



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



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PRESS RELEASE FOR LOCAL MEDIA

To: Local Media Outlets
From: Central Michigan District Health Department
RE: CMDHD Promoting Family Planning Program
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CMDHD Promoting Family Planning Program

The Family Planning Program at Central Michigan District Health Department (CMDHD) provides birth control services to individuals of reproductive age who want to prevent unwanted pregnancies. We have three certified Nurse Practitioners who see clients in our offices. This federally funded program provides many positive health benefits for individuals who are seen in our clinics.

“The program stresses education and counseling to help lower health risks and increase healthy behaviors. The main goal of the program -- to reduce unplanned pregnancies -- has proven to be successful,” said Connie Lance, CMDHD Community Health Supervisor. “Anyone who wishes to receive family planning services is seen on a confidential basis, regardless of their income. Abortions are not provided through the Family Planning Program.”

While services are available to anyone, most of our clients are teens and low-income individuals. People with low income can receive their services at a reduced rate or no cost, and no one is denied services because of their inability to pay. We bill most insurance companies. For those who are underinsured, family planning fees are charged on a sliding fee scale based on their income level. We also accept donations to help support these important services.

With teen pregnancy rates on the rise, it is time to focus even more on education and prevention. Even though parental involvement is not required, CMDHD encourages teens to talk to their parents or an adult they trust about the consequences that follow risky behaviors.

- **FACT:** Teens say parents are the #1 influence on them when it comes to dating and relationships.
- **FACT:** When it comes to healthy relationships, teens say it’s all about trust, and honesty is the second most important factor in a healthy relationship.

Please visit us online at www.cmdhd.org.

- **FACT:** Almost 1 in 6 teens say they don't know anyone who serves as an example of a healthy relationship, according to stayteen.org.

The Family Planning Program at CMDHD has caring Nurse Practitioners and Registered Nurses working in our offices. Services include:

- Annual (physical) exams, including screenings for sexually transmitted infections.
- A full range of birth control information, including abstinence education.
- A variety of birth control methods, including birth control pills, injections, rings, IUDs, implants, condoms, natural family planning, and emergency contraception.
- Pregnancy testing, counseling, and referrals.
- Screening for referrals for breast and cervical cancer, as well as other health issues.
- Client education and counseling, as well as community education.
- Follow-up visits and referrals for social and medical issues.
- Sending prescriptions to your local pharmacy, if desired.
- PrEP assessment and prescriptions.

Parents and other trusted adults are encouraged to call or visit our clinic for a tour. This is available even if your teen is not using the health department's family planning services. We encourage community members, parents, clergy, teachers, and teens to join our Family Planning Advisory Board, which meets twice a year to discuss the family planning needs in our communities.

Please contact Community Health at 989-314-7570 for more information about Family Planning Services. Information can also be found on our website at <https://www.cmdhd.org/reproductivehealth>.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Visit our website at www.cmdhd.org and follow us on [Facebook](#) and [Instagram](#).

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