

Section 21:

Sexual Health

Sexual health is an important part of every individual's life. Providing a safe, thorough, and thoughtful approach to sexuality and sexual health ensures everyone remains safe, healthy, in positive relationships free of any form of violence, with respect for one another. It is not uncommon for students in special education classes to be left out of the room during human growth and development lessons. The lack of education has led to increased numbers of sexual violence for the disability community. We have many local and national resources available to support individuals on their sexual health journeys.

Local Resources

Birthright of Cedar Rapids

375 Collins Road NE Suite 107, Cedar Rapids, IA 52402

319-393-3251 · 800-550-4900 (24 Hour Line)

<https://birthright.org/cedarrapids>

At Birthright, they understand the challenges related to unplanned pregnancies. Birthright is available to women for as long as they need them. They offer love, friendship, and support to women who are pregnant or think they may be pregnant. Birthright is interdenominational and is not involved in any political activities, or lobbying. Birthright's focus is on loving the mother, reminding her that there is hope and ensuring she is not alone.

Bridgehaven Pregnancy Support Center

4250 Glass Road NE Suite 100, Cedar Rapids, IA 52402 · 319-364-8967

<https://bridgehavencr.org>

Bridgehaven Pregnancy Support Center offers compassion, hope, and help in the circumstances before, during, and after pregnancy in the Cedar Rapids area. They serve both women and men. Services are always free and confidential.

Community Health Free Clinic

Clinic 947 14th Avenue SE, Cedar Rapids, IA 5240 · 319-363-0416

<https://www.communityhfc.org>

Founded in 2002, Community Health Free Clinic (CHFC) is a public 501(c)(3) nonprofit organization that provides free medical, dental, vision and

prescription services for those without access to or the ability to pay for healthcare in our community. CHFC never charges for our services and is not reimbursed by the government. We are funded through the generosity of individuals, foundations, and corporations.

Domestic Violence Intervention Program (DVIP)

1105 S Gilbert Court, Suite 300, Iowa City, IA 52244
800-373-1043 (Crisis Line) · 319-351-1043 (Office)

<https://dvipiowa.org>

DVIP provides services to victim/survivors of domestic violence, dating violence, stalking and human trafficking. Today, intimate partner violence is widely known to be one of the greatest physical dangers to women. Women, men, and children are murdered each year and the risk of child abuse is much greater in households where domestic violence occurs. Responding to intimate partner violence is critical and requires a community-wide effort. Support for victims of intimate partner violence and their loved ones is available in Johnson, Iowa, Cedar, Des Moines, Henry, Lee, Van Buren, and Washington Counties through the Domestic Violence Intervention Program.

Eastern Iowa Health Center

1201 3rd Avenue SE, Cedar Rapids, IA 52403 · 319-730-7300

<https://easterniowahealthcenter.com>

Eastern Iowa Health Center's mission is to provide exceptional and accessible, patient-centered healthcare for all. Services include family medicine, pediatrics, obstetrics and gynecology, labor and delivery, behavioral health, and dental care. Eastern Iowa Health Center offers discounts based upon your family size and income. They accept Medicaid, Medicare, Iowa Health and Wellness and most private insurance plans.

His Hands Free Clinic

1245 2nd Avenue SE, Cedar Rapids, IA 52403 · 319-862-2636

<https://hishandsclinic.org>

Since 1992, His Hands Free Clinic has been seeking to honor God by helping the uninsured and underinsured in the community. The clinic is a 501(c)3 nonprofit ministry providing free healthcare to Cedar Rapids and surrounding communities. They are members of the Linn County State Innovation Model, Linn County Housing Continuum of Care, Free Clinics of Iowa, Christian Community Health Fellowship, and the National Association of Free Clinics.

Hillcrest Family Services

317 7th Avenue SE Suite 202C, Cedar Rapids, IA 52401 · 319-362-3149

<https://hillcrest-fs.org>

Hillcrest provides health services through building confidence in troubled youth through their foster group care programs, giving hope to the homeless and promise to those wanting a family. Hillcrest builds character in adults who have lost their dignity and adds stability to the lives of families in need of mentoring. Hillcrest helps people of all ages who want to feel better emotionally. Their brain health counselors can make the prospects of a better life a reality.

Linn County Public Health

1020 6th Street SE, Cedar Rapids, IA 52401 · 319-892-6000

<https://www.linncountyiowa.gov/health>

Linn County Public Health (LCPH) provides many unique services to improve the health of Linn County residents. Their efforts within the community are strengthened by relationships established with other community organizations within the public health system. Through these relationships, LCPH is able to address the public health issues that are present within Linn County at multiple levels.

Linn County Ryan White Program

1240 26th Avenue Court SW, Cedar Rapids, IA 52404 · 319-892-5770

<https://www.linncountyiowa.gov/231/8192/Ryan-White-Medical-Case-Management#:~:text=The%20Linn%20County%20Ryan%20White,income%20and%2For%20financial%20resources>

Newly diagnosed or looking for HIV/AIDS information, resources, or services? The Linn County Ryan White Program offers confidential services to anyone in Iowa living with HIV/AIDS. Services are free of charge, regardless of income and/or financial resources.

Planned Parenthood of the Heartland

3425 1st Avenue SE Suite 100, Cedar Rapids, IA 52402 · 877-8498-0765

850 Orchard Street, Iowa City, IA 52246 · 877-811-7526

<https://www.plannedparenthood.org/health-center/iowa/cedar-rapids/52402/cedar-rapids-health-center-3969-90720>

Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always go to them for your health care.

Positive Iowans Taking Charge (PITCH)

<https://www.pitchiowa.com>

To create an atmosphere where people living with HIV can unite, advocate, and assist others living with HIV to achieve better health and wellness. PITCH seeks to be a source of encouragement, provide educational opportunities, camaraderie, and a sense of community to Iowans living with HIV/AIDS.

Rape Victim Advocacy Program (RVAP)

332 S Linn Street Suite 100, Iowa City, IA 52240

319-335-6000 or 800-228-1625 (Crisis Line)

800-284-7821 (Iowa Sexual Abuse Hotline)

<https://rvap.uiowa.edu>

RVAP is a sexual assault victim advocate and prevention education agency. They serve anyone impacted by sexual violence -- survivors and/or their loved ones in the following eastern Iowa counties: Cedar, Des Moines, Henry, Iowa, Johnson, Lee, Washington, Van Buren. This includes but is not limited to individuals of any age, gender, identity, culture, etc.

Riverview Center

Highley Building, 118 3rd Avenue SE Suite 500, Cedar Rapids, IA 52401

319-540-0080

<https://riverviewcenter.org>

Riverview Center provides sexual assault services in a 14 county Northeast Region of Iowa, as well as sexual or domestic violence services in Jo Daviess and Carroll Counties in Illinois. Services are free regardless of biological sex, gender identity/expression, sexual orientation, immigration status, English proficiency, race and/or ethnicity, incarceration status, disability, or background. Riverview Center is a safe space.

Sexual Health Alliance of Linn and Johnson Counties

<http://www.shacoalition.com>

The Sexual Health Alliance is a collaborative group that promotes and supports healthy relationships and sexual behaviors in Linn and Johnson counties through community engagement.

Waypoint Domestic Violence Program

318 5th St SE, Cedar Rapids, IA 52401

319-365-1458 (Crisis Line) · 319-363-2093 (Office)

<https://www.waypointservices.org>

Impacting thousands of lives throughout seven Northeast Iowa counties each year, Waypoint's Domestic Violence Victim Services Program (DV Program) offers free, confidential services to domestic violence victims and survivors, as well as their families. Through a safety net of supportive services, the DV Program helps empower victims and survivors to safely move forward in their lives. These services, provided by dedicated, certified Victim Advocates, include Support groups, 24/7 Resource & Support Line, Peer counseling, Legal advocacy, medical advocacy, information, and referrals.

YPN (previously Young Parents Network)

420 6th Street SE Suite 260, Cedar Rapids, IA 52401 · 319-364-8909

<https://www.ypniowa.org>

YPN was founded in 1985 by community leaders who recognized that there was a lack of support for young families in Cedar Rapids. Since that time YPN has taken on a leadership role in East Central Iowa as the provider of ongoing comprehensive year-round programs that meet the most critical needs of thousands of families within our community.

National Resources:

Access, Autonomy, and Dignity: Comprehensive Sexuality Education for People with Disabilities

<https://www.nationalpartnership.org/our-work/resources/health-care/repro/repro-disability-sexed.pdf>

Model Systems Knowledge Translation Center (MSKTC)

<https://msktc.org>

The (MSKTC) has various factsheets (in English and Spanish) on pregnancy, sexuality and sexual function, and/or reproductive health for people with spinal cord injuries (SCI), traumatic brain injuries (TBI), and burn injuries.

National Center for Disability and Pregnancy Research (NCDPR)

<https://heller.brandeis.edu/disability-and-pregnancy/index.html>

The (NCDPR) is a cross-disability initiative to address gaps in the knowledge about pregnancy and disability, enhance the experience of pregnancy in women with disabilities, and promote optimal pregnancy-related outcomes for pregnant people with disabilities.

National Rehabilitation Information Center

- [Curated List of factsheets, articles, guides and books related to Sexual/ Reproductive Health and Disabilities](#)
- [Curated list of international research on reproductive health and disabilities](#)
- NIDILRR-funded Consumer Products for the LGBTQIA2S+ and Disability Communities
 - <https://naricspotlight.wordpress.com/2022/06/16/nidilrr-funded-consumer-products-for-the-lgbtqia2s-and-disability-communities>
- Answered Questions for February 2022: Intimacy and People with Disabilities
 - <https://naricspotlight.wordpress.com/2022/02/24/answered-questions-for-february-2022-intimacy-and-people-with-disabilities>
- Flowers, Chocolates, Romance...and Disability
 - <https://naricspotlight.wordpress.com/2017/02/13/flowers-chocolates-romance-and-disability>

SAFE - My Rights My Life

<https://myrightsmylife.safeaustin.org>

Research about abuse, violence prevention education, and people with intellectual and developmental disabilities (IDD) is somewhat limited. However, we know that people with disabilities are at high risk for abuse, and that education on safety and sexuality can decrease that risk. For 25 years, SAFE's Disability Services program has provided personal safety and sexuality education for youth and adults with disabilities in Central Texas and beyond. Those trainings and important research and studies on these topics laid the foundation for the contents of the My Rights My Life (MRML) curriculum.

Sex Ed for People with IDD

<https://www.youtube.com/playlist?list=PLuEvYNNQ-dHeVhbyeJHx9s8oqsvBk62lv>

The National Council on Independent Living's and Rooted in Rights supported by the WITH Foundation created a ten-part video series to help people with intellectual and developmental disabilities (I/DD) learn about sex.

Sexual Education for Young People with Disabilities

<https://www.advocatesforyouth.org/resources/fact-sheets/sexual-health-education-for-young-people-with-disabilities>

Research and Resources for Educators

Sexuality Education for Students with Disabilities

<https://www.parentcenterhub.org/sexed>

The Center for Parent Information & Resources created a resource library to support individuals and their families. Resources include the basics of human sexuality, sexuality and disability, the special role of the parent, the content to be taught, materials on specific disabilities, and commercial products.

Temple University Collaborative on Community Inclusion for People with Severe Mental Illness

<http://www.tucollaborative.org>

[Toolkit for direct care personnel](#) (PDF) that focuses on discussion on sexuality, intimacy, and reproductive health with people with mental health conditions.

The Arc of the United States – Sexual Violence

<https://thearc.org/our-initiatives/criminal-justice/talk-about-sexual-violence>

Talk About Sexual Violence provides practical tools to address this silent epidemic through a supported decision-making lens that supports victim-centered approaches. This website provides easy-to-use access tools that include:

- Short training videos for healthcare professionals
- Charts and other tools for guided conversation
- Focus group findings: video and reports
- Annual project reports

Thresholds Health Literacy and Wellness Promotion Center

<https://www.thresholds.org>

Addresses the health and wellness of individuals in recovery of psychiatric disabilities with other co-occurring disabilities and physical health conditions, focusing on health literacy and wellness as a means to enhance recovery and function in the community. Although they look at the whole person, they do have [resources related to reproductive health](#) that include factsheets on cervical health, mammography and breast health, men's health, etc.