



# MYPOWER, INC. & ROADMAP TO PREVENT UNWANTED TEEN PREGNANCY IN LEA COUNTY

**Elaine Sena will discuss a group mentoring program for girls and a roadmap unique to Lea County, New Mexico. Phoebe Latimer Spencer will be available to help answer questions.**

**October 2016**

# BIOGRAPHIES



**ELAINE SENA** has served as the Executive Director of MyPower, Inc. for the last four years. She earned her BBA from University of the Southwest and her MBA from Eastern New Mexico University. She currently serves on the Board of Trustees at the University of the Southwest and is a Board Director for Legacy Pregnancy Resource Center and the Hobbs Jaycees.

#### Awards:

2011-Outstanding Young Women of the Year, Hobbs Jaycees

2014-Distinguished Young Alumni Award, University of the Southwest

2016-Graduate from Leadership New Mexico's Connect Program

Elaine has worked as a teacher, principal and Overseas Director for King's Gate. She has traveled to 11 countries, many in which she worked in orphanages, AIDS Hospices, and schools teaching children English. She considers MyPower her life's mission. She loves working with and encouraging young girls to live their best life!

**PHOEBE LATIMER SPENCER** is a founding Board Member of MyPower, Inc. She has earned her BA from University of New Mexico and worked in Communications for many years. She spear-headed the Roadmap planning sessions for Lea County.

## 2 WAYS LEA COUNTY IS WORKING TO LOWER OUR ALARMING STD & TEEN PREGNANCY RATES:

1.



MyPower, Inc. is a non-profit organization founded in 2009 that works with girls 5<sup>th</sup>-9<sup>th</sup> grades in group mentoring programs and a summer life skills camp.

2.



The Roadmap to Reduce Teen Pregnancy in Lea County is a plan developed in 2016 by a diverse group of Lea County citizens who are concerned about our high teen pregnancy rates, particularly with 15-17 year old girls.

# MYPOWER, INC. WHO WE ARE AND WHAT WE DO



**DEFINITION: power/n. : 1: strength to act; 2: power to exercise choice.**

**MyPower, Inc. is a non-profit organization founded in 2009 to empower young women to successfully navigate the teen years by helping them:**

- ❖ *Develop Solid Future Goals*
- ❖ *Understand How to Make GOOD Choices*
- ❖ *Succeed Academically*
- ❖ *Avoid STDs and Unwanted Teen Pregnancy*

**MyPower's programs have reached more than 4,500 girls, making it the largest youth development program in Lea County.**



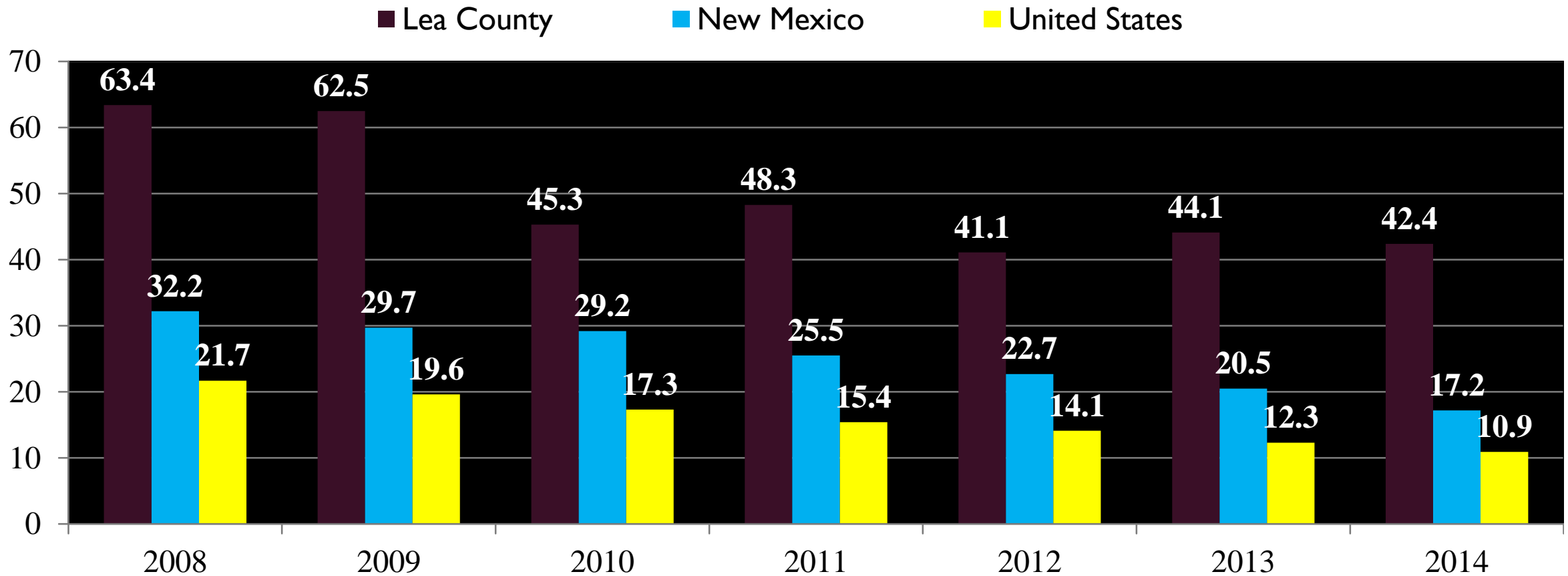
# WHY ARE THE CITIZENS OF LEA COUNTY CONCERNED?



- *MyPower began with a diverse group of community leaders who first started researching and discussing the issue in 2009.*
- *Research showed that Lea County had the highest teen pregnancy rates in the State. The State of New Mexico was #1.*
- *Extreme concern for the 15-17 year old teen pregnancy rates. 13-14 year old teen birth rates were not included, but not uncommon.*
- *Research to find solutions showed mentoring programs, the implementation of evidenced-based sex education, and easy access to teen friendly reproductive care makes a difference in lowering teen STD and teen pregnancy rates.*



## TEEN BIRTH RATES (15-17 YEAR OLDS) IN LEA COUNTY, NEW MEXICO & THE U.S.A



New Mexico Indicator-Based Information Systems (NM-IBIS), 2016  
Cases per 1,000 Population

# MYPOWER'S PROGRAMS:



1 school in 2010  
12 schools in 2016!



## MyPower Mentoring Circles

- ❖ A FUN 12-week after school program for 5<sup>th</sup> grade girls with a focus on making good choices, goal setting, succeeding academically and avoiding teen pregnancy. More than 90+% participation in our 8 elementary schools. The curriculum provides straight talk, anatomy lessons and breaking cycles.

## MyPower Middle School Edition

- ❖ Dynamic program held on campus during advisory period 7 times a year. Quantum Learning Network's 8 Keys of Excellence provide the core of the program.

## MyPower Quantum Leadership Camps

- ❖ Quantum Learning Network Leadership Camps focus on life skills and academic skills. Girls learn what kind of learners they are, and how to make the most of school and life. Academic emphasis on skills such as memorization, note taking and math. These camps are FREE to all 6<sup>th</sup> – 9<sup>th</sup> grade girls in Lea County. Empowerment and ownership are key components in the curriculum.



# LIFE SKILLS MATTER!

## Camps focus on Quantum Networks International Curriculum and the 8 keys of Excellence:



**Integrity– Match Behavior to Values**

**Failure Leads to Success – Keep Trying!**

**Speak with Good Purpose – The words you say matter!**

**This is It! - Make the most of every moment**

**Commitment – Make dreams happen with hard work**

**Ownership – Take Responsibility**

**Flexibility – Be willing to do things differently**

**Balance – Live your best life**



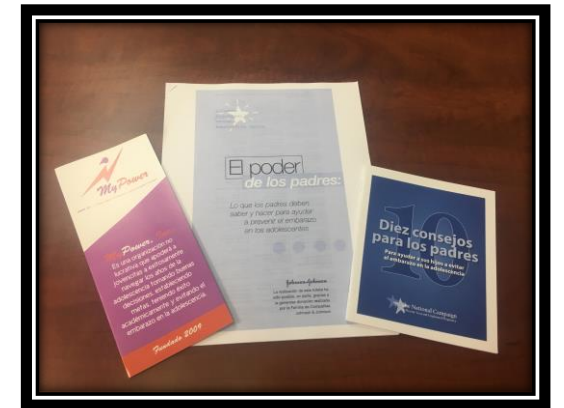
**350 girls from throughout Lea County attended our 2016 camps!**

# PARENTS ARE THE KEY



MyPower meets with more than  
1,000 parents each year!

Information from National Campaign to Prevent  
Teen Pregnancy on talking to teens is distributed.



MYPOWER LED THE WAY TO DISCUSS



# Lea County's Teen Pregnancy & Shocking STD Rates



# DEVELOPING A PLAN FOR LEA COUNTY



## Roadmap to Reduce Teen Pregnancy in Lea County

### A Community Plan

Developed in partnership with Working Partner LLC, Sharon Edwards,  
and Dr. Heriberto Escamilla

January 2016

# FOR 6 MONTHS LEA COUNTY LEADERS MET & DEVELOPED A ROADMAP TO REDUCE TEEN PREGNANCY

## A Community-Based Solution



- The plan is rooted in sound evidence and successful teen pregnancy prevention.
- Community voices were essential in the development of Lea County's plan.
- A 16-member team from the original 30 committee members is working to oversee the Roadmap progress.
- Lea County is proud to work together to make a difference for our kids.

# LEA COUNTY'S PLAN



- With MyPower's leadership, a diverse group of 30 Lea County's citizens was formed to put together a community plan.
- This committee included men and women from the faith, school, medical, and business community who came together to review, research and develop a plan to work to reduce teen pregnancy in our county.
- National experts helped facilitate and write our plan:
  - Dr. Escamilla has developed several national programs focused on the Latino community.
  - Dr. Susan Tortolero is the Director of the Center for Health Promotion and Prevention Research with the University of Texas School of Public Health.
  - Sharon Edwards is a founder of the National Campaign to Prevent Teen Pregnancy and the Texas Campaign to Prevent Teen Pregnancy, and is one of the founders of the Teen Outreach Program (TOP). She is a leader in the African American community.
- The Working Partner, a Texas-based consulting firm, helped facilitate and guide the process.

# THE ROADMAP HAS 5 KEY STRATEGIES FOR LEA COUNTY:



1. Make evidenced-based, comprehensive sex education accessible to all young women and men in Lea County.
2. Identify and promote multiple places (including the establishment of school-based clinics) where teens can go to access information and resources about sexual health and contraceptive care.
3. Encourage and assist adults to have safe and open conversations with youth about sexual health and healthy relationships.
4. Develop programs that expand teens' educational and career goals.
5. Create a countywide coalition that will manage this comprehensive plan and track progress in achieving the goal. **(Done!)** The coalition started monthly meetings in October 2016.

## THE GOAL OF THE ROADMAP COMMITTEE:

Reduce the Lea County 15-17 year old teen birth rate by 30 percent, to a rate of 29 births per 1,000 by 2018-2019.



# TRACKING PROGRESS

## GOALS:

- Every school district in Lea County will have evidenced-based, comprehensive sex education curricula in place that meets New Mexico health education standards.
- Local health providers will report more teens accessing contraceptive care at their clinics; and, among these teens, more will report using reliable and effective methods of birth control.
- Provide information to teens and parents about building healthy relationships.
- Provide more mentoring programs and unique opportunities for teens to explore career and college possibilities.



# HOW YOU CAN HELP OUR EFFORTS IN LEA COUNTY:

1. Provide the Department of Health offices in Hobbs and Lovington with adequate funding to hire a full time provider who focuses on reproductive health. Over the last several years, the offices have gone from having a full-time provider to only two days a month in Hobbs and one day a month in Lovington.
2. Reinstate funding for comprehensive school-based clinics.



# LEA COUNTY'S ROADMAP EXECUTIVE COMMITTEE:

- **Amanda Beachamp, Nor Lea Hospital**
- **Vanessa Galindo, Gentiva Hospice**
- **LeAnne Gandy, Superintendent of Lovington Schools**
- **Jennifer Grassham, J.F Maddox Foundation**
- **Zeke Kaney, Principal of Hobbs High School**
- **Rebecca Long, Lea County Commissioner**
- **Mayra Lovas, J.F Maddox Foundation**
- **TJ Parks, Superintendent of Hobbs Schools**
- **Sharon Priller, NM Department of Health**
- **Evelyn Rising, UNM HERO**
- **Elaine Sena, Executive Director of MyPower, Inc.**
- **Tracy South, Hobbs Family Health Center(FQHC)**
- **Phoebe Spencer, MyPower, Inc., Board Member**
- **Tim Thornell, CEO of Lea Regional Hospital**
- **Saul Villareal, Hispano Chamber of Commerce**
- **Sarah Yue, NP Lea Regional Hospital**



# HELP EMPOWER OUR COMMUNITY'S GIRLS

## MyPower Board Members:

Becky Bass, Pat Duran, Kristi Goodwin, Lisa Hardison, Mary Harris, Ed.D., Crystal Marin, Emily Navarrete, Courtney Puryear, Evelyn Rising, Phoebe Spencer, Rebecca Titus, Marianne Westbrook, Ph.D., Veronica Welch, Annie Wimbish, Barry Young, & Sarah Yue

