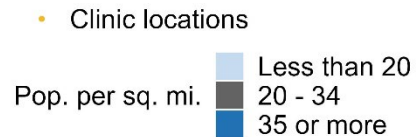
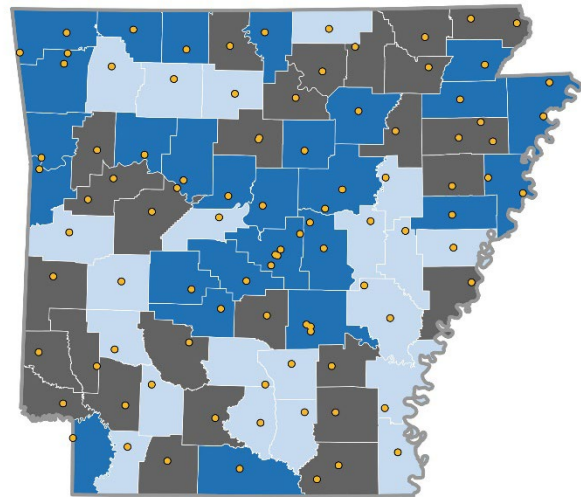


# Arkansas Department of Health

The Arkansas Department of Health (ADH) has been a statewide Title X grant recipient since the 1980s. ADH delivers services to approximately 34,000 clients through local health units (LHUs) and school-based health centers across Arkansas.<sup>1</sup>

## Stats at a Glance<sup>2</sup>

- ▶ Number of family planning (FP) encounters – 56,182
- ▶ FP users with incomes below 100% Federal Poverty Level (FPL) – 22,395 (67%); all FP users with incomes below 250% of FPL – 31,663 (94%)
- ▶ Number of tests performed for gonorrhea – 17,776, syphilis – 3,758, and HIV – 5,723
- ▶ Number of female users who received a chlamydia test – 17,267 or a Pap test – 11,983



## Overview of Services Offered

As a Title X recipient, ADH provides a broad range of FP services including pregnancy prevention and birth spacing, pregnancy testing and counseling, assistance to achieve pregnancy, basic infertility services, sexually transmitted infection (STI) services, and other preconception health services. The services are voluntary, confidential, and provided regardless of ability to pay.<sup>3</sup> The infographic below is an Overview of Services Offered within the ADH network. The data shown below are not specific to any particular site but rather are representative of the broader grantee network. For information on services available at individual service sites, please refer to the [OPA clinic locator](#).

Pregnancy assistance and counseling	Contraceptive services	STI services	Other preventative health services
<ul style="list-style-type: none"> <li>● Counseling on achieving pregnancy</li> <li>● Preconception health services</li> <li>● Pregnancy testing and counseling</li> <li>● Basic infertility services</li> </ul>	<ul style="list-style-type: none"> <li>● FDA approved long-acting contraceptives</li> <li>● FDA approved short-acting contraceptives</li> <li>● Natural family planning methods</li> </ul>	<ul style="list-style-type: none"> <li>● STI and HIV education and counseling</li> <li>● STI and HIV screening and testing</li> <li>● STI and HIV treatment</li> <li>○ STI self-testing</li> <li>● Expedited partner therapy</li> <li>● PrEP counseling and risk assessment</li> <li>○ PrEP prescription services</li> <li>● PEP counseling</li> <li>○ PEP prescription services</li> </ul>	<ul style="list-style-type: none"> <li>● Screening for breast cancer</li> <li>● Screening for cervical cancer</li> <li>● HPV vaccinations</li> <li>● Screening for intimate partner violence</li> <li>● Screening for mental health</li> <li>● Screening for obesity</li> <li>● Screening for smoking, drug, and alcohol use</li> <li>● Adolescent-friendly health services</li> </ul>
<p><b>LEGEND</b></p> <ul style="list-style-type: none"> <li>● Available at all service sites</li> <li>◐ Available at service sites and through referrals</li> <li>○ Available through referral only</li> </ul>			

<sup>1</sup> Source: Data collected by Mathematica in 2023 for the Title X Implementation Study.

<sup>2</sup> Source: Family Planning Annual Report (FPAR): [2022 National Summary](#).

<sup>3</sup> See the [Title X Service Grants web page](#) for more information on the requirements and regulations guiding Title X projects.

## Equity in Practice



Northwest Arkansas has a large Marshallese community with unique cultural values and health needs. Due to the harm inflicted on this community historically, the Marshallese have significant distrust in the U.S. health care system. To address barriers to sexual and reproductive health (SRH) services, the LHUs partner with Marshallese community members who act as trusted liaisons between the community and the clinics. LHUs also adapt their workflow and services based on the local community context and practices. For example, clinics have developed linguistically appropriate materials and adopted a flexible schedule to meet clients' needs. Over time, Title X clinics have built a positive relationship with the Marshallese through this culturally responsive outreach and client-centered care that is sensitive to individuals' cultural values and contexts.

## Innovations in Practice



Youth in Arkansas are often unaware of the free SRH services available to them. To address this knowledge gap, ADH collaborates with high schools to improve adolescents' access to SRH services and information. An LHU nurse, nurse practitioner, and clerk set up a clinic in two high schools, and the team is equipped to provide a range of services such as long-acting reversible contraception, injectable contraception, and more. LHU nurses also have developed valuable relationships with school nurses and counselors, serving as a resource to highlight services available to teens at the LHUs and answer questions about students' SRH needs. Given teens' concerns about confidentiality, the grantee has worked to protect students' privacy by identifying communication strategies that ensure teens' health information is provided directly to them rather than their caregivers. In its efforts to prioritize youth-centered care, ADH ensures clinics are responsive to the accommodations teens need in order to visit their clinics and access services (such as scheduling services outside of school hours and hosting appointments in school and out-of-school settings).

## Did You Know?



When ADH noticed the low numbers of male clients using Title X services, the grantee looked for ways to improve its outreach to this population. Specifically, ADH worked to ensure men could see themselves in outreach materials that traditionally were geared towards women and girls. The ADH worked with an internal communications team to develop flyers depicting men from diverse racial and ethnic backgrounds. Diverse visual representation, among other outreach strategies, can help promote greater awareness of and access to Title X services among young men.



ADH continuously uses data to assess and improve the quality of its services. For example, ADH surveys all Title X staff annually to assess training needs. Findings from the survey inform the trainings that are offered to staff, which include topics such as infusing equity into service delivery, improving understanding of LGBTQIA+ communities, and promoting youth-friendly spaces and services. Trainings also discuss the unique needs of diverse populations in Arkansas, which vary geographically. These training opportunities, which promote client-centered care and strategies to improve quality of care, help explain clients' high satisfaction with services. ADH also uses client satisfaction surveys to identify and act on clients' needs. For instance, clients mentioned that ADH did not have a portal that clients could use to view information about their health. As a result, ADH implemented a web-based health portal where clients and providers can access clients' medical information, such as lab results and medication.



The ADH Title X program partners with Arkansas' Minority Health Commission, which is part of ADH, to conduct a social media campaign that promotes the range of Title X services available to Arkansas communities. The Title X program outreach coordinator, who has strong community relationships, leads numerous community outreach efforts like this one. This collaboration has leveraged diverse expertise across the ADH network to highlight SRH services in ways that are culturally responsive and grounded in communities' needs.

## About the Title X Program

The Title X Family Planning Program, created in 1970 and authorized under Title X of the Public Health Service Act, is administered by the Office of Population Affairs (OPA) in the U.S. Department of Health and Human Services. For more information, please refer to OPA's [website](#).

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