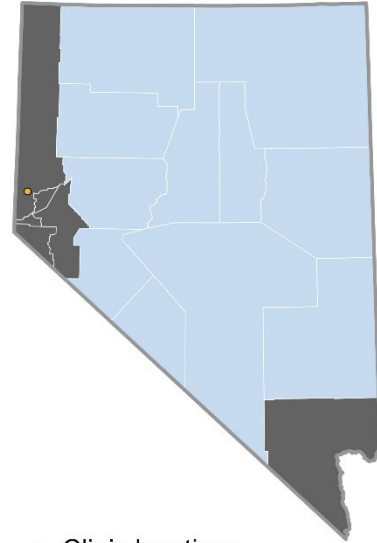


Washoe County Health District

Washoe County Health District (WCHD) is a local health department that has been a Title X grant recipient in Nevada since the early 1970s. It delivers services directly to approximately 2,100 clients per year.¹







Stats at a Glance²

- ▶ Number of family planning (FP) encounters – 3,472
- ▶ FP users with incomes below 100% Federal Poverty Level (FPL) – 273 (13%); all FP users with incomes below 250% of FPL – 1,595 (75%)
- ▶ Number of tests performed for gonorrhea – 1,714, syphilis – 1,354, and HIV – 1,247
- ▶ Number of female users who received a chlamydia test – 812 or a Pap test – 158

• Clinic locations
 Pop. per sq. mi. ■ Less than 5 ■ 10 or more

Overview of Services Offered

As a Title X recipient, WCHD 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 WCHD 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



To better meet the needs of clients and expand access to FP services in the county and beyond, WCHD started offering walk-in appointments every day of the week. Walk-in appointments can reduce barriers to accessing care for adolescents, clients without reliable transportation or child care, and those who need assistance with communication. When administrators last checked, walk-in appointments accounted for almost half of WCHD's appointments. Staff at WCHD report that walk-in appointments have been particularly valuable for clients seeking syphilis treatment because rates of syphilis have dropped since the grantee started offering walk-in appointments.

Innovations in Practice



WCHD has a long-standing partnership with the Washoe County Sheriff's Office to provide FP services to individuals who are incarcerated. Historically, this population has lacked access to health care before, during, and after incarceration. Services include offering reproductive health counseling, providing contraception, testing for STIs, and making referrals. WCHD's community health workers (CHWs) also visit the sheriff's office once a month to do a "walk and talk" about the services WCHD offers and to let the office know of schedule availability.

Did You Know?



In addition to the outreach at the sheriff's office, WCHD's CHWs have used other innovative ways of getting the word out about the services WCHD offers. In the past, CHWs filmed short commercials about the health district and the FP services it provides on platforms like YouTube and Instagram. CHWs have also traveled to rural parts of the county with WCHD's immunization teams to share information about WCHD's FP services.



WCHD has made several changes to its clinical approach to make service delivery more client centered. The biggest change has been shifting the focus of appointments to address a client's primary concern. For example, in the past, some providers required cervical cancer screening before providing birth control, which may have required the client to come back to the clinic for a second visit. Now, providers focus on the immediate needs of clients and offer contraception on request while educating clients about cervical cancer screenings and vaccinations and encouraging them to come back for them. WCHD also uses an annual satisfaction survey to collect client feedback, and plans to roll out another survey focused on clients' experiences with the clinic's contraceptive counseling.



WCHD is partnering with Planned Parenthood Mar Monte to offer a brief, evidence-based video intervention called Plan A to adolescent clients at the health district and in youth homeless shelters in the community. The video is designed to reduce unplanned pregnancies and STIs among young women. At the health district, CHWs offer the intervention to adolescent clients, who typically watch the 20-minute video in the waiting or exam room. Client feedback on the video has been positive and allowed CHWs to build rapport with adolescent clients.

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: FPHPA006601

Website: <https://www.washoecounty.gov/health/>