

What to expect (and do) when your CASA youth/NMD says they are expecting?



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What we will be covering today

- Amplification of the youth's voice
- Confidentiality/disclosure of pregnancy and choices
- Exploring choices and supporting the youth/NMD's choices
- If choosing to continue the pregnancy, ways that a CASA support/educate/connect
- Supporting expectant fathers
- Concrete resources for expectant parents

Amplify the Youth's Voice

- Expectant youth/NMD has an equal voice at the table and in decision making
- Expectant youth/NMD drives the priorities for CASA Advocacy
- Expectant youth/NMD is supported in building their capacities



Confidentiality & Disclosures

Oh my....my CASA youth just shared with me that the youth is expecting. What do I do?

- Create a safe and supportive space to have a conversation with your youth.
- Remember it is the youth's story to tell and/or share.
- Do not disclose the youth/NMD's status with anyone without express permission from the youth/NMD whether an expectant mother or father.

Choices & Options

- Help the youth identify who they would be most comfortable with to discuss the following options:
 - Continue the pregnancy and keep the baby
 - Continue the pregnancy but plan to adopt out the baby
 - Terminate the pregnancy
- Youth can consent to termination procedure without adult consent at any age in CA
 - <http://www.mylifemyrights.org/sexual-and-reproductive-health-rights-for-youth-in-foster-care/#more-705>
 - CASA cannot consent to procedure
 - CASA can transport the youth to medical procedure (if desired by youth)

Youth chooses to continue the pregnancy and keep the baby

- Encourage youth/NMD to discuss pregnancy with CSW and attorney in order to help support youth receiving resources
- If youth is not comfortable sharing information about pregnancy:
 - CASA can seek permission from the youth to share pregnancy with CSW and attorney on their behalf
 - CASA must share with Advocate Supervisor and DCFS hotline if there is a mandated report situation (youth too young/"father's age"/age of consent) involving a pregnant youth under age 18
 - CASA can speak with Advocate Supervisor about youth's pregnancy to seek psycho-education and guidance – CASA to let youth know in advance
- CASA can speak with youth/NMD about what support looks like to them
 - Explore social supports beyond just the CASA/CSW/Attorney

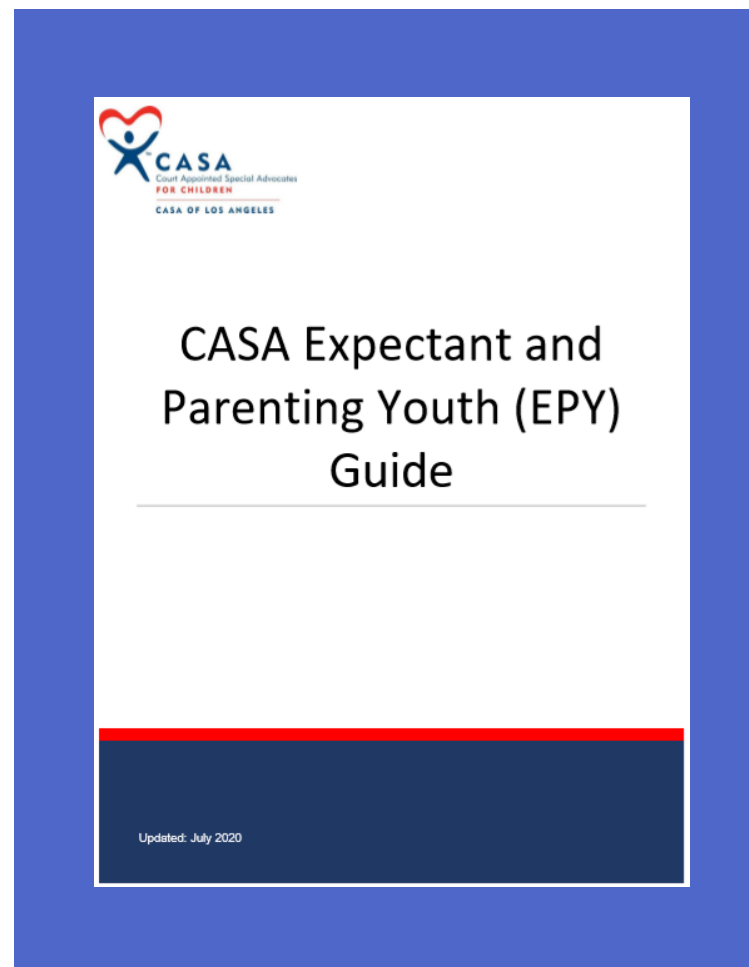


Next Steps...

CASA should speak with Advocate Supervisor about next steps:

- Advocate Supervisor and CASA should review EPY Advocacy Guide together
- Encouraging youth to request EPY conference or speak with CSW about EPY conference

Remember to practice with the youth so they feel comfortable to requesting a conference



Expectant and Parenting Youth (EPY) Conferences

- Required Participants: expectant parent (mother and/or father), CSW, EPY experts, EPY conference facilitator
- Optional Participants (if youth requests): CASA, youth's caregiver, therapist, supportive people in youth's life, expectant youth's partner or other expectant parent if appropriate/safe
- Purpose: The goal is to set the youth/NMD up for independence and parenting success, so that their children will never enter the child protection system.
- Tone: strength-based, culturally humble
- Topics can include:
 - Birth plan
 - Housing
 - Concrete resources
 - Childcare
 - Other resources

Remember to encourage the youth to speak up about their wants and needs during the conference

Safe Pregnancies & Prenatal Mental Health

- Safe/healthy choices during pregnancy
- Impact of stress/trauma
- CSEC, DV, substance use/abuse
- Deliveries
- Parenting education
- Reproductive health
- Mental health needs of expectant parent (psych meds, pre-partum depression)

Recognition of Biases, Racism & Stereotypes

- Reduction of Impact of Structural and Institutional Racism on Expectant Parent
- Encourage expectant BIPOC to use their voice to be heard by medical practitioners
- Explore cultural supports during pregnancy such as doulas
- Child welfare bias against teenage parents
- Exploring CASAs own privileges and experiences



Expectant mother's physical health

CASA collaborate with youth/NMD and CSW to identify OBG physician and encourage regular pre-natal appointments:

- Possible tour of hospital pre-delivery
- Delivery classes
- Home visitation program (if available)
- Engagement of a doula
- Birth plan

CASA can role play or encourage youth/NMD to write down their needs and concerns to support them communicating with medical professionals



Concrete Resources

- Financial planning
- Baby resources
 - Checklist
 - Baby2Baby
- Early Infant Supplement for month 7/8/9
- Enrollment in WIC at 6 months by expectant mother
- Plan for post-delivery childcare needs
- Birth plan

Remember to prioritize what are youth's items of need or top priority

BABY CHECKLIST	
<p>FURNITURE & BIG ITEMS</p> <ul style="list-style-type: none"> Crib & Crib Mattress Bassinet/Co-Sleeper Rocking Chair/Glider Dresser Baby Swing Rock 'n Play Car Seat Bouncer High Chair Exersaucer/Jumparoo Stroller Playard/Pack 'n Play Changing Table with Pad Diaper Pail 	<p>CLOTHES & BEDDING</p> <ul style="list-style-type: none"> 10-15 Onesies 5-10 Pairs of Pants 5-10 Footie Pajamas 1-3 Jackets/Sweaters 2-4 Sleepsacks/Swaddles 1-5 "Dress Up" (Nice) Outfits 2-5 Hats 4-8 Pairs of Socks 4-7 Bibs 1-5 Sets of No-Scratch Mittens 2-4 Fitted Crib Sheets 1-2 Crib Mattress Pads 5-8 Receiving Blankets 2-3 Heavier, Thick Blankets 4-6 Burp Cloths Changing Pad Cover
<p>SMALLER NURSERY ITEMS</p> <ul style="list-style-type: none"> Baby Monitor Humidifier Tummy Time Mat Boppy Pillow with 2 Covers Nightlight Diaper Bag Baby Carrier/Sling 	<p>DIAPERING</p> <ul style="list-style-type: none"> 1 Box of Newborn Sized Diapers 2 Boxes of Size 1 Diapers Diaper Cream Aquaphor Unscented Baby Wipes

If CASA youth is an Expectant Father

- Direct the expectant father to their dependency attorney to refer the expectant father to an attorney/agency who can address family law issues such as name on the birth certificate, custody etc.
- At EPY conference, team can explore with expectant father how to prepare for baby's arrival if father is not living with expectant mother
- Connect father with concrete resources
 - Baby2Baby
 - Father parenting programs (Project Fatherhood, Love-Dad.org)
 - Reproductive health resources

Resources

<https://www.healthyteennetwork.org>

<https://www.blackinfantsandfamilies.org/doulas>

<https://www.blackinfantsandfamilies.org>

<https://www.first5la.org/african-american-infant-and-maternal-mortality-aaimm/>

<https://love-dad.org/>

<https://www.childrensinstitute.org/project-fatherhood/>

<https://casala.org/wp-content/uploads/2018/03/Teen-Parenting-and-Pregnancy.pdf>

<https://casala.org/wp-content/uploads/2018/03/Sexual-Decision-Making.pdf>