

FACILITATOR RESOURCE CASE STUDIES

CASE STUDY 1: BREHANNA AND MIKE

Brehanna and Mike have two children, ages 2-years and 6-months. Mike also has a 6-year-old son and pays child support to his ex. After giving birth, Brehanna came home from the hospital on DepoProvera (the shot) which is effective for three months. She and Mike started having sex again after four weeks. Brehanna never went back to the clinic to follow up on birth control; she was having a hard time losing weight and it seemed like the hormones were blowing her up. Now six months after giving birth, Brehanna thinks she's pregnant. When she told Mike, he got frustrated and said they were never going to get their finances together. Hurt by Mike's reaction, Brehanna asked, "You mean you don't want to have another child with me?" Mike said, "Not right now. I'm planning ahead so that we can get ourselves up and stable before we think about having another child." When Brehanna went to the clinic for a pregnancy test, it turned out that she was not pregnant. So what do they do now?

- A. Nothing
- B. Mike gets a vasectomy
- C. Brehanna gets a non-hormonal IUD (Paraguard)
- D. Other

DISCUSSION QUESTIONS

1. What can you relate to personally in this case study?
2. If you were Mike, how would you start a conversation about this with Brehanna? What would you want to say?

NOTES ON CASE STUDY 1

Possible Next Steps: The couple needs to talk honestly about how they feel and what they want. Mike does not want another child now but Brehanna seems torn. Perhaps, she wants to get pregnant even though the timing is bad. She must figure it out and be honest with Mike. Mike should recognize that Brehanna's feelings are normal although different than his own. Hopefully, he can be caring but also clear about not being able to take on another child right now. Bottom line: If Mike doesn't want another child right away, the only way he can completely control this is to use a condom or practice withdrawal each and every time he has sex with Brehanna.

Good Birth Control Options: The shot does sometimes cause weight gain so Brehanna and Mike could consider a different long-acting method such as the IUD or the Implant. Mike could support Brehanna in choosing a method that feels comfortable and easy for her. It's always helpful to weigh any possible consequences of using a particular birth control method with the health consequences of pregnancy and delivery.

CASE STUDY 2: KYRA & JAMAL

Kyra and Jamal have three children—ages 4-years, 2-years, and 9-months. They are both working but they struggle financially. They get by with food stamps, Medicaid, and a little help from their families. Kyra wants to become an RN and she doesn't want any more children. She actually considered having an abortion when she was pregnant with Jay but Jamal talked her out of it. When they started having sex again, Kyra told Jamal to use condoms 'cause she wasn't having any more babies and she was tired of using birth control. Jamal is using con-

doms but not all the time. They smoke weed...him more than her. They both enjoy sex and when Jamal is high, he never wants to use a condom. Last night they got high and had sex several times without a condom. So what do they do now?

- A. Nothing
- B. Kyra gets her tubes tied
- C. They use Plan B and make an appointment at the clinic for birth control
- D. Other

DISCUSSION QUESTIONS

1. What can you relate to in this case study?
2. What role does getting high play in this kind of situation?
3. What is likely to happen if they keep going as they are?
4. If you were Kyra how would you start a conversation about this with Jamal? What would you want to say?

NOTES ON CASE STUDY 2

Possible Next Steps: The couple needs to think carefully about how getting high is affecting their family. They must ask themselves: Do we ever get high in front of our children? How does getting high affect our ability to follow through on decisions we've made? How much money do we spend on weed? What else could we be doing with that money? Kyra needs to tell Jamal how she feels about him not using condoms as he promised when she had Jay.

Good Birth Control Options: If Kyra is completely sure that she doesn't want any more children, she might consider getting tubal sterilization. Or Mike could consider getting a vasectomy since Kyra really wants him to take responsibility for birth control. Or a very long-acting method such as the IUD would be a good choice because it is effective for as long as 10 years.

CASE STUDY 3: BEVERLEY & RASHAD

Beverley and Rashad are both 20 with a daughter, age 15-months. Rashad didn't finish high school. He does some painting off and on whenever his uncle calls him to work. The couple lives with Beverley's mother and her two other children in a three bedroom apartment. Beverley gets public assistance, food stamps, and Medicaid. The couple needs to move because Beverley's mother is trying to help but she's struggling, too. Beverley is young and healthy but she has a terrible memory and hates taking pills. Both Rashad and Beverley want to have more children in the future but they want to wait until they have good jobs and their own apartment. Currently they are using condoms occasionally. What should they do now?

- A. Nothing
- B. Beverley gets on a long-acting method like the IUD or Implant
- C. Rashad begins using condoms every time they have sex
- D. Other

DISCUSSION QUESTIONS

1. What can you relate to in this case study?
2. What is likely to happen if they keep going as they are?
3. How could either Beverley or Rashad start a conversation about these issues? If you were either of them, what would you want to say?

NOTES ON CASE STUDY 3

Possible Next Steps: The couple needs to sit down and create a plan to become more financially stable before having another child. They both need some help and support to get job skills so they can get work. Beverley is probably getting job training as a requirement for receiving public assistance from the state. Rashad could also get his GED and some job training. The couple needs to figure out how they can get the skills to get a job that pays a living wage. Then, when they get jobs, they can figure out what they want to earn and save before they have another child.

Good Birth Control Options: This couple needs to use a very effective method of birth control because they don't want another child until they get more settled financially. Since Beverley is young and healthy but has a terrible memory, they might choose a long-acting method such as the IUD or the implant that is very effective and doesn't require you to do anything for years (yet they are reversible if the couple changes their mind). Rashad could go with Beverley to clinic appointments and share responsibility for making or keeping any follow-up appointments. In the short term, Rashad must use condoms correctly every time he and Beverley have sex. If Rashad and Beverley end up having intercourse without a condom, they could practice withdrawal (Rashad pulls out). Plan B is there if they have an accident.