



Pregnancy Options Counseling

Wednesday, October 5th, 2022

Please complete a brief survey before the training begins:
https://redcap.link/fpe_options_counseling





Scope of Training



How to support your patients in evaluating their pregnancy options, including **abortion**, **adoption**, and **parenting**

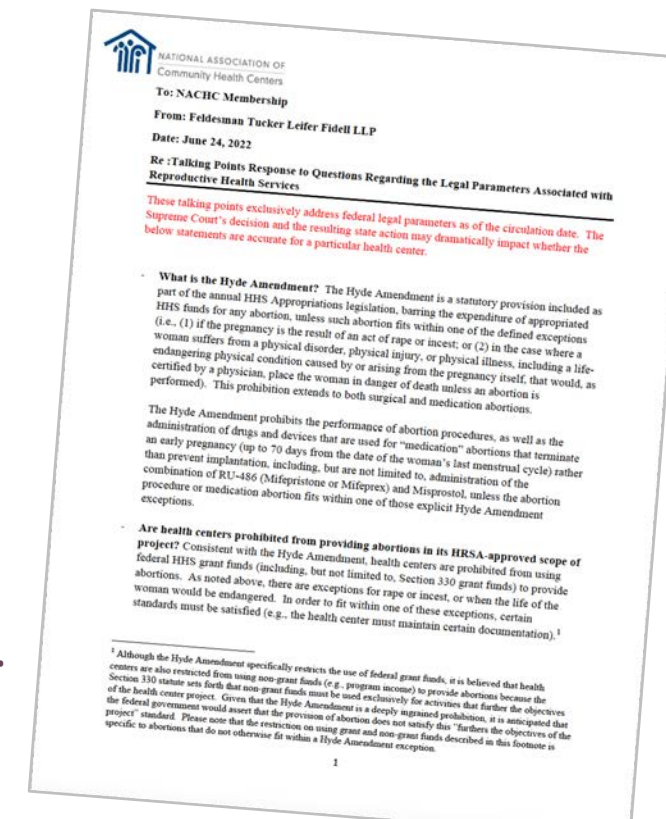
- The what
- The how
- The why





Why provide comprehensive options counseling?

- Professional standard of care
 - ACOG, AAFP, AAP, ACNM guidelines
- Title X requirement
- NACHC recommendation
 - May health centers discuss abortion with patients? **Yes.**
 - Are health centers prohibited from referring patients for an abortion? **No.**



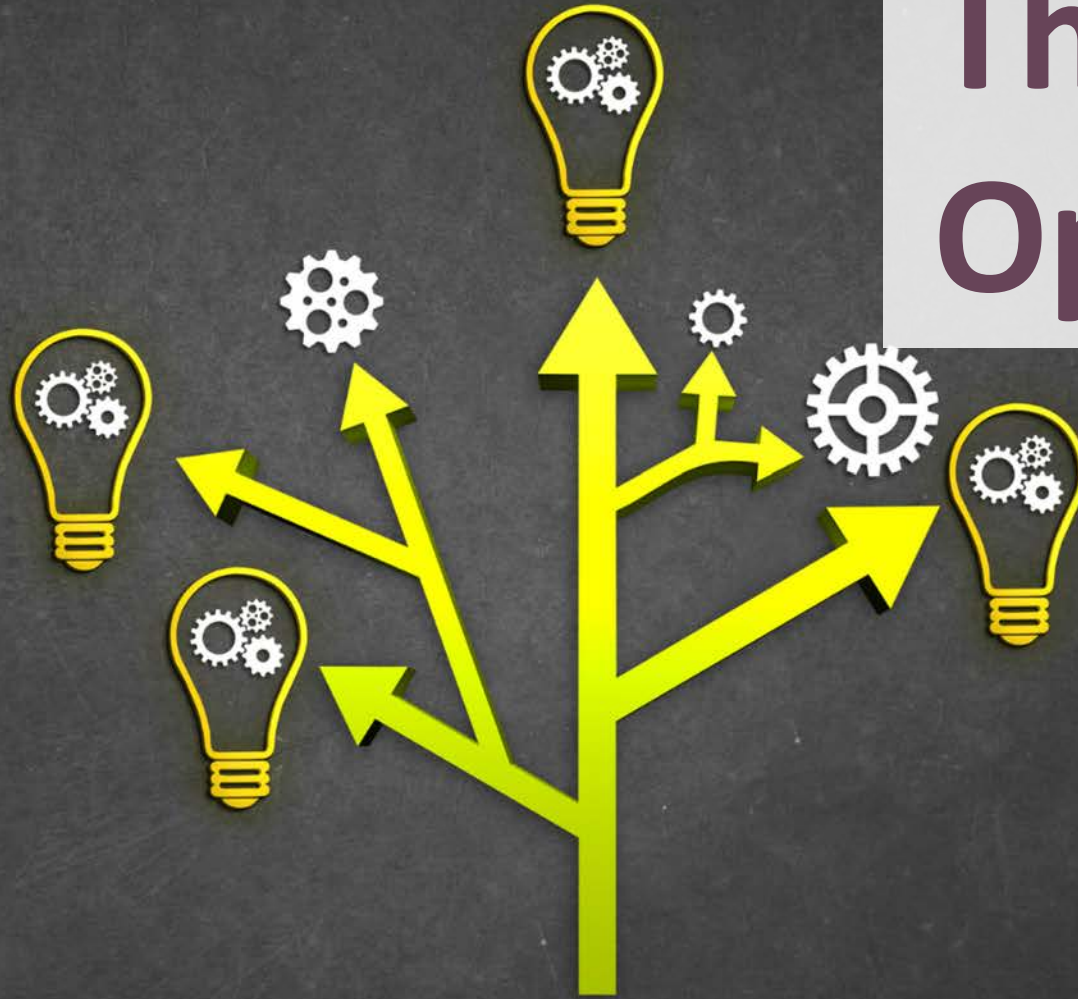


Why provide comprehensive options counseling?

- Providers are in a unique position to provide compassionate, unbiased support
- Comprehensive resources are rare
- Comprehensive options counseling upholds the tenets of reproductive justice



The Options





Abortion



Abortion Overview

- Common
- Safe
- Restricted





Abortion Bills In Utah 1973-2020

YEAR	Total # Bills	Passed	Failed	LEGISLATORS
1973	2	1	1	Stanford/Reeves
1974	2	1	1	Urie/Delmont/Judd/Davis/Harvey
1977	2	1	1	No record
1978	2		2	Selleneit/Harrison
1979	2		2	Delmont/Judd/Livingston/Sykes
1980				None
1981	5	2	3	Snow/Asay/Snow/Bangerter/Sykes
1982	1	1		Sykes
1983	2	2		Sykes/no record
1984	3		3	No record
1985	2	1	1	Overson/Moss
1986	2		2	Selleneit
1987	1		2	Tate
1988	1	1		No record
1989	1		1	Karras
1990-96	21			No information
1997	1	1		Killpack
1998-99				No bills
2000	2		2	Way/Throckmorton
2003	2		2	Thompson/Buttars/Philpot/Morgan/Wright
2004	6	2	4	Allen/Bramble/Philpot
2006	2	1	1	Ray/Bramble/Gibson/Peterson
2007	2		2	Ray/Bramble/Gibson/Peterson
2009	3	3		Wimmer/Buttars/Sumson/Madsen/Ray/Bramble
2010	3	3		Wimmer/Dayton
2011	3	3		Wimmer/Dayton/Buttars/Stuart
2012	1	1		Eliason/Bramble
2013	1	1		Dayton/Grover
2014	1	1		Harper/Ray
2016	2	1	1	Bramble/Stratton/Oda
2017	1	1		Bramble/Stratton
2018	2	1	1	Lisonbee/Bramble/Weiler/Stratton
2019	3	3		Lisonbee/Bramble/Acton/Henderson/Dunnigan
				Dailey- Provost/Bramble/Lisonbee/Kitchen/Eliason/Moss/Ipson/Ward/Vickers/Daw/Christiansen/Acton/Brammer/Robertson/Seegmiller/Snow/McKay/Gibson/Henderson/Dunnigan/Laist/Stevenson
2020	11	7	4	
TOTAL	95	39	36	



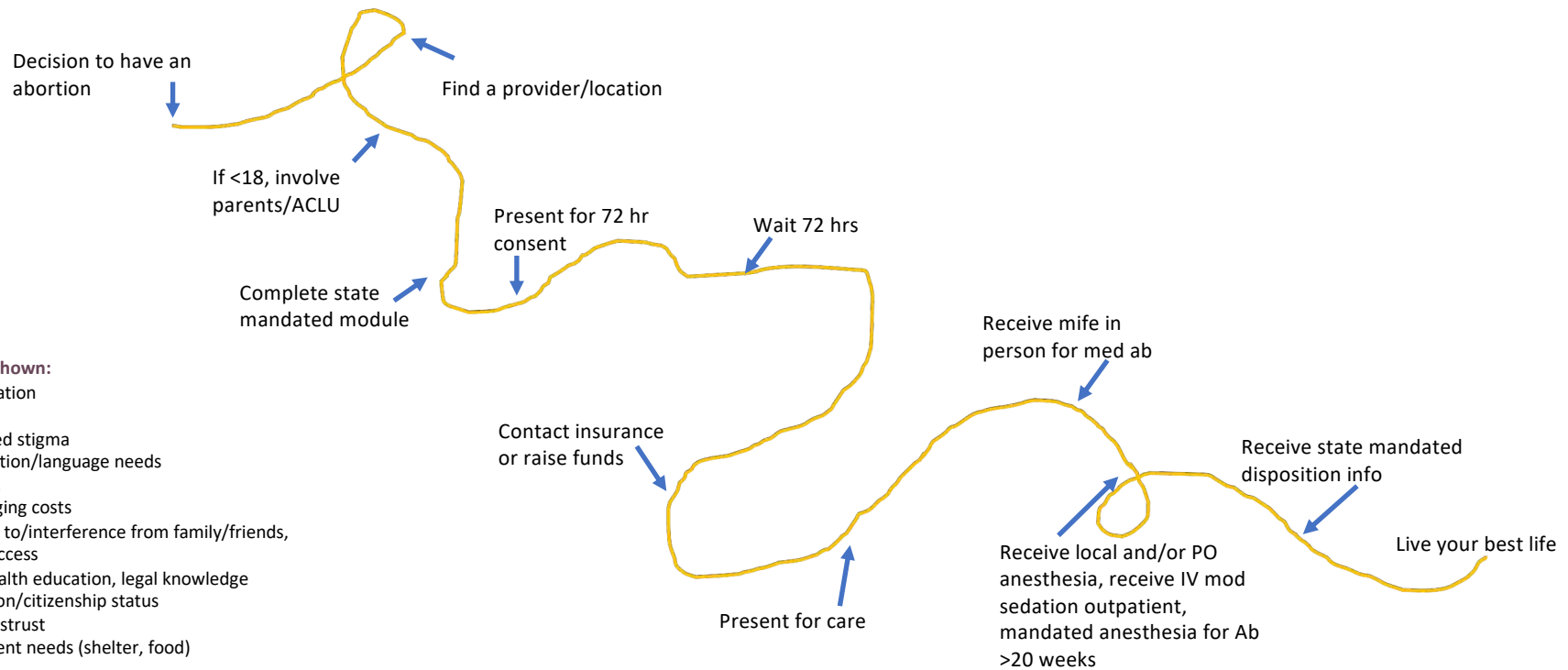
Abortion Care Facilities

- Hospital Based
 - Maternal life endangerment
 - Lethal or grave fetal anomaly
 - Reported rape or incest
- Outpatient
 - [Planned Parenthood Metro Health Center](#) 801-257-6789
 - [Wasatch Women's Center](#) 801-263-2111





Roadmap To An Abortion





Utah Department of
Health & Human
Services

CHILDBIRTH

ABORTION

ADOPTION

AID RESOURCES

DOWN SYNDROME

Contemplating Abortion?

Women have abortions for a variety of reasons. The decision whether or not to have an abortion should be carefully considered. It is important to be well-informed before making such an important decision. This module contains information about the developing embryo and fetus, abortion procedures, alternatives to abortion, and resources available for pregnant women in Utah.

If you are seeking an abortion, to meet the State of Utah informed consent law and begin the 72-hour waiting period, you are required to complete this education module. At the end of each section, there will be questions to verify your understanding of the information.

To complete the module in Spanish, please click [here](#) or on the "ES" in the upper right corner of the screen.

You must start and finish the education module in the same language to print the Information Module Certificate at the end.

Start Module >>



<https://informedconsent.health.utah.gov/>



Information Module Certificate

I hereby attest that I have thoroughly viewed and learned from the abortion information module and have become aware and understand the information presented to me.

Following the review of the information module located at informedsent.health.utah.gov, I am knowledgeable to the extent of the information detailed in the module of:

I hereby attest that I have thoroughly viewed and learned from the abortion information module and have become aware and understand the information presented to me.

Following the review of the information module, I am knowledgeable to the extent of the information detailed in the module of:

1. I understand that the State of Utah prefers childbirth over abortion.
2. I understand that it is unlawful for any person to coerce a woman to undergo abortion.
3. I understand that if a physician who performs an abortion without obtaining my informed consent or without providing me a private medical consultation may be liable for damages in a civil action at law.
4. I reviewed the geographically indexed list of resources.
5. I reviewed the adoption-related expenses that may be paid and understand under what conditions they may be paid.
6. I understand that private adoption is legal in the state of Utah.
7. I am knowledgeable, to the extent detailed in the information module, regarding prenatal development of the embryo and fetus.
8. I am aware of my right to view an ultrasound of the unborn child, at no expense to me, upon my request.
9. I am aware of the chances of survival of an unborn child out of the womb during the different stages of the pregnancy.
10. I am aware of the possible medical risks associated with carrying a child to term.
11. I am knowledgeable of the various abortion procedures used in current medical practice and the risks associated with these procedures.
12. I am aware of the possible psychological impact of abortion.
13. I understand that I have the right to decide what I would like to do with the aborted fetus.

Module Viewer

NAME:

SIGNATURE:

Viewed on: August 09th, 2022 12:44 PM



Informed Consent for Termination of Pregnancy

I agree to respect others' confidentiality and privacy and not to record this session. I understand that I am participating in an education session and that medical diagnosis and counseling will not be provided at this time. I understand that I can set up a separate time to discuss my specific situation with staff.

I understand that I am meeting with an approved licensed health care provider at least 72 hours before an abortion, which I understand will end my pregnancy, to receive the following information:

1. I understand that it is my choice whether to have this pregnancy termination procedure.
2. I have viewed the entire state-mandated information module and have provided a signed certificate.
3. I understand I can have access to printed materials published by the Utah Department of Health free of charge. This information includes a detailed description of the fetus and is available at <https://informedconsent.health.utah.gov> or from staff of Planned Parenthood Association of Utah.
4. I have been provided with the abortion options I can choose from, how each procedure or treatment will affect the fetus, as well as alternatives, risks, benefits, and limitations of the procedure of treatment.
5. I have been presented with information about the nature of an abortion procedure or treatment and the alternatives to pregnancy termination, including adoption and prenatal care.
6. I have received information regarding the medical risks to me of carrying this pregnancy to term.
7. I have been given information of the gestational age and a description of the development of the fetus at the time the procedure would be performed.
8. I understand that the State of Utah offers an ultrasound free of charge.
9. I understand that I should contact a physician immediately if I choose medication abortion and become concerned about completing the abortion after taking the first medication.
10. I have received a copy of the Utah Department of Health's approved form regarding the disposition of fetal tissue after an abortion and understand that I must notify Planned Parenthood Association of Utah regarding any preference I have for such disposition.

I hereby certify that I received the information listed above in a face-to-face education meeting at least 72 hours prior to the time of my appointment for pregnancy termination.

I agree that an electronic signature is as valid as an original, hard copy signature.

Signature of Patient _____ Date _____

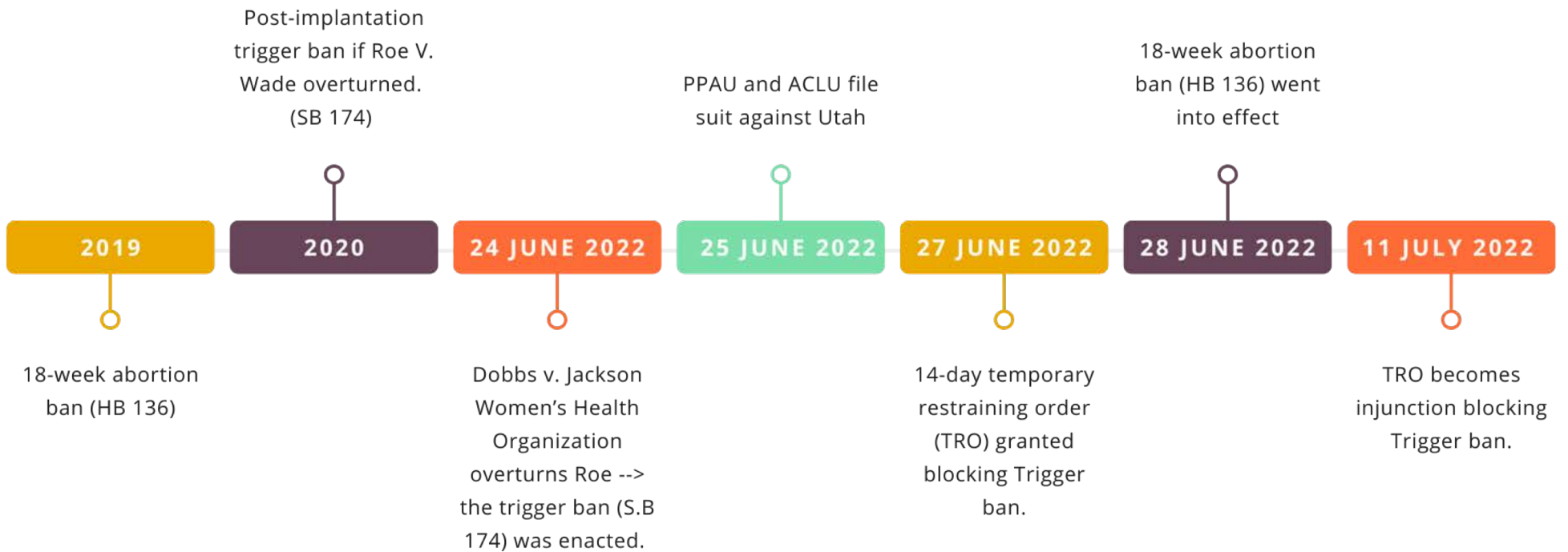
Signature of Parent/Guardian _____ Date _____

I witness the fact that the patient/patient's legal guardian (or person consenting on her/his behalf) received the above mentioned information and said she/he read and understood same.

Signature of Licensed Healthcare Provider _____ Date/Time _____



Legal Landscape In Utah





Exceptions

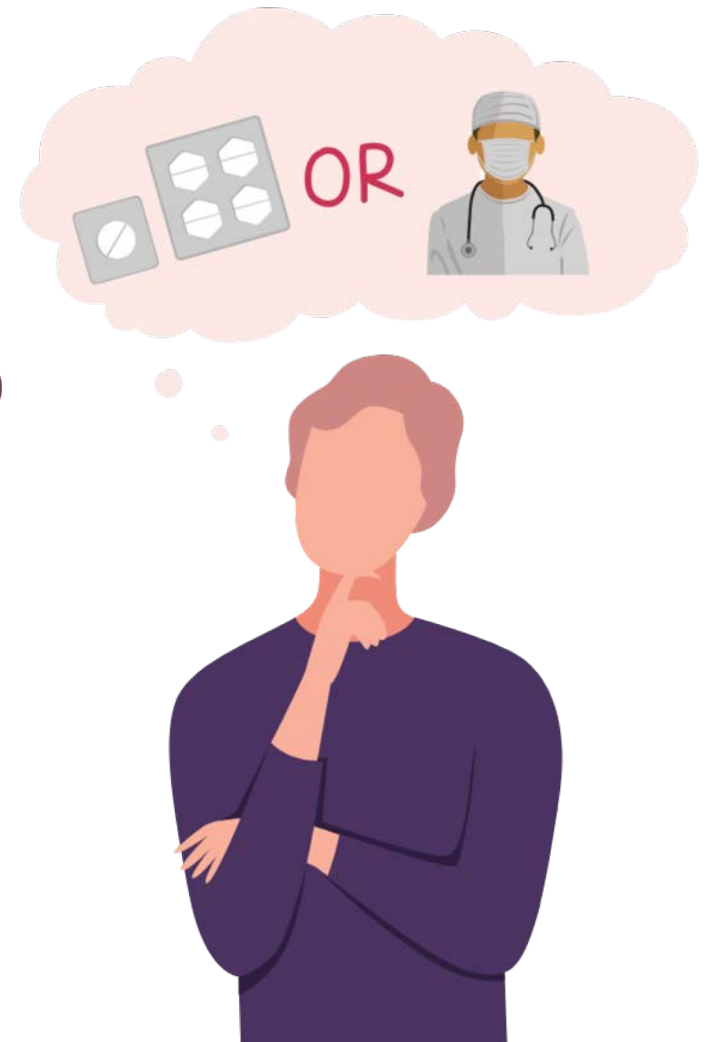
- To avert the **death** of the woman, or a **serious risk** of substantial and irreversible impairment of a major bodily function
- Pregnancy is a result of **rape or incest**, and the physician verifies this is reported to **law enforcement**
- Two MFM physicians concur, in writing, that the fetus has either:
 - A) a defect that is uniformly diagnosable and uniformly **lethal**
 - B) has a **severe brain abnormality** that is uniformly diagnosable





Abortion Process

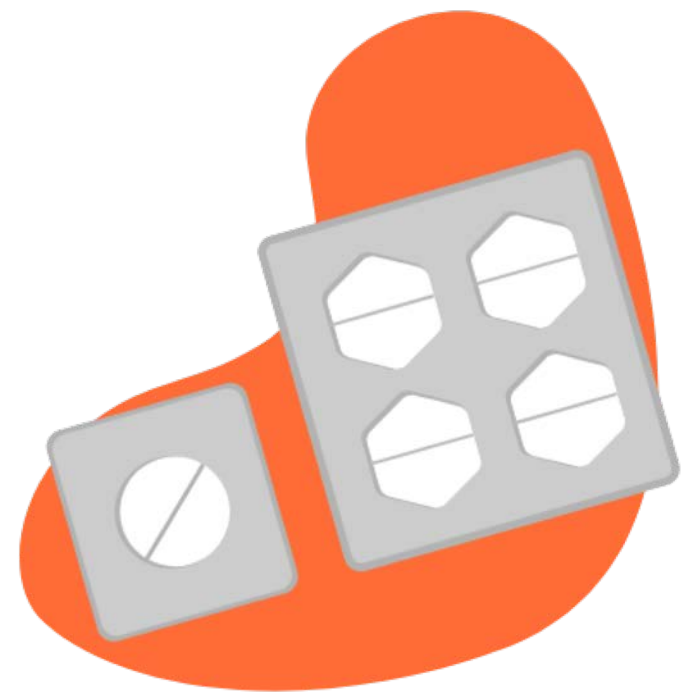
- Abortion Pill (or “medication abortion”)
- Abortion Procedure (or “surgical abortion”)





Self Managed Abortion (SMA)

- SMA is safe
- SMA is not illegal (in Utah)





Abortion Resources

- Up to date information on post-Roe abortion access in Utah
 - [ASCENT Patient FAQs](#)





Abortion Resources: Financial Assistance

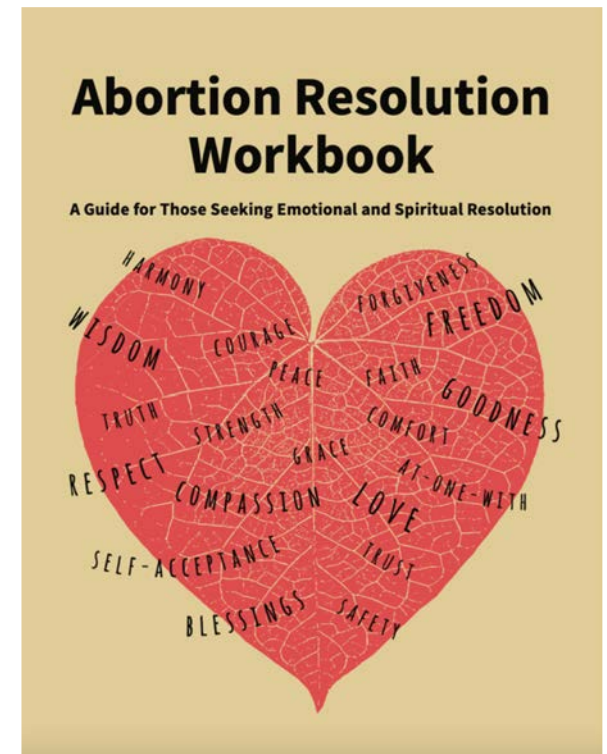
- Average cost: \$500
- Additional costs:
 - Transportation
 - Lodging
 - Childcare
- [Utah Abortion Fund](#)
- [National Network of Abortion Funds](#)
- National Abortion Federation Hotline
1-800-772-9100





Abortion Resources: Emotional Support

- Talklines
 - [All Options](tel:888-493-0092): 888-493-0092
 - [Faith Aloud](tel:888-717-5010): 888-717-5010
 - [Exhale Pro-Voice](tel:617-749-2948): 617-749-2948
 - [Connect & Breathe](tel:866-647-1764): 866-647-1764
- Guides
 - [Abortion Resolution Workbook](#)
 - [Abortion Conversation Projects handouts](#)





Adoption



What is Adoption?

- Children cannot be raised by birth parents become permanent legal members of another family
- Adoption is a far rarer decision than abortion and parenting
- Infant Adoption





Positive Trends & Adoption Benefits

- Growing support for family preservation and parenting
- Recognizing the range of experiences and complex adoption narratives
- Shift from closed to open adoptions
- Expectant/birth parent selection of adoptive family
- Financial coverage for expectant parents





Concerns in Infant Adoption

- Influence of adoption professionals and prospective adoptive parents on decision-making process
- Limited legal protections for birth parents
- Racial inequities in adoption practice



Recommendations

“ There wasn’t paperwork. There wasn’t counseling. There was, like, no requirement for, “Okay, we have to explain X, Y, Z to you.” It was basically, “Okay, well, here’s some life books and call us when you have the baby.” That was kind of the extent of my experience with the agency.”

“ I was immediately treated like I was there to give my child away to somebody.”

“ They [the adoptive parents and agency] pretty much have gotten what they wanted from me, and they didn’t talk to me after that. They texted me once to tell me what the baby’s name was and to tell me that all was well. Yeah, there was no counseling or support or anything. They just didn’t care.”

(Understanding Options Counseling Experiences in Adoption, Donaldson Adoption Institute, 2017)



Positive Adoption Language

Positive Language	Negative Language
Birthparent	Real parent
Biological parent	Natural parent
Birth child	Own child
My child	Adopted child; Own child
Born to unmarried parents	Illegitimate
Terminate parental rights	Give up
Make an adoption plan	Give away
To parent	To keep
Waiting child	Adoptable child; available child
Biological or birthfather	Real father
Making contact with	Reunion
Parent	Adoptive parent
Inter-country adoption	Foreign adoption
Adoption triad	Adoption triangle
Search	Track down parents
Child placed for adoption	An unwanted child
Court termination	Child taken away
Child with special needs	Handicapped child
Was adopted	Is adopted



Adoption Resources: Information

- [The Administration for Children and Families' Child Welfare Information Gateway](#)
- [National Council for Adoption](#)
- [Adopt Connect](#)
- [Pact](#)
- [National Foster Care & Adoption Directory Search](#)





Adoption Resources: Emotional Support

- [All Options Talkline](#) 888-493-0092
- Organizations and online communities for birth/first parents: *see resource list*
- Adoption Blogs: *see resource list*
- Podcast for Birth Moms: [Twisted Sisterhood](#)





Parenting



Parenting

- Ambivalence about pregnancy and parenting is VERY NORMAL
- Unintended pregnancy doesn't equal unwanted pregnancy
- Confronting challenges





Parenting Resources

- **Parenting Classes & Self Sufficiency Skills**
 - [Open Doors](#) (6-week self sufficiency classes, etc)
 - [Family Support Center](#)
 - [Teen Mom Strong](#) (PPAU)
- **Childcare Support**
 - [CareAboutChildcare](#)
 - [Child Care Assistance program](#)
 - [Kids in Care](#) (for people who are unemployed)





Parenting Resources

- **Practical support (gear, supplies, diapers)**
 - [Utah Diaper Bank](#)
 - [Little Lambs Foundation](#) (diapers, clothes, supplies)
 - [Health Dept](#) (sells car seats on sliding scale to those <195% FPL)
- **Medical care, formula and breast feeding support**
 - [Baby Your Baby](#)
 - [WIC](#)
 - [La Leche League of Utah](#)





Counseling Approach



Guiding Thoughts

- **You** are qualified to do options counseling
- Developing skills is an ongoing commitment
 - Seek out opportunities for feedback
 - Use patient interactions to inform your approach
- You **don't** need to change your values, but you **do** need to identify them
- Values clarification is a lifelong activity that improves the care you provide

*Exploring All Options: Pregnancy Counseling Without Bias, RHNTC
Decision Assessment and Counseling in Abortion Care, Perrucci*





Values Clarification: Self Reflection

- *Which pregnancy decisions do I find myself wanting patients to make?*
- *What decisions do I think are foolish?*
- What standards have I internalized regarding parenting that affect my support for all pregnancy decisions?
- Where did these come from?

Decision Assessment and Counseling in Abortion Care, Perrucci





Values Clarification: Owning Our Own Stuff

“

We want to be sure that we understand and clarify our own values so that our work with others is primarily about *others* and not motivated by a need to affirm our own beliefs or justify the choices *we* have made.

”

- Alissa Perrucci, *Decision Assessment and Counseling in Abortion Care*



Counseling Components

- Delivering test results
- Seeking understanding & exploring options
- Sharing decision-making resources
- Making a plan





Delivering Test Results

- If possible, assess patient perspective before test:
 - What do you *think* the result will be?
 - What are you *hoping* the result will be?
- Get right to the results to minimize anxiety
- Explain in simple language what the test result means
 - “The test came back positive, which means that you are pregnant.”
- Allow space for the client to process

*Exploring All Options: Pregnancy Counseling Without Bias, RHNTC
Decision Assessment and Counseling in Abortion Care, Perrucci*



Seeking Understanding & Exploring Options

- Use an open-ended question like “How is that for you, hearing that?”
- Validate and normalize patient response
- Encourage reflection of options
- Provide complete & accurate information on options of interest

*Exploring All Options: Pregnancy Counseling Without Bias, RHNTC
Decision Assessment and Counseling in Abortion Care, Perrucci*





Exploring Options: Sample Questions

For all options

- How did you feel about each of these options before you became pregnant?
- How might you feel about this decision in 1 year? ... in 5 years?

Exploring Parenting

- How would becoming a parent change your future plans?
- What support would you have as a parent?

Exploring Adoption

- What do you know about adoption? ... about open adoption? ... about closed adoption?
- What role would your partner play in making an adoption plan?

Exploring Abortion

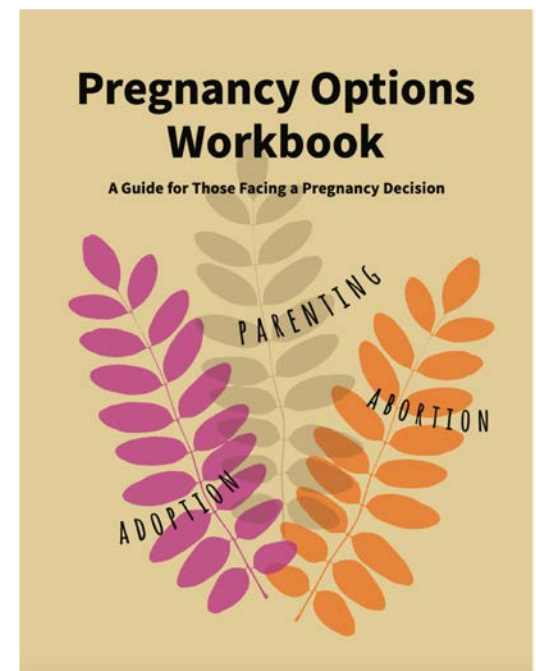
- What do you know about abortion?... medication abortion? ... surgical abortion?
- What role does your partner play in this decision?

RHNTC



Sharing Decision-Making Resources

- Pregnancy Options Workbook
- All Options Talkline
- Consider patient's support system





Making a Plan

- Who will your patient talk to?
 - Referrals for services
- What activities will they do?
- Will you be following up?

*Values Clarification & Options Counseling for
Unintended Pregnancy, NAF*





Values Clarification: Owning Our Own Stuff

“

When we trust that the patient has the answer to their dilemma, we understand that their decisions may differ from what we would decide for ourselves. To work toward living this principle we free ourselves from the notion that we possess knowledge about the rightness of another person's decision that they themselves do not possess. We free ourselves from the notion that we can control events and outcomes.

”

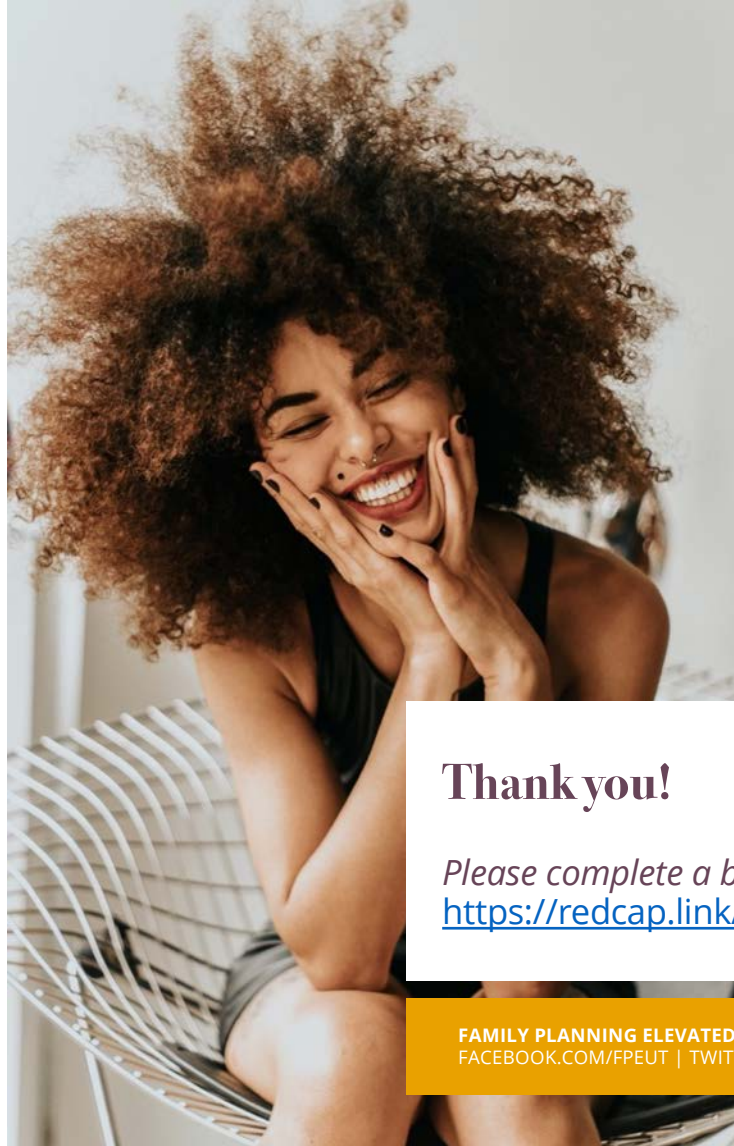
- Alissa Perrucci, *Decision Assessment and Counseling in Abortion Care*



Resources for Additional Learning

- Reproductive Health National Training Center:
[Exploring All Options: Pregnancy Counseling Without Bias](#)
- All Options: [Pregnancy Options Workshop](#)
- [Decision Assessment and Counseling in Abortion Care: Philosophy and Practice](#) by Alissa C. Perrucci
- [Pregnancy Testing and Counseling eLearning Course](#)





Thank you!

Please complete a brief survey after the training:
https://redcap.link/fpe_options_counseling

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FACEBOOK.COM/FPEUT | TWITTER.COM/FPEUTAH