



SEXUAL HEALTH
INITIATIVES FOR TEENS

OUR MISSION

Leading North Carolina to
improve adolescent and
young adult sexual health.



FAST FACTS

Founded in 1985 to address teen pregnancy

Expanded mission to encompass sexual health in 2015

Staff of 23 – 80% of staff are dedicated entirely to local community support

Funders: CDC, Federal Office of Population Affairs, TANF & MCH Block Grant Allocations, Private state & regional foundations, Contract work

SHIFT NC builds the capacity of adults who work with young people to address sexual health

IN COMMUNITIES AND SCHOOLS

Training on evidence-based curricula, teaching skills, LGBTQ-inclusion, and trauma-informed approaches

IN CLINICS AND HEALTH SYSTEMS

Custom training to make clinics more teen-friendly, building community linking networks to help families find care, LGBTQ-inclusive practice improvement

IN FOSTER CARE AND JUVENILE DETENTION CENTERS

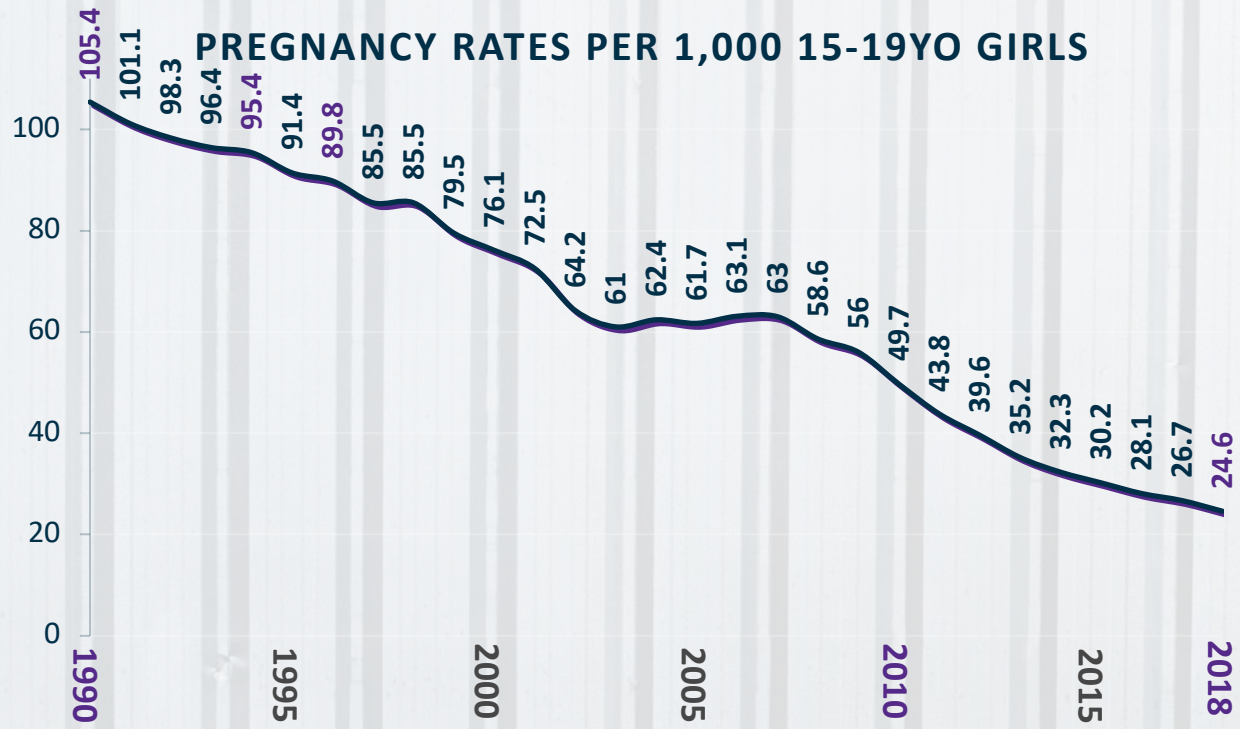
Training to implement trauma-informed, evidence-based teen pregnancy and STI prevention programs

IN FAMILIES

Resources to help increase communication between parents, teens, and healthcare providers



The State of Adolescent Health in North Carolina



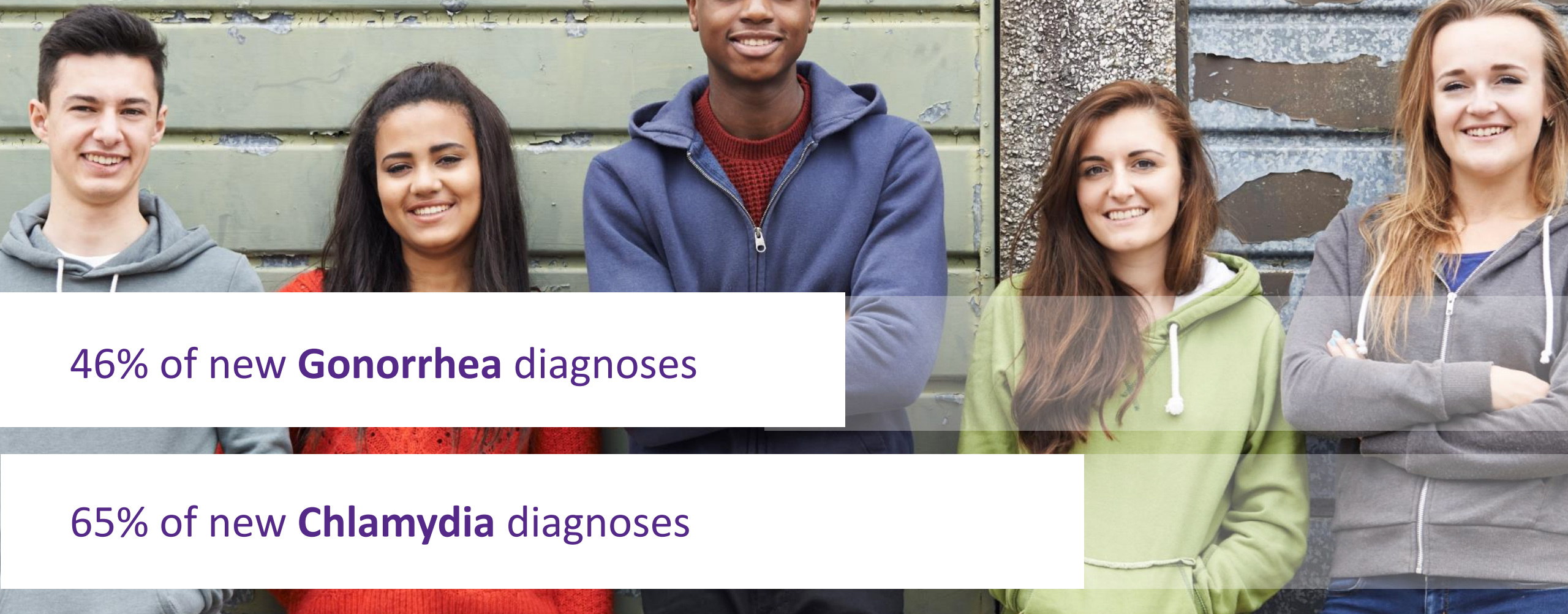
North Carolina's teen pregnancy rates have fallen 77% since 1990 – and 50% since 2010





75%
of teen
pregnancies
occur at age
18 or 19

15-24 year olds
account for...



46% of new **Gonorrhea** diagnoses

65% of new **Chlamydia** diagnoses

Almost half of North Carolina 13-15-year-olds are up-to-date on their HPV vaccines



71.3%
≥1 DOSE

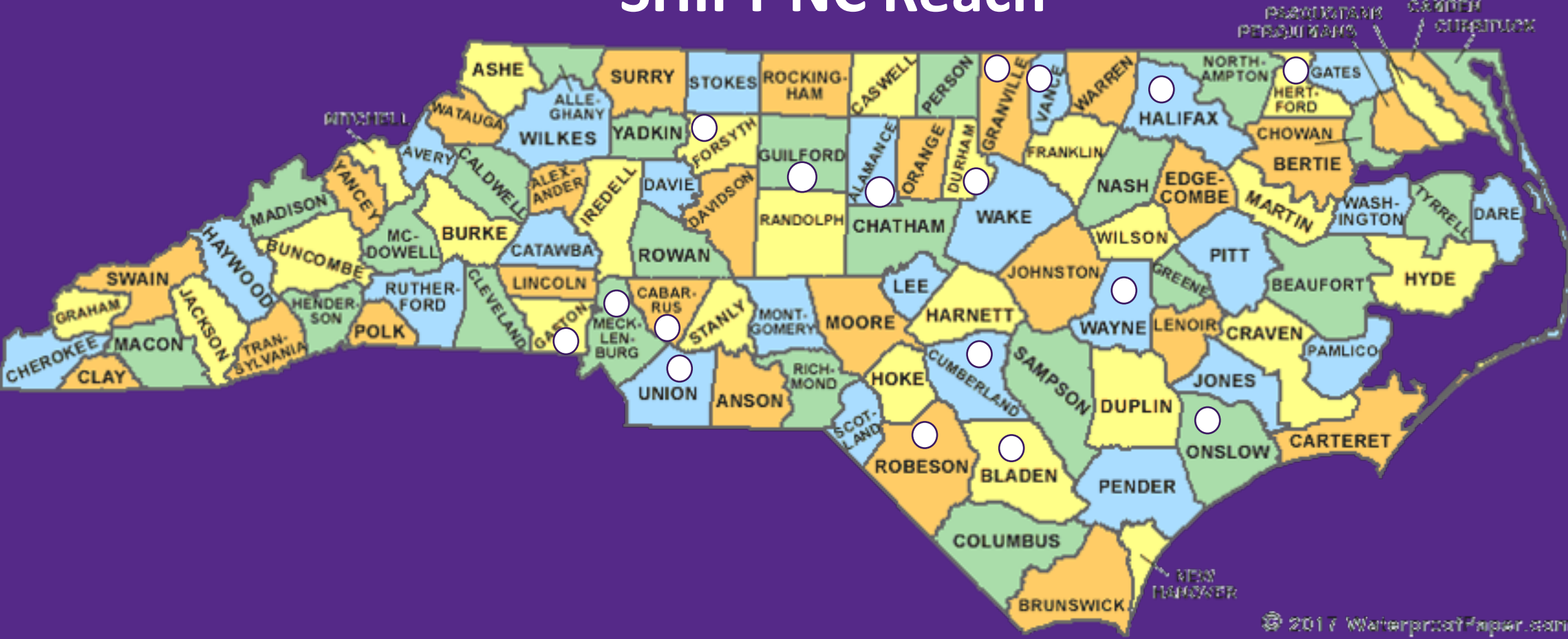


49.5%
≥2 DOSES



How SHIFT NC Impacts Adolescent Health

SHIFT NC Reach



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HEALTHCARE PROVIDERS

406 clinic staff trained on best practices in adolescent medicine



6,302 patients ages 15-19 received a sexual health service



FOSTER CARE/ JUVENILE JUSTICE

264 foster care & juvenile justice staff trained to provide trauma-informed info and linkages to care



3,418 of NC's most vulnerable teens get support and educational resources



LGBTQ+ CAPACITY-BUILDING

64 school personnel trained to create safe and supportive schools for LGBTQ students



19,776 students get to learn in a more supportive school environment



YOUTH-SERVING ORGANIZATIONS

116 local youth-serving workers trained to provide evidence-based programs and linkages to care



1,369 youth completed an evidence-based program in their community



**HEALTH CLINIC
IMPROVEMENT &
LINKING TO CARE**

Project Successes



**Quality
Improvement**

**Community
Engagement**

**Social Marketing
Strategies**

Teen-Friendly Best Practices

Structure

No teen client cost barriers

Teen-only waiting room

Time-alone with nurse and provider
ensured at every visit

Highly trained staff

Team-based care approach

Communication

Clinic policy on confidentiality

Minor's rights around accessing sexual
and reproductive health care

Lens of cultural humility

Parent-teen communication supported

Goal-setting for teen clients

Teen-Friendly Best Practices Continued

Patient-Centered Care

Explore and assess individual pregnancy intentions

Provide accurate and unbiased information about birth control options

Counseled around teen's priorities in a method (if interested)

LGBTQ Affirming Sexual Health Services

A Focus on Access & Prevention

Birth control method provided same-day without cost barrier

Provide STI/HIV screening, testing and treatment, per CDC guidelines

Discuss STI/HIV prevention messages

Distribute free condoms and carrying cases

Staff Training and Technical Assistance Topics

Time-alone, Confidentiality, Minor's Rights

Birth Control Basics

Common Birth Control Myths

Client-Centered Birth Control Counseling

Application of CDC's Evidence-Based
Contraception Guidance

A Focus on Access & Prevention

Birth control method provided same-day
without cost barrier

Provide STI/HIV screening, testing and
treatment, per CDC guidelines

Discuss STI/HIV prevention messages

Distribute free condoms and carrying cases



SHIFT NC's Past and Current Community-Wide Strategies to Reduce Teen Pregnancy in NC

**Gaston Youth Connected
2010 - 2015**

**Alamance Youth Connected
2020 - 2023**

Component #1:

Scaling Up Evidence-Based Program Implementation

Component #2:

Linking & Referring Youth to SRH Services in the Community

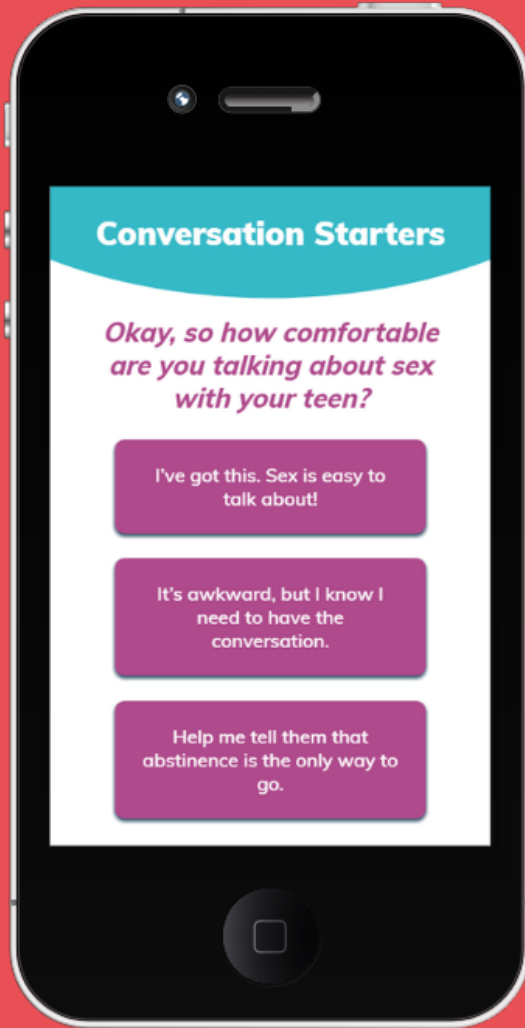
Component #3:

Mobilizing Parents, Youth & the Community



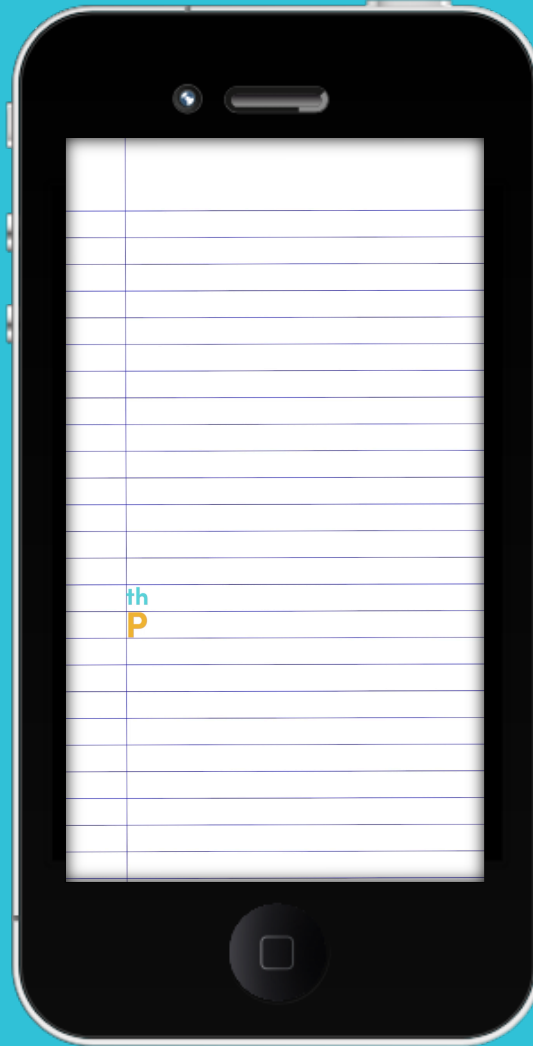
**EVERY TEEN
COUNTS –
FOSTER CARE &
JUVENILE JUSTICE**

FOR PARENTS



PREPAREDPARENT.ORG

FOR TEENS



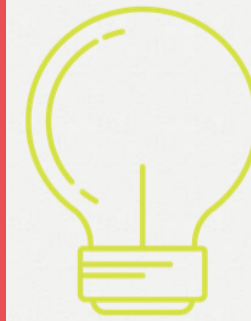
TEENPLAYBOOK.ORG

FOR STI/HIV PREVENTION

CONDOMS AND

TEENPLAYBOOK.ORG/CONDOMSAND

What's New?



APPLY TO JOIN THE SHIFT NC

**YOUTH
ADVISORY
COUNCIL**

Looking Ahead



SEXUAL HEALTH
INITIATIVES FOR TEENS

Potential Solutions: Healthcare

Dedicate funding to help health departments establish Teen Wellness spaces like those in Gaston, Cumberland, and Guilford Counties

Eliminate prohibition on contraceptives in school-based health centers

Explore pharmacist-prescribed contraceptives and PrEP

Ensure Medicaid is available and works for young people