Sexual Health Educator Update

Tacoma-Pierce County Health Department
Oct. 10, 2018
Agenda

• Introductions and Housekeeping
• STD Trends in Pierce County
  – Besh Gichuhi, Health Department
• Local Resources for Students
  – Besh Gichuhi, Health Department
• Challenges LGBTQ Students Face and Resources Available to Address Those Challenges
  – Matthew Wilson, Oasis Youth Center
• Talking to Teens About Healthy Relationships
  – Lucerito Wendinger, Consejo Counseling
• Evaluation
Objectives

- Know about current STD trends for teenagers in Pierce County.
- Know about local STD testing and other related resources for students.
- Know about challenges LGBTQ students face and resources available to address those challenges.
- Feel equipped to discuss healthy relationships with middle and high school students.
STD Trends in Pierce County

Besh Gichuhi, MN, RN
## STD Incidence, Pierce County and Washington, 2017

<table>
<thead>
<tr>
<th>Disease</th>
<th>Pierce County Cases</th>
<th>Pierce County Rate*</th>
<th>Washington Cases</th>
<th>Washington Rate*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlamydia</td>
<td>5,437</td>
<td>632.7</td>
<td>32,454</td>
<td>444.0</td>
</tr>
<tr>
<td>Gonorrhea</td>
<td>7,773</td>
<td>206.3</td>
<td>10,022</td>
<td>137.1</td>
</tr>
<tr>
<td>Genital herpes</td>
<td>409</td>
<td>47.6</td>
<td>2,058</td>
<td>28.2</td>
</tr>
<tr>
<td>Syphilis, primary and secondary</td>
<td>63</td>
<td>7.3</td>
<td>674</td>
<td>9.2</td>
</tr>
<tr>
<td>HIV</td>
<td>49</td>
<td>5.7</td>
<td>445</td>
<td>6.1</td>
</tr>
</tbody>
</table>

*Rate per 100,000.

Source: Tacoma-Pierce County Health Department, Office of Assessment, Planning and Improvement, Sept. 28, 2018. Based on surveillance data reported to the Health Department as of July 30, 2018.
Chlamydia Incidence Rates for King and Pierce Counties and Washington, 2008-2017

<table>
<thead>
<tr>
<th>Year of Diagnosis</th>
<th>Pierce Co.</th>
<th>King Co.</th>
<th>WA State</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>484.1</td>
<td>317.2</td>
<td>318.2</td>
</tr>
<tr>
<td>2009</td>
<td>485.8</td>
<td>307.7</td>
<td>319.2</td>
</tr>
<tr>
<td>2010</td>
<td>479.4</td>
<td>309.8</td>
<td>319.1</td>
</tr>
<tr>
<td>2011</td>
<td>518.5</td>
<td>330.2</td>
<td>343.7</td>
</tr>
<tr>
<td>2012</td>
<td>531.4</td>
<td>347.7</td>
<td>362</td>
</tr>
<tr>
<td>2013</td>
<td>527.6</td>
<td>345.3</td>
<td>365.1</td>
</tr>
<tr>
<td>2014</td>
<td>532.2</td>
<td>371</td>
<td>380</td>
</tr>
<tr>
<td>2015</td>
<td>560.6</td>
<td>410.5</td>
<td>407.1</td>
</tr>
<tr>
<td>2016</td>
<td>589.4</td>
<td>446.6</td>
<td>434.2</td>
</tr>
<tr>
<td>2017</td>
<td>632.7</td>
<td>453.2</td>
<td>444</td>
</tr>
</tbody>
</table>

Source: Tacoma-Pierce County Health Department, Office of Assessment, Planning and Improvement, Sept. 28, 2018. Based on surveillance data reported to the Health Department as of July 30, 2018.
Chlamydia Incidence Rates by Gender and Age

Source: Tacoma-Pierce County Health Department, Office of Assessment, Planning and Improvement, Sept. 28, 2018. Based on surveillance data reported to the Health Department as of July 30, 2018.
## Gonorrhea Incidence Rates for King and Pierce Counties and Washington, 2008-2017

<table>
<thead>
<tr>
<th>Year of Diagnosis</th>
<th>Pierce Co.</th>
<th>King Co.</th>
<th>WA State</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>85</td>
<td>68.8</td>
<td>46.6</td>
</tr>
<tr>
<td>2009</td>
<td>57.4</td>
<td>57.4</td>
<td>34.2</td>
</tr>
<tr>
<td>2010</td>
<td>51.6</td>
<td>81.8</td>
<td>42.7</td>
</tr>
<tr>
<td>2011</td>
<td>53</td>
<td>71</td>
<td>40.4</td>
</tr>
<tr>
<td>2012</td>
<td>81.3</td>
<td>78.3</td>
<td>48.2</td>
</tr>
<tr>
<td>2013</td>
<td>118.7</td>
<td>89.4</td>
<td>64</td>
</tr>
<tr>
<td>2014</td>
<td>154.6</td>
<td>110.2</td>
<td>88.3</td>
</tr>
<tr>
<td>2015</td>
<td>164.2</td>
<td>142.3</td>
<td>102</td>
</tr>
<tr>
<td>2016</td>
<td>141.6</td>
<td>158.9</td>
<td>113.7</td>
</tr>
<tr>
<td>2017</td>
<td>206.3</td>
<td>194</td>
<td>137.1</td>
</tr>
</tbody>
</table>

Source: Tacoma-Pierce County Health Department, Office of Assessment, Planning and Improvement, Sept. 28, 2018. Based on surveillance data reported to the Health Department as of July 30, 2018.
Gonorrhea Incidence Rates by Gender and Age

Gonorrhea Diagnosis Rates by Gender and Age, Pierce Co., 2017

Gonorrhea Rates by Gender and Year of Diagnosis, Pierce Co., 2008-2017

Source: Tacoma-Pierce County Health Department, Office of Assessment, Planning and Improvement, Sept. 28, 2018. Based on surveillance data reported to the Health Department as of July 30, 2018.
Primary and Secondary Syphilis Incidence Rates for King and Pierce Counties and Washington, 2008-2017

<table>
<thead>
<tr>
<th>Year of Diagnosis</th>
<th>Pierce Co.</th>
<th>King Co.</th>
<th>WA State</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>2.4</td>
<td>6.6</td>
<td>2.7</td>
</tr>
<tr>
<td>2009</td>
<td>1.3</td>
<td>5.9</td>
<td>2.3</td>
</tr>
<tr>
<td>2010</td>
<td>1.1</td>
<td>11</td>
<td>3.9</td>
</tr>
<tr>
<td>2011</td>
<td>3.4</td>
<td>12.2</td>
<td>4.9</td>
</tr>
<tr>
<td>2012</td>
<td>2.7</td>
<td>10.8</td>
<td>4.5</td>
</tr>
<tr>
<td>2013</td>
<td>3.4</td>
<td>8.9</td>
<td>4.2</td>
</tr>
<tr>
<td>2014</td>
<td>3.7</td>
<td>8.8</td>
<td>4.9</td>
</tr>
<tr>
<td>2015</td>
<td>5.1</td>
<td>12.2</td>
<td>6.4</td>
</tr>
<tr>
<td>2016</td>
<td>6.9</td>
<td>14</td>
<td>7.9</td>
</tr>
<tr>
<td>2017</td>
<td>7.3</td>
<td>15</td>
<td>9.2</td>
</tr>
</tbody>
</table>

Source: Tacoma-Pierce County Health Department, Office of Assessment, Planning and Improvement, Sept. 28, 2018. Based on surveillance data reported to the Health Department as of July 30, 2018.
Primary and Secondary Syphilis Incidence Rates by Gender and Age

Source: Tacoma-Pierce County Health Department, Office of Assessment, Planning and Improvement, Sept. 28, 2018. Based on surveillance data reported to the Health Department as of July 30, 2018.
HIV Incidence Rates for King and Pierce Counties and Washington, 2008-2017

<table>
<thead>
<tr>
<th>Year of Diagnosis</th>
<th>Pierce Co.</th>
<th>King Co.</th>
<th>WA State</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>2.4</td>
<td>6.6</td>
<td>2.7</td>
</tr>
<tr>
<td>2009</td>
<td>1.3</td>
<td>5.9</td>
<td>2.3</td>
</tr>
<tr>
<td>2010</td>
<td>1.1</td>
<td>11</td>
<td>3.9</td>
</tr>
<tr>
<td>2011</td>
<td>3.4</td>
<td>12.2</td>
<td>4.9</td>
</tr>
<tr>
<td>2012</td>
<td>2.7</td>
<td>10.8</td>
<td>4.5</td>
</tr>
<tr>
<td>2013</td>
<td>3.4</td>
<td>8.9</td>
<td>4.2</td>
</tr>
<tr>
<td>2014</td>
<td>3.7</td>
<td>8.8</td>
<td>4.9</td>
</tr>
<tr>
<td>2015</td>
<td>5.1</td>
<td>12.2</td>
<td>6.4</td>
</tr>
<tr>
<td>2016</td>
<td>6.9</td>
<td>14</td>
<td>7.9</td>
</tr>
<tr>
<td>2017</td>
<td>7.3</td>
<td>15</td>
<td>9.2</td>
</tr>
</tbody>
</table>

Source: Tacoma-Pierce County Health Department, Office of Assessment, Planning and Improvement, Sept. 28, 2018. Based on surveillance data reported to the Health Department as of July 30, 2018.
HIV Incidence Rates by Gender and Age

Source: Tacoma-Pierce County Health Department, Office of Assessment, Planning and Improvement, Sept. 28, 2018. Based on surveillance data reported to the Health Department as of July 30, 2018.
Chlamydia and Gonorrhea Diagnoses among Teenagers, by Gender, Pierce Co., 2017

<table>
<thead>
<tr>
<th>Disease</th>
<th>Male Count</th>
<th>Male Rate*</th>
<th>Female Count</th>
<th>Female Rate*</th>
<th>Total Count</th>
<th>Total Rate*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlamydia</td>
<td>268</td>
<td>706.0</td>
<td>1002</td>
<td>2800.0</td>
<td>1271</td>
<td>1724.0</td>
</tr>
<tr>
<td>Gonorrhea</td>
<td>71</td>
<td>187.0</td>
<td>140</td>
<td>391.0</td>
<td>212</td>
<td>288.0</td>
</tr>
</tbody>
</table>

Table based on surveillance data reported to the Tacoma-Pierce County Health Department as of July 30, 2018

Source: Tacoma-Pierce County Health Department, Office of Assessment, Planning, and Improvement, September 28, 2018
(based on surveillance data reported to the health department as of July 30, 2018)
Teen STD Rates in Pierce County

Teen Chlamydia Rates by Gender and Year of Diagnosis, Pierce Co., 2008-2017

Teen Gonorrhea Rates by Gender and Year of Diagnosis, Pierce Co., 2008-2017

Source: Tacoma-Pierce County Health Department, Office of Assessment, Planning and Improvement, Sept. 28, 2018. Based on surveillance data reported to the Health Department as of July 30, 2018.
Mapping Teen Chlamydia in Pierce County

Dot Density Map of Chlamydia Diagnoses among Teenagers (13-19 years), by Census Tract, Pierce Co., 2017

Chlamydia Diagnosis Rates among Teenagers (13-19 years), by Census Tract, Pierce Co., 2015-2017

Tacoma-Pierce County Health Department
Healthy People in Healthy Communities
Mapping Teen Gonorrhea in Pierce County

Dot Density Map of Gonorrhea Diagnoses among Teenagers (13-19 years), by Census Tract, Pierce Co., 2017

Gonorrhea Diagnosis Rates among Teenagers (13-19 years), by Census Tract, Pierce Co., 2015-2017

Tacoma-Pierce County Health Department
Healthy People in Healthy Communities
Local Resources for Students

Besh Gichuhi, MN, RN
Washington Laws about Sexual Health

• People 14 years and older can consent to tests and treatment for STDs.
  – RCW 70.24.110.

• If insurance is billed, the primary person on the insurance will receive an Explanation of Benefits.
STD Testing and Treatment

• Tacoma-Pierce County Health Department
• Planned Parenthood
  – Tacoma Health Center
  – Puyallup Health Center
• Care Net Pregnancy and Family Services of Puget Sound
  – Gig Harbor office
  – Tacoma office
  – Lakewood office
• Medical offices
Health Department STD Clinic

• Treatment and testing available:
  – Tuesdays, 8 a.m. to 12 p.m.
  – Thursdays, 4 to 7 p.m.

• Only testing available:
  – Mondays, Wednesdays and Fridays, 8 a.m. to 1 p.m.

• Confidential treatment.

• No insurance needed.

• Testing fee is $30 per site tested.
  – Referred partners are tested for free.

• Free condoms and lube.

• HIV pre-exposure prophylaxis (PrEP) referred to CHC Hilltop.
HIV Pre-Exposure Prophylaxis

• Food and Drug Administration recently expanded the use of PrEP to include adolescents who weight at least 35 kg (about 77 lbs).

• No more age-based restriction.

• Daily PrEP reduces the risk of getting HIV from sex by more than 90%.
  – Even more effective when used with condoms.

• Daily PrEP reduces the risk of getting HIV from injecting drugs by more than 70%.

• Most private insurance and Medicaid plans cover PrEP.
Expedited Partner Therapy

- Expedited partner therapy (EPT) is treating sex partners of people with an STD without requiring them to first see a medical provider.
- EPT has many benefits:
  - Helps protect the patient from re-infection.
  - Helps prevent the spread of STDs.
  - Prevents unnecessary healthcare costs.
  - More effective than other partner management strategies.
  - Prevents reproductive health complications from untreated STDs.
Contact Information

Tacoma-Pierce County Health Department STD Clinic
(253) 798-3805
Open Mondays, Tuesdays, Wednesdays and Fridays, 8 a.m. to 4:30 p.m. and Thursdays 11 a.m. to 7 p.m.

Besh Gichuhi, MN, RN
bgichuhi@tpchd.org
(253) 377-4465

Kate Cranfield, MN, RN
kcranfield@tpchd.org
(253) 798-2813
Thank you!
Oasis Youth Center
Consejo Counseling Presents:
Let’s Talk About Adolescents and Healthy Relationships

Lucerito Wendinger, MA, LMHCA, MHP
Let’s Talk About....

- Relationship Myths
- Warning Signs
- What Teen Violence Looks Like
- Duty To Warn
- Tips To Help Teens
- Tools That Can Help
- Q & A
Let’s Talk About Relationship Myths

**Relationship Myth One: Jealousy and possessiveness are signs of true love.**

**Fact:** The most common early warning sign that a relationship may become abusive is when one partner becomes jealous and possessive over the other. Jealousy signifies that one partner does not trust the other partner to communicate with others (often opposite sex) without them present.

( Rape and Abuse Crisis Center, 2015)

Let’s Talk About Relationship Myths cont.

Relationship Myth Two: It can’t happen to me.

Fact: Approximately one in three adolescent girls in the United States is a victim of physical, emotional or verbal abuse from a dating partner. One in 10 high school students has been hit, slapped or physically hurt by a boyfriend or girlfriend.

Relationship Myth Three: Relationship violence isn’t really that serious.

Fact: 30% Women ages of 15-19 that have been murdered by a boyfriend or husband. The severity of intimate partner violence is often greater in cases where the pattern of abuse was established in adolescence.

(Rape and Abuse Crisis Center, 2015)
Let’s Talk About Relationship Myths cont.

Relationship Myth Four: Men are abused by women just as often as women are abused by men.

Fact: Women ages 16-24 experience the highest rates of intimate partner violence. Women also report more incidences than men do. Women are 10 times more likely to be abused in relationships than men.

Relationship Myth Five: Alcohol and drugs cause a person to be abusive.

Fact: Many people who are the abuser in relationships do not abuse alcohol or drugs. Abusers who use drugs and alcohol may continue to abuse their partner after becoming clean and sober.

(Rape and Abuse Crisis Center, 2015)
Let’s Talk About Relationship Myths cont.

Relationship Myth Six: Verbal or emotional abuse in a relationship is “no big deal.”

**Fact**: Verbal/emotional abuse may have long-lasting effects. Verbal abuse can create pain and trauma, and has been known to cause physical symptoms. Over a period of time, victims of verbal abuse will begin to believe the negative messages their abuser has been giving them.

(Rape and Abuse Crisis Center, 2015)

http://www.socialworkerstoolbox.com/cycle-of-violence/
Let’s Talk About Warning Signs

Aggressor Warning Signs

- Constantly checking gf/bf’s activities and whereabouts
- Jealousy and possessive speech/actions
- Controlling
- Frequently losing their temper
- Putting down gf/bf’s friends and restricting time spent with them
- Physical abuse

(Centers for Disease Control and Prevention, 2018)
Let’s Talk About Warning Signs cont.

**Victim Warning Signs**

- Falling grades
- Isolation from friends and activities
- Changes in mood (withdrawn and quiet)
- Defending or excusing gf/bf’s behavior
- Bruising around wrists, abdomen, upper arms, face, and legs
- Engaging in drug, tobacco, and alcohol use
- Thoughts of suicide

(Centers for Disease Control and Prevention, 2018)
Let’s Talk About What Teen Violence Looks Like

**Relationship Violence Amongst Teens**

- Physical: hitting, slapping, punching, kicking etc.
- Sexual: any unwanted touching or force of sexual activity.
- Financial: controlling most or all of the money.
- Social: spreading rumors, using religion, culture for control (sexting is illegal for anyone under the age of 18. *This is a crime!*)
- Verbal/Mental: threats, name calling, put downs, gas lighting.

(Centers for Disease Control and Prevention, 2018)

https://thecord.ca/sexting/
Let’s Talk About Helping Teens

• RCW 70.123.070 stated that Domestic Violence (DV) shelters “shall make available to any person who is a victim of domestic violence and that person’s children.”

• According to the RCWs and WACs there are NO laws that specifically protect or serve adolescents against DV.

• Washington State law allows minors (ages 13-17) to receive mental health services without consent of parents.

• Washington State Coalition Against Domestic Violence (WSCADV) provides support, resources, and safety planning to adolescents experiencing abusive relationships.

• Protection Orders: Ages 13+ if in a relationship with someone 16+ can petition for a DV protection order. Adolescents under the age of 16 in a DV relationship must enlist the help of a family member to attend court and have a protection order filed on their behalf.

(Washington State Coalition Against Domestic Violence, 2014)
Let’s Talk About Helping Teens cont.

WHO IS A MANDATED REPORTER? Social Workers, Counselors, Teachers, Nurses, Doctors, etc.

• Report any abuse or neglect of a child under the age of 18 to CPS and/or law enforcement (both with documentation to cover your end).

• In cases of peer-on-peer violence there is no law or mandate to report unless there is a reason to believe that the adolescent is being seriously abused physically resulting in serious injury.

What can we do as adults?

• Identify their support system.

• Be genuine.

• Use their preferred means of communication: Facebook, messenger, texting (Helpful tip: refer to your agencies protocol).

• Remember, adolescents are experts of their needs and wants. Ask them questions about what they want to do.

Washington State Coalition Against Domestic Violence, 2014)
Let’s Talk About Tools That Can Help Teens

- Be supportive.
- Establish clear boundaries of healthy and unhealthy relationships.
- Implement healthy relationship courses into the curriculum.
- Help them identify their support system.
- No judgements.
- Meet them where they are.
- Safety plan.
- Ask their input.
- **ESTABLISH TRUST.**
- Discuss and offer options.
Let’s Talk About Tools That Can Help

- The Teen Relationship Workbook- Kerry Moles, CSW
- Develop peer support groups.
- Talk to them like adults.
References

Web Resources


Pictures

- https://thecord.ca/sexting/
Don’t forget to complete and return your evaluation.

Thank you!