IOWA FAMILY PLANNING UPDATE
Today’s Vision, Tomorrow’s Reality

Tuesday September 17, 2013
Ramada Tropics Resort & Conference Center
to the 2013 Iowa Family Planning Update: Today’s Vision, Tomorrow’s Reality. There is an old saying that says, “change is the evidence of life.” It is not a secret that we have experienced many changes over the last few years. From electronic health records to the pending implementation of the Affordable Care Act, we are laying the foundation for new methods of providing comprehensive family planning and reproductive health care services for generations of men and women who rely on our services. We are so excited about this year’s conference. It will challenge you and your colleagues about the utilization of technology and the impact on our efforts to educate and provide services to Iowans.

We look forward to seeing you at the conference and working with you to frame the vision for family planning and reproductive health care services in Iowa.

Best regards

Jodi Tomlonovic
Executive Director

Denise Wheeler
Family Planning Coordinator
This conference is designed with the goal of providing participants with an opportunity to gain new information, discuss emerging issues, network with colleagues, and exchange cost-effective strategies for identifying health concerns affecting their clients and addressing those needs in a culturally appropriate and client-focused manner.

REGISTRATION DEADLINE: SEPTEMBER 10, 2013
This conference is supported by Grant #FPHPA07605 from the U.S. Department of Health & Human Services.

Target Audience
Nurse Practitioners, Nurses, PAs, Counselors, Community Educators, and Administrators and anyone interested in the issues surrounding sexual and reproductive health services.

Location
Ramada Tropics Resort & Conference Center
5000 Merle Hay Road
Urbandale, IA 50322
(515) 278-0271
www.ramadatropicsresort.com
Google Map - Ramada Tropics Resort

Accommodations
A block of sleeping rooms has been reserved at the hotel for the conference attendees at a special rate of $55.00 (single or double) per night plus tax. To take advantage of this rate, please make reservations with the hotel by August 17, 2013 and mention the Family Planning Conference. After this date, reservations will be honored on a space available basis and may not be eligible for the reduced rate.
Fees

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<tr>
<td>Title X</td>
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<td>Non-Title X</td>
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<td>CEUs</td>
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Refund/Cancellations

Cancellations and substitutions will be honored UP TO 3 BUSINESS DAYS before conference commencement. Thereafter, the amount of registration fee minus program fee of $50 will be returned to the payee. FPCI reserves the right to cancel this program if registration fails to draw a minimum number of participants by the registration deadline. In such an event, all registered participants will be notified by mail, fax, or telephone. Prepaid registrants will receive an automatic refund.

**THERE WILL BE A LATE FEE OF $20 ADDED TO REGISTRATIONS RECEIVED AFTER THE DEADLINE OF SEPTEMBER 10, 2013.**

Conference Objectives

At the end of this conference participants will be able to:

- Discuss new health insurance changes under the ACA
- Discuss counseling vs. education in a family planning context
- Compare 3 methods for effective contraceptive counseling
- Identify strategies for out-reach, in-reach and within-reach to young men
- Identify practical tools to help reduce workplace stress in order to provide quality patient services
- Identify the function of life planning in promoting preconception health among adolescents and young adults
- List at least two parameters/criteria that would lend themselves to a quality improvement strategy(s)
Questions

For more information regarding this conference, please contact Leila B. Schlenker at 515-288-9028 or by email at lschlenker@fpcouncil.com. Please include “2013 conference inquiry” in the subject line.

Accessibility

In the spirit of the Americans with Disabilities Act (ADA), the conference planners would like to make every effort to accommodate participants with special needs. Please contact us if you have a specific need.

CEUs

The Family Planning Council of Iowa is Iowa Board of Nursing Approved Provider, No. 262. Upon completion of this program participants will be awarded 6.6 contact hours. The IBON requires that a participant attend in full for CE credit. Partial credit may be awarded in extreme emergency circumstances.

Online Registration

Registration for the Iowa Family Planning Update will take place online.

✔ Each person planning to attend the conference must complete a registration form.

✔ If an agency is paying for a group with one check, each registrant must choose the "pay by check" option in the payment box.

REGISTRATION FORM
Session Descriptions

Health Insurance Changes: The Affordable Care Act and the Health Insurance Marketplace - Angel Robinson

This session will discuss the health insurance marketplace as established under the ACA and inform consumer and community based organizations about the changes in consumer rights and responsibilities.

Choices and Challenges: Evidence-Based Contraceptive Counseling - Jacki Witt, J.D., MSN, WHNP-BC

In this session participants will learn how to maximize their time by implementing emerging and best practices for assisting clients with contraceptive decision-making.

Improving Communication with Young Men - Wayne Pawlowski, MSW, LICSW, AASECT Certified Sexuality Educator

Reaching out to and serving young men are on-going issues for family planning/reproductive health care providers. How do we get guys into our centers/clinics in the first place (out-reach)? How can we reach out to them if they are in the waiting room (in-reach)? And, how can we best communicate with them when we “have” them (within-reach)? This workshop will discuss ways to encourage young men into our programs and ways to communicate more effectively with them once they are there.

What is the Iowa Health & Wellness Plan? - Jennifer Steenblock

Participants in this session will learn about the new Medicaid program, the Iowa Health and Wellness Plan. The presenter will also discuss the potential for Family Planning agencies to assist clients’ participation in Iowa’s Health and Wellness Plan.

There is a Cost to Caring: Managing Secondary Traumatic Stress – Brenda Bash

Caring for others is mentally, emotionally and physically expensive. This workshop will introduce the concept of Secondary Traumatic Stress and will make the connection between chronic exposure to traumatic stress and our physical, emotional and mental well-being.

TUNE My Life: Lessons We’re Learning about Life Course Planning – Kathy Karsting, RN, MPH

In this session the presenter will discuss life course planning as an activity to promote preconception health; describe the evolution of Nebraska’s approaches; and engage the audience in envisioning future strategies for engaging young people in life course planning as a tool to stimulate brain development and higher-level thinking skills geared to goal achievement.

Structures, Process and Outcomes...Oh My! - Jacki Witt, J.D., MSN, WHNP-BC

In this session participants will learn to design relevant and measurable quality improvement projects using national guidelines.

Mental Health and Contraception – Robin Kopelman, MD, MPH

In this session participants will learn about how a woman’s mental health, especially depression, may impact her use of contraceptives and contribute to the choice of effective contraceptive methods.

Provider and Client Education in View of New PAP Guidelines - Ann Laros, MD

In this session Dr. Laros will review the new cervical cytology practice guidelines and the evidence that inspired and supports the change in those recommendations. She will also discuss the importance of patient education about these changes as well as encourage all health care providers to follow the guidelines.
8:00 am - 8:45 am  Registration, Continental Breakfast, Exhibits
8:45 am - 9:00 am  Welcome: Leila Schlenker, Jodi Tomlonovic, Julie McMahon
9:00 am - 10:00 am  Plenary Session: Health Insurance Changes: The Affordable Care Act and the Health Insurance Marketplace - Angel Robinson
10:00 am - 10:15 am  Break
10:15 am - 11:30 am  Concurrent Sessions
A. Choices and Challenges: Evidence-Based Contraceptive Counseling - Jacki Witt, J.D., MSN, WHNP-BC
B. Improving Communication with Young Men - Wayne Pawlowski, MSW, LICSW, ASSEC Certified Sexuality Educator
C. What Is the Iowa Health and Wellness Plan? - Jennifer Steenblock
11:30 am - 12:15 pm  Lunch
12:15 pm - 1:15 pm  Plenary Session: There is a Cost to Caring: Managing Secondary Traumatic Stress - Brenda Bash
1:15 pm - 2:30 pm  Concurrent Sessions:
D. TUNE My Life: Lessons We’re Learning about Life Course Planning - Kathy Karsting, RN, MPH
E. Structure, Process and Outcomes...Oh My! - Jacki Witt, J.D., MSN, WHNP-BC
F. Mental Health and Contraception - Robin Kopelman, MD, MPH
2:30 pm - 2:45 pm  Break
2:45 pm - 3:45 pm  Plenary: Provider & Client Education in Face of New PAP Guidelines – Ann Laros, MD
3:45 – 4:00  Wrap-up