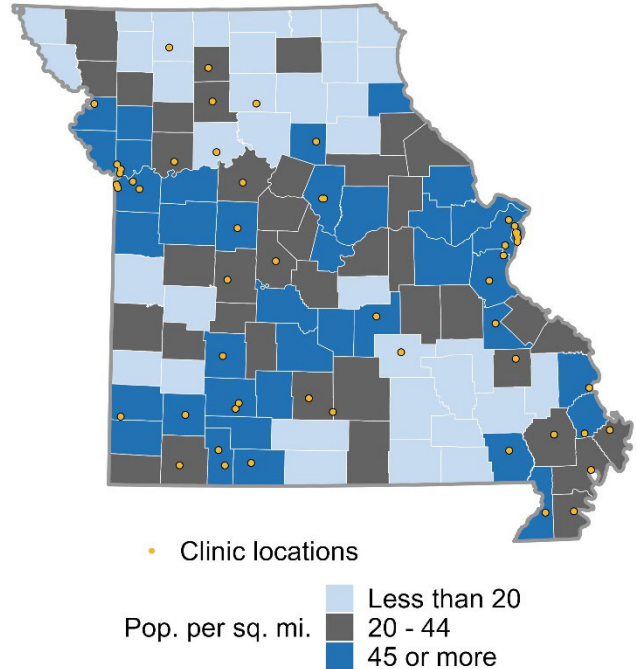


Missouri Family Health Council, Inc.

The Missouri Family Health Council (MFHC) is a private, nonprofit organization that has been a statewide Title X grant recipient since the 1980s. MFHC delivers services to approximately 42,000 clients a year through subrecipients across both urban and rural areas of Missouri, which include city or county health departments, hospitals, free-standing family planning clinics, federally qualified health centers (FQHCs), and community action agencies.¹





Stats at a Glance²

- ▶ Number of family planning (FP) encounters – 56,426
- ▶ FP users with incomes below 100% Federal Poverty Level (FPL) – 22,569 (60%); all FP users with incomes below 250% of FPL – 32,552 (86%)
- ▶ Number of tests performed for gonorrhea – 25,091, syphilis – 14,308, and HIV – 15,108
- ▶ Number of female users who received a chlamydia test – 16,947 or a Pap test – 5,878



Overview of Services Offered

As a Title X recipient, MFHC 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 MFHC 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
LEGEND <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.

Innovations in Practice



MFHC is piloting a project to offer free emergency contraception through health centers and community organizations to anyone of any age in the state, even if they are not a Title X client. Individuals can also ask for a kit to be mailed to them if they prefer. The goal of the Free EC project is to reduce barriers to obtaining emergency contraception and raise awareness of the availability of Title X services. MFHC is partnering with LGBTQIA+ organizations, domestic violence shelters, churches, and community action agencies to offer Free EC at their locations, with plans to add colleges and universities in the upcoming months. Free EC kits include two doses of over-the-counter emergency contraception, along with information about Title X services and how to access them. Although requiring people to visit a Title X clinic is not part of the project, MFHC hopes to see an increase in clients through the project by reaching Missourians who may not have known about Title X before they received a Free EC kit.

Did You Know?



MFHC works to improve the quality of care for historically underserved populations by offering network-wide trainings to increase provider awareness of implicit racial bias and systemic racism in reproductive health as well as actionable ways to offer culturally sensitive, equity-based service delivery. MFHC recognizes the historical roots and implications of systemic racism in reproductive health and works to eradicate implicit provider bias through training and education.



MFHC noticed high rates of missed appointments at clinics through their routine data monitoring efforts, which presents a barrier to providing high-quality health care to clients. To address this, they are piloting two mini-grant programs within their network. The first provides support for sites to develop and test their own appointment reminder systems. The second aims to reduce transportation-related barriers by providing funding to clinics to pilot different client transportation voucher programs to evaluate which works best for their community. Through these efforts MFHC hopes to reduce barriers to health care access while increasing the total clients served throughout their network.



MFHC encourages their subrecipient network to seek out and participate in coalition work and other local partnerships which will allow providers to make warm referrals to social service organizations when clients need follow-up services. For example, MFHC works with the statewide Coalition Against Trafficking and Exploitation to improve the quality of care for human trafficking and domestic violence survivors. MFHC's subrecipients have received training from Coalition Against Trafficking and Exploitation to increase their familiarity with trauma-informed care when working with survivors, how to ask questions during screenings and gain consent in a trauma-informed way and recognizing signs of trauma in 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), within the U.S. Department of Health and Human Services (HHS). For more information, please refer to OPA's [website](#).

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Website: <https://mfhc.org>