CLINICAL SERVICES
Highland Family Planning offers affordable and confidential birth control and reproductive health services for men and women, including teens. Our program is LGBTQ friendly.

For your convenience, we have two locations:

777 South Clinton Ave
&
999 East Ridge Road

Call 585-279-4890 to make an appointment. Walk-in appointments are accepted at both locations.

Clinical Services Include:
- Birth Control
- Pregnancy Testing
- HIV Rapid Testing
- STD Screening and treatment
- Pap smears
- Breast exams
- Testicular exams
- Anal paps

We can help you apply for the Family Planning Benefit Program if you need insurance!
HIGHLAND FAMILY PLANNING

Highland Family Planning (HFP) is a program of Highland Hospital, an affiliate of the University of Rochester Medical Center. HFP offers high quality, low cost gynecological and family planning care to those who are under or un-insured. HFP provides all FDA approved birth control methods, pap smears, anal p.p. HPV vaccination and breast exams. In addition, HIV testing and STD testing and treatment is available to men and women.

HFP also has two community health educators who are available to deliver workshops individually or as a team. In addition to the workshop offerings listed here, our educators can design workshops to fit the specific needs of your group. All of the workshops can be modified to be age appropriate for your audience. Educators serve audiences ranging from youth and teens to adults, parents, families, agency staff, professionals and others.

HFP has designed curricula that has been approved by the RSCD. Educators are also trained to deliver nationally recognized evidence based interventions Making Proud Choices and Be Proud, Be Responsible.

OUR EDUCATORS

Jamila Crossdale - Graduated from SUNY Brockport with a Bachelor’s degree in Health Science. Her passion is providing young people with the tools necessary to make healthy choices and take control of their sexual health. Jamila has worked in youth development for many years and has a strong background in program development, character building and social/emotional development.  Jamila_Crossdale@urmc.rochester.edu.

Holly Leisten— Graduated from SUNY Brockport with an M.S. in Health Science. She has extensive experience educating young people from her experience as a school health educator in the Rochester City School District. Her passion is helping people make healthy choices regarding their relationships and sexual health.  Holly_Leisten@urmc.rochester.edu.

Workshop Offerings

- Highland Family Planning offers educational workshops to schools, community organizations, and youth serving agencies at NO COST!
- To schedule a workshop, please visit www.urmc.rochester.edu/highlandfamilyplanning or email hfp@urmc.rochester.edu.

Contraceptive Methods

An informative workshop designed to give students the most up-to-date information on all FDA approved birth control options that are available to them. The discussion includes information about effectiveness, proper use, potential side effects, etc.

Making Proud Choices

A nationally recognized evidence based intervention that focuses on a safer-sex approach to HIV/STD’s and teen pregnancy prevention. There are eight one-hour modules that can be delivered over a series of weeks or as a two-day intensive workshop. This program is designed for 7th-8th graders.

Be Proud Be Responsible

A nationally recognized evidence based intervention that focuses on a safer-sex approach to HIV/STD’s and teen pregnancy prevention. There are six one-hour modules that can be delivered over a series of weeks or as a two-day intensive workshop. This program is designed for High School aged participants.

Healthy Relationships

This workshop or series of workshops aims to educate participants about unhealthy power and control dynamics in relationships and intimate partner violence. Participants will receive information that increase their understand of dating violence/abuse, challenge misconceptions or beliefs that “support” abuse, and increase knowledge of and access to support services for those who may be affected by abusive relationships. Educators use lessons from Safe Dates and Love Notes curriculums.

STI Prevention

An educational workshop designed to increase students’ awareness of the different types of sexually transmitted infections, the prevalence of infection in their age group, and how to protect themselves from infection. Participants are given unbiased and factual information about infections as well as up-to-date statistical information about STIs. This workshop highlights regular testing and condom use as effective methods of prevention.

Effective Communication

This skill building workshop focuses on helping young people understand the importance of being an effective communicator. Discussion topics include: active listening, body language, verbal and non-verbal cues, miscommunication, consent, and articulating your needs and wants.

Teaching Safer Sex Workshops

A comprehensive sexuality education curriculum made up of 50 lessons that can be facilitated together or individually. The goal of this curriculum is to help participants explore the many aspects of safer sex and STIs, in order to support the health and well-being of themselves, their family, friends and acquaintances, and society at large through a variety of activities and games.

Healthy Decision Making

This workshop aims to teach young people about the ways in which their emotions influence their thinking and behavior. Participants learn how to use critical thinking to assess the risk involved in many real life situations. These lessons can be tailored to the needs of your group.

Self Esteem

This workshop or series of workshops uses activities and discussion to discuss self-esteem and body image issues facing young people. Participants learn the definition of self-esteem, take personal inventories, discuss the affects of societal influences and other factors on a person’s self-esteem.

Sexuality

Sexuality is much more than just sexual feelings or intercourse. This workshop gives youth a comprehensive look at sexuality and how it pertains to the person that they are now and will become. Myths about sex and puberty are dispelled in this workshop and students are given factual information. The lesson includes discussion of all of the feelings and behaviors associated with the concept of gender; being attractive and being in love; as well relationships, intimacy, sensuality, sexual identity, sexual health and reproduction and sexualization.

Professional Development

“Preventing Teen Pregnancy with LARC” is funded by the Greater Rochester Health Foundation and coordinated through the Hoekelman Center at URMC. Our core team of community partners includes: Metro Council for Teen Potential, Highland Family Planning, and Planned Parenthood of Central and Western NY. Together with these partners, we offer education on long-acting reversible contraception to adults who work with youth, both in community and healthcare settings. Our team hopes to facilitate an increase in effective birth control for teens by connecting and informing anyone who has contact with youth.

** Clinic Tours Available Upon Request**