

# **National Public Health Week - Reproductive & Sexual Health**

*Hawaii Center for Sexual and Relationship Health*

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# Importance of Reproductive & Sexual Health Awareness

- National Public Health Week: Advocates for community well-being.
- Reproductive & Sexual Health Awareness: Empowers healthier decisions.
- Open Discussions: Reduce stigma, foster inclusivity.
- Equitable Access to Sexual Health Education: Promotes health equity.
- Overall Commitment: Fosters healthier communities.



# Recognizing Sexual Health as Integral to Overall Health

- Sexual health intertwines with physical, mental, and emotional well-being.
- Addressing sexual health nurtures healthy relationships, self-esteem, and identity.
- Integrating sexual health into health initiatives prioritizes individual and community well-being.
- Sexual health is integral to comprehensive health, addressing relationships and self-image.
- Comprehensive health encompasses physical, mental, and emotional well-being.

# Overview of Hawaii Center for Sexual and Relationship Health (HCSRH)



**Established Date: 2017**

**HCSRH offers a wide array of specialized services:**

## **Sex Therapy**

Tailored therapy sessions addressing sexual issues, including sex addiction, out-of-control sexual behavior, sexual trauma, and mindful sex.

## **Relationship Counseling**

Providing individual, and family therapy for various relationship concerns, including infidelity recovery and relationship conflict.

## **LGBTQ+, Genderfluid, Nonbinary Affirmative Care**

Providing affirming care and support for LGBTQ+, genderfluid, and nonbinary individuals and couples, including sex therapy and relationship counseling.

## **Gender Health**

Offering services focused on gender-affirming care and support for individuals exploring gender identity and expression.

## **Polyamorous | Kink | Non-monogamy**

Providing specialized counseling and support for individuals and couples navigating non-traditional relationship dynamics.

## **Sex Work and Escorts**

Offering support and counseling for individuals involved in sex work or escorting professions.

## **Sexuality and Faith**

Addressing the intersection of sexuality and faith, providing support and counseling for individuals navigating these complexities.

# Overview of Hawaii Center for Sexual and Relationship Health (HCSRH)



**Additional services aimed at promoting sexual and relational well-being.**

**These services typically include:**

## **Mental Health Support**

Providing services addressing anxiety, depression, trauma, and self-esteem concerns affecting sexual well-being.

## **Workshops and Seminars**

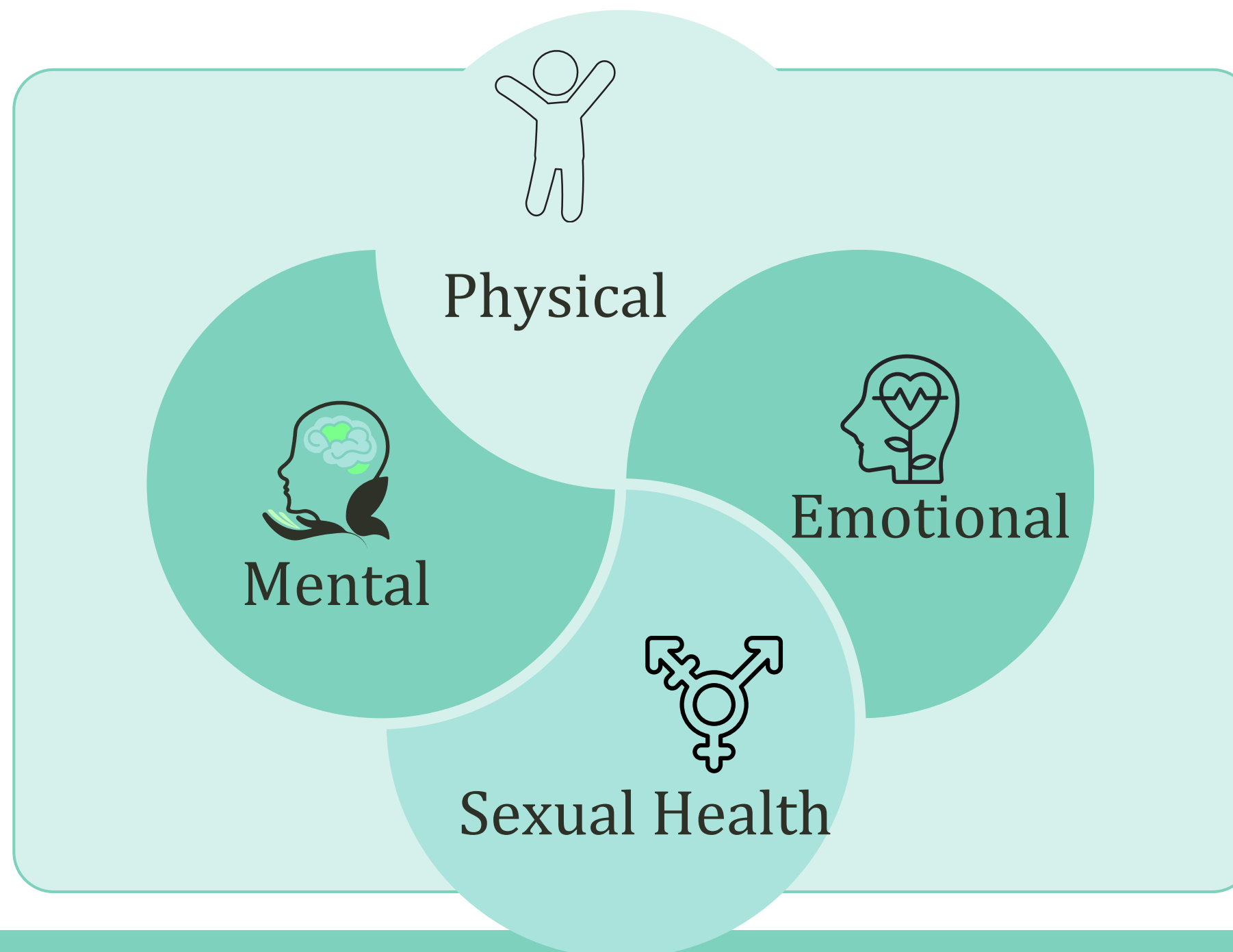
Organizing events on healthy relationships, consent, sexual identity, and sexual pleasure for aspiring sex therapists and counselors via The Sexual Health School - <https://thesexualhealthschool.com/>

## **Referrals and Collaborations**

Partnering with other organizations to ensure individuals receive comprehensive care when needed.



# The Interconnectedness of Health Domains



Importance of  
Recognizing the  
Interdependence for  
Overall Well-being



# Breaking Stigma: Addressing Sexual Health in Healthcare

- **Importance of Healthcare Providers Addressing Sexual Health Concerns:**
  - **Recognize** the significance of sexual health for overall well-being.
  - **Acknowledge** healthcare providers' role in promoting open discussions and support for sexual health concerns.
  - **Create** safe, non-judgmental spaces for patients to discuss sexual health.
  - **Encourage** providers to initiate sexual health conversations during appointments.
  - **Provide** training to enhance providers' skills in addressing sexual health sensitively.
  - **Offer** accurate information and referrals for sexual health services.
  - **Advocate** for policies prioritizing sexual health in healthcare settings.



# Addressing Sexual Health in Healthcare

- **Encouraging Open Dialogue:**

- Create a safe environment for patients to discuss sexual health concerns openly and without fear of judgment.
- Emphasize the importance of patients feeling comfortable expressing their needs and seeking guidance regarding sexual health issues.

- **Comprehensive Assessments:**

- Advocate for thorough assessments by healthcare providers, including inquiries about sexual health practices, concerns, and preferences.
- Integrate sexual health discussions into routine healthcare visits to ensure holistic care for patients.





# Challenging Stigma

- **Challenging Stigma Surrounding Sexual Health Discussions:**
  - Promote open dialogue and education about sexual health topics.
  - Encourage respectful and non-judgmental conversations.
  - Provide accurate information to debunk myths.
  - Advocate for policies promoting sexual health awareness.
  - Support individuals in accessing services without stigma.



# Collaborations and Partnerships

- **Collaborating with Medical Professionals, Educators, and Community Organizations**
  - Partner with medical professionals for comprehensive care.
  - Work with educators to implement sexual health education.
  - Engage community organizations for outreach.
  - Share resources and expertise.
  - Organize joint events and workshops.



# Recap!

- **Integrating Sexual Health into Comprehensive Health is Essential for Well-being**
  - Recognizes the interconnectedness of physical, mental, and emotional health.
  - Promotes informed decision-making and reduces stigma.
  - Ensures holistic care for individuals.
  - Leads to healthier individuals and communities.



# Thank you!!!

Thank you for joining us today  
to discuss sexual health.  
Your involvement is crucial in  
promoting well-being for all.  
Let's continue our collaboration  
for a healthier future.




Hawaii Center for Sexual and  
Relationship Health

# Contact Information

**Hawaii Center for Sexual and Relationship Health**

 **Sex Therapy Hawaii**: <https://sextherapyhawaii.com>

 **The Sexual Health School**: <https://thesexualhealthschool.com>

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