

Indiana Family Health Council

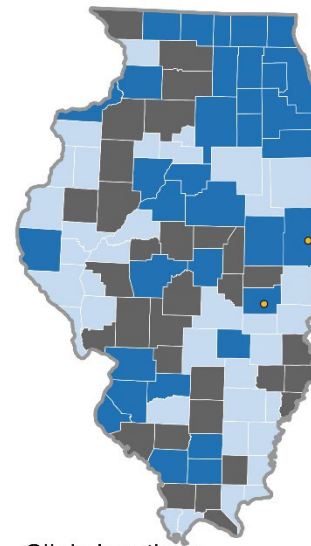
Indiana Family Health Council (IFHC) is a nonprofit organization that has been a Title X grant recipient since the 1970s. In 2022, IFHC began providing Title X services in eastern Illinois. In Illinois, IFHC delivers services to approximately 8,000 clients annually through direct service sites, a mobile health unit, and telehealth.¹

Stats at a Glance²

- ▶ Number of family planning (FP) encounters – 74
- ▶ FP users with incomes below 100% Federal Poverty Level (FPL) – 38 (68%); all FP users with incomes below 250% of FPL – 54 (96%)
- ▶ Number of tests performed for gonorrhea – 34, syphilis – 0, and HIV – 29
- ▶ Number of female users who received a chlamydia test – 20 or a Pap test – 8

Overview of Services Offered

As a Title X recipient, IFHC 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 IFHC 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](#).



• Clinic locations

Pop. per sq. mi. ■ Less than 35 ■ 35 - 69 ■ 70 or more



Pregnancy assistance and counseling

- Counseling on achieving pregnancy
- Preconception health services
- Pregnancy testing and counseling
- Basic infertility services



Contraceptive services

- FDA approved long-acting contraceptives
- FDA approved short-acting contraceptives
- Natural family planning methods



STI services

- 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



Other preventative health services

- 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

LEGEND

- 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



IFHC recently added questions to its intake questionnaire to assess clients for nonmedical issues affecting their health, such as access to nutritious foods, safe housing, education, and employment opportunities. By assessing clients for these social factors, providers can make better-informed decisions about treatment and care and refer clients to additional services.

Innovations in Practice



To better meet the needs of rural communities in eastern Illinois, IFHC is operating a mobile health unit to provide FP services for seven counties that have not had access to Title X services for more than a decade. The mobile unit is a full-service, Americans with Disabilities Act-compliant vehicle and can provide the same services as those offered in a traditional FP clinic.

Did You Know?



IFHC is creating a social media campaign about the availability of the mobile health unit and its services. The outreach will focus on human service agencies and businesses to help coordinate services for client populations most in need. IFHC is working with the Mobile Healthcare Association, a membership organization that helps health care entities successfully offer mobile health programs, to learn about and implement effective outreach strategies.



STI and HIV/AIDS education, counseling, and testing are integrated into all routine care at IFHC service sites in Illinois. STI/HIV testing is considered opt-out testing, offered to all clients at their initial and annual visits, STI visits, and as indicated or desired by clients. This approach increases the number of clients tested annually and ensures clients get timely treatment.



IFHC has established a strong network of partners to increase access to FP services, including partners in the business sector. For example, IFHC partners with the manufacturers of a new brand of emergency contraception to donate doses to clinics in its network at no cost. IFHC also partners with Direct Relief, a nonprofit humanitarian organization that provides long-acting reversible contraception at no cost for uninsured patients. These partnerships increase access to contraception for clients in need without added cost burdens to the grantee or client.

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.ifhc.org>