



# Innovative approaches for providing family planning services to adolescents in school-based settings

# Would you rather work from:

- The beach
- The mountains
- Someplace else (fill in)

# Disclaimer

The contents are solely the responsibility of the authors and do not necessarily represent the official views of HHS, OASH, and OPA.

# Agenda

- Learning objectives
- Motivators for providing family planning in SBHCs
- Barriers and facilitators to incorporating family planning services in schools
- Key areas of innovation
- Provider recommendations

# Learning Objectives

1. List two examples of facilitators and barriers to implementing innovative family planning service delivery approaches
2. Identify three areas of innovation used in school-based family service delivery
3. Describe two provider recommendations for providing family planning services to underserved students in school-based settings

# Interviews

- Conducted **48** interviews
- School-based health providers 19 states and DC
- Organizations served students from the following populations:
  - People of color, including members of American Indian Tribes;
  - People with limited English proficiency;
  - People who have immigrated to the US;
  - People experiencing or at risk of experiencing homelessness; and
  - Rural communities and communities that do not have an accessible family planning clinic.



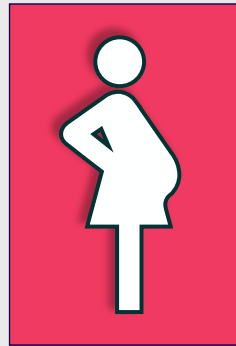
There was a need within these students, a common trend, which was that they needed either more support and family planning services, or they didn't know what birth control options there were out there.

*- School Social Worker on the need to add family planning services in schools*

# Motivators for providing family planning in school settings



Remove barriers to access



Reduce rates of unwanted teen pregnancies and STIs



Provide accurate information and dispel myths



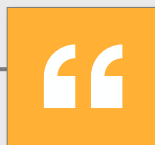


...one superintendent...would lay his hands on his Bible on the desk and say, 'There's no way that this is going to happen in my district.'

*- Nurse Practitioner on challenges to adding family planning services to schools*

# Barriers to adding or expanding family planning services

- **Hesitancy or reluctance**  
from school staff or board members
- **Fear of pushback**  
from parents or community members
- **Lack of**
  - Resources
  - Staff time/training
  - Student awareness and utilization of services



Just, I think, the relationship with the school is so important...But we're very lucky, again, that the principal is incredibly supportive. I think building those bridges is just-- I don't know how we would do it if we didn't have the support of the school. And I know some school-based health centers don't.

***-SBHC manager on the importance of having strong relationships with school administration and staff***

# Facilitators to adding or expanding family planning services

- Developing and fostering strong relationships between providers, school administrators, and school staff
- Getting outside help to address concerns of school boards, administrators, and parents
- Using data driven presentations to underscore the importance of providing family planning services

# Three key areas of innovation



**Partnerships**



**Outreach**

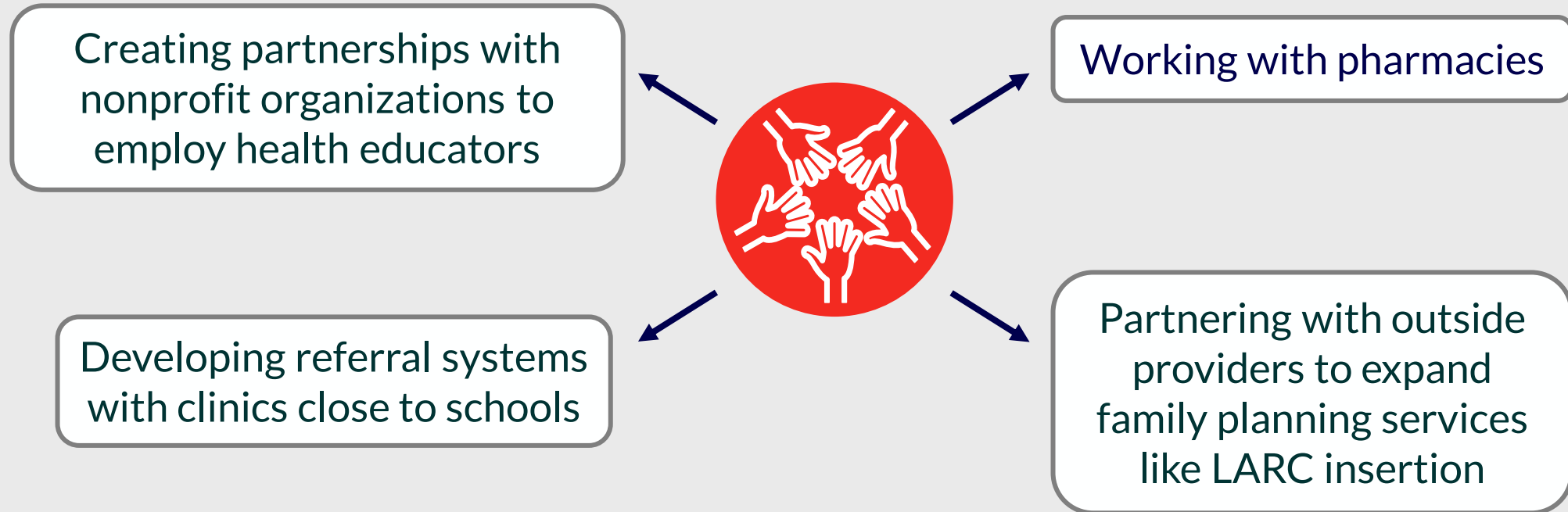


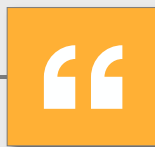
**Adolescent-friendly  
practices**

# Partnerships

Adding family planning education/services

Expanding family planning services



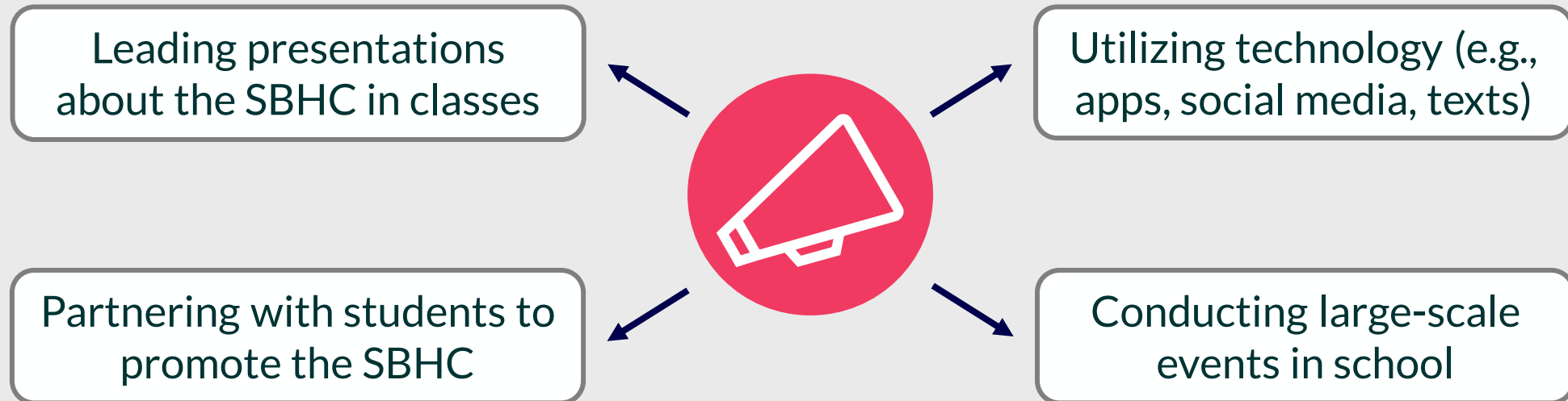


Forming these collaborations has been completely instrumental in being able to serve the patients that we work with. So I would say the number one priority is finding someone that's on the other end that's equally as passionate about helping that individual patient as you are.

*- Pediatrician on the importance of forming partnerships to expand family planning services*

# Outreach

Providers often described outreach efforts to increase students' awareness and utilization of the clinics, such as:





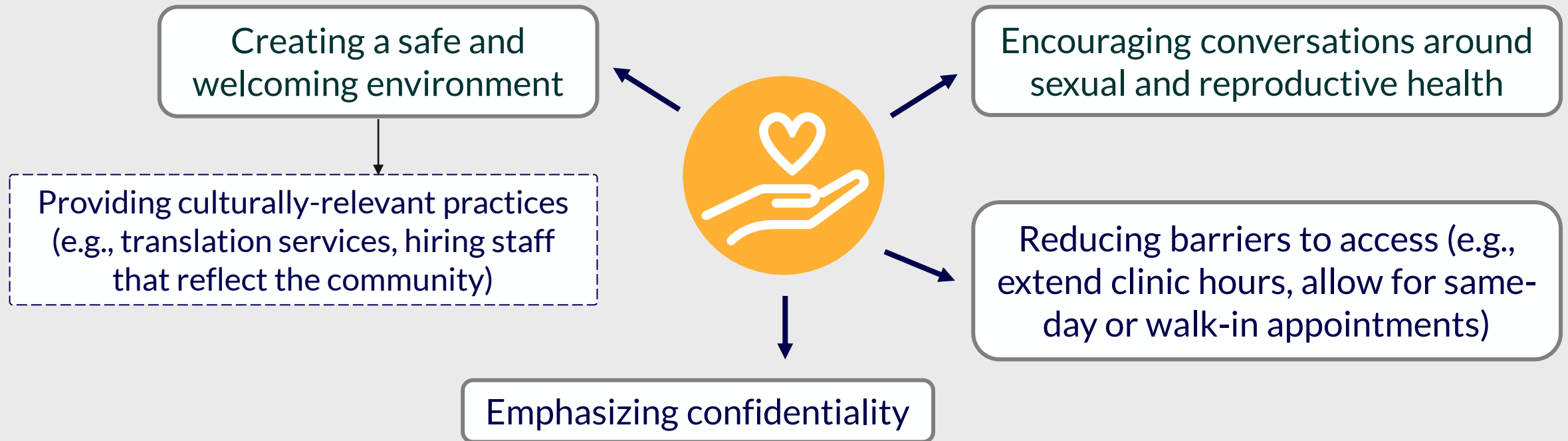


Once we started having them come to the clinic we had way more students coming in earlier. **And so instead of coming in after they had sex...they would come after their first day of class and start contraception prior to having sex.**

*- Nurse Practitioner on outreach to increase student awareness of the SBHC*

# Adolescent-friendly practices

Providers reported using several adolescent-friendly practices to support students:





We want to be youth-friendly and welcoming and receiving the teens with the language they have, the styles of interaction they have, that they feel free to ask things in their own way.

*- Nurse Practitioner on how they create a youth-friendly environment*



We have a lot of kids that'll want to try and eat lunch in here or try to hang out, like try to just be in here more than they should be. But I mean, I feel like, at the same time, you want it to be that inviting. You want them to feel safe in here. And if they are, they are going to come in here more, which is a good thing because then we're providing that environment that they feel safe. We try to do it. Our whole school's kind of about that.

*- Nurse Practitioner on the importance of using adolescent-friendly strategies*

# Provider recommendations

- Hire invested and motivated clinic staff
- Think creatively and don't be afraid to try new things
- Learn from others
- Identify and build strong relationships with key school staff
- Prioritize creating a youth-centered environment and including youth voices in decision-making



I think it's just support and how we get the youth involved and get their perspective and have them be part of the process because technically, if it's at their school, it's their clinic. And if you're trying to get them in to the clinic, you need it to be youth oriented.

*– SBHC Manager on the importance of including youth voices*



**Thank you!**

**Questions?**

# Questions for audience

- Can any of you tell us about your experiences providing services in schools?
- Do any of these areas of innovation resonate with you?
- Do you have any strategies for effectively providing services to school-aged youth, particularly those from underserved populations?