Welcome!

Recognizing Bias and Coercion in Efforts to Increase Access to Contraceptive Care
Agenda

- Welcome and introduction
- Upstream overview
- Exploring values and bias in contraceptive care
Upstream Team

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Improving contraceptive access is more urgent than ever

Connecticut ranks 21 out of 50 states for highest rates of unintended pregnancy, signalling room to further strengthen contraceptive care.

- **38%**
  - Of pregnancies are wanted later or unwanted in Connecticut
  - Source: Guttmacher Institute

- **1 in 4**
  - Women say they are not currently using their preferred method of birth control
  - Source: KFF

- **30%**
  - Of women report receiving enough information prior to making contraceptive decisions
  - Source: KFF

Note: we use the word "women" to reflect the language used in each cited study.
Through free, expert-led training and technical assistance, designed to help your health center provide best-in-class, patient-centered contraceptive services. Our training is CME-accredited.

Upstream has worked across the United States, and is now engaged in five state-based efforts in Delaware, Massachusetts, Washington, North Carolina and Rhode Island. We have worked with over 30 partners across MA and RI, including >20 FQHCs.
Working to expand contraceptive access nationwide

Upstream by the Numbers

- 100+ health center partners
- 19 states with partnerships
- 9 years of experience
- 150+ employees
- $45M annual budget
- 5M patients served by 2030
Patient-Centered Principles

UNBIASED

NON-COERCIVE

TRAUMA-INFORMED
Comprehensive contraceptive care means that all patients:

- are being universally screened for pregnancy intention and offered basic contraceptive education, if indicated and desired
- interested in preventing pregnancy are immediately offered comprehensive contraceptive counseling and education
- receive contraceptive care in alignment with current clinical best practices

- have access to the full range of FDA-approved contraceptive method categories
- can access or discontinue their chosen contraceptive method during the same visit in which they request to do so
- can access their method of choice without out-of-pocket cost being a limiting factor
- can access contraceptive care via telehealth
Equitable access to contraception is one piece of the puzzle to help families and individuals determine if and when they want to have a child.
Building Better Access

**PATIENT-FACING CHANGES**

- Train providers
- Educate and equip licensed and non-licensed staff
- Use patient-centered educational materials
- Develop referral protocols

**SYSTEMS-BASED CHANGES**

- Optimize coding and billing
- Use your EHR data to track progress
- Source, store, & replenish contraceptive methods
- Create sustainable policies & workflows
Are your patients making fully informed, autonomous contraceptive choices?

- % of patients did not feel pressured to choose a specific method of birth control
- % of patients have access to their preferred method of birth control
- % of patients feel that health center staff take their birth control preferences seriously
Available Resources

Free program offerings

- Up to **7.5 hours** in CME/CE contact hours accredited by ACCME, ACPE and ANCC
- **Upstream team** dedicated to your health center, including a clinical advisor
- **Printed materials** for patient education and job aides

Funding to offset your time

- **$25-50k** depending on the size of your organization

upstream.org/join-us
Benefits of Partnering with Upstream

- Expert-led training & clinical support improves care quality
- Patient-centered design improves patient experience
- A tailored approach respects your time
- CME-accredited training supports staff development
We train health centers to take a patient-centered approach to contraceptive counseling

- Discuss how a patient’s history with bias and coercion could affect their care experience
- Explain the difference between unconscious bias and coercion
- Discuss strategies for building awareness of unconscious biases and preventing coercion
- Identify and discuss elements of reproductive bias or coercion in patient scenarios
Navigating Personal Values in Contraceptive Care
Activity: Personal Values

1. Pull out your phone
2. Go to www.menti.com
3. Enter the code: 5305 9630
   or scan the QR code

Keep your phone out for the next poll!
Personal values can influence decisions, guide behaviors, and may evoke strong feelings and reactions.
Personal values on sexual and reproductive health

- Birth control shouldn’t be covered by employers.
- Birth control should be free and available at every pharmacy.
- Schools should not teach sex education in health class.
- Schools should teach comprehensive sex education.
- It’s not okay for people to have sex before they’re married.
- It’s okay for consenting people to have sex whenever they want.
Patients may see you as an expert and take your values to be medically accurate facts.
Activity: Sexual and Reproductive Health Values

1. Pull out your phone
2. Go to www.menti.com
3. Enter the code: 5305 9630 or scan the QR code

Click on Go to slide at the top of your screen
Having personal values is not right or wrong—
they just exist.
upstream USA
Strategies for addressing your biases

- Identify and be aware of your own values and unconscious biases
- Shift your language
- Always center the patient
<table>
<thead>
<tr>
<th>Values-based Language</th>
<th>Shifted Language</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Should</strong></td>
<td><strong>Could</strong></td>
</tr>
<tr>
<td>“Everyone should use birth control.”</td>
<td>“You could use birth control.”</td>
</tr>
<tr>
<td><strong>Best</strong></td>
<td><strong>Choice</strong></td>
</tr>
<tr>
<td>“IUDs are the best method because they last so long.”</td>
<td>“The best method, is the one a person has access to and will use correctly and consistently.”</td>
</tr>
<tr>
<td><strong>Everyone/All</strong></td>
<td><strong>Spectrum</strong></td>
</tr>
<tr>
<td>“Everyone who uses the Shot experiences weight gain”</td>
<td>“Some patients who use the Shot experience weight gain, some don’t.”</td>
</tr>
</tbody>
</table>
“Contraceptive care is creating the space for patients to truly be in the driver’s seat of their future goals.”
Individual reflection:

What can you do to acknowledge, address, and unlearn your own biases?
Questions?

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