NYC REACH

upstream USA

Expanding Preconception and Contraceptive Care in Primary Care

NYC REACH and Upstream USA are partnering with Federally Qualified Health Centers (FQHCs) to advance maternal health equity through a preconception and contraceptive care quality improvement initiative.

Aligned with HealthyNYC priorities, this collaboration emphasizes the critical role primary care can play in supporting New Yorkers in making informed and autonomous decisions about their reproductive goals and enhancing their health and well-being before they conceive.

The Opportunity

- **Strengthen the Role of Primary Care in Improving Maternal Health:** Integrating preconception and contraceptive care into primary care is an important lever in supporting Healthy NYC goals to reduce racial disparities in maternal health by helping to ensure early identification of health needs, addressing gaps in access, and improving health outcomes.
- **Meet New UDS Reporting Requirements:** Starting in 2024, FQHCs are required to report the number of patients screened for family planning needs using standardized tools. This partnership supports practices in meeting these new federal requirements effectively.
- **Patient-Centered Care:** Primary care teams will be equipped with the skills and relevant workflows to deliver patient-centered counseling using shared decision-making, free from bias and coercion. This empowers patients to make informed, autonomous decisions about their reproductive health and family planning needs.

Join Program

If you're interested in joining the program, reach out to us!

Email us at ***nycreach@health.nyc.gov*** or get in touch with your practice facillitator

Your Quality Improvement Journey

We have a dedicated team to walk you through your unique quality improvement journey and will continue to support your health center, even following the end of the program.

PARTNERSHIP FINALIZED

Baseline Assessments

Conduct assessments and complete EHR integration.

Less than 2 months

Project Planning

Create a tailored implementation plan customized for your health center.

Less than 1 month

Pre-Training Technical Assistance

Workflow design, EHR field changes, inventory targets and more to ensure your team is ready.

~ 3 months

Training

Train staff on delivering medically accurate, patient-centered contraceptive care.

Less than 2 months

Post-Training Technical Assistance

Precepting starts and other technical assistance continues.

Less than 6 months

LAUNCH

Monitor & Respond

Quarterly check-ins to troubleshoot and support sustainability.

12 months

Partnership Benefits

Greater Patient Satisfaction
Studies show patient-centered care increases patient satisfaction with their provider

No-Cost, Evidence-Informed Technical Assistance & Training
Upstream is a national expert in delivering TA and training

Data-driven quality improvement
Free integrated data tools, such as Azara, to streamline implementation and track progress, as well as identify areas for continued improvement

Unrestricted grant funding
Practices benefit from unrestricted milestone payments up to 25-50K

Areas of Quality Improvement

Upstream works with your staff to strengthen their skills and confidence, as well as the back-end systems needed to meet your patients' contraceptive care needs. As a result, patients can access the method of their choice with higher satisfaction.

Care Team

- Trained providers
- Workflows that utilize the whole care team

Systems

- Billing & coding
- EHR data tracking
- Source, stock & store contraceptive methods

Resources

- Referral protocols
- Educational materials
- Sustainable policies & protocols

"The relationship with Upstream has been great from the beginning. The Upstream training was excellent. I can't stress that enough. They tailored the program to the population that we work with. And it was all free! Which is great for a nonprofit like us."

Renee McConey, MS
VP of Healthcare Operations
The Door, NYC

The Need in New York City

Access Gaps in Preconception and Contraceptive Care

1 in 6 Only 1 in 6 primary care providers report delivering preconception care to the majority of their eligible patients.

60% Nearly 60% of patients report never receiving preconception care[4]

1.5% Only 15 primary care providers per 1,000 patients in NYC prescribe the pill, patch, or ring, falling well below the national average

3 of 5 3 of the 5 boroughs in NYC are considered "contraceptive deserts," lacking adequate access to providers offering all methods of birth control

Maternal Health

78% of pregnancy-related deaths in New York State were categorized as preventable.

9X Black women were 9 times more likely to die from a pregnancy-related causes and 3 times more likely to experience severe maternal morbidity than white women.

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To learn more about the program, visit www.nycreach.org/maternal-health-equity

SOURCES:
(1) NYC Health Department's report on Pregnancy-Associated Mortality in New York City, published in 2021, 2022, and 2023
(2) NYC Health Department's Annual Summary of Vital Statistics, 2020
(3) NYC Maternal Mortality Review Committee's Pregnancy-Associated Mortality in New York City, 2016–2020
(4) NYC Health Department's The State of Doula Care in NYC, 2023

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