

KNOWLEDGE TO ACTION

Third Annual Teen Pregnancy
Prevention Grantee Conference: Ready,
Set, Sustain: Continuing Our Success
May 20-22, 2013, National Harbor, MD.

Programmatic
approach to
helping teens
access health
services

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OVERVIEW

- Describe an integrated strategy to increase referrals and access to reproductive health services
- Overview key components of Knowledge To Action
- Describe evaluation design and findings for these approaches

WHY FOCUS ON CLINICAL CARE?

- Support actualization of skills gained through Evidence-Based Programs (EBPs)
- Expanded access to clinical care has been shown to reduce unintended pregnancies

GOAL = Increase teens' skills related to accessing clinical care

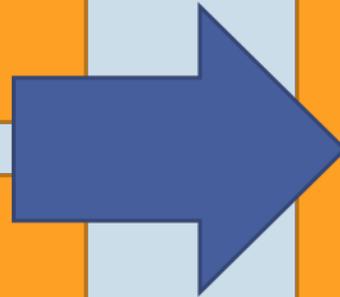
TEENS FACE ACCESS BARRIERS

- Unaware of available services
- Unaware of rights to consent to services
- Time and transportation constraints
- Concerns about confidentiality
- Inability to pay

TWO-PRONGED APPROACH

**Increase teens'
knowledge and
intentions**

**Increase adults'
capacity to make
good referrals**



**Increase in
access to and
uptake of
reproductive
health services
by teens**



KNOWLEDGE TO ACTION

The
modules

LOGISTICS

- All facilitators undergo a specific training on lesson prior to implementation
- Implemented at the end of all evidence-based programs
- Could be done as a stand-alone lesson
- Approximately 90 minutes in length

OBJECTIVES OF THE LESSON

- Knowledge of Minors' Rights and patient confidentiality in NC
- Knowledge of places in the community where teens can access reproductive health services
- Knowledge of how to make and appointment, self-efficacy to make and keep an appointment
- Knowledge of how pharmacies can be resources for supporting reproductive health decisions, including EC
- Application of knowledge through case studies and role playing activities

KEY MESSAGES ABOUT TEEN-FRIENDLY CARE

- **High-quality**
 - Sexual health assessment as a routine part of care
 - Variety of contraceptive options available
- **Free or very low-cost**
- **Confidential**
- **Easy to get an appointment or walk-in**

MODULE 1

MODULE 1: Know Your Rights! Minors' Rights to Consent

Module Objective: Youth participants will describe minors' rights to access birth control and other sexual and reproductive health services in North Carolina.

Time of Lesson: 30 minutes

Activities:

- 1.1 Preview the Lesson
- 1.2* Minors' Rights True/False
- 1.3 Review of Minors' Rights
- 1.4 Minors' Rights Group Discussion (optional)
- 1.5 Making the Connection to Health Services

MODULE 1: MINORS' RIGHTS IN NC

- **Brainstorm barriers**
 - Reference point for the remainder of the lesson
- **KEY CONTENT: Minor's Rights in NC**
 - True/False exercise
- **Group discussion**
 - Optional extension
- **Making the Connection**
 - Which barriers have we talked about?
 - Which challenges seem less of a concern?

MINORS' RIGHTS IN NC

North Carolina Minors' Rights to Sexual and Reproductive Health Services

In the state of North Carolina, as a minor under the age of 18 who is not legally emancipated or married, I have the right to provide informed consent to obtain:

- ◆ Confidential testing and treatment for Sexually Transmitted Diseases (STDs) or Sexually Transmitted Infections (STIs)
- ◆ Confidential testing and treatment for HIV or AIDS
- ◆ Confidential access to contraceptive services
- ◆ Confidential prenatal care, including pregnancy testing and ultrasound services

I have the right to access all of the above services without obtaining parental permission or consent and without my parents/guardian being notified by my doctor or pharmacist.

MODULE 2

MODULE 2: Planning and Keeping Clinic Appointments

Module Objectives: Youth participants will describe places in their community where they can access reproductive health services. Youth participants will describe key aspects of having an appointment for reproductive health services, including how to make an appointment and what to expect during an appointment.

Time of Lesson: 25 minutes

Activities:

- 2.1 Introduce Teen Wellness Center Locations and Services
- 2.2 How to Make an Appointment
- 2.3 Preparing to Visit a Medical Provider
- 2.4* Making an Appointment – Scripted Role Play – OPTIONAL ACTIVITY
- 2.5 Making the Connection to Health Services

MODULE 2: CLINICAL SERVICES PROVIDERS IN THE COMMUNITY

- **KEY CONTENT: Teen-friendly services in the community**
 - Teen Wellness Centers mini-lecture with handout
- **KEY CONTENT: How to make an appointment and get the most out of your appointment**
 - Group discussion
 - Scripted role play
- **Making the Connection**
 - Which barriers have we talked about?
 - Which challenges seem less of a concern?

SERVICES FOR TEENS IN GASTON

Teen Wellness Center Services:

- Physicals and sports physicals
- Immunizations for school and college
- Birth control/family planning
- Pregnancy testing
- Teen Advocate – a professional who will work one-on-one with you to answer your questions about birth control and family planning
- Sexually Transmitted Infection (STI) testing
- Prescriptions, including prescriptions for emergency contraception

Teen Wellness Center Hours and Locations:

Gaston County Health Department

(991 W. Hudson Blvd. in Gastonia)

- **Monday, 8am-7pm**
- **Tuesday – Friday, 8am-5pm**

Cherryville Health Center

(609 E. Academy St. in Cherryville)

- **Tuesday, 8am-5pm**

Highland Health Center

(609 N. Highland St. in Gastonia)

- **Monday – Friday, 8am-5pm**

Bessemer City Healthcare Center

(119 W. Pennsylvania Ave. in Bessemer City)

- **Wednesday and Thursday, 1-5pm**

Same-day walk-in appointments are available. To reduce your waiting time, make an appointment the day before.

For an appointment
at any location:

704-853-5009 or
www.gastonpublichealth.org
and click "Appointments Online"

MODULE 3

MODULE 3: Bringing It All Together – Skills Practice

Module Objectives: Youth participants will analyze minors' rights, conversations with doctors, and conversations with pharmacists as they relate to sexual and reproductive health.

Time of Lesson: 45 minutes

Activities:

- 3.1 Minors' Rights – Case Study
- 3.2* Talking to a Clinician – Role Play
- 3.3* Facts About Emergency Contraception – True/False
- 3.4* Pharmacies as Health Resources – Case Studies
- 3.5 Making the Connection to Health Services

MODULE 3: SKILLS PRACTICE & PHARMACIES AS RESOURCES

- **APPLICATION: Minor's rights**
 - Case study & discussion
- **APPLICATION: Talking to a physician**
 - Scripted role play & discussion
- **KEY CONTENT: Emergency contraception**
 - True/False exercise
- **APPLICATION: Pharmacies as resources**
 - Case studies & discussion
- **Making the Connection**
 - Which barriers have we talked about?
 - Which challenges seem less of a concern?

FACTS ABOUT EMERGENCY CONTRACEPTION

- Emergency contraception is NOT an abortion pill. Emergency birth control cannot terminate a pregnancy that has already begun. Emergency birth control pills contain exactly the same drugs and work in exactly the same way as regular birth control pills.
- You can get certain types of emergency contraception without a prescription if you are at least 17 years old. If you are 17 or older, you can get these types of emergency contraception at pharmacies and health centers, like the Gaston County Health Department. If you are younger than 17, you need to go to a health center to get a prescription first. *ella* requires a prescription first, no matter how old you are.

Type of EC	Window of effectiveness	Do you need a prescription?
<i>ella</i>	Up to 5 days after sex, no decrease in effectiveness during that time	<i>ella</i> requires a prescription no matter how old you are.
<i>Plan B One-Step, Next Choice One Dose, and Next Choice</i>	Up to 5 days after sex, but decreases in effectiveness after the 3 rd day	Available without a prescription if you are 17 or older. Requires a prescription if you are younger than 17.

- Males can purchase emergency contraception at pharmacies and health centers, too. For example, a male could go get emergency contraception for his female partner or friend if she can't go to the pharmacy herself. The same rules about age apply to males and females. Also, males and females can get emergency contraception ahead of time to keep on hand just in case they need it.

MAKING ADAPTATIONS

- **Ensure teen-friendliness FIRST**
 - providing a sexual health assessment as a routine part of clinical care for teens and
 - offering a variety of birth control options.
- **Key messages to maintain**
 - **High-quality care**
 - **Free or very low-cost**
 - **Confidential**
 - **Easy to get an appointment or walk-in**

AREAS TO ADAPT

- For all:
 - Name, contact info, hours, and locations of teen-friendly reproductive health care providers (Module 2)
- Outside NC:
 - The information about minors' rights (Module 1)
 - Law and policies about dispensation of Emergency Contraception (Module 3)

EVALUATION

of the
lesson

EVALUATION DESIGN

- Pre-Post tests
- Focus groups
- Tracked number of referrals reported by facilitators

KNOWLEDGE SCORES

Question	Number of Responses	Average Pre-Test Score	Average Post-Test Score	<i>p</i> Value	<i>t</i> Value
Abstinence best way to prevent STI	294	.82	.91	.001	3.46
Abstinence best way to prevent pregnancy	295	.83	.94	.000	4.18
Correct condom usage	291	.55	.89	.000	9.93
Minors' rights to consent for health services	287	.32	.85	.000	15.91
Condom access	291	.64	.93	.000	9.30
Birth control access	296	.52	.82	.000	10.02
Reproductive health care services access	296	.35	.68	.000	10.28
List three types of birth control methods	294	1.15	2.23	.000	13.87

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List three types of birth control methods	294	1.15	2.23	.000	13.87

KNOWLEDGE SUMMARY

- Teens showed an increase in knowledge related to accessing health care
 - Significant increase
- 3 of 4 highest knowledge gains were related to access to care and key content from KTA lesson
 - Minors' rights = biggest change of all Qs
 - Birth control access
 - Reproductive health care services access

INTENDED BEHAVIOR

- 1 item aligned with KTA lesson on pre-post tests

Question	Number of Responses	Average Pre-Test Score	Average Post-Test Score	<i>p</i> Value	<i>t</i> Value
Go to a doctor to get birth control if needed	284	.60	.82	.000	6.90

- Significant increase
- Showed the greatest increase out of 7 intention-related items

NEW SURVEY QUESTIONS

1. List two things about the Teen Wellness Center that make it easy for teens to see a doctor.
2. You have to take Emergency Contraception within 24 hours of having unprotected sex, or it won't work.
3. If you're under 18 and tell your doctor you're having sex, the doctor can tell your parents.
4. If a pharmacist won't give teens Emergency Contraception, s/he has to give information about where you can get it.

FOCUS GROUPS

“What do you remember learning about how and where to obtain birth control if needed?”

- Health department mentioned in all groups
 - In one focus group, all participants mentioned the health department
- Teen Wellness Centers were mentioned in two groups
- Pharmacies also mentioned

REFERRAL TUTORIAL

for adults
who work
with youth

LOGISTICS

- Youth-serving adults in the community trained
- Presented to various organizations in the community
- 20-30 minute session

TUTORIAL OBJECTIVES

- Describe the importance of teen-friendly medical services
- Describe teen-friendly medical resources in the community
- Increase adult buy-in to the key role they can play in connecting teens with services
- Build skills that support making a successful referral

GOAL = Increase the number of teens referred by to teen-friendly medical services by a trusted adult

CRITICAL ROLE OF TRUSTED ADULTS

- “Medical home leaders raised a number of issues that significantly impede the implementation of medical homes for adolescents. One is the *difficulty of motivating adolescents to come in for care*, contributing to the delay in the early identification and treatment of behavioral and emotional health conditions so prevalent in this age group.”
- Nordin J. et al. Adolescent Primary Care Visit Patterns, Annals of Family Medicine, www.annfammed.org, Vol. 8, No. 6, November/December 2010.

NEED FOR TEEN-FRIENDLY SERVICES

- Persistent health challenges in community
- Teen years are a key opportunity to intervene
- Teens face barriers to care
- Teen-friendly practices make a difference

TEEN-FRIENDLY SERVICES IN THE COMMUNITY

- Location
- Hours
- Scheduling information
- Available services
- Teen-friendly attributes

MAKING A GOOD REFERRAL

- **Visibility of materials**
 - Posters, cards
- **Make it routine**
 - All teens
 - Teen-appealing aspects of care
- **Facilitate the connection**
 - Specific contact info
 - Let them use your phone
 - Follow up

BEING “ASKABLE”

- Display inclusive information
- Affirm teens & questions
- Factual & unbiased

CONFIDENTIALITY & MINORS' RIGHTS

- **Minor's rights**
- **Importance of confidentiality to teens**
- **A role for parents**

PROCESS EVALUATION

- Presentations to 6 youth-serving organizations over 2 months
- Directly reached 140 adults

OUTCOME EVALUATION

- Assessed referral source on Satisfaction Survey at TWC
 - Implemented for 1 month in Spring 2012
 - Most teens referred by another teen
 - Few reported referral from counselor/teacher
 - Will implement again May 2013

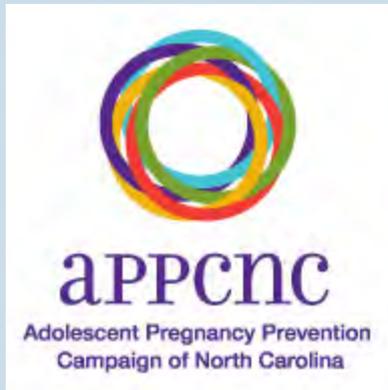
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