Youth and Caregiver Speak: Creating Stronger Caregiver-Youth Relationships By Embracing Awkward Conversations

_part 2 of the LA RHEP Summer Learning Series Courageous Conversations: Perspectives, lived experiences, and advice about supporting Youth’s health and relationship needs in the time of Coronavirus._

July 8th, 2020
Community-Keeping

• All participants have been muted.
• To ask a question during the webinar, push the Q&A button at the bottom of your screen, type your question, and hit “send.”
  o You can also use the Q&A function to alert presenters of any technical difficulties or other flags.
• The last few minutes of the webinar will be reserved for answering questions.
Presenters

**Felicia L. Reyes**
Program Associate
LA Reproductive Health Equity Project for Foster Youth
She/Her/Hers

**Cherie Schroeder**
Resource Parent, Educator, and Advocate
CA Foster Youth Initiative AmeriCorps (CA FYI)
She/Her/Hers

**Diamond Echevarria**
Yolo County Transitional Age Youth, Non-Minor Dependent
She/Her/Hers

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Yolo County Transitional Age Youth, Non-Minor Dependent
She/Her/Hers

**Clara Johnson, Ph.D**
100 Black Women of Carson
Current Foster Parent
She/Her/Hers

**Janelly Reyes**
Graduate Student at Pepperdine University
LA RHEP Youth Advisory Board member
She/Her/Hers
Los Angeles Reproductive Health Equity Project for Foster Youth

To develop a resilient collective impact campaign.

Significantly reduce inequitable reproductive health outcomes experienced by youth in LA County foster care.

Increase access to reproductive & sexual health care & information for youth in LA foster care.

LA RHEP is generously funded by the Conrad N. Hilton Foundation.
Importance of Conversations

“I was thinking that if a kid is in foster care and the child is to reunify with the parents, who are we to talk to their kids about sexuality”
- Caregiver

“None of my foster parents – I had 14 placements – ever brought up the issue; they were able to establish a curfew and don’t do this and don’t do that, but never a sit down, one-on-one talk.”
- Teen
Importance of Training:

“I don’t know how far we can go into a conversation; I avoid certain topics.”

“I was just pulling things out of the air because I really didn’t know what was available to her”
## California Changes Law and Policy to Ensure Access to Education and Care

<table>
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<tr>
<th>Year</th>
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<td>2015</td>
<td>• No state policy, training, or guidance on sexual and reproductive wellness for youth in foster care</td>
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| 2016   | • CDSS issues state plan to address unplanned pregnancy for youth and NMDs in foster care (All-County Letter 16-88)  
   | • CDSS issues All-County Letter 16-82 - youth rights to sexual and reproductive health education and services |
| 2017   | • California Foster Youth Sexual Health Education Act (SB 89)            |
| 2016-2019 | • CDSS issues series of guidance to clarify obligations for case workers and caregivers and best practices |
Sexual and Reproductive Wellness

- **Youth Rights**
- **Caseworker Obligations related to Healthy Sexual Development of Youth**
- **Caregiver Obligations related to Healthy Sexual Development of Youth**
- **Training and Support for Professionals and Caregivers**
Sexual and Reproductive Wellness:

Youth Rights

1. Right to age-appropriate, medically-accurate sexual health information
2. Right to receive comprehensive sexual health education in middle school and high school
3. Right to access pregnancy related care on their own and confidentially at any age
4. Right to access services related to sexually transmitted infection, including prevention, starting at age 12
5. Right to confidentiality in their reproductive and sexual health information
6. Right to obtain, possess and use contraception of their choice
7. Right to store contraception in their own private storage space in their placement
8. Right to receive sexual health services in a timely manner from their provider of choice, as long as that provider accepts Medicaid
9. Right to transportation to medical appointments
10. Right to be placed according to gender identity and to gender affirming health care

CDSS All-County Letter (ACL) 16-82
Sexual and Reproductive Wellness:

Caregiver Obligations related to Healthy Sexual Development of Youth:

1. Must ensure youth receive medical care, including sexual and reproductive health care
2. Must facilitate timely transportation to appointments
3. Must respect their right to use contraception
4. Must assist youth in access age appropriate medical accurate information about sexual and reproductive health care by directing them to reliable sources of information
5. Must treat youth with respect and maintain their privacy
6. Must use reasonable and prudent parent standard to create normalcy and support healthy sexual development

CDSS ACL 16-88, CDSS STRTP Interim Licensing Standard 87067, 87072, 87074, 87075
Sexual and Reproductive Wellness:

SB 89 made Training related to Healthy Sexual Development of Youth Available:

Sexual and reproductive wellness training now:
- Required for caseworkers
- Required for resource families in pre-approval process
- Available for resource families to meet annual continuing education requirements

Training must cover:
- Guidance on how to engage youth in a developmentally and age appropriate and trauma informed way.
- Medically accurate information on current services and guidance on how to provide referrals and information
- Duties and responsibilities
An opportunity to embrace those awkward conversations and develop a stronger caregiver-youth relationship.
Caregiver-Youth Story

Dr. Clara Johnson & Janelly Reyes
Caregiver-Youth story

Diamond Echevarria
Caregiver-Youth story

Cherie Schroeder
Speaker Panel

Cherie Schroeder
Dr. Clara Johnson
Janelly Reyes
Diamond Echevarria
Important Takeaways

For Supporting and Strengthening the Caregiver-Youth Relationship
Takeaways

Sexual Development is Normal

Create a Brave Space

Don’t Give Up on Them
Takeaways

Set aside Your Biases

Don’t Assume

Empowerment is Key
Takeaways

- Treat them like your children, but*
- Be a Thought Partner
- Help Grow their Community
More Resources

- LA RHEP’s [Tools for “Askable Adults”](#) to have age-appropriate, medically-accurate sexual health conversations with youth in foster care
- CDSS [Know Your Sexual and Reproductive Health Rights](#) brochure (also available in Spanish, Tagalog, Vietnamese, Hmong)
- CDSS [Healthy Sexual Development website](#) has many resources, including “Talking Points for Case Workers about Reproductive and Sexual Health”, practical guidance for caregivers and STRTPs with case studies, and information about the law.
- The LA RHEP website [Fosterreprohealth.org](#) includes many other resources, such as a data snapshot of the Sexual and Reproductive Health Needs of Youth in Foster Care in California.
SB 89 Compliant Sexual and Reproductive Wellness Trainings Available for Caregivers

Classroom-Based Resource Parent Training: Sexual and Reproductive Wellness for Youth in Foster Care
- SB 89 curriculum developed by CDSS for use in classroom setting. Distributed to state FKCE programs in late 2018. For more information on the training, see the CDSS website. Contact your local FKCE program for information on training schedule.

Online Training: Video-Based Curriculum for Sexual and Reproductive Wellness for Youth in Foster Care
- SB 89 curriculum presented in video modules. Developed by CalSWEC and available on their website. Certificates of Completion available.

SB 89 Curriculum and Trainer’s Guide: Sexual and Reproductive Wellness for Youth in Foster Care: A Curriculum for Resource Family Pre-Approval Training
- SB 89 compliant curriculum and trainer’s guide that can be used to meet resource family pre-approval training requirements. Developed by John Burton Advocates for Youth, Seneca Family of Agencies and LA RHEP. Available on the John Burton Advocates for Youth website.
Caregiver Advisory Board

LA RHEP’s Caregiver Advisory Board will…

Help create LA RHEP’s “Champion Program” a space for caregivers to practice skills and ask questions related to the reproductive and sexual health of youth

Host and facilitate listening sessions with caregivers in Los Angeles County

Help inform LA RHEP’s policy agenda

If you are interested in joining, please contact Felicia Reyes, freyes@youthlaw.org
Upcoming Webinars!

**Parenting Youth Speak: How We Are Experiencing COVID-19 and Ways To Support Us**

Part Three of Courageous Conversations: Perspectives, lived experiences, and advice about supporting Youth's health and relationship needs in the time of Coronavirus.

August 5th, 2020
12:00PM - 1:30PM

HTTPS://BIT.LY/PARENTINGYOUTHSPEAK

In this webinar, parenting youth in foster care will share how they have been experiencing the last few months, including what their most urgent needs and concerns are right now related to health care but also education, employment, housing, childcare, relationships and their children’s needs.

For questions please contact Felicia Reyes, freyes@youthlaw.org

Visit fosterreprohealth.org for more reproductive and sexual health resources.

This series was made possible in part through funding from the Conrad N. Hilton Foundation

**Advice from Youth for Youth: Self-Love, Sexual Intimacy, and Healthy Relationships Amid COVID-19**

Part Four of Courageous Conversations: Perspectives, lived experiences, and advice about supporting Youth's health and relationship needs in the time of Coronavirus.

August 26th, 2020
12:00PM - 1:30PM

In this webinar, members of the LA RHEP Youth Advisory Board will talk about sexual intimacy in sexual relationships and best practices to love and care for yourself during these times.

For questions please contact Felicia Reyes, freyes@youthlaw.org

Visit fosterreprohealth.org for more reproductive and sexual health resources.

This series was made possible in part through funding from the Conrad N. Hilton Foundation
Q&A with the Presenters
To ask questions, find more information, or receive updates on new resources, go to our website and sign-up for our listserv on fosterreprohealth.org
Please scroll to the bottom.