

Responding to Community Needs: Chester Upland HRC

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Overview

The Chester Upland HRC is a high school-based drop-in center providing reproductive health services. Partners include:

- Family Planning Council
- Chester Upland School District
- Crozer-Keystone Health System
- PA Dept of Health
- PA Dept of Public Welfare

Background

City of Chester

- ≈15 miles SW of Philadelphia
- Estimated 2006 Population: 36,801
- 76% African American, 19% White, 12% Hispanic/Latino
- 30% under 18
- 27% under poverty line

Changes in the GC Case Rate

- Delaware County, PA reported an 80% increase in gonorrhea in 2007
- Majority of the increase concentrated in the southern part of the county, particularly city of Chester
- 55% of the cases of Gonorrhea were identified in individuals ages 15-24

2006 & 2007 Case Rates

Location	Disease	Case Rate Per 100,000 Population	
		2006	2007
Chester City	Gonorrhea	671.18	1249.97
Delaware County	Gonorrhea	92.27	165.65
State	Gonorrhea	92.17	102.18
Philadelphia	Gonorrhea	360.26	362.19
Chester City	Chlamydia	1589.63	2464.61
Delaware County	Chlamydia	305.04	443.35
State	Chlamydia	317.40	341.7
Philadelphia	Chlamydia	1187.45	1175.72

Source: PA Department of Health

Teen Pregnancy

Location	Teen Births	Total Births	Teen Birth Ratios
Chester City	136	628	21.7%
Delaware County	524	6989	7.5%
State	13,787	148,706	9.3%
Philadelphia	3,691	22,925	16.1%

Selecting the HRC Model

- Teens were a target population
- Proven Track Record
- Provided a model for in-school STD testing

The HRC Model

Health Resource Centers (HRCs)

- The HRCs are high school drop-in centers where students can get:
 - Counseling and education (including abstinence)
 - Condoms
 - Referrals to family planning, primary care and other services
 - Urine-based STD and pregnancy testing (select sites)
- Parents have the option to prohibit students from receiving condoms (opt out)

HRC Administration

- With funds, supplies, and direction from the Council, each HRC is managed by a local healthcare provider
- Staffed by experienced counselors, health educators, and social workers

Health Resource Center (HRC)

- The Chester Upland HRC is a high school drop-in center where students can get:
 - Counseling and education (including abstinence)
 - Condoms and OTC contraceptives
 - Referrals to family planning and other services
 - Urine-based STD and pregnancy testing
 - STD Treatment
- Parents have the option to prohibit students from receiving condoms (opt out)

HRC Track Record

- Program has been running since 1991
- 13 Philadelphia public high school HRCs
- Won legal challenge in federal court
- Well received by students and schools

HRC Goals

- **Provide students with education and counseling that encourages critical thinking around sexual activity, serving to:**
 - Promote overall healthy relationships and behaviors regarding human sexuality.
 - Help students consistently delay the onset of sexual activity.
 - Help students to build a positive and healthy attitude toward safer sex and consistent condom use.
- **Reduce the rates of unintended pregnancies and STD and HIV infection through:**
 - Education and counseling around the positive and healthful aspects of abstinence and/or safer sexual behavior, including consistent condom use.
 - Condom availability.
 - Referrals for reproductive healthcare, STD and HIV testing, and contraception.

Bringing the HRC to Chester

Meeting School District Needs

- Healthy Students, Healthy Living Policy
- Ensuring administration could answer common questions and concerns
- Making services accessible to all 3 high schools
- Involving and securing buy-in from parents and the community

Chester Upland HRC Services

- Counseling and education (including abstinence)
- Condoms and ***OTC Contraceptives***
- Referrals to family planning, primary care and other services
- Urine-based STD and pregnancy testing
- ***STD Treatment***

Testing Services

- Students complete consent and intake forms
- For STD Testing: HRC Coordinator sends specimen to lab and receives results online
- For Pregnancy Testing: HRC Coordinator completes test
- Results are given to students at HRC
- Medicaid is billed for eligible students

STD Treatment

- Protocol is still being finalized
- Results and student information reviewed by clinician
- Clinician determines appropriate treatment
- Coordinator delivers treatment to student

HRC Services Feb-April 2009

- 136 students visited the HRC
 - 59% female, 41%male
 - 92.6% African American, 6.6% Hispanic/Latino, <1% white
 - Equal distribution among grades
- Students made 191 visits to the HRC.

Implementation Timeline

June	Initial meeting with School District Administration
July-Sept	Plan & meet with school staff
Oct	Healthy Students, Healthy Living Policy Passed
Nov-Jan	Opt-out letters & logistics
Feb	HRC opens to students
March	Community open-house

Facilitating Factors

- Dramatic epidemiological data
- Supportive and collaborative environment:
 - School administration
 - Healthcare organizations
 - PA Dept of Health and Dept of Public Welfare
- Successful, readily implemented model

Implementing an HRC Program

Tips for Starting an HRC Program

- Clear policy from the school district
- Expect strong opposition
- A parental opt-out works
- Federal family planning (Title X) funds preserves confidentiality
- Providing counseling and education, along with condoms and testing, meets the needs of students.

Tips for Starting an HRC Program

- Having the program staffed by trained professionals from local health care providers makes a great deal of sense.
- Reliable, on-going funding is crucial to the maintenance and expansion of such a program.
- Medicaid billing for STD testing can support testing services.

For More Information

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