

# ABCD FAMILY PLANNING TRAINING INSTITUTE

*2020 Calendar*



**The ABCD Family Planning Training Institute** provides professional level training on family planning, reproductive health and sexuality education for healthcare providers, counselors, educators, and other community health workers.

**[BOSTONABCD.ORG/HEALTH](https://BOSTONABCD.ORG/HEALTH)**

# TRAINING FOR HEALTH LEADERS



**Each year, ABCD Family Planning Training Institute**

offers a comprehensive calendar of professional training opportunities. The following core programs are usually offered three times a year:

- **BASIC FAMILY PLANNING:**

A six-day family planning counselor certification course.

- **FAMILY PLANNING FOR ADVANCED PRACTICE:**

A two-day course for nurses, advanced practice nurses, physician assistants and physicians.

14.5 contact hours available for nurses.

- **INTRODUCTION TO FAMILY PLANNING:**

A two-day course for community agency staff.

11 Continuing Education Credits available for social workers.

In addition, trainings on current reproductive health topics are held several times a year. Specialized trainings on family planning and reproductive health topics are available for community and health care agencies by special arrangement with ABCD staff.

2020

ABCD FAMILY PLANNING TRAINING INSTITUTE

# TRAINING CALENDAR



## INTRODUCTION TO FAMILY PLANNING

A two-day training for health educators, outreach workers, and other community agency staff interested in a very basic introduction to family planning and reproductive health.

*This training is designed for staff who are NOT working as family planning counselors in clinical settings.*

**TOPICS INCLUDE:** Human Anatomy and Physiology, Sexual Health Basics, Reproductive/Sexual Health Basics, Birth Control Methods, Emergency Contraception, Pregnancy Options, Resources and Referrals. Participants attending the full two days will receive a certificate of completion.

***Continuing Education Credit Information:** This educational activity has been approved for 11 Continuing Education Credits in Social Work by Boston University School of Social Work.*

**FEE: \$150** (includes handouts and light refreshments). No cost for staff of ABCD and MDPH funded family planning programs. Staff requesting CEC certificate will be charged **\$50** to defray approval expenses.

**TRAINERS:** Chantal St. Louis, M.A. Women's Health, Training Institute Manager, Margaret Fryerwood, MPH, Training Institute Coordinator, and ABCD Family Planning Trainer Consultants.

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### TRAINING DATES:

**WINTER: March 5 & 6, 2020**

**SPRING: June 18 & 19, 2020**

**FALL: November 12 & 13, 2020**

**CLASSES: 9am – 4pm**



## BASIC FAMILY PLANNING

A six-day course for individuals working in family planning and reproductive health programs. This training provides a comprehensive introduction to family planning counseling, designed especially for those who have limited knowledge of family planning. Two hours of homework assignments are required for each week.

**TOPICS INCLUDE:** Principles For Providing Quality Family Planning Counseling and Education, Reproductive Anatomy and Physiology, Contraceptive Methods and Emergency Contraception, Pregnancy Options Information, STD/HIV Information and Prevention, Preconception Health, Sexual Health Issues, Counseling Adolescents and Sexual Coercion and Abuse and Family Involvement.

A certificate will be awarded upon successful completion of the course, which includes attendance at all six sessions, completion of homework, and passing a take-home exam. Certification of family planning counselors at ABCD Family Planning sites includes observation of family planning counseling sessions.

**FEE: \$300** (includes text, handouts, light refreshments). No cost for staff of ABCD and MDPH funded family planning programs.

**TRAINERS:** **Chantal St. Louis**, M.A. Women's Health, Training Institute Manager, **Margaret Fryerwood**, MPH, Training Institute Coordinator, and ABCD Family Planning Trainer Consultants.  
Guest speakers will also participate.

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### TRAINING DATES:

**WINTER: January 7, 9, 14, 16, 21, 23, 2020**

**SPRING: May 5, 7, 12, 14, 19, 21, 2020**

**FALL: Sept. 15, 17, 22, 24, 29, and Oct. 1, 2020**

**CLASSES: 9am – 4pm**

*1-Day Administrative and Counseling Protocols training is required at no cost for staff of ABCD funded family planning programs.*

**WINTER: January 28, 2020**

**SPRING: May 26, 2020**

**FALL: October 6, 2020**

**CLASSES: 9am – 4pm**



## ADVANCED FAMILY PLANNING

A two-day course providing an intensive comprehensive training on family planning, designed specifically for RNs, Advanced Practiced Nurses, and Physician Assistants.

**TOPICS INCLUDE:** Reproductive Anatomy; Physiologic Basis of Reproduction: Endocrinology of the Menstrual Cycle and Influence on Contraception Mechanisms; Basic Infertility Care; Preventative Reproductive Health Care; Foundation of Sexual Health Counseling and Care; Combined Hormonal Contraceptive Methods: Pill, Patch, Ring; Progestin-Only Contraceptive: Pills and Injection; Long Acting Reversible Contraception (LARC): Implant and Intrauterine Contraception; STD and HIV Screening Recommendations and Treatment; Adolescent Reproductive Health: Confidentiality, Legal, and Documentation Issues; Assessment of Intimate Partner Violence, Trauma History, Sexual Exploitation, and Child Abuse/Neglect; Client Education and Counseling Skills for Reproductive Health; Permanent Contraception, Emergency Contraception; Caring for the Woman with an Unintended Pregnancy; and Case Discussions.

**CONTACT HOUR INFORMATION:** This educational activity has been approved for 14.5 contact hours by the Northeast Multi-State Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

**FEE: \$300** (includes text, handouts, refreshments, and 14.5 contact hours for nurses). No cost for staff of ABCD and MDPH funded family planning programs. Staff requesting contact hours certificate will be charged **\$200** to defray approval expenses.

**TRAINERS:** **Rachel Preiss, RN, WHNP-BC, IBCLC, SANE.** Other trainers will contribute their expertise during this two day course.

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### TRAINING DATES:

**WINTER: February 13 & 14, 2020**

**SPRING: June 11 & 12, 2020**

**FALL: October 15 & 16, 2020**

**CLASSES: 8am – 5pm**



## HIV EDUCATION FOR HEALTH WORKERS

A two-day training designed for reproductive health educators and counselors and their supervisors, social workers, and other community agency staff.

**TOPICS INCLUDE:** Basic information about HIV, STIs, and Hepatitis; values clarification; risk assessment and education; HIV testing options and processes including the difference between rapid and conventional results; referral resources.

### **CONTINUING EDUCATION CREDIT INFORMATION:**

This educational activity has been approved for 11 Continuing Education Credits in Social Work by Boston University School of Social Work.

**FEE: \$150** (includes handouts and light refreshments). No cost for staff of ABCD and MDPH-funded family planning programs, staff requesting CECs certificate will be charged **\$50** to defray approval expenses.

**TRAINERS:** ABCD Family Planning Trainer Consultants.

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### **TRAINING DATES:**

**SPRING: April 2 & 3, 2020**

**FALL: November 19 & 20, 2020**

**CLASSES: 9am – 4pm**



## MANDATORY TRAININGS & NETWORKING BREAKFAST

Mandatory trainings on current reproductive health topics are offered several times a year. These trainings are required for certified family planning counselors in ABCD family planning funded sites. Training topics and dates will be posted online every quarter.

Family Planning Counselor Networking meeting to be announced online every quarter. Attendance registration is required.

# 2020 Registration Form

▼ **PLEASE REGISTER ME FOR: (by registration below)**

## **INTRODUCTION TO FAMILY PLANNING: 9am – 4pm**

☐ Mar. 5 & Mar. 6, 2020 | **DEADLINE:** Feb. 17, 2020

☐ June 18 & 19, 2020 | **DEADLINE:** June 4, 2020

☐ Nov. 12 & 13, 2020 | **DEADLINE:** Oct. 1, 2020

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## **BASIC FAMILY PLANNING: 9am – 4pm**

*You must attend ALL sessions!*

☐ Jan. 7, 9, 14, 16, 21, 23, 2020 | **DEADLINE:** Dec. 23, 2019

☐ May 5, 7, 12, 14, 19, 21, 2020 | **DEADLINE:** April 20, 2020

☐ Sept. 15, 17, 22, 24, 29, and Oct. 1, 2020 | **DEADLINE:** Sept. 1, 2020

*1-Day Administrative and Counseling Protocols training required.  
No cost for staff of ABCD funded family planning programs.*

**WINTER:** Jan. 28, 2020 | **SPRING:** May 26, 2020

**FALL:** Oct. 6, 2020

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## **HIV EDUCATION FOR HEALTH WORKERS: 9am - 4pm**

☐ April 2 & 3, 2020 | **DEADLINE:** Mar. 26, 2020

☐ Nov. 19 & 20, 2020 | **DEADLINE:** Nov. 9, 2020

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## **ADVANCED FAMILY PLANNING: 8am – 5pm**

☐ Feb. 13 & 14, 2020 | **DEADLINE:** Jan. 30, 2020

☐ June 11 & 12, 2020 | **DEADLINE:** May 28, 2020

☐ Oct. 15 & 16, 2020 | **DEADLINE:** Oct. 1, 2020

*\* Turn page over to complete form*

# 2020 Registration Form



## CONTACT INFO

\*PLEASE FILL OUT EACH LINE CLEARLY

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

AGENCY: \_\_\_\_\_

JOB TITLE: \_\_\_\_\_

DEPARTMENT: \_\_\_\_\_

WORK ADDRESS: \_\_\_\_\_

\_\_\_\_\_

SUPERVISOR NAME: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

### PLEASE MAIL OR FAX REGISTRATION FORM TO:

**ABCD Family Planning Training Institute  
105 Chauncy Street, 4th Floor  
Boston, MA 02111  
Fax: 617.357.6810**

**ONLINE REGISTRATION AT:  
[BOSTONABCD.ORG/HEALTH](https://bostonabcd.org/health)**



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about other ABCD programs**