

# 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 non-birthing parents
- 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
- Ensuring that the youth's identity and pronouns are honored throughout the process



## 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 parent.

## 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 reporter 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

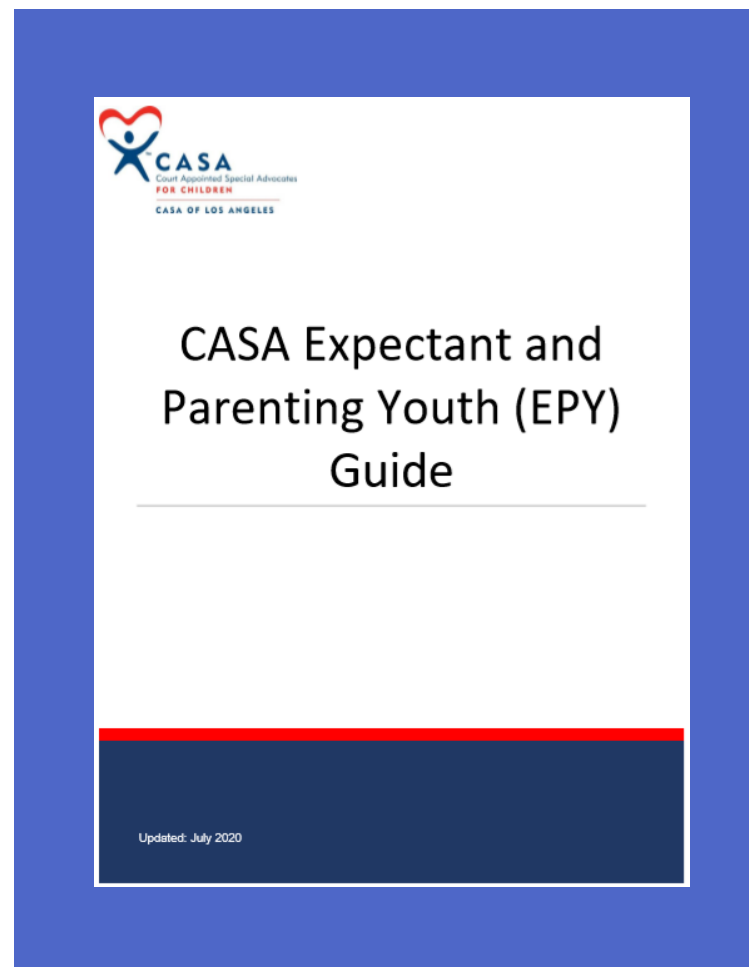


## Next Steps...

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 co-parent), CSW, EPY experts, EPY conference facilitator
- Optional Participants (if youth requests): CASA, youth's caregiver, therapist, supportive people in youth's life, co-parent if appropriate/safe
- Purpose: The goal is to set the youth/NMD up for independence and parenting success, so that their child will never enter the child welfare 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 youth who identify as black, indigenous, people of color (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 parent'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)
  - Nurse/family partnership, Healthy Start, Parents As Teachers
- 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

- Expectant Parent Payment for months 7/8/9 -- \$900/month
- Baby resources
  - Checklist
  - Baby2Baby
- Financial Planning
- Enrollment in WIC at 6 months by expectant parent
- Plan for post-delivery childcare needs
- Birth plan
- Butterfly's Haven

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

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

## If CASA youth is an Expectant Co-parent

- Direct the co-parent to their dependency attorney to refer the expectant co-parent 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 co-parent how to prepare for baby's arrival whether co-parent is not living with expectant parent or not
- Co-parent resources:
  - Baby2Baby
  - Reproductive health resources
  - Parent education
- If co-parent identifies as a father, CASA can connect father with concrete resources
  - Father parenting programs (Project Fatherhood, Love-Dad.org)

## Resources

<https://www.healthyteennetwork.org>

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

<https://laist.com/news/how-to-find-a-los-angeles-doula>

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

<https://edirectory.homevisitingla.org/Home/Programs>

<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>



Questions??