Adagio Health’s Title X Family Planning and Teen Pregnancy Prevention Projects

Adagio Health has been a Title X service grantee since 1971 with a large network of providers delivering services throughout 23 counties in western Pennsylvania. Adagio Health has always prioritized reaching youth and young adults with reproductive health information and helping them receive the care they desire in a culturally-appropriate, trauma-informed, and respectful manner.

In 2019, Adagio Health received a Teen Pregnancy Prevention (TPP) grant from the Office of Population Affairs. Our TPP project focused on delivering Positive Prevention Plus (PPP) to youth in systems of care, partnering with Auberle and the 412 Youth Zone. Auberle is Allegheny County’s leading foster care services provider. The 412 Youth Zone in downtown Pittsburgh, operated by Auberle, is a center for youth ages 16-23 that are transitioning out of the foster care system and are eligible for independent living services or are experiencing unstable housing. As a special note, the PPP curriculum was modified for virtual delivery during the COVID-19 pandemic.

Youth in systems of care have experienced continuous oppression, interpersonal trauma, and oftentimes, are treated poorly when they seek care in our healthcare systems. As a collaborative effort between Title X family planning and TPP, Adagio Health hosted a webinar on “Reproductive Health for Youth in Systems of Care.” This panel discussion presentation included Elizabeth Miller, MD, PhD, FSAHM (Director, Division of Adolescent and Young Adult Medicine; Medical Director, Community and Population Health, UPMC Children’s Hospital of Pittsburgh) and Amy Plowman, Director of Independent Living Services at Auberle. The purpose of this webinar was to open discussion on the challenges that youth in systems of care face in receiving reproductive healthcare and how clinical professionals can better serve youth with a trauma-informed, strength-based approach—all within a reproductive justice framework.

Key takeaways from the webinar include:
1. Youth lead very complicated lives, and particularly in systems of care, may have many layers of mistrust.
2. Build a trusting environment and connections.
3. Create a healing system of care for youth.
4. Key principles of healing justice: “We are here for you. There is no agenda. What do you want to work on today?”
5. Trauma-informed care and strength-based approach; non-judgmental and non-biased.
6. Three resiliencies for clinical staff to adopt are mindfulness, connectedness, and “meaning making”.

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In addition to this targeted webinar addressing the importance of using a strength-based approach when working with youth, Adagio Health continually develops resources and delivers social media messages to engage youth in reproductive healthcare services.

These include:

1. Social media promotions on reproductive healthcare to help youth receive the care they are seeking. Adagio Health also has a teen Instagram account used by our Community Education Department to reach students.

2. Teen Tip Cards to help youth with important information. Each is a set of multiple cards (three to four per set), all with the Adagio Health locations website and toll-free number. Adagio Health has created three sets of these cards, as follows:
   a. Set 1: How to Say No, Healthy Relationships, and Healthy Social Media Habits.
   b. Set 2: Depression, Consent, and Coping Skills.

3. County Resource Guides. Adagio Health has created and distributed county resource guides throughout our Title X network. The resource guides are county-specific with vetted information to assist people with finding the care they need. Resource guides include contact information for multiple types of care and services, including drug and alcohol use, behavioral health, housing, food assistance, job training, primary healthcare, family planning care, etc. These have been created for the majority of counties within our service regions.

Positive Choices Program: Working with Youth in Systems of Care

Program Summary

<table>
<thead>
<tr>
<th>Funder Grant</th>
<th>Office of Population Affairs</th>
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<tbody>
<tr>
<td>Grant Type</td>
<td>Tpp19-2 year project</td>
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<tr>
<td>Location</td>
<td>Pittsburgh, PA</td>
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<tr>
<td>Project Partner</td>
<td>Auberle</td>
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<tr>
<td>Project Sites</td>
<td>Ward Home (female), Ward Home (male), Gate./Bloom (female) and 412 Youth Zone</td>
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<tr>
<td>Curriculum</td>
<td>Positive Prevention Plus Evidence-based comprehensive sexual health curriculum</td>
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Project Data

Valuable Program Elements
- Group Discussions
- Good Class Management
- No Judgement
- Hands-on activities and worksheets
- Tangible things to work towards - gift cards

Advantages of the Curriculum
- Better Quality Videos
- More mature and respectful behavior
- Information is more detailed and factual
- More opportunities to ask questions

Lessons Learned
- Support from Program Directors increases participation
- Incentive Programs should align closely with what is offered by other programs
- Be Flexible and Accommodating
  - Success: High level of satisfaction by youth

Continuous Quality Improvement
- Be Flexible
- Document & Track

COVID-19 Adaptations
- Reduce # of Lessons
- Virtual Gift Cards & Supply Drops
- Anonymouse AMA App
- Synchronous & Asynchronous Options
- Support Tech Needs
- Align Platforms to Youth’s Other Programs
- Reduce # of Lessons

Program Team

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