

upstream **USA**

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, 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](#)

About Upstream

What do we do?

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.

How do we do it?

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.

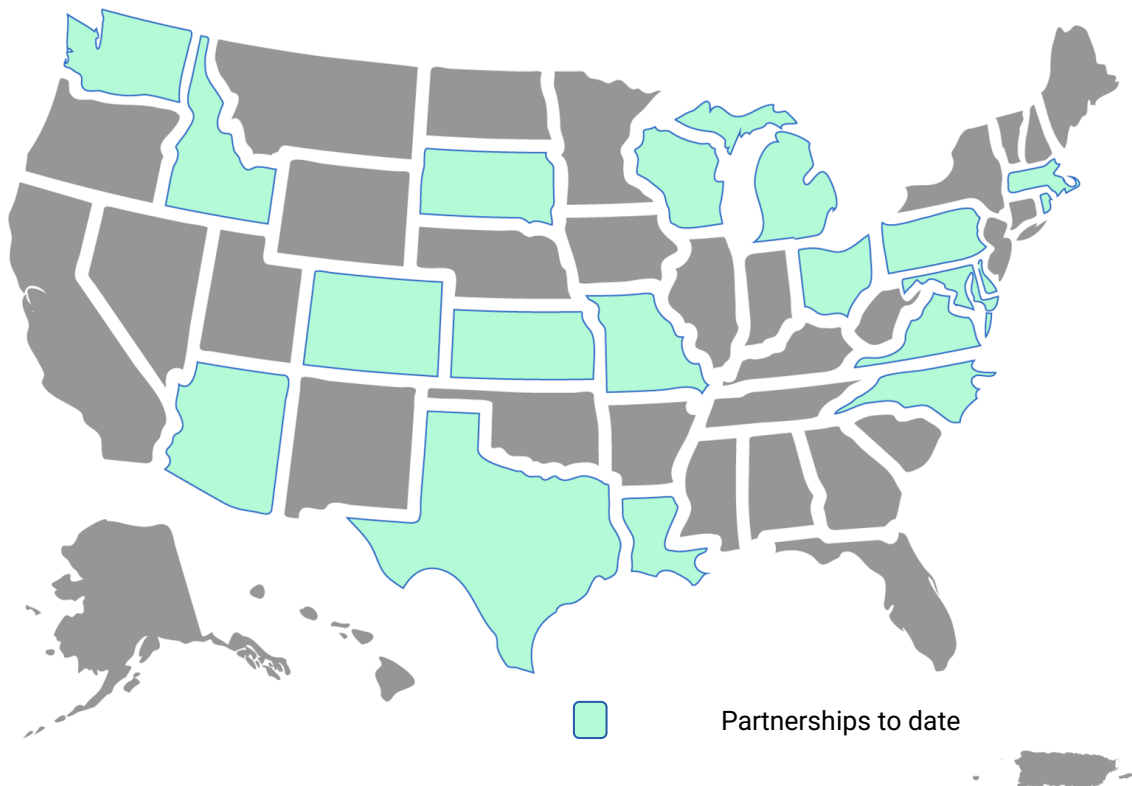
Where do we work?

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

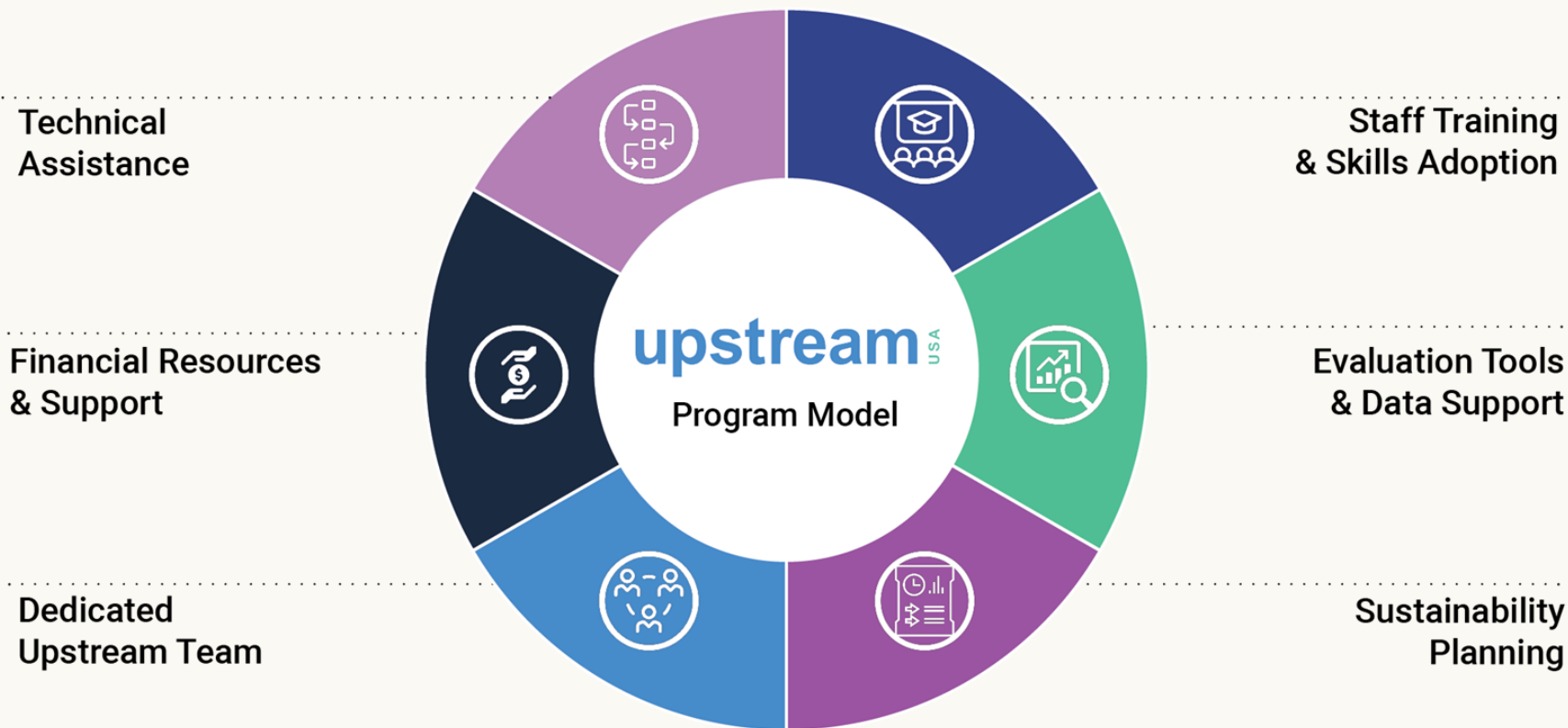
Hear firsthand from Upstream partner, Dr. Chinwe Efuribe of CYCC in Texas on how partnering with Upstream has made a lasting impact on her practice.

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



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

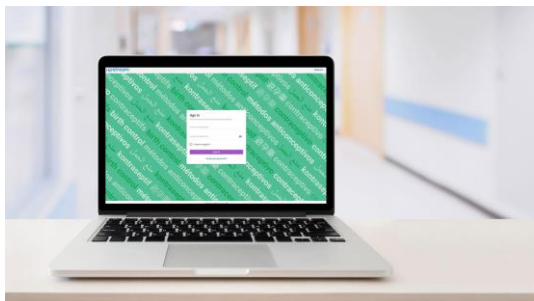


Create sustainable policies & procedures

CME-Accredited Training Experience

Step 1 eLearning modules Online Classroom

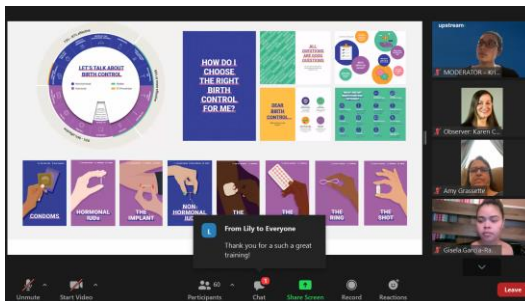
These expertly designed courses give learners a strong foundation in providing medically-accurate, patient-centered contraceptive care.



~ 2 hours

Step 2 Zoom Live Group Session

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



~ 4 hours

Step 3 Zoom Clinical Practice

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



~ 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**?

Pre & Post Patient Survey



Are clinic staff implementing a **contraceptive care workflow**?
Are providers offering and providing the **full range of contraceptive methods to all patients**?

Electronic Health Record Data



Did Upstream equip providers and staff with the **knowledge, attitudes and competency** to provide high quality contraceptive care?

Pre & Post Training
Surveys/Knowledge Checks

Questions?

Contact us:

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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:



→ Patient asked
**Pregnancy
Intention Screening
Question (PISQ)**

→ Patient receives
**contraceptive
counseling, free
from coercion**

→ 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.