

# Women's Health Tasmania

# NEWSLETTER



## SPRING 2018

Menstrual  
Health Talk  
**P.3**

My Health  
Records  
**P.4**

What's On  
**P.7**

Continence  
Service  
**P.8**

Farewell  
Glynis Flower  
**P.11**

Introducing:  
New CEO  
**P.12**

## Termination

By Jo Flanagan

*What is going on? Is it true women **have** to go to Melbourne to get a termination? **Yes.***

*But you are saying women **can** get a termination in Tasmania? **Yes.***

Confused? Fair enough. **Read on.**

There is a fierce argument going on about access to terminations in Tasmania. The most terrible thing about this controversy is the weight of it falls on women who find themselves pregnant and are asking for this service. For them, the information can be confusing and finding the help they want, difficult.

So, it's important everyone understand that while there isn't enough access to terminations in Tasmania, creating awful problems for women, there is help available.

### What is happening in Tasmania?

In Tasmania, it is possible to get a **medical termination** in early pregnancy. There are GPs around the state trained to provide medical terminations. If your GP isn't one of them, give us a ring and we can help with information. There is also an online site which a woman can access directly and have the medications sent to her through the post.

And there are a small number of surgical terminations being done. The Royal Hobart Hospital is doing a few. To the best of our knowledge, there are few to none being done by the Launceston General Hospital and none by the North West General Hospital.

There are some being done by a couple of private obstetricians, but these doctors can only take a few patients at any given time.

Does this meet the level of need? We don't know. There is no consistent data collection about this. All we know for certain is, so far, we have been able to help every woman who has contacted WHT to get access to a service, even if it has had to be in Melbourne.



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A **medical termination** is the use of drugs to induce a miscarriage. It can involve a series of visits to a GP or clinic, and the miscarriage generally takes place at home over a 24-hour period.

A **surgical termination** is a simple surgical procedure to remove the pregnancy tissue from the uterus. It is done under anaesthetic and generally takes 3 – 4 hours, including recovery time.

### **What are our rights?**

We have the right to access free public hospital services as public patients.\*

We have the right to receive treatment on the basis of our health needs, regardless of our financial or health insurance status.\*

We have the right to access termination services.\*\*

In Tasmania, the law says if a woman is less than 16 weeks pregnant, she does not need a doctor's approval to have an abortion. It is her decision, based on her own needs and circumstances.

If she is more than 16 weeks pregnant, a doctor can provide a termination with the woman's consent - if the doctor reasonably believes continuing the pregnancy would involve a greater risk of injury to the woman's health, physical or mental, than if the pregnancy was terminated.

### **What are some of the problems facing women in Tasmania?**

Getting into a public hospital. Because so few surgical terminations are being provided in the public health system, the RHH is only booking in women who are facing a very high level of disadvantage.

Cost. Legally, women don't need a doctor's consent for a termination before 16 weeks, but women do have to get a referral from their GP to see a private obstetrician. So costs for a surgical termination done in Tasmania can include the initial GP visit, the cost of seeing the obstetrician, the cost of an anaesthetist and the cost of the surgery time.

Imagine you are on Newstart Allowance (\$250 a week) and you have to find up to \$290 for an initial appointment to see an obstetrician.

Time. To access a surgical termination, women really have to have get through the system before they are 14 weeks pregnant. There is often little time after a pregnancy is confirmed to look around for loans or to organise childcare, transport, accommodation, time off work. One woman who called us had to raise \$2500 in less than a week.

Travel. Women are travelling long distances to get access to the few providers of surgical terminations in Tasmania, or to get to Melbourne. Not all women can travel. One woman who called us had no-one to mind her 4 small children for two nights.

And medical terminations are not suitable for everyone. For a medical termination, the pregnancy has to be early. They also cost – for doctor's appointments, and the cost of the medicine. And they don't suit everyone's circumstances. One young woman we spoke to had a miscarriage over a 24-hour period. She was living in a share house, sharing the bathroom with 5 other students.

The outcome of this is we are getting calls from women who are terribly stressed, struggling to find the money for a termination or a provider who can help them.

### **What a mess! What would a feminist do?**

She'd sort this nonsense out. She'd

- Ensure terminations are available through all three public hospitals;
- Help a private provider set up a practice for women who can't get into the public system;
- Make sure the services are affordable; and
- Give health services a list of general practitioners who are willing to provide medical terminations.

She'd collect data on the demand for terminations, so health services at a regional level are designed to respond to the needs of local women.

She'd put her hands on her hips and make a stand. Feminists know how these debates can slide into an erosion of women's legal and human rights.

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## What is Women's Health Tasmania doing?

We are responding to calls from women around Tasmania and providing counselling, information, referrals to services and we are giving direct practical help.

## What can you do?

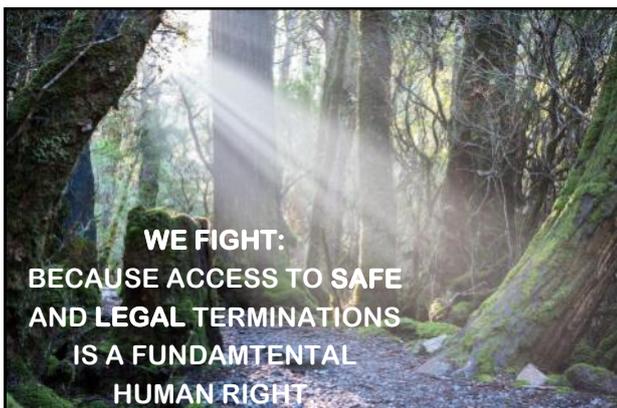
**Be clear.** In any conversation about terminations, make sure you point out that the argument is not whether or not women should have terminations. It is our legal right. It is a normal health service for women. The debate is whether there is enough access to termination services through the public hospitals.

**Be active.** Write to the Minister of Health and ask how public hospitals which are also funded to be teaching hospitals, can be failing to provide terminations when they are required by women - given this is a normal part of the suite of sexual and reproductive health services for women.

**Support each other.** You can help by contributing to the Women's Health Fund. This is a pool of donations, managed by Women's Health Tasmania and used to help vulnerable women access health services. (Yes, it is wrong that women are relying on donations to access an essential health service. But the woman who rings us tomorrow can't wait for this mess to get tied up.)

\*Department of Health and Human Services – Your Rights and Responsibilities

\*\**The Reproductive Health (Access to Terminations) Act 2013*



# Menstrual Health

5.30 – 6.30pm

Thursday September 13

with Monica Francia



This free talk with Naturopath and Nutritionist, Monica Francia, is designed to improve women's knowledge about their hormones and their cycles.

All the way from starting menstruation, to the years following menopause, learn about how hormones work and what we can do, through both diet and lifestyles, to promote hormonal balance.

With a focus on food as medicine and low cost interventions, this talk is designed to empower women to improve their hormonal and overall health simply.

To book please phone the Women's Health Tasmania on 6231 3212.

## WHT MEMBERSHIP REMINDER

Just a reminder WHT Membership is valid for one year from AGM to AGM (September to September). If you need to update your membership, you can either do so via an electronic transfer, by cheque and post, or pop in to the Centre.

Information about membership is available on our website [www.womenshealthtas.org.au/about-membership](http://www.womenshealthtas.org.au/about-membership)

# My Health Records

By Petula Broad

Australia is introducing a new way to manage patient records nationally.

My Health Record is an online summary of your health information, which can be accessed at any time by you and your healthcare providers.

What many Australians may not know is, unless you choose to opt out of this system, you will automatically be given an online record. You have between 16 July and 15 October 2018 to act. Following that, there will be a bulk upload of all Australian patient records onto the site.

My Health Record has been in use for about 5 years, with approximately 25% of Australians already using it. However after October, once there is over 50% connectivity, usage by doctors and the public is expected to increase.

## The arguments for

It is claimed this system is more secure than paper files, and all clinical data will be kept in Australia. This will provide your GP, or hospital with all health information about you, including allergies, medications, medical conditions and pathology.

The goal is to optimise treatment options, and in a medical emergency, all your health information will be in one place.

You can choose to manage aspects of your My Health Record yourself. This includes adding notes about your allergies and adverse reactions, an advance care plan or custodian details, as well as reviewing what health information is on there and who can see it. You can also add personal health summaries, and emergency contact details.

You have the option to set restrictions on who can see your records, and you can also set up SMS or email notifications, to tell you when a health care provider has accessed your records.

Healthcare providers such as GPs, specialists and pharmacists will be able to add clinical documents about your health to your record. Your doctor can upload an overview of your health, as a reference for new health care providers. This may include

such things as hospital discharge summaries, reports and referral letters. Up to two years of Medicare data can be added to your record, as well as immunisations and organ donor decisions.

Initially, if you choose to log into your My Health Record, there may be little or no information in it. Information will be added after visiting a healthcare provider such as a GP, pharmacist or hospital, and you may need to ask your doctor to prepare a Shared Health Summary. You can begin to add your personal health information and notes straight away.

## The concerns

For many people, there may be concern about managing their privacy. You control who can see your information. Registered healthcare providers involved in your care will have access to upload, view and share summary information. By setting access codes, you can choose who sees your record, and what's in it. You can also request some documents aren't uploaded to your record.

Only in an emergency situation can a clinician "break the glass" or view all records, but this will be logged and monitored. You will be able to view all instances where your record has been accessed.

Your information will not be disclosed to anyone else, unless required or permitted by law. More information about our privacy policy can be found at: [www.myhealthrecord.gov.au/privacy](http://www.myhealthrecord.gov.au/privacy).

Strict rules and regulations, on who can see or use your My Health Record, protect your health information from misuse or loss.

Minister Greg Hunt recently announced the government will amend the My Health Record legislation, to require a court order be obtained to access a person's My Health Record. In practice, this was already the policy of the System Operator. Another amendment will permit the complete deletion of a person's My Health Record, if they choose to cancel it. Under the current law, the Agency cancels a record and archives the record for 30 years after the death of the record holder.

## So weigh it up

There are many conflicting opinions in the public domain about My Health Records. And about the safety of digital data in general. Be informed. Keep up to date with developments and do some research of your own. Whatever your decision it is important you feel comfortable and confident making it in your best interest.

You have the option to opt out now or cancel at any time, according to the Australian Digital Health Agency. If you do not have access to a computer, you can call the My Health Record inquiry on 1800 723 471 line to opt out, or for general enquiries and questions about your records.

Or contact Digital Health on 1300 901 001

<https://www.myhealthrecord.gov.au/for-you-your-family/what-is-my-health-record>

<https://www.myhealthrecord.gov.au/for-you-your-family#how-to>



## Australian Hearing

Will be visiting to provide **FREE** hearing checks, education and information regarding hearing health.

**12 noon to 2 pm**

Monday **October 1**  
Monday **November 5**  
Monday **December 3**

Each check takes around 5 minutes.



# ENCORE NEWS

Encore is an eight-week program of two hours duration, specially designed for women who have had breast cancer. It helps restore mobility, flexibility and confidence through gentle exercise.



The program provides trained facilitators, floor and warm water exercises and the opportunity for women to support one another.

Encore programs are free to participants and designed for women who have had breast cancer at any time in their lives.

### Hobart

The next Encore program will be held in the second half of 2018.

Contact Rosemary for further details on 6231 3212. or via email at

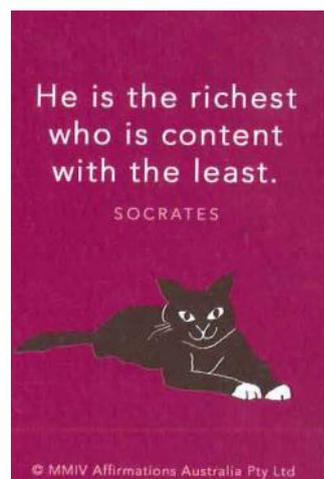
[rosemary@womenshealthtas.org.au](mailto:rosemary@womenshealthtas.org.au)

### Launceston

The next Encore program will be held in the October 2018.

Contact Mandy via [manda\\_page@yahoo.com.au](mailto:manda_page@yahoo.com.au) for further details.

Contact Women's Health Tasmania on 0362313212 or [info@womenshealthtas.org.au](mailto:info@womenshealthtas.org.au)



# Herbal Workshops

## With Herbalist Lisa Anderson



### Detoxification

**August 23 10:30am to 11:30am**

The aim of this workshop is to teach people to encourage our bodies' elimination systems, organs and tissue to work harmoniously together, reducing our bodies' toxicity load and supporting the lymphatic system and liver. Participants will be making their own detox teas to take home. We will also be going through the active materials in both the herbs and diet.

### Optimizing Mental Health

**August 30 10:30am to 11:30am**

The aim of this workshop is to teach people to support their nervous system, adrenals and other organs associated with optimising positive mental health through diet and herbs. Participants will be making their own teas to take home. We will also be going through the active materials in both the herbs and diet.

**Tickets are \$5.00**, which you can **book by calling Women's Health Tasmania on 6231 3212**. Book quickly as spots are limited.

## Breast Cancer Support Group

For any woman diagnosed with breast cancer who would like information and support.

**3<sup>rd</sup> Tuesday of the month from  
11:45 am - 1:15 pm**

The next meeting dates are:

**2018**

**September 18** Group discussion

**October 16** Group discussion

**November 20** Group discussion



**Please phone Women's Health Tasmania on 6231 3212 for more information.**

## Improving and Maintaining Flexibility



Improving your flexibility through gentle movement investigations, which remind you of movement patterns learnt in the early years of your life.

Get better at walking, improve your balance and let go of long-held patterns of pain and tension.

### Feldenkrais

**Thursdays at 1:30pm**

**August 30 to September 27, 2018**

5 sessions. \$15 per session

**Contact Wendy on 0447 120 688 for further information and to book.**

# WHAT'S ON @ WHT

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	9:30 to 10:30am <b>Ageing Well with Weights</b> 8 week course <b>Starting Feb 2019</b>	10:30 - 11:30am <b>Meditation</b> Guided and safe with Jean Gilbert. By donation	9:45 - 11am <b>Yoga</b> (Hatha) experienced with Jen. \$8 per session Come early for a spot.	10 - 11:30am <b>Meditation</b> Mindfulness & Self Compassion Valerie 0405 329 687 <b>See page 9</b>	10am - 2pm <b>Waste to Wonderful</b> Textile skill sharing. Contact Jen on 0417 137 100
	11am - 12pm <b>Tai Chi</b> Weekly \$8	10 - 11:30am <b>Fitball</b> (beginners) Gil Whitehouse \$8	10:30 - 12:30 <b>Women's Walks</b> 6231 3212 Calendar on the website		
		11am - 12:30pm <b>Community Health Nurse</b>	11:15am - 12:30pm <b>Yoga</b> (Hatha) beginners with Jen \$8 Come early for a spot.		
PM	3 - 4 pm <b>Ageing Well with Weights Practice</b> For women who have completed the 8 week course.	1 to 2:30 pm <b>Changing your Mind Meditation</b> <b>Fortnightly</b> Starting on <b>August 14</b> <b>See page 9.</b>	3 - 4pm <b>Aging Well with Weights Practice</b> For women who have completed the 8 week course.	1:30 - 2:30pm <b>Feldenkrais</b> August 30 for 5 weeks \$15 per session. Wendy on 0447 120 688 <b>See page 10</b>	

## Therapists and Monthly Groups

### Breast Cancer Support Group

**3<sup>rd</sup> Tuesday of the month** 11:45 am - 1:15 pm. For any woman diagnosed with breast cancer who would like information and support.

### Bowen Therapy (NST)

**Every Wednesday** at the Centre. \$65 per session.  
To make an appointment, contact Christine Toyama on 0417 363 108.

### Continence Service

**2<sup>nd</sup> Wednesday of the month**, 1 to 3 pm. Free service

### Herbalist

**Every Thursday** at the Centre. Initial appointment \$65 and \$55 follow up.  
To make an appointment, contact Lisa on 0456 032 088

### Writers' Support Group

**1<sup>st</sup> Wednesday of the month**, 2 - 4 pm. New members welcome.

### Warped Wenches

**3<sup>rd</sup> Saturday of the month**, 10 am to 4 pm. A group of women who love to sew, and share an interest in all sorts of crafts.  
Contact Denise 0417 808 871.

**Come in for a cuppa, browse in our library or use the photocopier.**



# Community Continence Service

## Individual Chat Sessions

at the Women's Health Centre

**1 to 3 pm 2nd Wednesday of the Month**

The Community Continence Service comprises continence nurse specialists and a continence physiotherapist. We assist people with bladder or bowel control problems or concerns. These concerns may be something a person has thought too trivial or embarrassing to seek help for - such as leaking a small amount of urine when coughing, or having to get up to the toilet a few times at night.

Other concerns may include the need to go to the toilet urgently or many times during the day, having to rely on continence pads, or loss of bowel control.

Our team are specifically trained, and understand how to help people manage bladder and bowel control problems. We offer people assessment, to

determine the type of continence problem, and provide information and support about individual management options.

A drop in "Chat with a Continence Nurse" session once a month presents an opportunity for women to discuss any questions or problems informally. The nurse can provide general advice, or arrange for follow up at one of the clinics.

Our clinics are located in Hobart, Kingston, Glenorchy, Huonville, Sorell, New Norfolk and Rosny. We also visit people at home who cannot attend a clinic.

People can refer themselves to the service by phone. A friend, family member or health professional can also refer on someone's behalf. There is no fee.



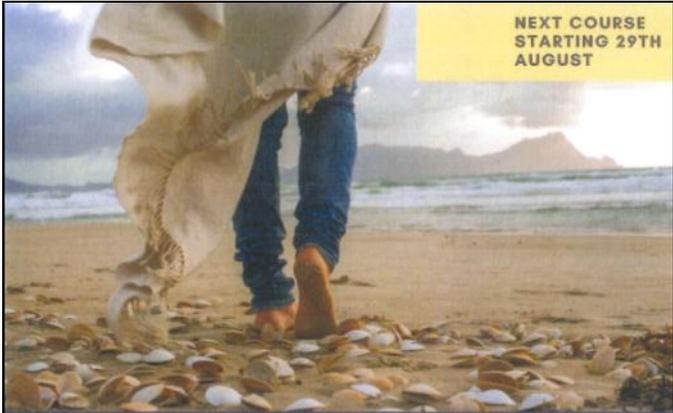
## Ageing Well with Weights

The 8 week Ageing Well with Weights course has proved to be very popular and we will be offering another one starting on **February 2019**.

Classes will be on **Mondays from 9:30 to 10:30am**.

The course costs **\$10 per week or \$65 paid upfront** for the full 8 week course.

To register your interest and book please contact the Women's Health Tasmania on 6231 3212 or via email to [info@womenshealthtas.org.au](mailto:info@womenshealthtas.org.au)



**NEXT COURSE STARTING 29TH AUGUST**

## STRONGER, WISER & MORE BEAUTIFUL

WANT TO MOVE ON FROM DIFFICULT RELATIONSHIPS OR SITUATIONS? TAP INTO YOUR INNER STRENGTHS TO FEEL MORE CONFIDENT, RESILIENT & HAPPIER.

Join our gentle program - 1 night a week over 6 weeks - for practical ways from the science of wellbeing to find a happier path in life.

BOOK NOW: [www.2appreciateconsulting.com/stronger-wiser-and-more-beautiful/](http://www.2appreciateconsulting.com/stronger-wiser-and-more-beautiful/)



## **Mindfulness**

**Using your mind to change your brain, which changes your mind.**

**1 to 2:30 pm**

**Every Tuesday**

**Starting on August 14, 2018**  
at Women's Health Tasmania

**Using your mind to change your brain which changes your mind.**

Each session will begin with a meditation followed by a discussion of various techniques.

**There will be a different topic each week.**

**Valerie, a former Tibetan Buddhist Nun,** combines 20 years of practice and teachings with current neuroscience research.

**For more information call Valerie**  
**on 0405 329 687.**

Donations to Women's Health Tasmania

## **Meditation, Mindfulness and Self Compassion**

**10 to 11:30am**

**Thursdays**

at Women's Health Tasmania

After a successful trial in November, weekly classes will continue in 2018. We learn and practise different meditations. Short and simple practices as a way to introduce mindful living, practices for increasing our ability to be present to more difficult and challenging situations; All of which will be based in self-compassion. These topics will be covered over a four week period. This model will be repeated, which means regular attendance is not compulsory, and you can catch up next month if you like.

So while each month will be the same, it will also be different. Groups are very interactive, as I like to respond to what participants bring into the room. I draw from 20 years experience as a student and practitioner of Buddhism, with five years as a Nun in the Tibetan tradition. Increasingly, I also draw from neuroscience. And then, there is my own experience of using all this to overcome prolonged debilitating depression and learn to live with chronic pain.

**Valerie, a former Tibetan Buddhist Nun,** combines 20 years of practice and teachings with current neuroscience research.

**To teach meditation, mindfulness and self compassion:**

- To reduce stress and anxiety;
- Improve wellbeing; and
- To live more fully in the moment.

**For more information call Valerie**  
**on 0405 329 687.**





# WOMEN'S WISDOM LIBRARY



## Doing It

*Women tell the truth about great sex*

**Edited by Karen Pickering**

This book is probably not for everyone. However, if you have ever thought it curious that something ostensibly as natural as sex is often associated with anxiety and misinformation, religious and social judgement, body issues, fears, guilt and power struggles, then this book may speak to you.

It attempts to challenge the idea that, although women are daily represented by popular media as objects of sexual desire, it's not in our best interests to express our own desire freely.

Perhaps it's not so surprising in a cultural and historical context that often views women's sexuality through a collective Madonna/Whore complex.

Women are frequently represented as passive recipients of somebody else's behaviour when, in fact this is not the experience for many.

"Doing It", is an attempt to challenge the notion, by inviting several women from various ages, backgrounds and sexual orientation to share positive stories about sex and sexuality. The fact we even need a book like this says so much about how much further we need to go, to reclaim our power in this arena.

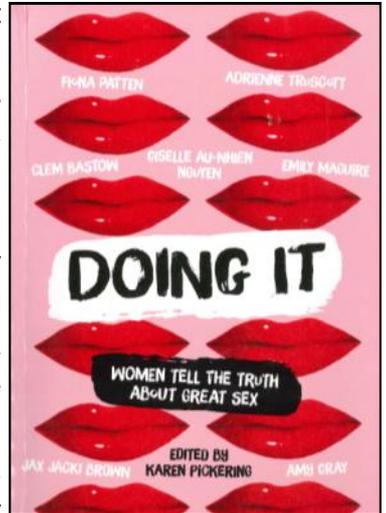
Not all the stories met the mark for me. For some I could still read internalised judgement between the lines and I was disappointed that, even in the context of such a book, women felt it necessary to justify their actions and their desire.

However, the strength of this book is the diversity of the storytelling, and I think there would be at least one woman in this collection each of us can relate, or aspire, to. Perhaps even learn something from.

The story of the Christian woman, whose body is at odds with the narrative her sexual desires are sinful, probably had an unnecessarily difficult passage through adolescence. Her emergence as a woman who views sex with humour, and no residual guilt, is inspiring.

I've never really thought a great deal about the properties of menstrual blood, but one contributor lists its amazing properties. Who knew about the study asserting having menstrual sex makes you more likely to be a successful communicator about sex generally?

My view of internet dating was altered by two women's accounts of how the anonymity had helped them overcome their sexual fears and gave them a different perspective on meeting sexual partners. One was a migrant with very conservative parents, another transgender.



Another author's PhD looked at where young people get their information about sex and how, sadly, even in the age of the internet, negotiating the complications of learning about sexuality still comes with the growing pains of twenty years ago.

A heartwarming story of longevity and love comes from an older woman, who says "I am not still having sex with the same person. We've both changed so many times. So many."

Of course, no collection of women's stories about sex would be complete without a story about celibacy and the joy of NOT doing it.

To quote a contributor, this book is "a real life recon into the heart of one of our culture's greatest paradoxes; be sexy and available, but also be feminine and lady like".

"Doing It" is a reminder to take back our power around our sexuality, and maybe even have some fun doing it.

**by Petula Broad**



# Farewell Glynis

On May 24, Glynis retired after 9 years at the helm of WHT, and from a diverse and successful career which included teaching, the arts and community sector. We celebrated Glynis' retirement with a wonderful gathering of people from all areas of her career, members of her family and friends.



John Hooper and Glynis

Glynis left this organization, and its team, stronger and better prepared to continue to take on the good fight and face whatever might come our way.

Under Glynis' leadership, WHT has gone from strength to strength and become a statewide organisation - as reflected in our name change. Our profile has increased; as has the respect other community organisations, Government, politicians and the media have in the important work we do for Tasmanian women.



Glynis, with former Board Members Caroline and Lisa



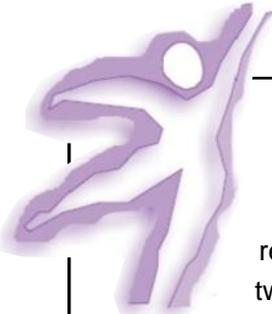
Chris Jones and Glynis

It has been an absolute pleasure working with Glynis, and having her as our boss. We will all miss her terribly.

We hope Glynis enjoys a well-deserved rest, with lots of lovely walks on the beach, greeting four-legged friends. But, not for too long – as we are looking forward to attending an exhibition of her art, which she hasn't had time to pursue till now. And, we are all keen to meet Glynis' dog when she finds the right furry companion.



Glynis and Jen



## INTRODUCING . . .

Hello. My name is Jo Flanagan and I am the new CEO, replacing Glynis Flower, Legend. I was fortunate to have a two week handover with Glynis, which I seemed to spend watching women fall on her neck and sob because she was leaving. It was understandable. And I did try and look mournful with them but actually, inside, I was excited. (Glynis understood.)

For me, coming to Women's Health Tasmania is an opportunity to work back in a very respected 'front line' service after a long time working in management, advocacy, policy and research – as Deputy CEO of TasCOSS and as Manager of the Social Action and Research Centre at Anglicare. And, it's an opportunity to be back in the world of women's services – before TasCOSS and Anglicare, I spent seven years as the Coordinator of Hobart Sexual Assault Support Service.

People have been saying to me that I've started a new job at a difficult time – in terms of the problems women are having getting access to termination services. But I think about the situation - which existed until only four years ago - when access to terminations was proscribed by the criminal code. And I think about how far we've come, thanks to people like Glynis and the team at WHT. Obviously, there is work to be done but when I listen to the conversations in the North Hobart centre, I feel really lucky to be part of a community of women committed to doing that work.

I've been meeting lots of members of Women's Health Tasmania and the women who use the services. Please come and say hello, if you see me wandering around.



Jo Flanagan

## JOIN WOMEN'S HEALTH TASMANIA

All women are welcome at the Women's Health Tasmania and membership is not a requirement to access our services. But becoming a member is a way of helping us show, to the broader community, what the centre means to you. Membership is only \$15 per year. To join go to our website at [www.womenshealthtas.org.au](http://www.womenshealthtas.org.au)

## CONTRIBUTIONS. . .

Contributions from readers are very welcome. To be considered for inclusion, all contributions must be received by the following deadline:

**Summer Edition: October 1, 2018** (newsletter distributed at the beginning of November 2018).

**We acknowledge and pay respect to the Tasmanian Aboriginal community as the traditional and original owners and continuing custodians of this land.**



## . . .GETTING IN TOUCH

Open: **Mon, Tues, Wed & Thurs 9:15 am to 4 pm**

Visit: **25 Lefroy Street North Hobart** Post: **PO Box 248 North Hobart Tas 7002**

Tel: **03 6231 3212** Women's Health Information Line, freecall **1800 675 028** Fax: **03 6236 9449**

Email: **[info@womenshealthtas.org.au](mailto:info@womenshealthtas.org.au)**

Website: **[www.womenshealthtas.org.au](http://www.womenshealthtas.org.au)**

WHT gratefully acknowledges the funding support of the Tasmanian Government through the Department of Health and Human Services.

