



Purpose, Objectives, and Disclosures

2026 Family Planning Update

September 15-17, 2026; Midland, MI

This activity offers maximum educational hours of:

8.00 contact hours for **NURSES**

8.00 educational hours for **OTHER Healthcare Professionals** (Certificate of Completion)

Educational hours for all disciplines will be based on the sessions you report as attending.

FOR REPORTING PURPOSES: RETAIN THIS DOCUMENT AND THE AGENDA TO CONFIRM AVAILABLE HOURS

IMPORTANT REQUIREMENTS FOR CONTINUING EDUCATION OPPORTUNITIES

- ✓ Participants requesting credit must be registered for the event and have verified attendance.
- ✓ Attend at least one session during the conference. Credits will be given based on your attendance at sessions. If you have verified attendance in all sessions, you will receive the credit amounts shown above.
- ✓ **TO RECEIVE CE HOURS OR A CERTIFICATE OF ATTENDANCE, YOU MUST COMPLETE THE EVALUATION!** Click the corresponding link in the email you will receive after the event to access the evaluation.
 - If you do not receive a link to the survey within **2 business days** of the event, check to see if it went to your SPAM or Junk folder.
 - If the evaluation email is not in your junk folder, please email CEInfo@mphi.org for next steps. Include your activity name and date with your request.
- ✓ Certificates are immediately generated upon the completion of the evaluation. You will be able to download the PDF certificate from the submission page and a copy will also be sent to your email.
- ✓ We do not keep an archive of past certificates, so please retain a copy for your records.
- ✓ Direct any questions to: CEInfo@mphi.org

PLEASE NOTE: CREDIT WILL NOT BE AWARDED UNLESS ALL CRITERIA IS MET

PURPOSE:

The annual Family Planning Update is a networking event that provides education, training and resources to support Michigan's Title X service delivery network. Both local and national experts will share their expertise and provide technical assistance aimed at ensuring Michigan's network of reproductive providers are compliant with state and federal guidelines. This year's event offers providers training and educational opportunities on current best practices in the areas of contraception, menopause, meeting the reproductive healthcare needs of special populations, and important program updates.

LEARNING OUTCOME:

Attendees will know the most up-to-date and best practices for addressing reproductive health needs in Michigan.

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SESSION OBJECTIVES:	
Session #: KN1 Session Title: Person-Centered Contraceptive Counseling: Meeting Patient's Needs and Supporting Reproductive Autonomy Presenter(s): Christine Dehlendorf, MD, MAS Available CE: 1.00 CNE Objective 1: Describe a person-centered approach to contraceptive counseling to help patients identify their preferred contraceptive method Objective 2: Identify possible barriers to providing person-centered contraceptive counseling, including provider biases	Session #: 101 Session Title: Person-Centered Approaches to Using Contraceptive Guidelines and Recommendations Presenter(s): Christine Dehlendorf, MD, MAS Available CE: 1.00 CNE Objective 1: Describe how to apply contraceptive clinical guidelines and recommendations in a person-centered manner Objective 2: List person-centered educational approaches related to contraceptive eligibility and administration
Session #: 102 Session Title: Language, Shame and Alignment in Sexual Health Care Presenter(s): Noel Ramirez, DBH, MPH, MSW, LCSW, CSAT, CMAT, Mango Tree Counseling And Consulting Available CE: 1.00 CNE Objective 1: Identify at least three ways shame and stigma influence patient disclosure in sexual health conversations. Objective 2: Describe two Acceptance and Commitment Therapy (ACT) communication strategies to support values-aligned sexual health discussions with patients.	Session #: 103 Session Title: Title X Mandated Reporting, Minor Consent Refresher Course Presenter(s): MDHHS Family Planning Staff Available CE: 1.00 CNE Objective 1: List CPL reporting obligations Objective 2: Identify Title X confidentiality obligations
Session #: KN2 Session Title: Myths and Beliefs about Contraception Presenter(s): LaToya Austin, MD Available CE: 1.00 CNE Objective 1: Explain common myths about contraception and the facts behind them.	Session #: 201 Session Title: Meet Your Audience Where They Are: Using Social Media to Reach and Engage Priority Populations Presenter(s): Megan Higdon, MPH and Sophie Rosen, MS Available CE: 1.00 CNE Objective 1: Identify at least two evidence-informed strategies for reaching priority populations on social media, including how to match platforms and content to specific audiences. Objective 2: Describe how to use the National Coalition for Sexual Health's free resources—including the prepacked quarterly campaigns—to implement consistent social media outreach with limited time and staff.
Session #: 203 Session Title: Title X Mandated Reporting, Minor Consent Refresher Course Presenter(s): Eric Hendricks, JD, MDHHS Available CE: 1.00 CNE Objective 1: List CPL reporting obligations Objective 2: Identify Title X confidentiality obligations	Session #: 202 Session Title: Ask the Dr. Panel Discussion Presenter(s): Neil Simmerman, MD, LaToya Austin, MD, Alane Laws-Barker, MD Available CE: 1.00 CNE Objective 1: Discuss a case scenario about a complex reproductive health issue.

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Session #: KN3 Session Title: Beyond PrEP: Pleasure, Minority Stress, and Sexual Health Presenter(s): Noel Ramirez, DBH, MPH, MSW, LCSW, CSAT, CMAT, Mango Tree Counseling And Consulting Available CE: 1.00 CNE Objective 1: Participants will identify at least three factors related to minority stress that influence sexual decision-making and sexual health behaviors among queer patients. Objective 2: Participants will apply two consultation strategies, including Acceptance and Commitment Therapy (ACT) techniques, to support patient discussions about pleasure, sexual decision-making, and potential	Session #: KN4 Session Title: Ongoing Syphilis Epidemic: Epidemiology, Diagnosis, Treatment and Prevention Presenter(s): Shira Heisler, MD Available CE: 1.00 CNE Objective 1: Discuss the current status of Michigan's syphilis infection data.
Session #: 302 Session Title: HIV Prevention: PrEP, nPeP, and U = U Presenter(s): Shira Heisler, MD Available CE: 1.00 CNE Objective 1: Discuss the safety and considerations of HIV prophylactic options.	Session #: 303 Session Title: Communicate for success: how to talk to your patient about contraception Presenter(s): LaToya Austin, MD Available CE: 1.00 CNE Objective 1: Identify strategies for communicating with your clients in a way that supports their autonomy and provides them with important information.
Session #: 301 Session Title: Meet Your Audience Where They Are: Using Social Media to Reach and Engage Priority Populations Presenter(s): Megan Higdon, MPH and Sophie Rosen, MS Available CE: Objective 1: Identify at least two evidence-informed strategies for reaching priority populations on social media, including how to match platforms and content to specific audiences. Objective 2: Describe how to use the National Coalition for Sexual Health's free resources—including the prepacked quarterly campaigns—to implement consistent social media outreach with limited time and staff.	Session #: KN5 Session Title: Hot Topics in Reproductive Health for 2026 Presenter(s): Neil Simmerman, MD Available CE: 1.00 CNE Objective 1: Describe one emerging topic and its implications for future practice.

DISCLOSURES:

All presenters and planning committee members have completed a Financial Disclosures document that includes an explanation of Relevant Financial Relationships. Based on these forms none of the planning committee members or presenters have relevant financial relations with ineligible companies to disclose.

AVAILABLE CONTINUING EDUCATION:

Nursing Contact Hours Designation

A total of **8.00** Nursing contact hours have been awarded for this activity by the Michigan Public Health Institute – Continuing Education Solutions.



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Michigan Public Health Institute-Continuing Education Solutions (MPHI-CES) is approved as a provider of nursing continuing professional development by the Louisiana State Nurses Association - Approver, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

The content complies with the standards for continuing education approval. The information presented reflects the views of the presenters and not those of MPHI. All participants have been provided with a copy of the event purpose statement, event goals, event objectives, session descriptions, session goals, session objectives, and disclosure statements prior to the start of this event.