

## **SECTION 4**

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## Section 4

### Family Planning

Eligible low-income citizens receive comprehensive family planning services. The goal is to assist women in spacing out their pregnancies or preventing undesired pregnancies. All local health departments, except for the Fairfax and Richmond City Health Departments, provide Family Planning services, internally which include:

- ◆ health education
- ◆ pregnancy diagnosis and counseling
- ◆ complete medical history
- ◆ physical assessment
- ◆ routine laboratory testing
- ◆ a wide choice of contraceptive methods, including DepoProvera and sterilization
- ◆ treatment of routine gynecologic problems including sexually transmitted diseases
- ◆ referral and follow-up for other identified problems
- ◆ infertility services are referred

Fairfax and Richmond City Health Departments provide services through local contractual arrangements.

Contact: Barbara Parker, RN, MPH, 804-864-7753, [BarbaraE.Parker@vdh.virginia.gov](mailto:BarbaraE.Parker@vdh.virginia.gov), and E. Anne Elam, RN, MPH, Cervical Cancer Program, 804-864-7754, [Anne.Elam@vdh.virginia.gov](mailto:Anne.Elam@vdh.virginia.gov), website [www.vdh.virginia.gov](http://www.vdh.virginia.gov).

### Sterilization

This program offers voluntary sterilization services for men and women who meet the Commonwealth's eligibility requirements and are not eligible for Medicaid. Annually, the Department provides funding for a limited number of qualified Virginia residents who request permanent sterilization.

Contact: Ardriene Stuart, 804-864-7755, [Ardriene.Stuart@vdh.virginia.gov](mailto:Ardriene.Stuart@vdh.virginia.gov), website [www.vdh.virginia.gov](http://www.vdh.virginia.gov).

### Pap Smear Screening

All local health departments receive funding for Pap smear screening. Prevention through health education is stressed. Staff monitor all abnormal Pap results, refer patients as indicated and provide follow-up care.

Contact: Anne Elam, RN, MPH, 804-864-7754, [Anne.Elam@vdh.virginia.gov](mailto:Anne.Elam@vdh.virginia.gov), website [www.vdh.virginia.gov](http://www.vdh.virginia.gov).

### Regional Perinatal Councils

The perinatal regions were identified based upon neonatal transport patterns. These councils make up a statewide network of public/private partnerships that assess the needs of infants and women of reproductive age. Their purpose is to coordinate community health care systems that serve women and infants and develop improved solutions to achieve healthier infants. Some individuals and organizations that participate in these

efforts include parents, health professionals, medical school faculty, health and human service organizations, religious groups, businesses, schools and community leaders. Health department staff should be involved in various activities of the councils in their regions. The RPCs are responsible for the Fetal and Infant Mortality Review Program (FIMR) and for perinatal outreach education. FIMR is a collaborative project between the American College of Obstetricians and Gynecologists and the federal Maternal and Child Health Bureau. The Virginia FIMR is based upon the national model and has been administered by the RPCs since 1996. It is a community-based program that analyzes the circumstances surrounding infant deaths and activates the community to seek ways to prevent those deaths. FIMR collects data from medical records and mother interviews on selected cases. The knowledge gained helps the state improve programs and systems of care for mothers and babies. By utilizing the findings and insights gained through FIMR, the RPCs develop work plans to address the identified perinatal issues for their regions. Grants and other funding sources are sought to implement the local projects as developed by these local coalitions. Perinatal educational activities are planned as determined by the learning needs assessed through FIMR and yearly provider surveys. (see Appendix N for local contact)

Contact: Theresa Taylor, Perinatal Nurse Consultant, 804-864-7767,  
Theresa.Taylor@vdh.virginia.gov, website [www.vdh.virginia.gov](http://www.vdh.virginia.gov).

#### Virginia Sickle Cell Awareness Program (VASCAP)

The Virginia Sickle Cell Awareness Program is designed to offer access to current and accurate information regarding sickle cell disorders and other hemoglobin variants through collaboration with Family Planning and Maternity clinics in both the public and private sector and community and professional education programs. Other services offered through VASCAP include educational genetic counseling and screening for individuals unable to pay for the services offered, e.g., medical and social referrals for individuals and families coping with sickle cell disease, coordination of newborn case management services through referrals to a network of five Pediatric Comprehensive Sickle Cell Centers located throughout the state. The VASCAP program manager tracks all newborns identified through Virginia's Newborn Screening Program to assure timely entry into care.

Contact: Newborn Screening Lab Contact: Howard Conway, (804) 648-4480, ext. 182.  
Jene Radcliffe-Shipman, Program Manager, 804-864-7769, Jene.Radcliffe-Shipman@vdh.virginia.gov, website [www.vdh.virginia.gov](http://www.vdh.virginia.gov).

#### Resource Mothers

The program uses community mentors to provide intensive home visiting services to young pregnant women and mothers through the infant's first birthday. The goals are to decrease infant mortality and morbidity and to decrease the rate of low birthweight babies born each year, to delay repeat pregnancy, to keep teens in school, and involve the infant's father in parenting his child. There are programs in over half of Virginia's localities.

Contact: Cathy Bodkin, LCSW, MSHA, 804-864-7768,  
Catherine.Bodkin@vdh.virginia.gov, website [www.vdh.virginia.gov](http://www.vdh.virginia.gov).

### BabyCare

The BabyCare Program provides intensive case management services to pregnant women and women at risk of poor outcomes. The target population is Medicaid recipients. It is operated by local health departments and funded by the Department of Medical Assistance Services (DMAS). It is overseen by the Division of Women's and Infants' Health and DMAS. Services include risk assessment, coordination of services, follow-up and monitoring. Education and counseling are also provided when needed. BabyCare is implemented at various levels throughout the state. High-risk clients receive risk appropriate services that include case management, nutrition counseling, prepared childbirth, parenting, smoking cessation, education, transportation and homemaker services if indicated.

Contact: Cathy Bodkin, LCSW, MSHA, Program Coordinator, 804-864-7768, Catherine.Bodkin@vdh.virginia.gov, website [www.vdh.virginia.gov](http://www.vdh.virginia.gov).

### Virginia Healthy Start Initiative

The Virginia Department of Health (VDH) Healthy Start Initiative began in 1997 as a grant from the Health Resources and Services Administration. Virginia's Healthy Start program is a part of a nationwide effort to promote greater infant health, reduce infant mortality and low birth weight in three urban areas (Norfolk, Petersburg, Portsmouth) and one rural area (Westmoreland County). The primary thrust of the Virginia Healthy Start Initiative (VHSI) is to eliminate disparities in health care and to increase penetration of project services within the VHSI target sites, encourage women to seek early and regular prenatal care, and to enhance provider sensitivity to cultural diversity and the needs of families living in poverty. To achieve these goals, VDH is working through existing programs (Regional Perinatal Councils, FIMR, Resource Mothers, and Nutrition Services). The initiative will support the expansion of:

- the Resource Mothers Program to include women up to the age of 24
- nutrition services for pregnant women and infants
- the Fetal-Infant Mortality Review (FIMR) program
- education and public awareness of the issue of infant mortality and morbidity and its prevention.

Contact: Linda Foster, Virginia Healthy Start Initiative Coordinator, 804-864-7764, Linda.Foster@vdh.virginia.gov, website [www.vdh.virginia.gov](http://www.vdh.virginia.gov).

### Bright Futures Virginia

Bright Futures provides an expert set of guidelines and a practical developmental approach to providing health supervision for children from birth through adolescence. Bright Futures is dedicated to the principle that every child deserves to be healthy and that optimal health involves a trusting relationship between the health professional, the child, the family, and the community as partners in health care.

The mission of Bright Futures is to promote and improve the health, education, and well being of infants, children, adolescents, families, and communities. The core concepts are that prevention works, families matter, and health is everyone's business.

The goals of Bright Futures are to:

- Foster partnerships between families, health professionals, and communities.

- Promote desired social, developmental, and health outcomes of infants, children, and adolescents.
- Increase family knowledge, skills, and participation in health promotion and prevention activities.
- Enhance health professionals' knowledge, skills, and practice of developmentally appropriate health care in the context of family and community.

Bright Futures was adopted as the standard of care for Virginia's children and adolescents by:

- Virginia Department of Health
- Virginia Department of Education
- Virginia Department of Medical Assistance Services

Contact: Cathy Bodkin, LCSW, MSHA, 804-864-7768,  
Catherine.Bodkin@vdh.virginia.gov, website [www.vahealth.org/brightfutures/index.htm](http://www.vahealth.org/brightfutures/index.htm).

Virginia Breast and Cervical Cancer Early Detection Program (BCCEDP) also known as Every Woman's Life

The Virginia BCCEDP is funded through a grant from the Centers for Disease Control and Prevention to provide pelvic exams, Pap tests and mammograms free of charge to eligible women. There are 26 Administrative Provider Sites located throughout the Commonwealth of Virginia that are contracted to provide these services. Clients who are screened through the Virginia BCCEDP, diagnosed with cancer or a pre-cancerous condition and certified as needing treatment by a BCCEDP Provider may be eligible for payment of that treatment by Medicaid under the Breast and Cervical Cancer Prevention and Treatment Act (BCCPTA).

Eligibility criteria for the BCCEDP are as follows:

- a. Female gender
- b. Age 50-64 (A limited number of women 40-49 may qualify based on appointment availability)
- c. Self-declared income must be 200% of Federal Poverty Level or less
- d. Primary Residence in Virginia (self-declared)
- e. Uninsured or Underinsured (self-declared)

For more information, visit our web site at [www.vahealth.org/breastcancer](http://www.vahealth.org/breastcancer). You may reach program staff as follows:

Kathy Heise, Program Director	804-864-7756
Beth Ehrensberger, Public Education Manager	804-864-7759
Fran Darlington, Quality Improvement Nurse Manager	804-864-7758
Gail Jennings, PhD, Data, Surveillance and Evaluation Manager	804-864-7758

**Women interested in referral to a participating provider should call 1-866-EWL-4YOU (4968).**