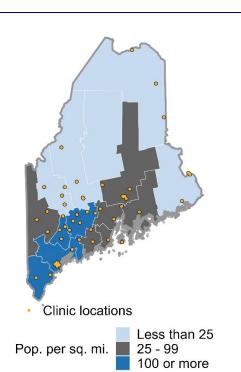
Family Planning Association of Maine

The Family Planning Association of Maine (Maine Family Planning) is a nonprofit organization that has been a statewide Title X grant recipient since the 1970s, and currently delivers services to approximately 27,000 clients through a network of its own service sites and subrecipients who run a mix of clinic types in most counties across the state.¹

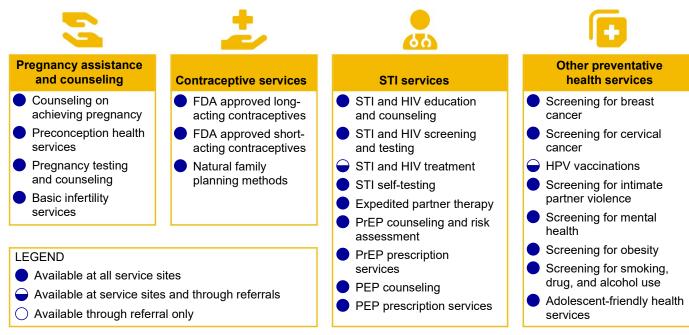
Stats at a Glance²

- Number of family planning (FP) encounters 36,551
- FP users with incomes below 100% Federal Poverty Level (FPL) – 7,865 (30%); all FP users with incomes below 250% of FPL – 16,858 (64%)
- Number of tests performed for gonorrhea 6,763, syphilis – 893, and HIV – 2,110
- Number of female users who received a chlamydia test – 6,128 or a Pap test – 2,863

Overview of Services Offered



As a Title X recipient, Maine Family Planning 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 Maine Family Planning 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 <u>OPA clinic locator</u>.



- ² Source: Family Planning Annual Report (FPAR): <u>2022 National Summary</u>.
- ³ See the <u>Title X Service Grants web page</u> for more information on the requirements and regulations guiding Title X projects.

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

Equity in Practice



Through its Reproductive Empowerment Project and a mix of funding, Maine Family Planning hired outreach workers to engage with people participating in substance use disorder programs as well as program staff. A group of social services and family planning staff provide direct services such as contraception and screening for STI and HIV. Their priority is to build trust with program staff and participants. Maine Family Planning also partners with the Maine Mobile Health Program to increase access to sexual and reproductive health education and services for migrant farmworkers. Mobile health clinics are customized vehicles that travel to communities, including rural communities, to provide health care services. Often, farmworkers do not have the means or time to travel to clinics, so the family planning team travels to the farm fields in the fully outfitted mobile health van to conduct exams, labs, and more. Maine Family Planning is working to improve access to family planning by using existing resources, community partnerships, and culturally responsive approaches to meet clients where they are at.

Innovations in Practice



Maine Family Planning has built a robust telehealth program, which it launched in 2014 and has since strengthened with recent Office of Population Affairs funds. Telehealth uses virtual communications technology such as video to provide health care services remotely. During the pandemic, Maine Family Planning was able to transition about 80 percent of its practice to telehealth. By expanding telehealth services, clients could turn to a call center to schedule services. Staff in the Title X network also expanded their skills and confidence in the telehealth space during this time. Currently, about 25 percent of visits are still conducted via telehealth. Many clients prefer telehealth because of the convenience of receiving immediate care. Overall, telehealth has increased flexibility, access, and addressed transportation challenges for clients in rural areas of the state. Maine Family Planning is mindful of their clients' access to internet and smartphones needed to use telehealth services, maintaining a commitment to expand clients' options for timely and accessible care by offering services through multiple modalities like telehealth, in-person clinics, and mobile health clinics.

Did You Know?



Maine Family Planning runs a gender affirming care practice called Open Door, with support from other funders, to provide case navigation and training in providing quality services to clients who identify as transgender. Through this program, Maine has partnered with a consultant to deliver case management and navigation services and to train providers so they can offer gender-affirming health care services (in person and via telehealth). Services include hormonal transition therapy and monitoring for transgender individuals 18 and older, on-site hormone injections, provision of community resources, and referrals to behavioral health and medical providers.



Maine Family Planning is exploring virtual means of collecting client-centered data to learn real-time and comprehensive information about clients' experiences receiving care. They expect this approach will yield insights on clients' satisfaction with care, whether they feel their values and needs are centered in their appointment, and anything the sites can do better to support client care.



Maine Family Planning has built a good relationship with the Medicaid office because it aims to increase reimbursement rates to be in line with the true cost of services. Because Maine has a limited family planning benefit, sites can also do presumptive eligibility for clients with Medicaid. Therefore, if an individual wants a long-acting reversible contraceptive, they can get it same day. Maine Family Planning also offers a PrEP program in partnership with a local pharmacy. The pharmacy dispenses medications and provides case management to ensure clients get their medication at a low cost, along with any additional support needed.

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 <u>website</u>.

Grant number: FPHPA006510

Website: https://mainefamilyplanning.org/



Office of Population Affairs