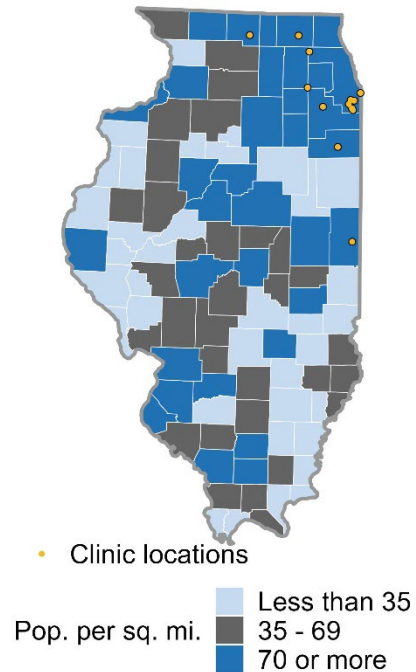


Aunt Martha's Health and Wellness

Aunt Martha's Health and Wellness is a nonprofit organization that has been a Title X grantee since the 2010s. Before becoming a grantee, Aunt Martha's was a subrecipient to the Illinois Department of Health's Title X programs since the 1990s. Aunt Martha's Title X program delivers services to approximately 17,000 clients a year through a network of federally qualified health centers. ¹





Stats at a Glance²

- ▶ Number of family planning (FP) encounters – 23,098
- ▶ FP users with incomes below 100% Federal Poverty Level (FPL) – 8,943 (77%); all FP users with incomes below 250% of FPL – 11,320 (98%)
- ▶ Number of tests performed for gonorrhea – 11,067, syphilis – 6,770, and HIV – 4,992
- ▶ Number of female users who received a chlamydia test – 6,664 or a Pap test – 3,562



Overview of Services Offered

As a Title X recipient, Aunt Martha's 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.³ The infographic below is an Overview of Services Offered within the Aunt Martha's 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"> ● Counseling on achieving pregnancy ● Preconception health services ● Pregnancy testing and counseling ● Basic infertility services | <ul style="list-style-type: none"> ● FDA approved long-acting contraceptives ● FDA approved short-acting contraceptives ● Natural family planning methods | <ul style="list-style-type: none"> ● STI and HIV education and counseling ● STI and HIV screening and testing ● STI and HIV treatment ● STI self-testing ● Expedited partner therapy ● PrEP counseling and risk assessment ● PrEP prescription services ● PEP counseling ● PEP prescription services | <ul style="list-style-type: none"> ● Screening for breast cancer ● Screening for cervical cancer ● HPV vaccinations ● Screening for intimate partner violence ● Screening for mental health ● Screening for obesity ● Screening for smoking, drug, and alcohol use ● Adolescent-friendly health services |
| <p>LEGEND</p> <ul style="list-style-type: none"> ● Available at all service sites ◐ Available at service sites and through referrals ○ Available through referral only | | | |

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

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

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

Equity in Practice



Aunt Martha's aims to make services equitable by addressing access barriers in the community, which can include lack of knowledge and the stigma around family planning and STI-related services. For adolescents, the grantee offers "teen only" clinic hours to create a safe environment for younger clients, and advertises its services through social media campaigns, events at schools, and community health fairs. Similarly, there are special clinic hours for men to help increase their comfort with accessing services. Aunt Martha's also has a Diversity, Equity and Inclusion committee focusing on marketing in the community, and partners with a university on a health equity research study to better understand and address Black community members' reluctance to seek care.

Aunt Martha's addresses equity at an organizational level by investing in career development and coaching for staff from the community. The grantee believes clients may be more comfortable seeking medical care from providers who understand their needs. For example, Aunt Martha's has partnered with a local university to train staff who want to become medical assistants. Aunt Martha's also evaluates its own practices to see where they might be creating barriers to employment and advancement, and tries to mitigate those challenges.

Innovations in Practice



Aunt Martha's provides client-centered care with a focus on increasing access to behavioral health services through a collaborative care model. All the primary care providers, including those who provide Title X services, are trained to provide behavioral care for conditions such as depression and attention deficit disorder, and a staff psychiatrist is available to consult on more complex conditions. This model is supported with a training partnership with the University of Michigan, where university staff train providers to increase their comfort with providing behavioral health services. This approach to care reduces the number of follow-up appointments for clients and helps reduce the stigma around seeking behavioral health services.

Did You Know?



Aunt Martha's uses community outreach mobile health vans to raise awareness about the organization and the services offered, including Title X. The vans are wrapped with bright colors that stand out, and include Aunt Martha's name, phone number, and website. Staff take vans to health fairs, schools, churches, and other social service organizations. In addition to spreading the word about Aunt Martha's, staff pass out condoms and do COVID testing from the vans.



A key strategy for providing high quality family planning care is ensuring staff are up to date on trainings related to both Title X and other services they are providing. As an FQHC network, with several other funding streams, managing training requirements across the full staff can be a challenge. To address this, Aunt Martha's uses an online training management system that makes it easier for providers and staff to access trainings on their own time, and easier for supervisors to manage training requirements and compliance. Trainings through the system have built-in knowledge checks. Because the system is online, staff can easily update the system when new training materials are available.



Aunt Martha's measures satisfaction with services through a client survey that is sent out automatically after each visit through its electronic health record system. To encourage participation, the grantee runs a contest at clinics, raffling off prizes such as pizza or lunches to clients who complete the survey. Aunt Martha's uses data from the survey to guide improvements. For example, the grantee is examining ways to reduce wait times by increasing the number of clients registering for their appointment online.

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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