



# Title X Family Planning Program Orientation

Updated January 2022

# Introductions and Objectives



## Introductions:

- Agency Staff
- IDPH Staff
- Include position and role

## Objectives:

- Provide a brief overview of the legislation, funding, and history of Title X at the federal and state level.
- Discuss program impacts and priorities and how these elements impact care provision.
- Describe local clinic functions
- Identify resources for clinical training
- Review required trainings

# Prior to Orientation Day

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- Request a copy of your Title X family planning training log (this will allow us to capture what trainings you have completed to date, and assure you have what you need for guidance)
- Title X policies to be reviewed prior to orientation day include:
  - These will be in your agency's Title X manual or, can be reviewed [here in the IDPH Title X manual](#):
    - Minimum Standards of Care
    - Client Education
    - Initial Visit - Female and Male
    - Referrals
    - Voluntary Participation
- Review agency's process for annual acknowledgement of policies and procedures (i.e. signed [acknowledgement form](#))
- Review the OPA Title X Orientation E-Learning Course (1 hour)
- [Review OPA Title X handout](#)

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# -Title X in Iowa - Priorities and Impact

# Iowa's Title X Program



**Mission:** *To assist individuals and couples in planning and spacing births, contributing to positive birth outcomes and improved health for women and infants.*

- Title X is the only federally funded program dedicated to family planning and related preventive health services.
  - Administered by U.S. Department of Health and Human Services, Office of Population Affairs
  - Created in 1970, Iowa has participated since 1971
  - IDPH is one of two grantees in Iowa receiving federal Title X funds
- The program is designed to provide reproductive health services and education, with priority given to low-income families.
  - Cost to the patient is based on income, and they are charged on a sliding fee scale. Services are free for people enrolled in Medicaid and whose income is below 100% of the federal poverty level

# Why are Title X Family Planning programs important to lowans?



## Title X programs:

- Provide access to family planning services,
- Improve birth outcomes and promote healthy families by assuring optimal pregnancy spacing,
- Reduce the number of unintended pregnancies,
- Increase screening, testing, referral and treatment of STIs,
- Improve overall health of men and women of reproductive age, and
- Provide individuals with education, medical, and social services

# Program Priorities

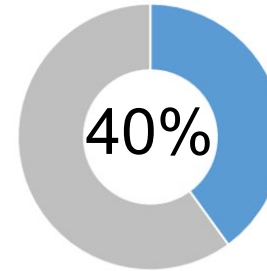


- High quality family planning and related health services that will improve the overall health of individuals, couples and families, with priority for services to those of low income families.
- Activities that promote positive family relationships:
  - Increasing family participation in family planning and healthy decisionmaking; education and counseling that prioritize optimal health and life outcomes for every individual and couple.
- All clients are provided services in a voluntary, clientcentered and non-coercive manner in accordance with Title X regulations.
- Promoting provision of comprehensive primary health care services.
- Compliance with State laws requiring notification or the reporting of child abuse, child molestation, sexual abuse, rape, incest, intimate partner violence, and human trafficking (monitoring).

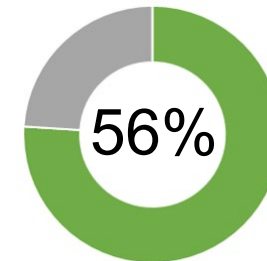
# IDPH Title X Program Impact

## Number of unduplicated clients served by IDPH Funded Title X Clinics 2017 - 2021

	2017	2018	2019	2020	2021*
<b>Total Clients Served</b>	7,647	8,552	9,104	8,903	8,906
<b>Total Females Served</b>	7,411	8,268	8,753	8,387	8,401
<b>Total Males Served</b>	236	284	351	516	501



The percent of IDPH' reproductive age (14-44)+ (2020)



The percent of IDPH clients served who were under 100% of the poverty level (2021)



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# -Title X in Iowa - History, Funding, And Legislation

# Title X Funding



US Department of Health and Human Services



Office of Public Health & Sciences  
Office of Population Affairs  
Office of Family Planning



DHHS Office (Washington, D.C.)  
IA, KS, MO, NE

# Access to Title X Family Planning Services in Iowa

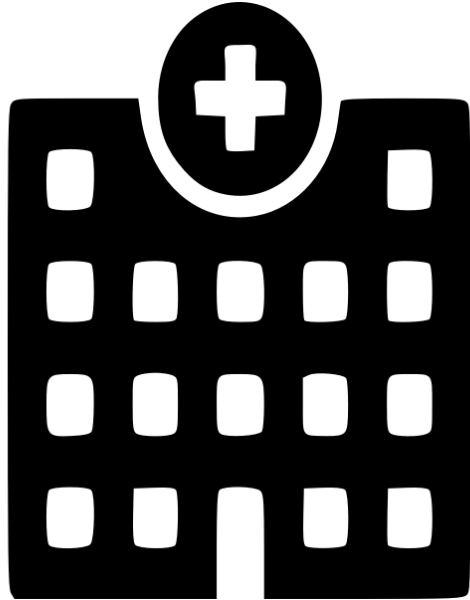
Federal Title X funding is awarded to 2 grantees in Iowa

- Iowa Department of Public Health (IDPH)- 45 counties
  - Regions 1-7 on Map
- Family Planning Council of Iowa (FPCI)- 55 counties
  - Regions 8-16 and grey region
- IDPH and FPCI contract with local agencies to provide family planning services in communities.
- Access the clinic locator here:  
<https://idph.iowa.gov/family-health/family-planning>



\*Both grantees cover Polk County

# Title X Service Locations



IDPH Contractors

- Allen Women's Health
- New Opportunities
- Crawford County Home Health
- North Iowa Community Action
- Primary Health Care, Inc.  
(Des Moines- 3 service site locations)
- Eastern Iowa Health Center
- River Hills Community Health Center

Awarded agencies include private nonprofit and public agencies (i.e. community action agencies, federally qualified health centers, hospital affiliated clinics).

# Title X Legal Requirements



- Title X Statute (42 U.S.C. Part 300)
  - Section 1001: *Services provided by public and nonprofit entities*
- Regulations (42 CFR 59.5):
  - Section 1007: *The acceptance by any individual of family planning services shall be voluntary and shall be a prerequisite to eligibility for or receipt of any other service*
  - Section 1008: *None of the funds shall be used in programs where abortion is a method of family planning*
- Legislative mandates:
  - *None of the funds appropriated in this Act may be made available to any entity under Title X of the Public Health Service Act unless the applicant for the award certifies to the Secretary that it encourages family participation in the decision of minors to seek family planning services and that it provides counseling to minors on how to resist attempts to coerce minors into engaging in sexual activities.*
  - *Notwithstanding any other provision of law, no provider of services under Title X of the Public Health Service Act shall be exempt from any State law requiring notification or the reporting of child abuse, child molestation, sexual abuse, rape, or incest*

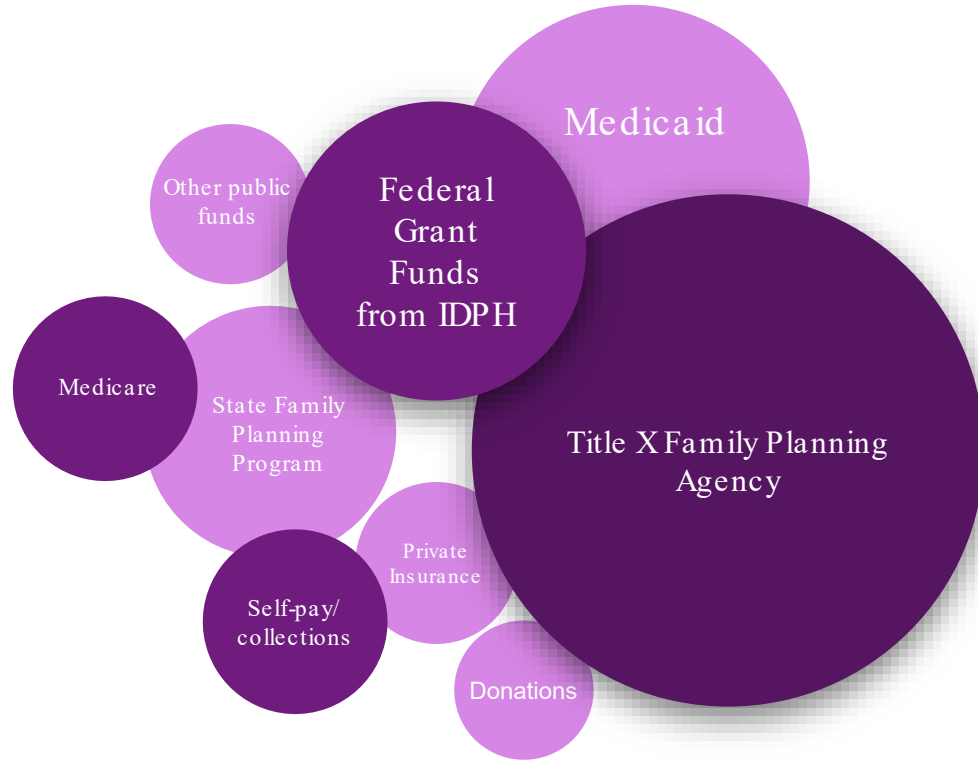
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**-Title X in Iowa -  
Payment for Services**

# Title X Client Financial Eligibility Details

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- Income below 100% of poverty, free services
- Income 101 – 250% of poverty, charged a discounted rate (sliding fee scale) based on ability to pay
- 250% + of poverty, full fee
- Income level of no-contact minors determined on their income only (not parents' income)
- Income level of adults seeking confidential services determined on their income only
- Clients with health insurance are also eligible for services. If the services and/or birth control method prescribed are not covered by the insurance company, income will be assessed to determine client fees
  - [https://rhntc.org/sites/default/files/resources/fpntc\\_copay\\_jobaid.pdf](https://rhntc.org/sites/default/files/resources/fpntc_copay_jobaid.pdf)





# Iowa Medicaid



Iowa's Title X Family Planning Clinics bill Medicaid, FPP, and other public and private payers for services provided. Men and women of any age may receive Title X services.

Medicaid covered services accessible at Title X Family Planning Clinics include:

- Birth control exams and counseling
- Testing and treatment for STDs
- Pelvic exams
- Pap tests
- Pregnancy tests
- Birth control supplies
- Emergency contraception
- Testing and treatment for HIV
- Breast and cervical cancer screening
- Evaluation and treatment for vaginal infections
- HPV vaccines
- Overall comprehensive health exams

# State -Funded Family Planning Program (FPP)



Iowa's Family Planning Program (FPP) is a separate payer source, state-funded for family planning services administered by the Department of Human Services' (DHS) Iowa Medicaid Enterprise.

- The FPP covers specific services related to pregnancy prevention, such as contraceptive methods and preventive wellness exams.
- Men and women ages 12-54 with income up to 300% of the federal poverty level and who are U.S. citizens or qualified immigrants are eligible for coverage.

## How does the FPP relate to Title X?

Title X-funded clinics are able to enroll clients into the FPP and can bill the program for services provided. The FPP is not limited to Title X clinics; *any* Medicaid provider in Iowa who meets requirements of the FPP can also bill for these services.

To learn more about the FPP, go to [dhs.iowa.gov/ime/members/medicaid-a-to-z/FPP](https://dhs.iowa.gov/ime/members/medicaid-a-to-z/FPP)

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**-Title X in Iowa -  
Local Clinic Level Functions**

# Access to Title X Family Planning Services in Iowa



- **Local Clinic Requirements:**
  - Provide free or low-cost reproductive health services to men and women of reproductive age. A sliding fee scale is used to determine the cost of services if the patient doesn't have Medicaid or private insurance.
  - Locations must be easily accessible to patients.
    - I.E. walkable, on a bus route, open evenings and weekends.
  - Services must be provided by a clinical service provider which includes physicians, physician assistants, nurse practitioners, certified nurse midwives and registered nurses with an expanded scope of practice who are trained and permitted by state specific regulations to perform all aspects of the user (male and female) physical assessments recommended for contraceptive, related preventive health, and basic infertility care.

# Family Planning Services



- Family planning services include:
  - A broad range of family planning and related health services that are tailored to the unique needs of the individual, that include natural family planning methods (also known as fertility awareness based methods) which ensure breadth and variety among family planning methods offered;
  - Infertility services, and services for adolescents;
  - Breast and cervical cancer screening,
  - Testing and treatment of STDs; and
  - HIV prevention education, counseling, testing, and referrals.

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Learn more in the QFP training resources (more to come later on that)

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**-Title X in Iowa -  
Service Provision**



# Framework of Family Planning, Related and Other Preventive Services

<https://opa.hhs.gov/grant-programs/title-x-service-grants/about-title-x-service-grants/quality-family-planning>



# Title X Requirements for Service Provision

- Voluntary Participation
  - Use of project services by an individual *must* be voluntary.
  - Coercion *must* not occur with clients receiving services to use or not use particular methods.
  - Coercion of abortion or sterilization *must not* take place.
- Confidentiality
  - Clients *must* be assured of confidentiality. All providers must be HIPAA compliant.
- How do you ensure this happens in your practice?



- Does your clinic's consent have these elements?



# Care and Charting Requirements



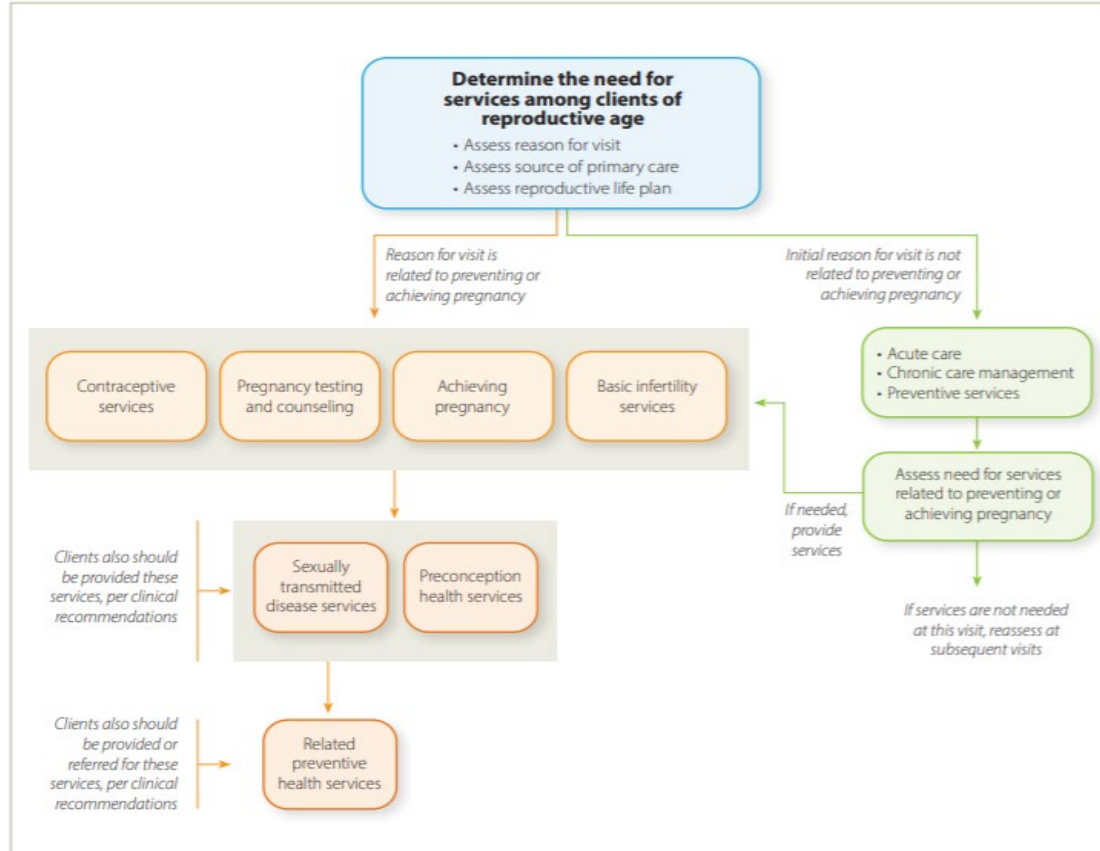
- Client-Centered Counseling
  - Client-Centered Reproductive Goals/One Key Question
    - Reproductive life planning
      - Brochure sent out with all birth certificates
  - Adolescent Counseling
    - To ensure adolescents' understand consent related to sexual activity as well as to ensure safe environment .
      - Needs to be done at least annually or as determined by your agency's policy
    - To ensure adolescents understand what healthy relationships are
- Family involvement
  - Document level of family involvement. If not involved, document that client was encouraged to include family or a trusted adult in making decisions
- Patient education provided on all birth control methods
- Referrals and Follow up
  - Important to document these in the chart as well as the client's response to the care

## Resources to ensure your charting covers the needed elements:

- Title X Federal Monitoring Compliance tools ([on the family planning portal](#))
- IDPH Chart Audit tool (request the most current version from your program director)

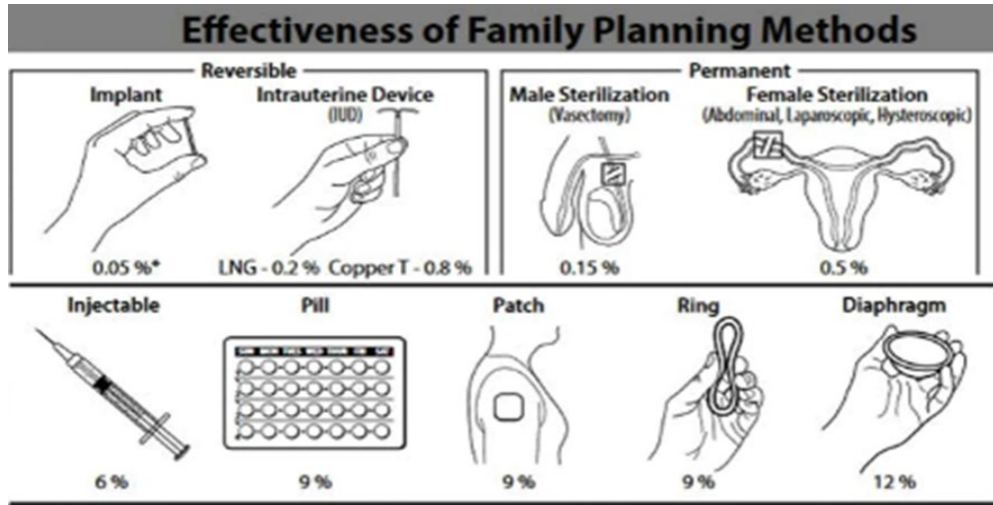
# Clinical Pathway

For family planning services for clients of reproductive age



[https://rhntc.org/sites/default/files/resources/fpntc\\_clinical%20pathway2015.pdf](https://rhntc.org/sites/default/files/resources/fpntc_clinical%20pathway2015.pdf)

# Most or Moderately Effective Contraceptive Methods



Learn more in the MMWR QFP:

- <https://www.fpntc.org/resources/putting-qfp-practice-series-pregnancy-testing-and-counseling-elearning>
- <https://www.cdc.gov/mmwr/pdf/rr/rr6304.pdf>

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Where Do I Start?



# Title X Training Requirements

- Training logs- *THE REQUIRED TRAININGS ARE FEDERALLY MANDATED AND MUST BE COMPLETED, BOTH IDPH AND FEDERAL REVIEWERS WILL LOOK AT THESE LOGS.*
  - Will be reviewed at site visits
  - Review and sign program acknowledgement form specific to program regulations
  - Different requirements for each employee type
  - Available on the IDPH FP Portal - *Reference for specific training requirements*
- Review and sign program Title X acknowledgement form specific to program regulations
  - Go through with Program Coordinator/Director
- Reproductive Health National Training Center (<https://rhntc.org/>)
  - Provides excellent training on a wide variety of Title X family planning topics and program requirements
- Family Planning Update
  - Conference held each fall as a collaboration between IDPH and FPCI

Link: [IDPH Family Planning Portal \(Title X program resources for subrecipients only\)](#)

# Training and Form Requirements



## Required for all Title X Staff Regardless of Paid or Voluntary Position

- [Title X Requirements Acknowledgement Form](#)
- Adolescent Counseling- once per project period (every 3 years)
  - Review the “Encouraging Family Participation in Adolescent Decision Making” Training Guide
  - Counseling Adolescents About Sexual Coercion and Abuse eLearning
- Human Trafficking - any human trafficking training is acceptable (each year)
- IDPH Title X Orientation (within 6 months of hire)
- Mandatory Reporting (project period)
- Basic Emergency Preparedness (project period)
- Service Provision Training:
  - Quality Contraceptive Counseling and Education: A Client-Centered Conversation eLearning (within 6 months of hire)
  - Exploring All Options: Pregnancy Counseling Without Bias Video (project period)
  - One Key Question (within 6 months of hire)

# Title X Program Monitoring

- Site Visits by IDPH and Federal reviewers
  - Administrative reviews
  - Clinical reviews
    - Chart audits
  - Fiscal reviews
- Internal chart audits
- Year end reports
- Signify Dashboard Reports- Direct Client Care/Demographics
  - Monthly reports
  - Quarterly reports
  - Performance measure reports
- Family Planning Annual Report (FPAR) reporting
  - Collected on an annual basis roughly the middle of January
- Fiscal monitoring
  - Cost analysis- completed once every project period

# National Clinical Training Center for Family Planning



Optional resources and trainings:

- [Virtual webinars linked here](#)
- Yearly in person meeting/training

The screenshot shows the NCTCFP website header with navigation links: Home, Online Training, Events, NRHC, Resources, and a search icon. The main content area features a news article titled "New to Title X?" dated March 22, 2019, by Shelby Webb. The article includes a welcome message, a note about a new regulation from the U.S. Department of Health and Human Services, and a list of clinical resources with expandable sections for HIV & STDs, Contraceptive Methods, Quality Family Planning, Cancer Screening, MEC & SPR, and Job Aids. A "Recent Trainings" sidebar lists several training topics with expandable arrows. At the bottom, there are tags for FOA, introduction, orientation, and Title X.

**NCTCFP**  
NATIONAL CLINICAL TRAINING  
CENTER FOR FAMILY PLANNING

Home Online Training Events NRHC Resources

## New to Title X?

March 22, 2019 Shelby Webb FP News

Welcome to the Title X network! If you have not already done so, sign up for our mailing list [here](#).

**NOTE:** On March 4, 2019, the U.S. Department of Health and Human Services published a final rule in the Federal Register that revises the regulations governing the Title X family planning program. The Program Requirements document is currently being updated to reflect the revised regulations.

Here are some clinical resources to help you get started:

- HIV & STDs
- Contraceptive Methods
- Quality Family Planning
- Cancer Screening
- MEC & SPR
- Job Aids

FOA introduction orientation Title X

### Recent Trainings

- Implementing the 2019 ASCCP Guidelines
- How to Improve HPV Vaccination Rates in Your Practice
- Register Now for a Live Webinar
- Basic Infertility Services in Family Planning Settings
- The Intersection Between Contraception and Anxiety & Depression





# How Title X Fits in to the Big Picture

- Reduce maternal morbidity and mortality
- Improve health equity
- Improve overall health outcomes
- Improve birth outcomes

## State-level collaborations:

- Maternal Health
  - Title V
  - Maternal Health Innovation Initiative
- Bureau of HIV, STD, and Hepatitis
- Oral health
- Department of Human Services/Iowa Medicaid Enterprise



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# Opportunities & Resources

# Committees

**I&E Advisory Committee** - Review and approval process, by an advisory committee for all information and educational materials developed or made available under the project prior to distribution. All subrecipients (SRs) must have a committee which meets at least annually and consist of 95 members and includes individuals who broadly represent demographic factors (race, color, national origin, handicapped condition, sex and age). For additional requirements refer to program policy. (42 CFR 59.6 (b)2))

**Medical Advisory Board** - The Medical Advisory Board (MAB) consists of representatives providing clinical services from each of the IDPH Title X subrecipients. The group meets 2 times per year for educational opportunities, to discuss changes in clinical practice and to stay apprised of Title X programming

**Training Advisory Council** - The Training Advisory Committee (TAC) is a joint effort between the Family Planning Council of Iowa (FPCI) and IDPH. All subrecipients (SRs) must have a representative on the TAC to provide input on training opportunities for all SRs and to help plan the annual Family Planning Update Conference. The TAC meets four times a year, with one person meeting in Des Moines in the fall and the remaining three by conference call to discuss planned training events. Having active participation from all Iowa Title X providers ensures training needs are met.



# Title X Opportunities to Connect

- Billing and Coding Workgroup
  - Email distribution list to help troubleshoot specific issues
  - Currently no regular meetings
- Director meetings - 3 to 4 times annually
- Training Advisory Committee (TAC)
  - One representative from each agency is required to attend the meetings
- Medical Advisory Board (MAB)
  - Medical provider who serves as a Title X champion. Also has a email distribution list
- NFPRHA conference many subrecipients send staff, IDPH staff often
- RHNTC and NFPCTC conferences



# Helpful Resources

- [IDPH Family Planning Portal \(Title X program resources for subrecipients only\)](#)
- [Bureau of Family Health- Family Planning](#)
- [Pregnancy options for providers and women](#)
- [DHS Family Planning Program](#)
- [Reproductive Health National Training Center](#)
- [National Clinical Training Center for Family Planning](#)
- [Program Requirements for Title X Funded Family Planning Projects](#)
- [US Medical Eligibility Criteria, Contraceptive Use, 2016](#)



## For more information, contact:

Iowa Department of Public Health

Bureau of Family Health- Title X Family Planning Program

Lucas State Office Building- 321 E. 12th St. Des Moines, Iowa 50319

(515) 281-7689

[http://idph.iowa.gov/family -health/family -planning](http://idph.iowa.gov/family-health/family-planning)