Contraceptive Counseling — Resource Digest —

Contraceptive Counseling Approaches

Reproductive Life Planning

- Innovating Education in Reproductive Health. Getting Started in RHEcourse

Shared Medical Decision Making

- Innovating Education in Reproductive Health. Shared Decision Making Using a Decision Aid
- Postpartum Contraceptive Access Initiative (PCAI). ACOG. Shared Medical Decision Making

Motivational Interviewing


Other Approaches

- University of California, San Francisco. Person-Centered Reproductive Health Program.

Contraceptive Decision-Making for Patients with Co-existing Medical Conditions

Contraceptive Counseling, Coercion, and Reproductive Justice


- Beyond the Pill. *An Ethical Framework for Providing Contraceptive Counseling [Webinar]*


- Reproductive Health Access Project. *Contraceptive Pearl: Contraceptive Counseling Through the Lens of Reproductive Justice*

- SisterSong. *Reproductive Justice*

Practice Resources and Patient Education Materials

- **ACOG LARC Program Help Desk:** The ACOG LARC Program Help Desk contains a page of resources that can be accessed and downloaded free of charge, including ACOG guidance and patient education materials.

- **Bedsider:** Bedsider is an online birth control support network operated by Power to Decide: the campaign to prevent unplanned pregnancy. The Bedsider Method Explorer is an interactive visual tool that uses filters to help users find contraceptive methods that best fit their needs, or users can compare features of all contraception side-by-side. Clinicians can also visit the Bedsider Providers website to order patient education materials, register as a LARC provider on the LARC Locator, and access other digital tools.

- **Beyond the Pill:** Beyond the Pill is a program of the Bixby Center for Global Reproductive Health at the University of California, San Francisco (UCSF) that partnered with Bedsider to create patient education tools in both English and Spanish that include contraceptive counseling charts, posters, brochures, and videos, which can be digitally downloaded or ordered online. Clinic and provider tools are also available for front desk staff, counselors, clinicians, and billing experts to help integrate LARC into practice.

- **CAI-CHOICE Contraceptive Action Plan:** The CAI-CHOICE Contraceptive Action Plan enhances contraceptive services in health care practices. CAP provides e-learning courses, technical assistance, and downloadable resources to help health care providers and staff to provide quality client-centered contraceptive services.

- **CDC:** The Centers for Disease Control and Prevention (CDC) provides tools to help clinicians discuss the effectiveness of contraception methods and the importance of STI prevention with their patients.

- **Center for Young Women's Health:** The Center for Young Women's Health provides tools to teens, parents, and providers on health and development, including sexual health and contraception.
• **Family Planning National Training Center**: The Family Planning National Training Center works to address the needs of Title X family planning service grantees and providers and offers resource collections on providing quality contraceptive care.

• **NYC Department of Health and Mental Hygiene**: The New York City Department of Health and Mental Hygiene provides patient and provider resources on contraception and sexually transmitted infections, including posters and brochures in English and Spanish.

• **Reproductive Health Access Project**: The Reproductive Health Access Project works to help clinicians incorporate contraception and abortion care into their practice, and provides charts, posters, and fact sheets on a full range of contraceptive methods including hormonal and non-hormonal contraception, emergency contraception, non-prescription contraceptive methods, low cost contraceptive options, and birth control for men.

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This resource was last updated on February 7, 2022. Please visit the LARC Program at [acog.org/larc](http://acog.org/larc) for more information or email [larcprogram@acog.org](mailto:larcprogram@acog.org) with suggestions or comments.

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