

## **Henderson State University**

### **Pregnancy Prevention Report to Arkansas Department of Higher Education**

**2017-18**

**The programs that are currently being utilized for the 2017-18 academic year will be continued and expanded for the 2018-19 academic year. Additional programming and implementation will be dependent on future funding for the Student Health & Counseling Center.**

#### **Provide unplanned pregnancy prevention education**

Student Health & Counseling Center provided Pregnancy Prevention during 2017-18 freshman orientation and will it provide again for 2018-19.

#### **\*Integrate medically accurate content**

Student Health & Counseling Center screens all student patients for sexual health, alcohol/drug use and depression and will continue to do so. The Health Center receives condoms from the local Department of Health and has them available for the student body in the Health Center lobby. Included with the condoms are medically accurate directions for proper and safe use. The Health Center APRN previously work for the department of health and uses her skills and knowledge in women's health issues to talk to students about the various methods of contraception. She has assembled an extensive number of models, posters, pamphlets and samples of the various methods of birth control along with their effectiveness. In the event a student loses their access to prescribed birth control, she will assist them with preventive care until services can be obtained.

A Priority Oral Contraception Policy has been implemented by the APRN. Many students, who are consulted regarding birth control and referred to the local health department for an exam and birth control, are unable to get an immediate appointment. Priority Oral Contraception will be prescribed for Henderson State University students who meet the U.S. Medical Eligibility Criteria and are determined to not be pregnant. A consent form derived from UAMS/ADH guidelines will be obtained and kept on file. A maximum of two cycles will be prescribed along with patient education regarding starting and continuing oral contraception. Case management will be provided in assisting the patient with accessing a provider to complete the women's health visit within a timely manner.

#### **\*Educational programming to raise awareness**

The Student Health & Counseling Center staff are a valuable resource for the campus community. Program requests from various organizations across campus have utilized Health staff for various programs including Residence Life, Greek Life, Athletics, and Health Education. Programs provided for academic year 2017-18 include:

We have been working with Thelma Moton and the local Pregnancy Resource Center to bring Sexual Risk Avoidance Programs to the campus. They have assisted with two programs in the residence halls and we will be looking into receiving Sexual Risk Avoidance Specialist (SRAS). We are also looking into programs that could be offered to groups on campus including "Choosing the Best Soul Mate", "Choosing the Best Journey". If programs are provided, we will partner with OBU, who although they are not required to follow Act 943, they would like to allow OBU students to participate in HSU programs.

### **\*Opportunities to educate**

Mentor programs to reach out as role models - Residence Life, Athletics, Trio, ROTC, etc. Lesson plans are provided on line. Resident Assistants provide programing each month. Health & Counseling Center provides materials and support for RA(s) to provide peer presentation and education.

Educational Programming at Health Center and across campus:

Sexual Health Trivia

Sexual Health Jeopardy

"Birth Control that Really Works" - Bedsider DVD - Provided by Pregnancy Resource Center - plays on health center TV monitor

Contraception Posters - displayed in health exam rooms

Contraceptive Resource Room - Displays models and birth control devices

Condoms provided in waiting room

Henderson Seminar - Wellness Jeopardy - Alcohol/drug abuse, Sexual Health/Pregnancy Prevention

Sex in an Envelope - Pregnancy Prevention - Greeks

Conditional Student Workshop - Sexual Health/Pregnancy Prevention

## **Integration of information about the prevention of unplanned pregnancy into academic courses if and when appropriate**

### **Faculty Participation**

Henderson Seminar

Rise Program

APRN Contraception Table on Garrison Street

Genetics and Cell Biology – Spermatogenesis, Oogenesis, Fertilization

Introduction to Biology – Spermatogenesis, Oogenesis, Fertilization

Spanish – Student presentations on birth control methods in English and Spanish, coordinated information with HSU Health Center

Advanced Composition – Student papers and presentations on pregnancy, comprehensive sex education in k-12, Arkansas pregnancy rates – importance of education

Applied Psychology – Birth control methods, success rates

Introduction to Human Services – Pregnancy Prevention, HSU Health & Counseling Resources and local resources

Problems of Adolescence

Oral Communications

Infancy and Childhood

Social Justice – Department of English, Foreign Language and Philosophy

Childhood Development – Family & Consumer Science

HPER Education Internship

Adolescents – Teen Pregnancy - Healthy People – Nursing

Consumer Science Curriculum

## **Seek private or Federal Grants**

The Student Health & Counseling Center received a \$5,000 grant from Blue and You this year to address cholesterol and hyper/hypoglycemia screenings. We will attempt to obtain the grant 2018-19 to address pregnancy prevention and sexually transmitted disease education.

## **\*Collaborate with Department of Health**

Student Health & Counseling Center will coordinate reproductive health care, continue to provide condoms (provided by ADH) educate students in health center about pregnancy prevention, continue pregnancy testing, and provide information and pamphlets on sexually transmitted diseases and abstinence as directed by Act 943. The local Department of Health provides condoms for distribution to students. They are used as a referral source for exams and contraceptive healthcare.

## **\*Develop Plans to address child care, transportation, financial aid and other challenges for student success and completion specific to existing single parents**

We will attempt to establish a student committee during the 2018-19 academic year to explore and address these issue for the area.

## **Identification of opportunities to raise awareness and provide resources about the prevention of unplanned pregnancies across the student population (Posting information, Posters, Pamphlets, Palm Cards)**

Posters have been posted in Garrison Student Center, Residence Halls, Student Health & Counseling Center, residence halls, Dunn Recreation Center and Athletics.

## **Collaboration with community Health centers and or federally qualified health centers to promote access to care**

Student Health & Counseling Center coordinates care for students by utilizing the services of Clark County Health Unit. A complete list of resources is distributed to students at orientation, in Henderson Seminar and during healthcare visits. This includes Family Planning Services, Health Care Infant Care, Breastfeeding, Pregnancy Options, Prenatal Care, etc. (See attached)

## **Domestic Violence**

- Child Abuse Hotline 1-800-482-5964
- Domestic Violence Hotline  
1-800-799-SAFE (7233)
- Domestic Violence Center (SW AR)  
870-584-3441
- National Sexual Assault Hotline  
1-800-856-HOPE (4673)
- Adult Protective Services 1-800-482-8049

## **Drug and Alcohol Treatment**

- Addiction Center for Treatment  
1-800-711-6402
- Alcoholics Anonymous  
1-800-753-9262
- Quapaw House 870-246-7636
- Arkansas Cares (ARCARES)  
501-661-7979
- Rivendell—Little Rock, AR  
1-800-264-5640
- Bridgeway—Little Rock  
1-800-245-0011

## **Family Planning Services**

- Clark County Health Department  
870-246-4471
- Arkadelphia Medical Clinic 870-246-2471
- Baptist Health Family Clinic 870-246-2431
- Baptist Health Family Clinic—Gurdon  
870-353-2800
- Compassion Women's Clinic  
870-403-0299
- Arkadelphia Women's Clinic: Dr. John  
Elkins 870-246-3055

## **Food-Nutrition Resources**

- Arkansas Department of Human Services--  
Food Stamps/emergency food  
870-246-9886
- South West Arkansas Food Bank  
870-246-8244
- Red River Baptist Association & Lighthouse  
Pregnancy Care Center (emergency  
food/clothing with referral)  
870-246-9524
- Clark County Ecumenical Food Pantry  
First United Methodist Church  
107 N. 9<sup>th</sup> Street

## **Health Care—Free/Reduced**

- Cabun Rural Health Clinic (Amity)  
870-342-5606
- Health Care Access Foundation  
1-800-950-8233
- Encore Plus 1-888-663-3914
- Local 501-663-8406
- Komen Foundation (Texarkana, TX)  
903-614-2675
- BreastCare 870-246-4471
- Vision USA (Low income eye care)  
1-800-766-4466

## **Home Health Care**

- Baptist Home Health 870-245-1040

## **Housing**

- Arkadelphia Housing Authority  
870-246-4632
- Amity Housing Authority 870-342-5750
- Gurdon Housing Authority 870-353-2507

## **Infant Care**

- Arkadelphia Clinic for Children & Young  
Adults 870-246-8036
- [www.ARKidsFirst.com](http://www.ARKidsFirst.com)  
1-800-482-8988 (Spanish)  
1-800-474-8275 (English)
- Connect Care 1-800-275-1131
- HIPPY Program (Home based Instruction for  
Parents of Preschool Youngsters)  
870-246-5675

## **Breastfeeding**

- Breastfeeding Help Line 1-800-445-6175
- Clark County Health Department  
870-246-4471

## **Pregnancy Options**

- Pregnancy Resource Center-Arkadelphia  
870-210-5353
- American Adoptions 1-800-875-2229
- Adoption Choices 1-800-898-6028
- Arkansas Department of Human Services--  
Foster Care 870-246-9886
- Bossier Medical 1-800-749-7267
- Emergency Contraceptive Hotline  
1-800-584-9911
- Hope Medical Group for Women  
1-800-448-5004
- Little Rock Family Planning Services  
1-800-272-2183

## **Prenatal Care**

- Arkadelphia Women's Clinic (Dr. John  
Elkins) 870-246-3055
- Baptist Health Family Clinic (Dr. David  
Caldwell) 870-246-2431
- Compassion Women's Clinic  
870-403-0299

## Primary Care Providers

- Arkadelphia Medical Clinic (Dr. Nolan Haygood & Dr. Bryan McDonnell) 870-246-2471
- Baptist Health Family Clinic (Dr. Shelly Bray)) 870-246-2431
- Arkadelphia Diagnostic Clinic (Dr. Robert Dorman) 870-246-6766 & (Dr. Gary Gehrki) 870-246-8034
- Army Community Health (Dr. Singh) 870-342-5606
- Baptist Health Hospital—Arkadelphia 870-245-2622

\*\*\*\*\*CALL 911 FOR EMERGENCY\*\*\*\*\*

## Shelters

## Smoking Cessation

- Stamp Out Smoking 1-866-NOW-QUIT (1-866-669-7848 English and Spanish)
- [www.stampoutsmoking.com](http://www.stampoutsmoking.com)
- [www.HealthyArkansas.com](http://www.HealthyArkansas.com)

## Social Services

- Arkansas Department of Human Services 870-246-9886 Apply for Medicaid, ARKKids, Food Stamps, Emergency Food, Foster Care
- Community Counseling Services 870-246-4123 for mental health referral

## Other Resources

- Poison Control 1-800-222-1222
- Better Business Bureau 1-800-482-8448
- Attorney General 1-800-482-8982

SEE LOCAL TELEPHONE DIRECTORY  
FOR OTHER LISTINGS  
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Arkansas Department of Health

Clark County Health Unit

605 S. 10th Street  
Arkadelphia, AR 71923  
870-246-4471

**Community Services:** Communicable Disease Investigation and Intervention, Hometown Health Improvement, Voter Registration

**Environmental Health:** Food Protection, General Sanitation, Private Well Water Sampling, Rabies, Septic Tanks, Swimming Pools, Mosquito Surveillance

**Family Planning:** Pregnancy Testing, Sterilization (referral)

**HIV/Sexually Transmitted Diseases:** Counseling, testing and treatment

**Immunizations:** Adolescent 7-18 years, Adult Vaccines age 19 and up, Children: 0-6

**Public Health Preparedness:** Public Health Preparedness

**TB Program:** Preventative Treatment, Treatment

**Vital Records:** Birth Certificates, Death Certificates

**WIC:** Breastfeeding Peer Counseling/ Breast Pumps, Nutrition Counseling

**Women's Health:** BreastCare

**Referral Resources  
For Health Care and  
Other Social Services**



Arkansas Department of Health

Clark County Health Unit

870-246-4471

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