

*City of Alexandria, Virginia*

MEMORANDUM

DATE: APRIL 2, 2012

TO: THE HONORABLE MAYOR AND MEMBERS OF CITY COUNCIL

FROM: RASHAD M. YOUNG, CITY MANAGER 

SUBJECT: BUDGET MEMO #23: UPDATE ON THE TEEN PREGNANCY RATE AND INFORMATION REGARDING THE TEEN WELLNESS CLINIC

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The attached memorandum was provided to Councilman Krupicka by Dr. Stephen A. Haering, Alexandria Health Department Director on Monday, March 26, 2012. The memorandum is a response to questions Councilman Krupicka asked staff to address regarding the teen pregnancy rate in Alexandria, the status of the Teen Wellness Center and the fiscal cost of replacing lost State funding support for teen wellness and pregnancy programs.

ATTACHMENTS:

1. *Information requested re: teen pregnancy rate / Teen Wellness Center, Dr. Stephen A. Haering, March 26, 2012*

STAFF: Laura Triggs, Acting Chief Financial Officer  
Morgan Routt, Acting Budget Director  
Kendel Taylor, Assistant Budget Director



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Stephen A. Haering, MD, MPH  
Health Director

## MEMORANDUM

**DATE:** March 26, 2012  
**TO:** Rob Krupicka, City of Alexandria Councilman  
**FROM:** Stephen A. Haering, MD, MPH, Alexandria Health Department Director  
**SUBJECT:** Information requested RE: teen pregnancy rate/ Teen Wellness Center

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This is information that you requested about the Teen Wellness Center and associated health program activities as well as some relevant health data for the city of Alexandria.

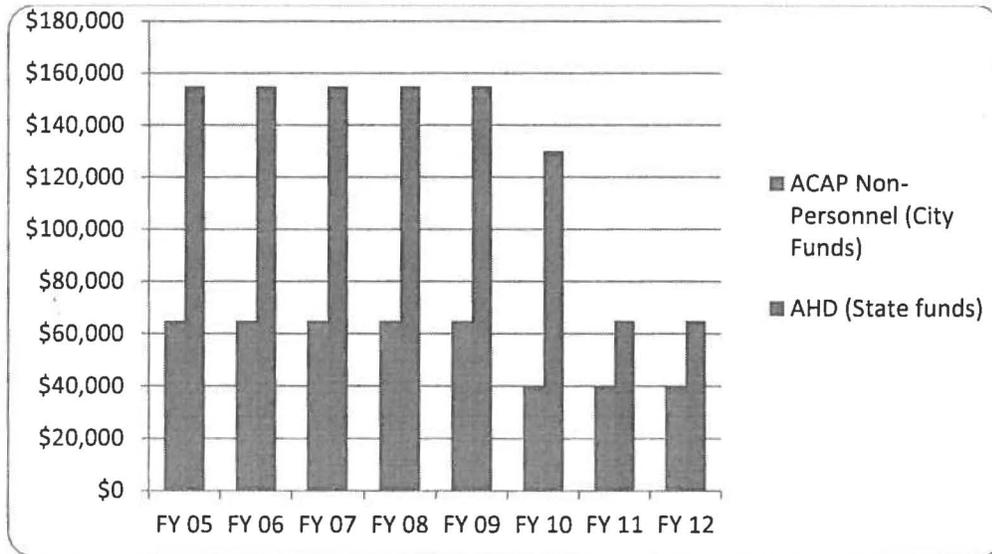
The teen pregnancy rate for the city of Alexandria in 2010 (last year available) was 41.6 per 1,000 females age 10-19. This is down 32% from the 2001 rate of 61.4; however, it is far above the Virginia 2010 rate of 21.1 and is higher than Arlington (14.0), Loudoun (7.0), Fairfax County (8.8) and Prince William (19.1). Of the 195 teen pregnancies in Alexandria in 2010, 106 (54.4%) resulted in live births, 87 (44/6%) resulted in induced terminations, and 2 (1%) resulted in natural fetal deaths.

The goal Teen Wellness Center (formerly the Adolescent Health Clinic, before moving into T.C. Williams High School in September 2010) is to provide comprehensive medical and psychosocial services to the Alexandria adolescent population 12-19 years of age, to ensure that each and every Alexandria teen succeeds physically, emotionally, socially and academically. The host of services provided include school/sports physicals; treatment of minor illnesses (and referral to primary medical care); immunizations; health education; personal/family & substance abuse counseling; HIV counseling & testing; pregnancy prevention & testing; and sexually transmitted infection testing, treatment & counseling.

The Teen Wellness Center is funded with City only funding. The FY 2012 approved budget was \$357,912 with 3.42 FTE; the FY 2013 proposed budget is \$499,241 with 3.90 FTE. As part of Alexandria Health Department's reorganization after the FY 2012 budget was approved, two lump-sum positions (0.30 FTE / \$21,280) were transferred from the Sexually Transmitted Infection control activity to the Teen Wellness Center, and a Public Health Nurse Aide position (0.50 FTE / \$38,166) was transferred from the Pediatric Care activity to the Teen Wellness Center. A Public Health Nurse Aide position (0.75 FTE / \$45,670) was eliminated in FY 2013 (but the roles and responsibilities of that position are being accomplished by the 0.80 FTE shifts previously described).

The state provides Alexandria, through the Teen Pregnancy Prevention Initiative, a grant of \$65,000 to help address the high teen pregnancy rate. The \$65,000 provides for 1.0 FTE of a health educator (\$46,820 for salary & fringe) and for operating expenses (\$18,180). This funding was level from FY 2011 to FY 2012, but was down from previous years (see chart

below, showing FY 2005 – FY 2012 Alexandria Campaign on Adolescent Pregnancy and Virginia Department of Health funding)



The AHD Health Educator position performs a number of roles critical to the mission of the Teen Wellness Center, including support of Satellite Clinics, Text Messaging, Health Educator Outreach Activities, Partnerships in HIV/STI Testing, and Youth Advisory Group. These are described in further detail below:

### 1) Satellite Clinics

Along with the Teen Wellness Center (TWC) in T.C. Williams High School, AHD operates two TWC Satellite Clinics operating: one is at the Stonewall Jackson for the Interim Education Program (staffed with K.I. Services personnel) and the second is located at the Minnie Howard campus of T.C. Williams (staffed with AHD Health Educator).

Due to the privacy of the clinic setting at Minnie Howard, it is required that a second staff member be present with the doctor; the Health Educator performs this function (AHD does not have another staff member who is available to staff the Minnie Howard Satellite Clinic)

*Number of youth seen at Minnie Howard*

*April 2011-June 2011: 38*

*September 2011-December 2011: 45-50*

### 2) Text Messaging

Recognizing that today's youth frequently use modern sources of communications, the TWC encourages Alexandria youth to text message when seeking accurate information/ to make appointments. The AHD Health Educator is the main staff member who receives and responds to the TWC text messages.

*Number appt text messages received/responded to since January 2011: 123*

### 3) Health Educator – Outreach Activities

The AHD Health Educator position facilitates outreach efforts in the schools and community for the Teen Wellness Center. Currently the AHD Health Educator is the only AHD staff member available to attend outreach events for these efforts. Below is a list of some of the outreach events and estimated number of youth, parents and community members the AHD Health Educator reached at those events since August 2011.

<i>Back-to-School Nights (T.C. Williams &amp; Minnie Howard):</i>	<b>400</b>
<i>Student Orientations (T.C. Williams &amp; Minnie Howard):</i>	<b>350</b>
<i>Student Activity/Club Fair (T.C. Williams):</i>	<b>50-100 students</b>
<i>Tenants &amp; Workers meeting:</i>	<b>20 parents</b>
<i>T.C. International Academy, classroom education/outreach:</i>	<b>233 students</b>

#### **4) Partnerships in STI/HIV Testing Campaigns**

The AHD Health Educator has worked closely with the Northern Virginia AIDS Ministry (NOVAM) to host two testing events at the Teen Wellness Center this past year.

The GYT (Get Yourself Tested) campaign was conducted in April 2011 (STD Awareness Month); NOVAM provided HIV rapid testing, education and counseling, while TWC staff gathered urine samples for the Chlamydia/ Gonorrhea test. The campaign was held during the lunch hours of T.C. Williams High School. TWC also partnered with NOVAM for the Hallo-Screen campaign October 24-27, 2011; this campaign also included outreach at Minnie Howard.

The AHD Health Educator was instrumental in coordinating the campaigns, in encouraging at-risk students to participate, and in directly participating in operations of these special campaign clinics.

<i>GYT Campaign (4 weeks):</i>	<b>HIV rapid – 47</b>	<b>Chlamydia/Gonorrhea – 23</b>
<i>Hallo-Screen (4 days):</i>	<b>HIV rapid – 19</b>	<b>Chlamydia/Gonorrhea – 19</b>

#### **5) Youth Advisory Group and Upcoming Prevention Campaigns**

The Youth Advisory Group's (YAG) purpose is to obtain youth-specific input, guidance and support for the Teen Wellness Center. YAG provides an opportunity for teens to participate in various outreach efforts in partnership with other organizations; to offer their opinion on TWC services, policies and procedures; to empower youth to be healthy in every aspect of their lives; and to help youth develop leadership skills.

The Health Educator provides direction to and oversight for the YAG and serves as a mentor to individuals on the YAG. Part of the mentoring involves training youth to be peer educators. Youth who participate in the YAG have the opportunity to use the Health Educator as a professional reference on college and/or job applications.

Upcoming outreach and prevention campaigns, utilizing youth who belong to YAG, include obesity prevention, STD & HIV/AIDS education & prevention, substance abuse prevention, teen pregnancy prevention & teen dating violence, and suicide prevention & depression awareness. YAG Outreach Youth are also trained to represent the TWC as peer experts on TWC services.

Finally, the Health Educator serves as a vital linkage between youth who do not have a source of support/ do not know where to seek advice and the medical and behavioral health professionals at the Teen Wellness Center.

Please let me know if there is any additional information that you would like.