



May 2010

SDM Integration Research in the U.S.

With funding from the Office of Population Affairs, IRH has been working with research and training partners, Center for Health Training and JSI, to help selected Title X family planning clinics in California and Massachusetts integrate the Standard Days Method® (SDM) into their services. [Results](#) from the needs assessment phase of the project were presented at the annual meeting of the American Public Health Association in Philadelphia in November, 2009. Since then, four clinics have incorporated the SDM into their services as part of the study. View the SDM fact sheet that California clinics are using in [English](#) and [Spanish](#). Stay tuned for more updates from this project.

New IRH Website

Georgetown University's Institute for Reproductive Health (IRH) is proud to announce the launch of our new website at www.irh.org! Here you will find information on all aspects of our work - including fertility awareness-based methods, youth programs on body literacy, and HIV prevention - and our current domestic and international projects.*

The site encompasses over 25 years of research and program experience, sharing our efforts in expanding family planning options to meet unmet need, empowering women to take charge of their fertility, and involving communities - including men and faith-based organizations - in the development and implementation of reproductive health programs.

Please be sure to check out and refer others to our resources pages for the [Standard Days Method® \(SDM\)](#), [TwoDay Method® \(TDM\)](#), [Lactational Amenorrhea Method \(LAM\)](#), [Youth](#), and [HIV Prevention](#). Providers and program managers alike will find a range of downloadable materials on these pages that may support their work.

Resources

[Improving Services for Women and their Partners: A Couple-Focused Approach](#) Past research has suggested that when couples communicate and men are involved in family planning, method satisfaction increases, as does correct use and continuation. The SDM is a fertility awareness-based method that requires the participation of the couple. The purpose of this study, which ended in 2008, was to demonstrate the feasibility of integrating a couple-focused approach to family planning services and to include SDM in the method mix to

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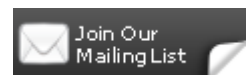
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expand choice and help sensitize providers to couple issues. This study was conducted at several clinics of the Planned Parenthood of San Diego & Riverside Counties affiliates in southern California, and Tri-City Health Center in Fremont, California. A variety of couple-focused IEC materials were developed for each of the clinic sites and are available below.

- SDM Couple Perspective "It Takes Two" Card (Tri-City Health Center, CA) [ENG](#), [SPA](#)
- CycleBeads "It Takes Two!" 2-fold Phamplet (Tri-City Health Center, CA) [ENG](#), [SPA](#)
- CycleBeads "It Takes Two!" Client Card (Tri-City Health Center, CA) [ENG](#), [SPA](#)

Conferences

IRH will be presenting at the following upcoming conferences. If you missed us at the Contraceptive Technology and PPFA conferences, look for our sessions and come meet us here:

- June 12-16; [American College of Nurse Midwives](#); Washington, DC
- June 14-18; [Global Health Council](#); Washington, DC
 - Workshop, "Scaling up keeping the endpoint in mind: What every program should consider in terms of principles for planning, choosing strategies, measuring progress, and defining scale-up success"
 - Panel, "From Evidence to Action: Mainstreaming Healthy Timing and Spacing of Pregnancy"
- August 1-3; [National Family Planning Clinical Conference](#); St. Louis, MO
 - Join us July 31st for a pre-conference 2-hour workshop on Fertility Awareness-based Methods. For more information, click [here](#) or register [here](#).

*We hope you have enjoyed this email pertaining to our work in the US. If you are interested in receiving monthly e-blasts on our international work as well, click the link "[Join Our Mailing List](#)" in the side bar to modify your preferences. If you wish to unsubscribe from these updates, click the [SafeUnsubscribe](#) link at the bottom of the page.

Sincerely,
Your colleagues at IRH

Institute for Reproductive Health, Georgetown University
4301 Connecticut Ave NW Suite 310
Washington, District of Columbia 20008
Tel. 202-687-1392
Fax 202-537-7450
www.irh.org



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Institute for Reproductive Health | 4301 Connecticut Ave NW Suite 310 | Washington | DC | 20008