Upstream Team

Seville Meli, MPH
VP of Practice Transformation

Dan Dobin
VP of Strategy, Expansion, and Policy

Maggie Coughlin
Regional Director of Partnerships
Improving contraceptive access is more urgent than ever

Connecticut ranks 21 out of 50 states for highest rates of unintended pregnancy, signaling 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.
*According to Guttmacher Institute
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 USA is a national nonprofit. We work in partnership with health centers to strengthen reproductive care and autonomy by increasing equitable access to the full range of contraceptive options within primary care.

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
- 8 years of experience
- 150+ employees
- $45M annual budget
- 5M patients served by 2030
Spotlight on Upstream’s Partnership

Hear firsthand from Upstream partner, Dr. Chinwe Efuribe of CYCC in Texas on how partnering with Upstream has made a lasting impact on her practice.

Also, hear from one of Dr. Efuribe’s patients, Alexis, on how her contraceptive care has changed since CYCC partnered with Upstream.

https://vimeo.com/807523109
Upstream Program Overview

- Technical Assistance
- Staff Training & Skills Adoption
- Financial Resources & Support
- Evaluation Tools & Data Support
- Dedicated Upstream Team
- Sustainability Planning
Upstream works with your team to...

**PATIENT-FACING CHANGES**
- Train providers
- Equip licensed and non-licensed staff to provide team-based contraceptive care
- Use patient-centered educational materials
- Develop referral protocols

**SYSTEMS-BASED CHANGES**
- Improve coding and billing
- Use your EHR to support patient-centered workflows
- Source, store, & replenish contraceptive methods
- Create sustainable policies & procedures

upstream.org/join-us
Online Classroom

These expertly designed courses give learners a strong foundation in providing medically-accurate, patient-centered contraceptive care.

CME-Accredited Training Experience

Step 1
eLearning modules
Online Classroom

Participants across health centers come together to practice and apply what they learned during the eLearning courses in a live and interactive virtual setting.

Step 2
Zoom
Live Group Session

Step 3
Zoom
Clinical Practice

This practicum gives clinicians the opportunity for hands-on practice placing all FDA-approved IUDs.

~ 2 hours

~ 4 hours

~ 2 hours
Using Data for Improvement and Evaluation

Has contraceptive care improved at our agency?

- Are the contraceptive care services provided at our agency high quality, patient-centered, and free of bias and coercion?
- Are clinic staff implementing a contraceptive care workflow?
- Are providers offering and providing the full range of contraceptive methods to all patients?
- Did Upstream equip providers and staff with the knowledge, attitudes and competency to provide high quality contraceptive care?

Pre & Post Patient Survey

Electronic Health Record Data

Pre & Post Training Surveys/Knowledge Checks
Questions?

Contact us:
MCCoughlin@upstream.org
Maggie Coughlin
Regional Director of Partnerships
Appendix
Our Approach

We provide our health center partners with:

- Dedicated expert team
- Training
- Tools
- Funding

Health centers can then provide high-quality contraceptive care that meets their patients’ goals and needs:

1. Patient asked
2. Pregnancy Intention Screening Question (PISQ)
3. Patient receives contraceptive counseling, free from coercion
4. Patient can access any method, ideally that day
How our program promotes sustainability

**Codify best practices**
A core part of our program is helping your team codify best practices for your agency into policies, protocols, and EHR templates—ensuring knowledge isn’t lost after we leave or when there are staff transitions.

**Onboarding plans**
We offer assistance and partnership for designing your organization’s onboarding plans so that future hires receive similar contraceptive training to the one offered during the engagement.

**Access to resources & tools**
You will have access to our Partner Resources Portal and Learning Management System after our formal engagement has ended—ensuring continued access to resources like patient education materials and templates.