



**Preventing Second
Pregnancy in
Adolescent Mothers**

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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.”**

Gilmore, C., Eisler, A. (2014). Picture Perfect: A Snapshot of what helps teen families grow & thrive. Baltimore, Maryland: Healthy Teen Network.

http://healthyteennetwork.files.wordpress.com/2014/05/picture-perfect_final.jpg

"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 children later.

PERSONAL HEALTH CARE

Parenting teens have more health care responsibilities than other teens.

PARENTING SKILLS

Parenting isn't easy. All parents can be 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.



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

Teen parents need skills and access to:

- Safety net housing
- Life management skills



To be healthy, they need support and access to:

- Prenatal & medical care
- Physical exercise
- Healthy food
- Substance abuse help
- Mental health services



Teens need trusted adults to help them develop:

- Trusting bonds with baby
- Strong communication skills
- Child development knowledge
- Self-identity



Teen parents need peers and adults who help them not feel isolated and develop skills for:

- Healthy friends, family, and romantic relationships
- Conflict resolution
- Co-parenting



To achieve this, teens need:

- Connectedness to school
- Life goals & aspirations
- Belief in education
- Advocates for their rights (e.g., Title IX)
- Flexible policies (e.g., maternity and sick leave)
- Childcare



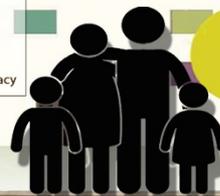
Teens need guidance to learn about and use:

- Healthy sexual decision making
- Family planning services
- STI protection



They need support and resources to take care of themselves, like:

- Stress management skills
- Child health care
- Breastfeeding skills & resources
- Resources that promote their literacy



EDUCATION & EMPLOYMENT SUPPORT

Teen families benefit when teens 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.



Thank you!

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Teen  **Outreach**
Pregnancy Services