

# upstream **USA**

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## **Upstream Washington** State Plan Overview

March 2018

# Our Mission



Upstream USA is a nonprofit organization that helps health centers across the country eliminate barriers that prevent women from obtaining the **full range** of contraceptive methods so that **all women** are empowered to become pregnant only when they want to.

# The Opportunity Problem

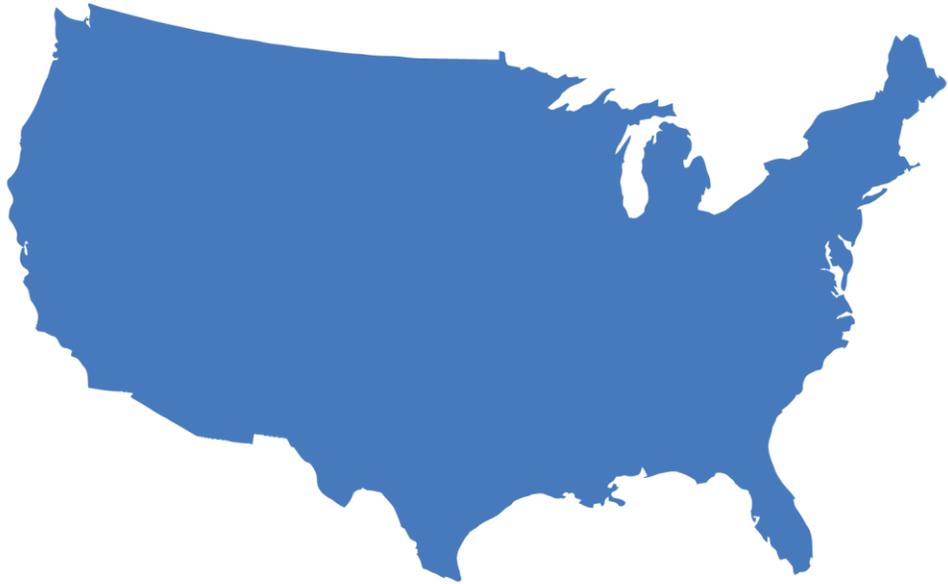


**2 out of 3** American children born into the lowest two income quintiles stay there as adults.

Across the country, economic opportunity has **stalled**.

Interventions are **not working quickly enough** to address intergenerational poverty in the United States.

# Unintended Pregnancy's Role

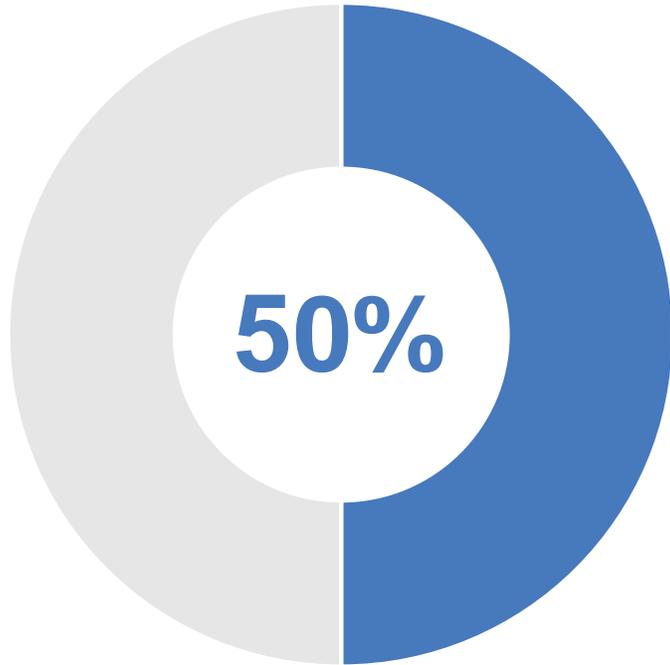


**1.5 MILLION**

unplanned births per year in the U.S.

**1 million** of those are born into poverty

# Unintended Pregnancy's Role



Half of these pregnancies occur to women **using contraception.**

**Unintended pregnancy can** cause women to drop out of school, disrupt their careers, and lead to poorer birth outcomes for children, all of which **limit economic and educational opportunity.**

# Unintended Pregnancy in Washington



**35%**

of all births in  
Washington are  
unintended\*

And, up to **48% of all pregnancies** are estimated to be unintended\*\*

\*Source: *Washington State Department of Health, PRAMS (2014)*

\*\*Source: *Guttmacher Institute, based on latest available data (2010)*

# Our Model



## Specialized Training

Train health centers to make reproductive care standard care by educating them on all FDA-approved contraceptive services and coaching them to routinely ask women about their plans for pregnancy



## Technical Interventions

Help health centers make lasting operational changes to ensure that all women will have single-visit access to the full range of contraceptives, including long-acting reversible contraceptives (LARCs)



## Consumer Marketing

Once health centers are able to deliver best-in-class care, launch a consumer marketing campaign to make women aware of the contraceptive services provided by health centers in their region

**= Sustainable solutions to the five biggest barriers to LARC access:**



**Lack of trained providers**



**Screening for pregnancy intention**



**Issues billing, coding and stocking LARCs**



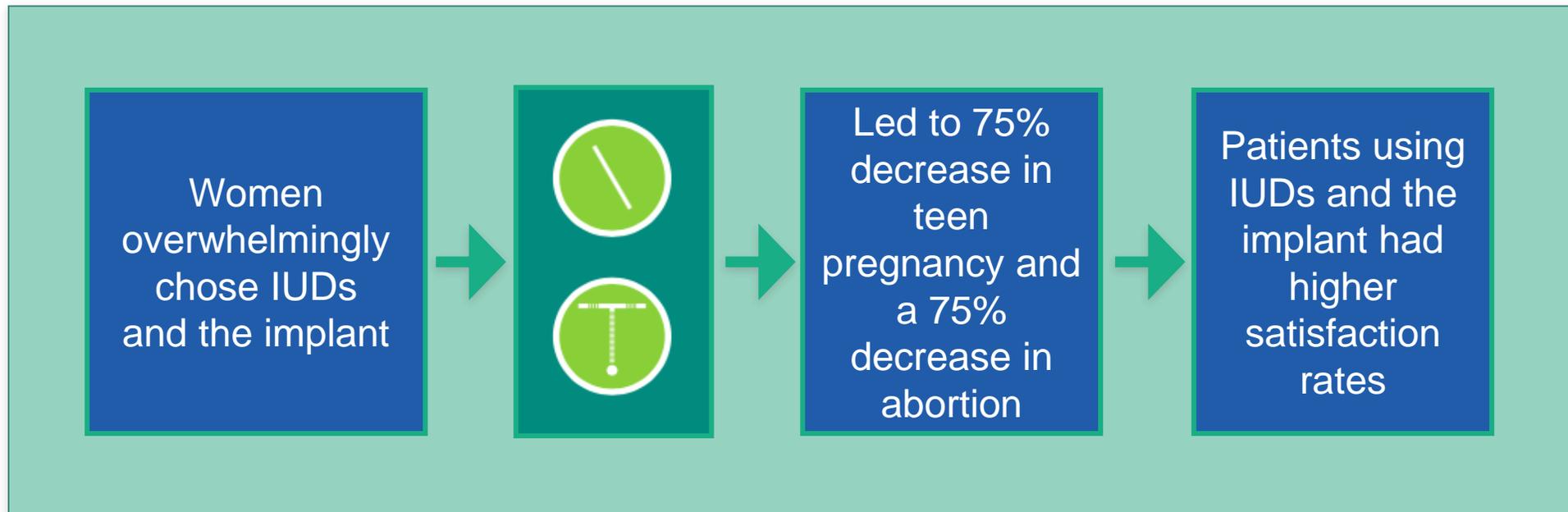
**Clinic workflow**



**Consumer awareness**

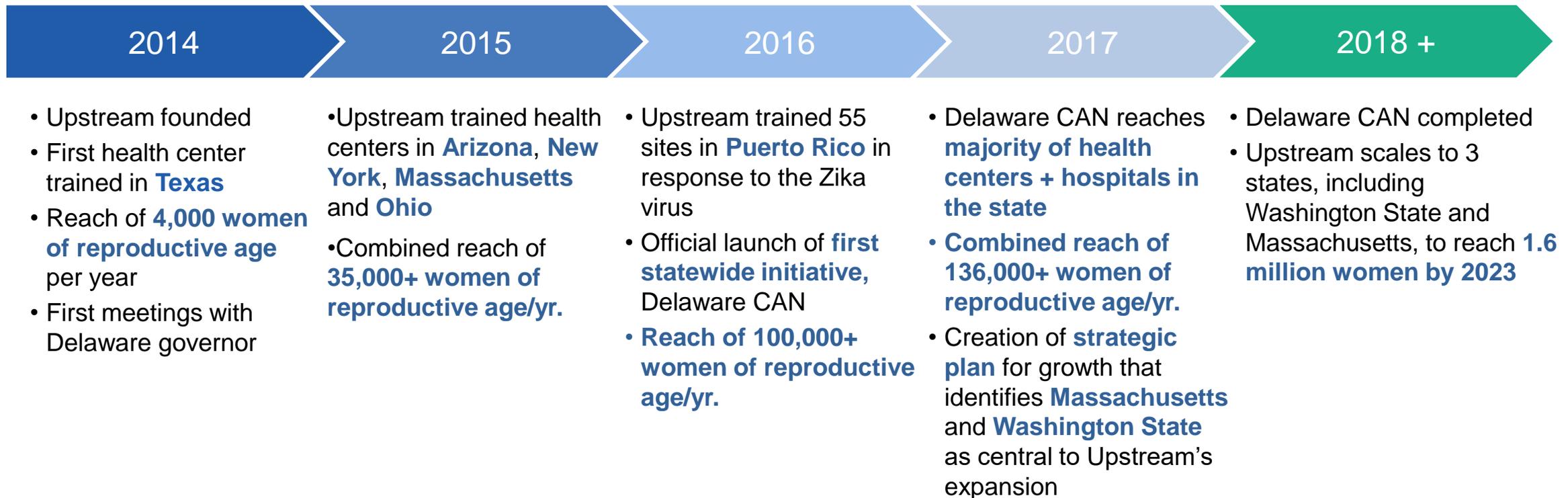
# Inspired by CHOICE

In a groundbreaking research study by Washington University in St. Louis (2007-2011), nearly 10,000 women were offered a **choice** of **all contraceptive options with no barriers** — all clinic services and methods were free and provided in a single visit.



# Our Trajectory

Established in 2014, Upstream has grown from training individual health centers to a state-wide initiative in DE, and now, WA



# Progress to Date in Delaware

We have reached **90%** of targeted health centers serving of the women of reproductive age (WRA) in Delaware.



**167**  
Sites trained



**572**  
Clinicians trained



**127K**  
WRA reached



**1656**  
Staff trained

# In Action

In Massachusetts, we've transformed the operations of Family Health Center of Worcester, an FQHC serving primarily low-income patients



Video Link: <https://www.youtube.com/watch?v=QC5CQm3Z4O4>

**“When a woman comes in to see her provider and she’s interested in talking about the timing of her family...we can say to her, ‘we have great choices for you.’ We didn’t used to be able to say that.”**

*Tracy Kedian, MD, Family Health Center of Worcester*

# Washington: Our Planned Scope

As we begin to scale in Washington State, our focus will be selecting and preparing partners that enable us to meet our goals for impact.

**5** Years of training and technical assistance delivery, starting in 2019

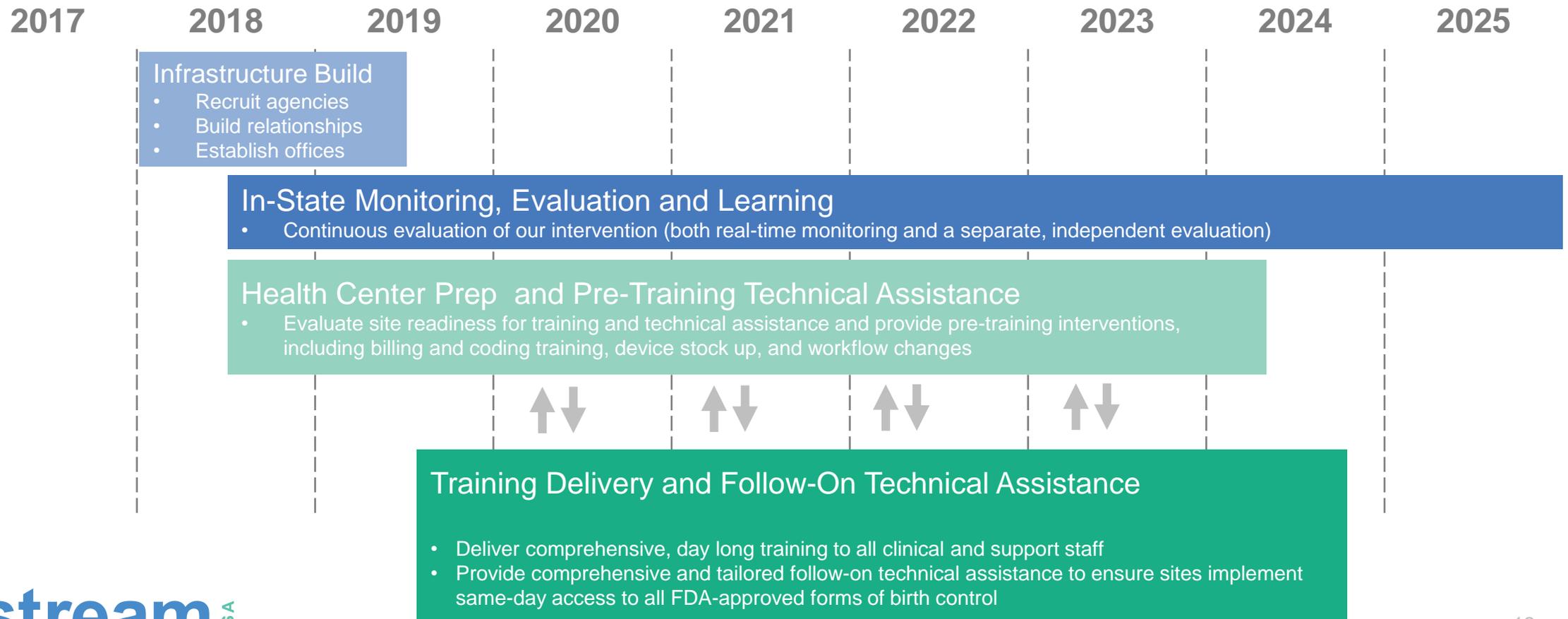
**40** Participating agencies; including FQHCs, Tribal and IHS providers, rural health centers, and providers serving a high percentage of Medicaid patients

**300** Health centers receive training and technical assistance

**540,000** Women of reproductive age (WRA) reached by health centers served when project is complete

# Washington: Our Project Timeline

Our planned timeline allows us to build a strong, statewide infrastructure to support transformation in the healthcare system.



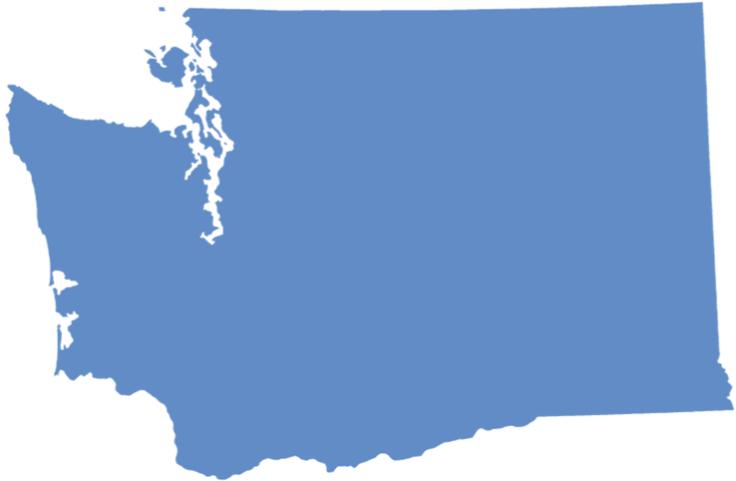
# Launch Agency Selection Criteria

Our first cohort of agencies will be determined based on the availability of data, patient population, and leadership at their sites.

## Selection Criteria

- **Influential leadership** willing to address barriers to implementation
- **Engaged, motivated leaders** among administration and clinicians
- **Staff** who are engaged and **committed to offering quality** contraceptive care
- **Familiarity with using data** to inform quality improvement
- **Openness** to data extraction + our planned third party platform partner (Azara)
- **Serves a population in need** of high-quality contraceptive care

# Advisory Committee Mandate



**Our Advisory Committee will be key to success in Washington.**

Upstream is seeking engaged leadership from the healthcare community across Washington to serve on an Advisory Committee that will help the organization consider the unique challenges and opportunities of bringing this work to scale in Washington.

# How Can ACHs Help?

**Continue to create awareness** of the positive birth, health and opportunity outcomes associated with planning and spacing pregnancies, as well as the challenges Washington continues to face with unintended pregnancy.

**Encourage health systems to integrate pregnancy intention into primary care**, and consider quality improvement measures to help more women access contraception.

**Recommend and make introductions to health systems** that would be good candidates for an Upstream partnership, in 2019 or beyond.

# Questions?

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