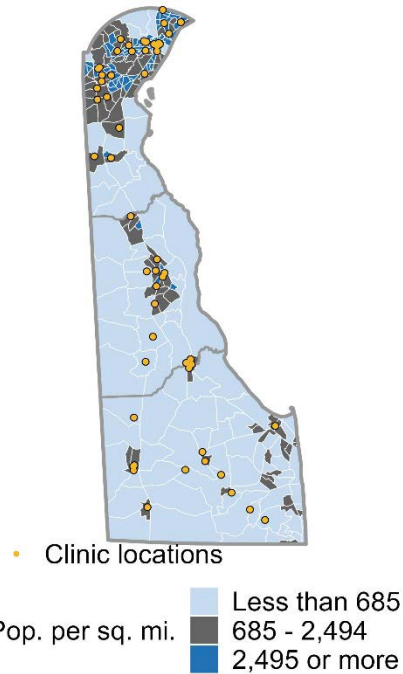


# Delaware Health and Social Services

The Delaware Health and Social Services (DHSS) is a state agency that has been providing Title X services since the 1970s throughout the state of Delaware. DHSS serves approximately 12,000 clients annually through subrecipients that serve clients in hospitals, federally qualified health centers (FQHCs), school-based health centers, primary care associations, and nonprofit organizations.<sup>1</sup>





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

- ▶ Number of family planning (FP) encounters – 18,493
- ▶ FP users with incomes below 100% Federal Poverty Level (FPL) – 6,738 (67%); all FP users with incomes below 250% of FPL – 8,800 (87%)
- ▶ Number of tests performed for gonorrhea – 5,605, syphilis – 2,880, and HIV – 3,887
- ▶ Number of female users who received a chlamydia test – 3,934 or a Pap test – 1,222



## Overview of Services Offered

As a Title X recipient, DHSS 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 DHSS 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



DHSS serves a diverse set of clients across the state of Delaware, including a large Hispanic population, men, and rural clients. To increase service access for Hispanic clients and other non-English speaking clients, many DHSS clinics have bilingual staff, and others use a combination of translators and a language line to ensure clients can easily communicate with medical staff in Title X clinics about their health needs. DHSS staff are also developing a men's services training to help providers feel more comfortable and skilled with serving men. Most of Southern Delaware is rural, and many clients lack transportation options. DHSS is hoping to incorporate family planning services into mobile health units recently purchased by the division of public health to increase access to family planning services for clients in this part of the state.

## Innovations in Practice



DHSS uses technology in various ways to increase clients' access to education. The Delaware Thrives website connects people throughout the state to family planning and maternal and child health resources, programs, and social networks. The website includes informational resources such as life planning tools for teens, women, and men; information on health equity, family planning, and home visiting; and free resources such as educational materials providers and community partners can order. Delaware Thrives also includes a clinic locator to connect people to clinical services. The website was developed in collaboration with a marketing agency that conducted a needs assessment to identify the types of information the community members were seeking to make the site relevant to them. Additionally, DHSS has a social media campaign on birth control and online videos designed to increase awareness about birth control and other family planning topics.

## Did You Know?



The DHSS Title X program has a large network of school-based health centers (SBHCs) that provide a range of sexual and reproductive health-related services in schools, including health and sexuality counseling; contraception, including the contraceptive implant; and HIV testing and counseling. These SBHCs are located in every public school district in Delaware. SBHCs are well used and fill critical gaps in FP care for youth statewide. They also help youth develop trusting relationships with health care providers, who can support many other needs—for example, by providing referrals to mental health and substance use treatment.



DHSS regularly provides clinical updates to staff at its Title X service sites. These include a monthly family planning newsletter with information about updates to clinical guidelines and links to the Reproductive Health National Training Center training to improve the quality of care. DHSS also brings in guest speakers regularly to discuss pertinent topics such as domestic violence or the 340B Drug Pricing Program.



Some DHSS clinics have developed partnerships to address clients' need related to family planning and substance use disorders. For example, two clinics providing care for people with substance use disorders offer Title X services that can alleviate the transportation barriers these clients face to accessing services in rural areas. Additionally, some clinics provide substance use screening and use partnerships with substance use clinics to connect family planning clients with treatment quickly. For example, if a Title X clinic has a client who is interested in entering substance use treatment, the partnering substance use clinic can arrange transportation to get them into treatment that day.

## 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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Website: <https://www.dhss.delaware.gov/dhss/dph/chca/dphfpservices1a.html>