**How effective is the early option pill?** Mifeprex followed by misoprostol is approximately 92-98% effective in ending pregnancy. A few women who take Mifeprex will need a surgical abortion to end the pregnancy or to stop heavy bleeding. In the past decade more than half a million women in Europe have used this drug for successfully ending early pregnancy.

**What will I experience during the abortion?** For most women, it is like an early miscarriage. Bleeding and cramping are a normal part of the process. Side effects that may occur include nausea, vomiting, diarrhea, dizziness, fatigue and back pain. You can take a pain reliever to help with the discomfort.

**How long does it take?** On day one you will be given Mifeprex. 24 to 48 hours later, you will take misoprostol. Almost all women expel the pregnancy within 24 hours after taking the combined drug regimen. The expulsion process can last one to four hours. After the pregnancy is expelled, the cramping should subside and bleeding should be minimal. Most women can expect to bleed or spot for an average of nine to 16 days.

**How is the Early Option Pill provided?** There are two steps and at least two visits to WHS. On the first day you will receive counseling to understand how this option works and answer your questions. You

will have an ultrasound, a physical exam and a pregnancy test to determine that you are ten weeks (70 days) pregnant or less. You will be given Mifeprex to start the abortion process. Some women will begin spotting after taking Mifeprex. 24 to 48 hours later you will take Misoprostol at home and you will begin to bleed. Most women expel the pregnancy within 6 hours after taking the Misoprostol. You will return to the clinic for a check-up to make sure the abortion is complete.

**How will I know if the procedure was successful?** The check up visit is very important because this will confirm that the abortion was successful and complete. If the abortion was successful no further follow up appointments are needed. If the abortion was not successful or is incomplete, a suction abortion will be performed. If the procedure is incomplete, heavy bleeding and infection can occur if left untreated. It is very important that you have a check up because if the pregnancy has not ended, there may be a chance of birth defects for a growing fetus or harmful infections for the pregnant woman.

**Is the Early Option Pill right for me?** Call Women's Health Specialists to discuss if this option is best for you. Women should not take Mifeprex if over ten weeks pregnant, have an ectopic pregnancy, are taking certain medications or have certain health concerns. You must be able to return to the clinic for necessary visits and be able to get emergency help.

**When can I begin birth control?** You can become pregnant right after your pregnancy ends. If you do not want to become pregnant again, you can start using birth control as soon as your pregnancy ends or before you start having sexual intercourse again. WHS can provide you with birth control at your check up visit.

**How can I get an appointment or more information?** Call Women's Health Specialists. Our telephone counselors are available to discuss your options, answer all your questions and make your appointment.



Chico (530) 891-1911  
Redding (530) 221-0193  
Grass Valley (930) 821-8273  
www.cwhs.org

# PROTECT IMMIGRANT FAMILIES

40 YEARS  
WOMEN'S  
HEALTH  
SPECIALISTS  
FEMINIST HEALTHCARE  
CALWHS.ORG OF CALIFORNIA