

# Expanding Access to Contraceptive Care in Oregon

A Partnership Between OPCA and Upstream USA to Support Oregon's Community Health Centers



## The Partnership

Community health centers are the cornerstone of Oregon's healthcare system, offering quality, affordable care for all. Building on this foundation, OPCA and Upstream USA are supporting health centers to increase their patients' access to the full range of contraceptive care within primary care settings.

By offering participating health centers free training, technical assistance and funding, this quality improvement opportunity helps ensure every patient can access their preferred birth control whenever and wherever it is most convenient.

## The Opportunity



### Lead the Way in Patient-Centered Care

Care teams will gain skills to provide contraceptive care that supports patients' goals and preferences, including how to screen, educate, and counsel using a shared decision-making model. This approach builds trust and empowers patients to make the best decisions for themselves and their families.



### Streamline Family Planning Reporting for UDS

HRSA expects FQHCs to report the number of patients screened for family planning needs. Upstream simplifies reporting by supporting health centers to embed standardized screening tools directly into EHR workflows.



### Strengthen the Role of Primary Care in Improving Maternal Health

Contraceptive care is one effective lever for improving maternal health. By standardizing family planning screening, FQHCs can proactively connect patients to their desired services, from contraception for healthy birth spacing to prenatal care.

## In Oregon...

Over 255,000

women live in a contraceptive care desert<sup>1</sup>

Just 18%

of Medicaid providers offer pill, patch or ring<sup>2</sup>

Only 19%

of eligible patients at FQHCs were reported as screened for family planning needs<sup>3</sup>

#### SOURCES:

(1) Power To Decide. Contraceptive Deserts 2023. [powertodecide.org](http://powertodecide.org).

(2) Upstream tabulations of 2024 data provided by the Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, Natality, via CDC Wonder Online Data base, accessed at <http://wonder.cdc.gov/natality-expanded-current.html>

(3) Upstream analysis of UDS data element on family planning screening for program year 2024; calculated by dividing the number of patients screened, by the number of all female patients age 15-44.

# A Collaborative Approach to Quality Improvement

A dedicated Upstream project team 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 in a timely manner. As a result, patients can access the method of their choice and report higher satisfaction with their care.

## Powerful Benefits for Your Organization



### Standardized Workflows that Increase Access

Implement workflows that ensure patients are regularly screened for reproductive health needs and can access the full range of contraceptive services.



### Build Your Team's Confidence and Skills

Equip your team with skills for the contraceptive care tasks specific to their work through our accredited and dynamic training.



### Data-Driven Quality Improvement

Our survey tools and data analytics platform help you measure practice change, with actionable insights on patient experience and workflow consistency.



### Funding

Practices benefit from milestone payments to help offset staff time.

**“After partnering with Upstream, our patients can receive the full spectrum of birth control methods regardless of where they live.”**

— Dr. Chelsea Marks,  
DO OBGYN, Director of  
Maternal Child Health  
Berks Health Center  
Community

## Join Us!

If you're interested in joining the program, reach out to us! Email Joanna Peterson at [jpeterson@orpca.org](mailto:jpeterson@orpca.org) to set up a learning call with OPCA and Upstream.

### About Upstream USA

Upstream is the largest organization in the US using an evidence-based program to improve contraceptive access, with a focus on primary care. We've partnered with 250+ healthcare organizations serving over 1 million patients of reproductive age annually and trained 12,000+ care team members nationwide.

Because contraceptive care is basic healthcare.

