



Proactive Planning: Helping Your Patients Manage their Reproductive Health

Encouraging your female Sailors and Marines to consider contraceptive options and take action towards family planning protects women from the stress of an unintended pregnancy and promotes readiness across the force.

Unintended Pregnancy in the Navy

- Unintended pregnancy rates have historically been higher in the Navy compared to the civilian population, demonstrating the need for targeted family planning support.
- In 2018, **41%** of recent unintended pregnancies among active duty service women occurred without contraception.¹
- **In 2018, 45%-59% of recent female enlisted pregnancies were unplanned.**¹
- **The high risk population for unintended pregnancy is women ages 18 through 24.**

Risk for Patients With Anxiety or Depression During Pregnancy

- A history of anxiety or depression can increase the risk of developing perinatal and postpartum depression.²
- Pregnancy may increase the severity of mental health symptoms.³
- Pregnant patients using anti-anxiety or anti-depressant medications should be referred to their psychiatrist and OB/GYN for medication consultation.⁴
 - *Many medications may be safely continued during pregnancy.*
- Early detection of depression during pregnancy is critical because depression can adversely affect both birth outcomes and neonatal health in addition to its effects on the mother. Untreated postpartum depression can impair mother-infant attachments and have cognitive, emotional, and behavioral consequences for children.⁵
- Mental health challenges triggered by pregnancy may be caused by factors outside of the hormonally-driven changes in mood.
 - Pregnancy may pose a stressful time as individuals prepare for parenthood and forge new identities - especially if a pregnancy is unintended.
 - Patients may feel frustrated or ashamed if their pregnancy experience does not match social norms surrounding pregnancy as a positive emotional experience, which can worsen symptoms.⁴

Contraceptive Walk-In Clinic

Location:
Hours:
Phone Number:

Emergency Contraception

- Plan B® and ella® are available at Contraceptive Walk-In Clinics and Navy pharmacies.
- Plan B® does not require a prescription.
- **ella® requires a prescription.**
- Plan B® can be effective up to 72 hours following an unprotected encounter.
- Ella® is effective up to 120 hours following an unprotected encounter.

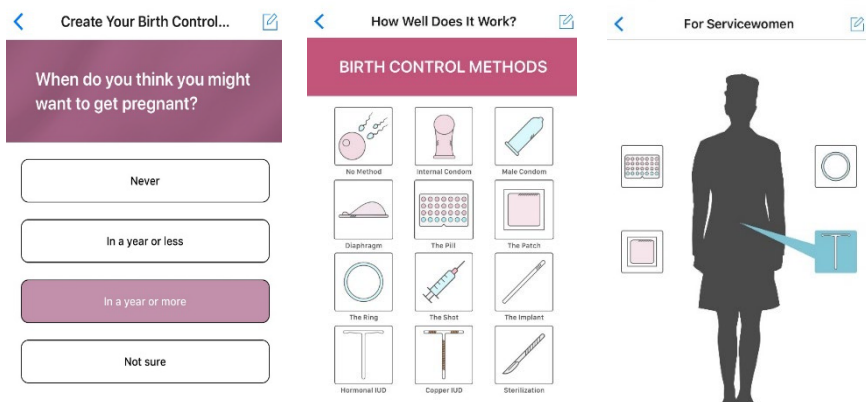
What can I do as a mental health provider?

- Make asking about contraception part of your assessment for all female patients.
- Refer your patient to their primary care provider to learn about their contraception options and obtaining contraception.
- Encourage patient to view the **Decide + Be Ready app** (see information below) to evaluate their options.

- **Decide + Be Ready** is a mobile app designed to help active duty women make decisions regarding contraception given their unique needs as service women.
- This app takes into consideration that service women, when deployed or working in uniquely challenging environments, may also choose to use one of the birth control methods to manage or even skip menstrual periods.



Scan this Quick Response Code to Download



Screenshots from the Decide + Be Ready mobile app

¹Personal and Professional Choices Survey 2018 ²American Pregnancy Association ³Anxiety and Depression Association of America ⁴American Psychological Association ⁵VA/DoD Clinical Practice Guideline (CPG) for the Management of Major Depressive Disorder

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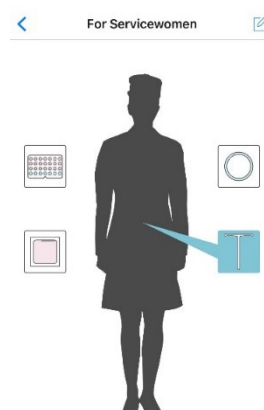
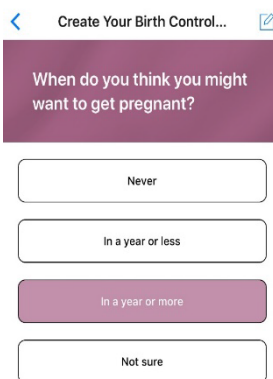
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