

# PATIENT-CENTERED PRACTICES



## Patient-Centered Care in Focus: Gaps in Adolescent Contraceptive Knowledge

Power to Decide recently released data findings from their [2025 Youth Reproductive Health Access Survey](#), where females age 15-29 years old responded to questions that “measure young people’s knowledge, attitudes, and experiences related to sexual and reproductive health information and health services” ([Power to Decide, 2025](#)). The survey found that contraceptive knowledge among this age group is low, with adolescents age 15-17 having the lowest contraceptive knowledge ([Whitfield, Larsen, and Steiner, 2025](#)). This means that many in this age group feel as though they do not have enough information to decide if they want to use birth control or what method might be right for them ([Power to Decide, 2025](#)).

As a Title X agency, you have the ability to provide comprehensive counseling on the full range of contraceptive methods to the youth in your community. In this issue, we hope to offer additional client-centered resources that can help support you as you continue to be a trusted source of information to all your clients.

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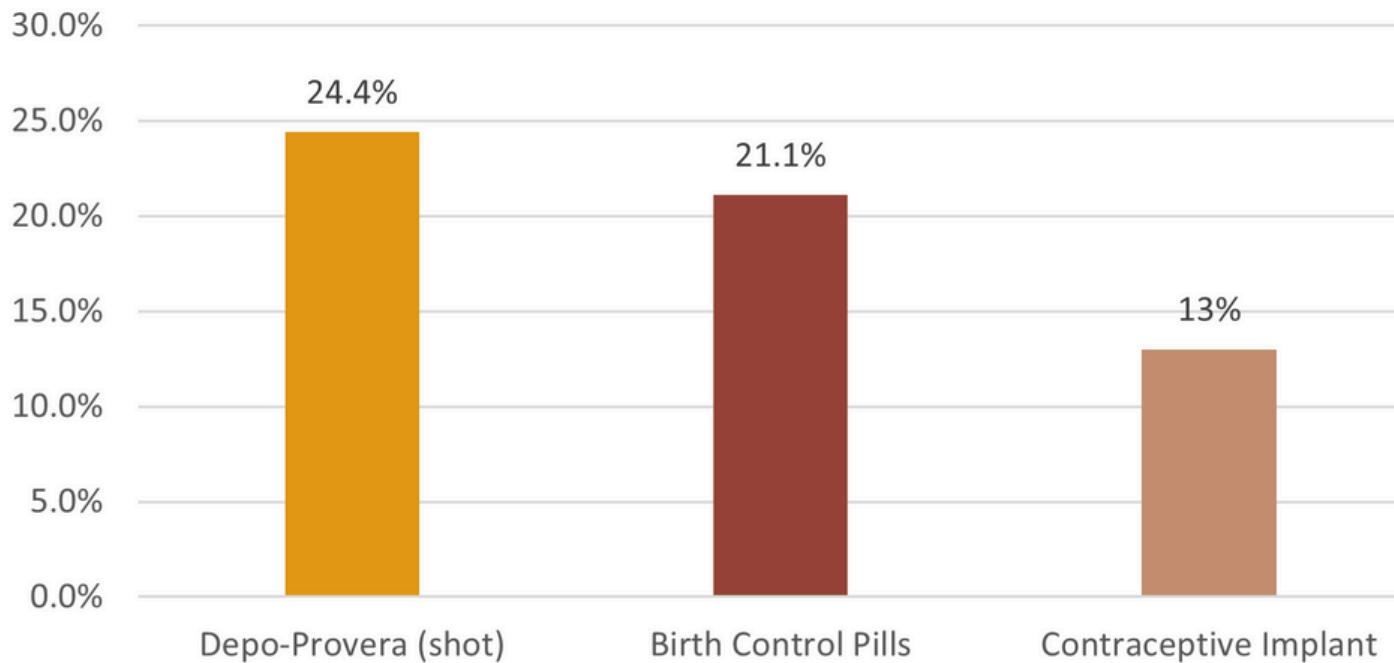
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To support all learning styles in contraceptive counseling, NC Title X agencies are able to receive a ["Hello Options" toolkit](#) from [Hello Greenlight](#). By including life-sized replicas of common contraceptive methods, such as birth control pills, patch, ring, implant, IUD, and others, clients can touch, feel and examine the methods they might be most interested in trying. In one study, adolescents reported that the Hello Options toolkit gave them a better understanding of how contraception works and allowed them to make a more informed decision, while providers found it to be a great way to break the ice and ease patient anxiety (Lee et al, 2020). **Please reach out to your WICWS Regional Nurse Consultant to arrange delivery if your agency has not yet received a toolkit.**



**Photo of Hello Greenlight's "Hello Options" toolkit**

## Most Used Contraceptive Methods by NC Title X Clients



Summary data from the 2024 Family Planning Annual Report (FPAR) is now available for NC Title X agencies to review on [Smartsheet](#). This data includes the number of clients seen across the state, demographic information about these clients, and the family planning services they sought. The graph above shows the top three most requested contraceptive methods at local health departments receiving Title X funding in the state. These methods, Depo-Provera, birth control pills, and the contraceptive implant, have been the most popular methods for Title X clients in NC for the past several years.

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## Update on the Reproductive Health National Training Center

The [Reproductive Health National Training Center \(RHNTC\)](#) was originally set to lose funding earlier this year, however funding has since been extended to March 31, 2026. Training certificates can still be downloaded from their website, and they continue to release new tools and trainings. Several new contraceptive counseling job aids were released in September. Check them out below!

### Featured Resources: Contraceptive Counseling Job Aids from RHNTC

- **Birth Control Methods Chart - Spanish Version**

Last year, the Reproductive Health National Training Center released a birth control methods chart which takes client autonomy into account by first listing the methods clients can start and stop on their own, followed by methods that require a provider to start and stop. This chart is a very popular resource for Title X Clinics, and is now available in Spanish at the link above.

- **Interactive Birth Control Methods Counseling Tool**

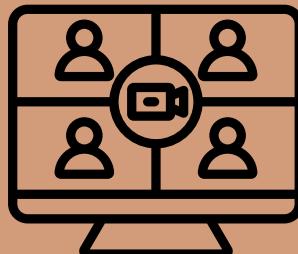
This tool can be used in real-time conversation with clients seeking a contraceptive method. There are multiple filters that can be used to help clients make a decision. Filters include side effects the client wants to avoid, frequency of method use, autonomy in method use, and efficacy.

- **Birth Control Methods: Actual Size**

This tool is designed for providers to help show clients what to expect with each contraceptive method, especially in regards to size and appearance.

- **Birth Control Methods: Body Placement Chart**

This tool is designed for providers to help show clients the placement on or within the body for each method and is especially helpful when a 3D model is not available.



### Webinar Announcement

### **Community Engagement: Making the Most of Your Title X Community Engagement, Education, and Quality Improvement Plan (CEQ)**

This webinar will be the second in a series on community engagement best practices in sexual and reproductive health and will discuss how to collect community feedback on your Title X services through the required CEQ process. Attendees will also have the opportunity to preview the revised CEQ template and accompanying tool kit.

Make plans to attend on Wednesday, January 21, 2026, from 1-2 p.m.

**Register today!**

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## Training Opportunities from the Reproductive Health Branch

- **Now available online:**
  - [Community Engagement: Foundations to Build Trust with Your Family Planning Patients and Beyond](#)
- **Client-Centered Reproductive Healthcare Skill Building Series**
  - Providing high quality, client-centered care is the responsibility of **all** agency staff members.
  - Thank you to the **58 Family Planning Nurses** from across the state who attended these role specific webinars in October and November.
  - **Administrative or clerical staff** working with eligibility, registration, or billing for Family Planning clients can now sign up for **one** of the following opportunities to deepen their understanding of how client-centered practices can be incorporated to these parts of the clinic visit. Registration will be capped to promote a dynamic training environment.
    - [Thursday, January 8, from 11am - 12pm](#)
    - [Thursday, January 29, from 11am - 12pm](#)
    - [Tuesday, February 10 from 11am - 12pm](#)
    - [Wednesday, March 4 from 11am - 12pm](#)



Past issues of the "Patient-Centered Practices" newsletter are now archived on the Resources page of the [Women, Infant, and Community Wellness website](#) for easy access. They are also now archived on [Smartsheet](#).

We would love to highlight your Title X clinic in a future newsletter! Reach out to Jessica Johnson, Patient Experience Coordinator, at [Jessica.L.Johnson@dhhs.nc.gov](mailto:Jessica.L.Johnson@dhhs.nc.gov) with ideas or to be featured.

