

Reproductive Resources Information Packet

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In partnership with the National Council of Jewish Women
& the Elsie Hillman Honors Scholars Program

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Overview

Being that there is not a single-point place to access relevant reproductive healthcare information does not exist for university students, this project was developed to serve as that source of information in a concise and digitally accessible way. This resource research project is done in partnership with the National Council of Jewish Women (NCJW) in their work of achieving reproductive rights in the state of Pennsylvania. The goals of this packet are to broaden awareness of reproductive resources both on and off local Pittsburgh university campuses (specifically Carlow University, Carnegie Mellon University, Chatham University, Point Park University, and the University of Pittsburgh), as well as provide information on general resources in Pittsburgh and Crisis Pregnancy Centers (CPCs).

Allegheny Reproductive Health Center and CPCs*

The [Allegheny Reproductive Health Center](#) (ARHC) is one of the main locations to receive reproductive services in the city of Pittsburgh. ARHC's mission is as follows, "to deliver fearless, judgment-free healthcare that is imbued with empathy and respect. We offer specialized gynecological care, abortion care, in-office and in-hospital surgical procedures, options counseling, services specialized to the LGBTQIA+ community, and the option for sedation for any services you need. Our approach to healthcare centers our patients' choices and autonomy, and we take time to provide each patient the support they need to reach their health goals safely." In relation to abortion care, Allegheny Reproductive Health Center offers medical abortions if a woman is less than or equal to 12 weeks into a pregnancy, and surgical abortions if a pregnancy is between 5 and 23.6 weeks. Options and steps to obtain either method of choice are available on their [abortion process](#) page. In addition to abortions, a variety of contraceptive options are offered. [Contraceptive services](#) include IUD insertion and removal, Nexplanon insertion and removal, sedation options for implant insertion and removal, consultations for permanent sterilization, and various options for birth control prescriptions are available. Accepted insurances include UPMC, Aetna, Cigna, United, Gateway, Medicaid, and Highmark.

Crisis Pregnancy Centers ([CPCs](#)) are facilities that support pro-life views and work to turn clients away from reproductive care such as reproductive and contraceptive resources. They disguise themselves as legitimate reproductive health care centers to draw clients in. Much of the information provided by CPCs is false when it comes to abortions, as staff highlight abortions as dangerous and life threatening to women. According to the [Crisis Pregnancy Center Map](#), there are 18 Crisis Pregnancy Centers in the city of Pittsburgh, compared to the 2 abortion centers in Allegheny County through the Allegheny Reproductive Health Center. It is important to conduct research and look deeper into facilities such as these as they categorize themselves as "abortion clinics" in online advertising. Some examples on Crisis Pregnancy Centers in the Oakland neighborhood include Women's Choice Network, as well as Birthright. Policy recommendations are made in order to ensure that government funding goes to legitimate health care organizations, as well as holding CPCs responsible for distributing false information.

Carlow University

University-provided Health Plans

Here is the website for Carlow University's health and wellness services: [Carlow University](#)

Gynecological-related resources. Health and Wellness Services do not offer prenatal or gynecological care at their medical facilities.

Contraceptive resources. Health and Wellness Services do not offer contraceptive consultation or prescription.

Other resources available. Health and Wellness Services offers:

- Medical and routine non-emergency care:
 - First aid
 - Health education
 - Over-the-counter medications
 - Referrals to health professionals
- Mental health care and counseling
- Wellness and fitness services:
 - Individualized exercise programs
 - Non-credit fitness classes
 - Nutrition consultations
 - Safe and healthy relationship classes
- Support groups

Carnegie Mellon University

University-provided Health Plans

Here is the website for Carnegie Mellon's university health services: [Carnegie Mellon University](#)

Gynecological-related resources. University Health Services does not offer abortions or pregnancy-management services; however, referrals can be made, and there are services such as:

- Gynecological exams – includes pelvic exams (visual, speculum, or bimanual) and pap smears
- Sexually Transmitted Infection (STI) testing and treatment – including PrEP for HIV, testing for chlamydia, gonorrhea, and syphilis
- Solutions for unplanned pregnancies:
 - Referrals made if it is decided to continue with pregnancy and have prenatal care, continue with pregnancy with result of adoption, or if an abortion is desired

Contraceptive resources. The following are types of birth control prescribed by University Health Services:

- Birth control patches – transdermal contraceptive that releases estrogen and progestin
- Birth control pills – oral contraceptive that can be combined
- Birth control rings – inserted contraceptive into the vagina that releases estrogen and progestin
- Emergency contraceptives:
 - Plan B – (mostly effective with weight of, at most, 165 lbs) best if used within 72 hours, or 3 days, after unprotected sex
 - Ella – (mostly effective with weight of, at most, 195 lbs) best if used within 120 hours, or 5 days, after unprotected sex
 - Paragard IUD – (effective for all ranges of weight) best if used within 120 hours, or 5 days, after unprotected sex

Other resources available. University Health Services also offers:

- Health promotion – substance use resources, stress management, STI testing, sleep assessments, etc.
- Peer health advocates — events and information about community and well-being
- Prescription refills
- Vending machines – contains supplies of reproductive and personal care products at an affordable price

Chatham University

University-provided Health Plans*

Here is the website for Chatham University's student health services: [Chatham University](#)

Pregnancy-related resources. Student Health Services does not offer prenatal or gynecological care at their medical facilities.

Contraceptive resources. Student Health Services does not offer contraceptive consultation or prescription.

Other resources available. Free for Chatham University students, Student Health Services offers:

- First-aid intervention
- Illness and injury assessments
- Over-the-counter medications in starter doses

*For after-hour care, or for specific needs not provided by Student Health Services, UPMC Urgent Care of Shadyside is available for additional services with individual insurance.

Point Park University

University-provided Health Services*

Here is the website for Point Park University's student health services: [Point Park University](#)

Gynecological-related resources. The Student Health Center does not offer prenatal or gynecological care at their medical facilities.

Contraceptive resources. The Student Health Center does not offer contraceptive consultation or prescription.

Other resources available. The Student Health Center offers:

- Community healthcare referrals
- Health educators – specified to the needs of students
- Health screenings – includes blood pressure tests, and height and weight measurements
- Illness and injury assessments
- Over-the-counter medications in starter doses

*Point Park University's Student Health Center operates in partnership with Allegheny Health Network, which does offer gynecological, prenatal and pregnancy, contraceptive, etc. resources.

University of Pittsburgh

University-provided Health Plans

Here is the website for the University of Pittsburgh's student health services: [University of Pittsburgh](#)

Gynecological-related resources. Student Health Services does not offer abortions or pregnancy-management services, however, there are services such as:

- Cervical cancer screenings – used to identify the risk of cervical cancer
- Contraceptive counseling – assessment of contraceptive needs based on patient
- Gynecological exams – health check of reproductive organs
- Prenatal care referrals – used to find resources of medical care during pregnancy
- Sexually Transmitted Disease (STD) testing – done with an oral, blood, or physical examinations
- Testing, community support, and treatment for sexual assault survivors

Contraceptive resources. The following are types of birth control prescribed by Student Health Services:

- Birth control pills – oral contraceptive that can be combined (estrogen-progesterone), progesterone-only, or extended/continuous cycle pills
- Contraceptive patch – transdermal contraceptive that releases estrogen and progestin
- Contraceptive ring – inserted contraceptive into the vagina that releases estrogen and progestin
- Depo-Provera – injected contraceptive of the hormone progestin (effective up to 14 weeks)
- Hormonal intrauterine devices – inserted contraceptive into the uterus that releases a type of progestin (effective for 3-6 years)
- Nexplanon – implanted contraceptive that releases progestin (effective up to 4 years)

Other resources available. Student Health Services also offers:

- Peer health educators — specified to what the students want to hear about
- Prescription transfers, fills, refills
- Primary care & immunizations
- Sexual Assault Facilitation and Education (SAFE) peer educators – promotes healthy relationships and pushes to eliminate sexual misconduct on campus
- Stress free zone service

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Including:

Carlow University

- LGBTQ & Allies
- Black Student Union

Carnegie Mellon University

- CMU FEMME
- PRISM

Chatham University

- Feminist Coalition
- Student Power

Point Park University

- Gender and Sexuality Alliance
- Black Student Union

University of Pittsburgh

- ACLU Club
- Planned Parenthood Club
- FEM
- Leading Women of Tomorrow
- Women in Research
- Women Chemist Committee