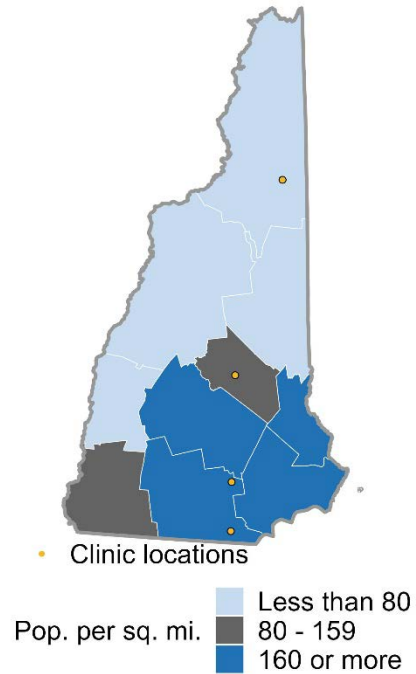


# New Hampshire Department of Health and Human Services

The New Hampshire Department of Health and Human Services (DHHS) is a state agency that has been a Title X grant recipient since the 1970s. It delivers services to approximately 1700 clients annually through a network of subrecipients operating across New Hampshire.<sup>1</sup>





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

- ▶ Number of family planning (FP) encounters – 3,533
- ▶ FP users with incomes below 100% Federal Poverty Level (FPL) – 1,058 (46%); all FP users with incomes below 250% of FPL – 1,982 (86%)
- ▶ Number of tests performed for gonorrhea – 575, syphilis – 151, and HIV – 349
- ▶ Number of female users who received a chlamydia test – 512 or a Pap test – 341



## Overview of Services Offered

As a Title X recipient, the DHHS network 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 DHHS 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



For clients and adolescents in households with low incomes who live in rural New Hampshire, it can be particularly challenging to access contraception. One DHHS subrecipient has responded by designing its own condom distribution system. For example, when Walmart started locking up condoms in one of its rural New Hampshire stores, youth were disproportionately affected. The social stigma that can be prevalent in small-town, rural communities meant youth were uncomfortable asking an associate to unlock the case. In response, this subrecipient began making condoms available for free at clinics located near this store. This has especially helped youth and clients for whom condoms are otherwise too expensive.

## Innovations in Practice



DHHS maintains high-quality, standard levels of care by distributing surveys to subrecipients to assess their training needs. To date, subrecipients have expressed an interest in trainings on topics such as human trafficking, trauma-informed health services, health equity, and providing family planning and sexual health services to the LGBTQIA+ community. Trainings have been well attended, and DHHS continues to offer training on a range of topics identified by grantees. For example, DHHS recently offered a technical assistance training on providing services for LGBTQIA+ clients; it had the highest attendance of any training DHHS has offered to date.

## Did You Know?



Using a mix of funding sources, DHHS and its subrecipients engage in a variety of community outreach efforts to advertise their many services throughout New Hampshire. For example, a DHHS subrecipient has launched a mobile unit. The subrecipient plans to use that mobile unit to better serve rural and unhoused clients in the state. DHHS also attends community outreach events. The grantee plans to develop materials in Spanish and design culturally appropriate social media posts to reach the large Hispanic population in southern New Hampshire.



DHHS facilitates a work group that partners subrecipient sites based on successes and challenges. These connections allow subrecipients that specialize in certain services or population care to work with subrecipients hoping to expand or enhance their own programming in those areas. This work group enables subrecipients to share successful strategies for improving services, like increasing STI testing rates and how to obtain an electronic health record.



To support contraception access and build community partnerships, DHHS started a condom distribution program in partnership with local restaurants. The program supports installing wall-mounted condom dispensers in partner restaurants; the condoms are free. The dispensers and the condoms include a QR code that, when scanned, provides information about DHHS clinic locations and programs. Through tracking, DHHS has noted that more people are searching for local family planning services. DHHS is now considering expanding this program to reach other locations that serve adults, like tattoo parlors and barber shops.

## 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](#).

Grant number: FPHPA006511

Website: <https://www.dhhs.nh.gov/programs-services/population-health/family-planning>