Preventing Second Pregnancy in Adolescent Mothers

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Founder and Executive Director
Objectives

At the conclusion of this webinar, participants will have received the following information:

- Overview of Teen Outreach Pregnancy Services
- Review of PREIS Research on Secondary Pregnancy Prevention
- Organizational Best Practices
Founded in Tucson, Arizona in 2000
- Serve 4 Arizona Counties, include Metro Phoenix
- Over 5,000 healthy babies born in last 14 years

**PSP Project** – **Personal Success Path** Project to **Prevent Second Pregnancies**
- PREIS Research with the Family and Youth Services Bureau specifically to study effective practices to prevent second pregnancies in adolescents.
- 425 Research Participants – pregnant at enrollment
Mission

Teen Outreach Pregnancy Services will provide teen specific pregnancy, childbirth, and parenting educational support so the teen and family can experience positive outcomes.
Who We Are

Dedicated health professionals focusing on:

- Improving pregnancy & birth outcomes
- Improving confidence & competence
- Improving adolescents ability to succeed
- Decreasing repeat pregnancy in adolescent mothers
TOPS Services

- Healthy Pregnancy and Childbirth Classes
- Proactive Parenting Classes
- Primary & Secondary Pregnancy Prevention Classes
- Case Management
- Home Visitation
- Support Groups
- Special events
- Play groups
- DADs Program
- Free Pregnancy Testing
- Jensen’s Corner
- Community Referrals
Outcomes of Pregnancy Program

**Without TOPS**
- 50% of teen moms breastfeed
- 33% have a C-Section
- 14% premature
- 19% repeat pregnancy (ages 19 and younger, Arizona, 2012)

**With TOPS**
- 88% of teen moms breastfeed
- 16% have a C-Section
- 10% premature
- Results of repeat pregnancy to be released next year
Parenting Goals

**Health**
Educate clients on:
- Healthcare visits for self and child
- Immunizations
- Child development & milestones
- Nutrition
- Bedtime routines
- Birth Control Options
- STI/STD Prevention

**Self-Sufficiency**
Educate clients on:
- Healthy nutrition & cooking
- Literacy education
- Appropriate child discipline
- Sleep & Home safety
- Continuing Education
- Employment readiness
- Healthy Relationships and Communication
Best Practices

- Concrete learning related to real world
- Consistent class times with reminders/support
- Multisensory learning: 1 focus at a time
- Safe environment/comfort level of teen
- Group and individual sessions
- Clear and unhurried facilitation
- Use of incentives
Best Practices - Continued

- Use “engage” to help teens make connections
- Use “focus” to help teens zero in on topic
- Use “closure” to help teens apply knowledge
- Various teaching modalities (writing, reading, drawing, video, discussion, sharing)
- Revisit/repetition of information
- Ongoing one-on-one support
Teen Outreach Pregnancy Services

GOALS

**Pregnancy Program:**
The full term delivery of a healthy baby that is breastfeeding at time of discharge from hospital.

**Personal Success Path:**
Prevent secondary pregnancy in adolescent mothers within 24 months after birth of 1st child.

**Proactive Parenting:**
Improve long-term health and wellness outcomes for adolescent parents and their child(ren).
Healthy Teen Network

- **Picture Perfect: A Snapshot of What Helps Teen Families Grow & Thrive**

- “Pregnant and parenting teens are extremely motivated to offer their children a good life, and with the right supports, they can be successful adults and parents.”

"PICTURE PERFECT"
A SNAPSHOT OF WHAT HELPS TEEN FAMILIES GROW & THRIVE

COMMUNITY CONNECTION
Teen families' sense of belonging influences their pursuit of their goals and aspirations.

SAFE & STABLE HOUSING
Teen parents and their children need safe, stable homes, and housing may not come as easily as it might for people who have childcare.

PERSONAL HEALTH CARE
Parenting teens have more health care responsibilities than other teens.

PARENTING SKILLS
Parenting isn’t easy. All parents can become more effective with careful planning, learning, and practice.

Pregnant and parenting teens are extremely motivated to offer their children a good life, and with the right supports, they can be successful adults and parents.

EDUCATION & EMPLOYMENT SUPPORT
Teenagers benefit when they complete school and move toward attaining a livable wage and becoming self-sufficient adults.

SEXUAL HEALTH CARE
Like other teens, teen parents are learning about their sexual health and need help making informed choices for themselves and to space their children.

HEALTHY CHILDREN
Babies take tremendous work, and like all parents, teen parents need guidance and resources to keep their babies healthy.

HEALTHY RELATIONSHIPS
Becoming a parent changes the relationships in a person's life.

As a community, we can help them:
- Learn to ask for & accept help
- Work with positive adult mentors
- Understand their protections under the law
- Avoid shame and stigma
- Access wraparound services

To be healthy, they need:
- Access to health services
- Mental health services
- Substance abuse help
- Physical exercise
- Healthy food
- Access to medical care

To achieve these needs:
- Connection to school
- Life goals & aspirations
- Reliability in education
- Advocates for their rights

Teen parents need guidance to learn about and use:
- Healthy sexual decision making
- Family planning services
- STI protection

Teen parents need trusted adults to help them develop:
- Strong communication skills
- Conflict resolution
- Co-parenting
- Resilience
- Healthy friends and family

They need support and resources to take care of themselves, like:
- Stress management skills
- Child development knowledge
- Self-identity

Thank you!

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Teen Outreach
Pregnancy Services