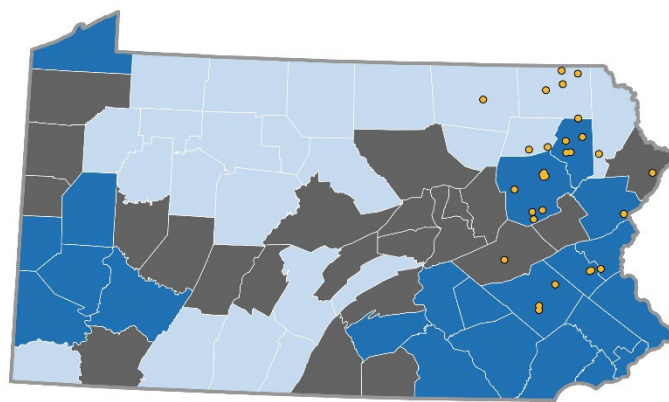


# Maternal and Family Health Services

Maternal and Family Health Services (MFHS) is a nonprofit organization that has been serving eastern Pennsylvania since the early 1970s. It delivers services to approximately 10,400 clients in 12 counties through direct service sites and subrecipient agencies, including city or county health departments, hospitals, school-based health centers, federally qualified health centers (FQHCs) and FQHC Look-Alikes.<sup>1</sup>



• Clinic locations

Pop. per sq. mi.  Less than 75  
 75 - 239  
 240 or more

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

- ▶ Number of family planning (FP) encounters – 22,460
- ▶ FP users with incomes below 100% Federal Poverty Level (FPL) – 8,059 (53%); all FP users with incomes below 250% of FPL – 11,858 (79%)
- ▶ Number of tests performed for gonorrhea – 5,849, syphilis – 3,649, and HIV – 3,660
- ▶ Number of female users who received a chlamydia test – 3,768 or a Pap test – 1,121

## Overview of Services Offered

As a Title X recipient, MFHS 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 MFHS 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

- 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

<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



MFHS is working to improve outreach and engagement with youth through various programs. The grantee has a program called SafeTeens, which provides education on sexual and reproductive health (SRH), online resources, and a text message help line for youth to help connect them with SRH services. MFHS also recently partnered with United Neighborhood Centers, a community-based organization in Scranton, Pennsylvania, to conduct youth focus groups to better understand youth's views on SRH and improve its marketing materials for the SafeTeens program. The focus group participants reviewed draft marketing materials developed with a local marketing agency and provided valuable feedback to make MFHS's marketing strategy and outreach materials more relevant and youth friendly.

## Innovations in Practice



To enhance SRH and support services for birthing persons in its Title X network, MFHS launched a maternity medical home model in 2023 that combines a variety of health and social services to promote optimal health outcomes during pregnancy with wraparound services and postpartum, infant, and pediatric care. The program helps clients enroll in supportive services such as the Supplemental Nutrition Assistance Program for Women, Infants and Children (WIC), the Nurse-Family Partnership home visiting program, dental services, on-site lab and pharmacy services, ultrasound, care management for substance use disorders, behavioral health care, primary care, and pediatric care. The program has dedicated support counselors who visit postpartum clients after labor and delivery and provide a range of supports, including obtaining transportation vouchers for medical appointments and helping them obtain necessary prescriptions.

## Did You Know?



MFHS partners with other federal programs to provide FP services in Pennsylvania. For example, it provides Title X funding to technical schools in Pennsylvania participating in the U.S. Department of Labor's Job Corps Program. As a subrecipient of MFHS, FP service delivery centers at these technical schools provide direct services to students, including STI screening and treatment, contraceptive methods and counseling, and pregnancy testing.



MFHS uses continuous quality improvement methods to enhance the care in its Title X network. The grantee has a program compliance team that provides technical assistance to subrecipients and service sites, and regularly reviews program data. If trends are suboptimal, MFHS meets with staff from the subrecipients or service sites to discuss the trends and conduct a series of plan-do-study-act cycles to improve the quality of care delivery at the sites.



To improve care for survivors of sexual assault, MFHS is partnering with Pennsylvania State University to pilot a sexual assault nurse examiner (SANE) training program for nurses in its Title X network. The SANE program will train nurses to conduct a forensic exam and a next-day trauma follow-up in the ambulatory care setting instead of the emergency room to avoid the stigma attached to seeking this care in an emergency room. The next-day model also helps ensure clients receive appropriate, timely follow-up.

## 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: FPHPA006505

Website: [www.mfhs.org](http://www.mfhs.org)