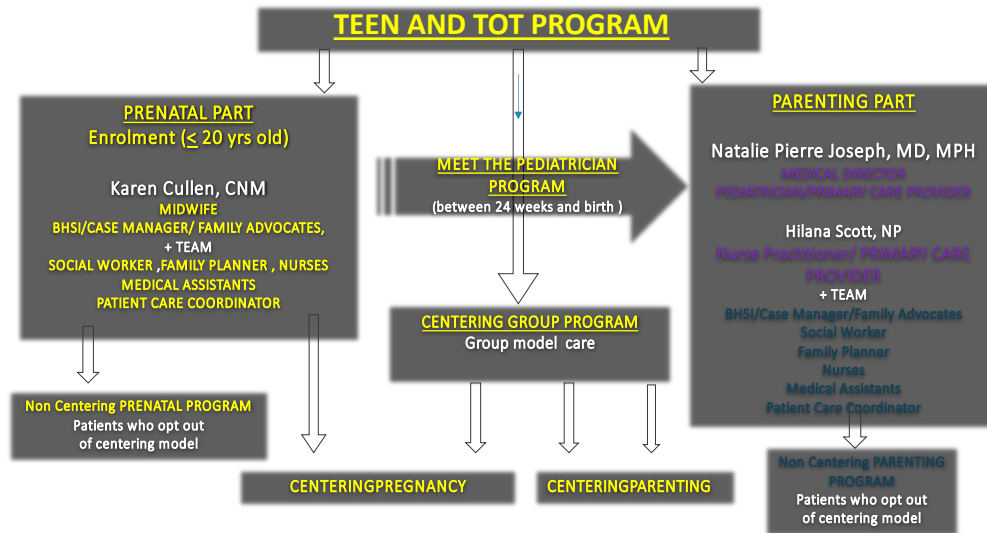
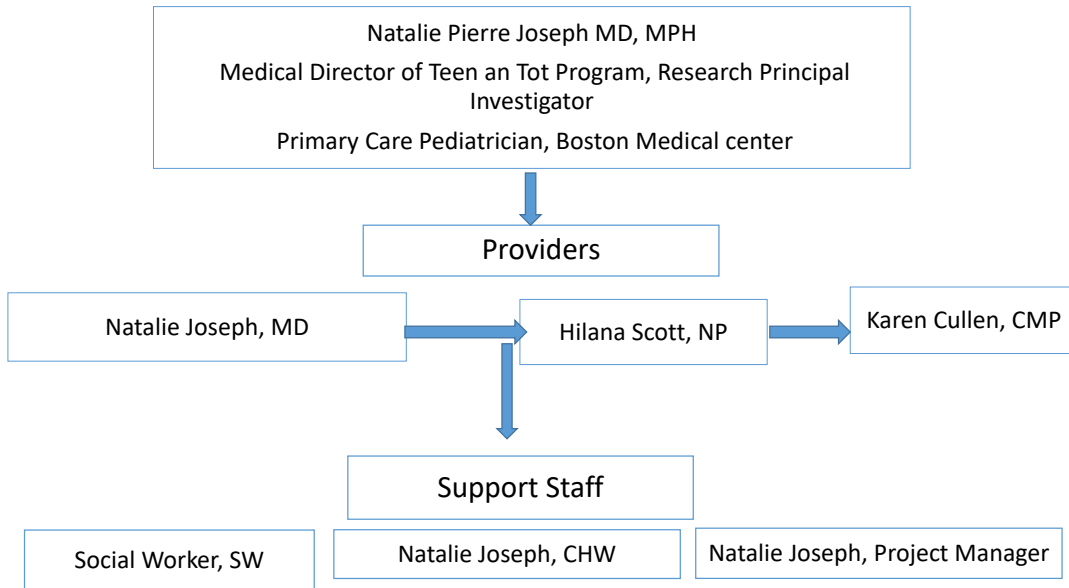


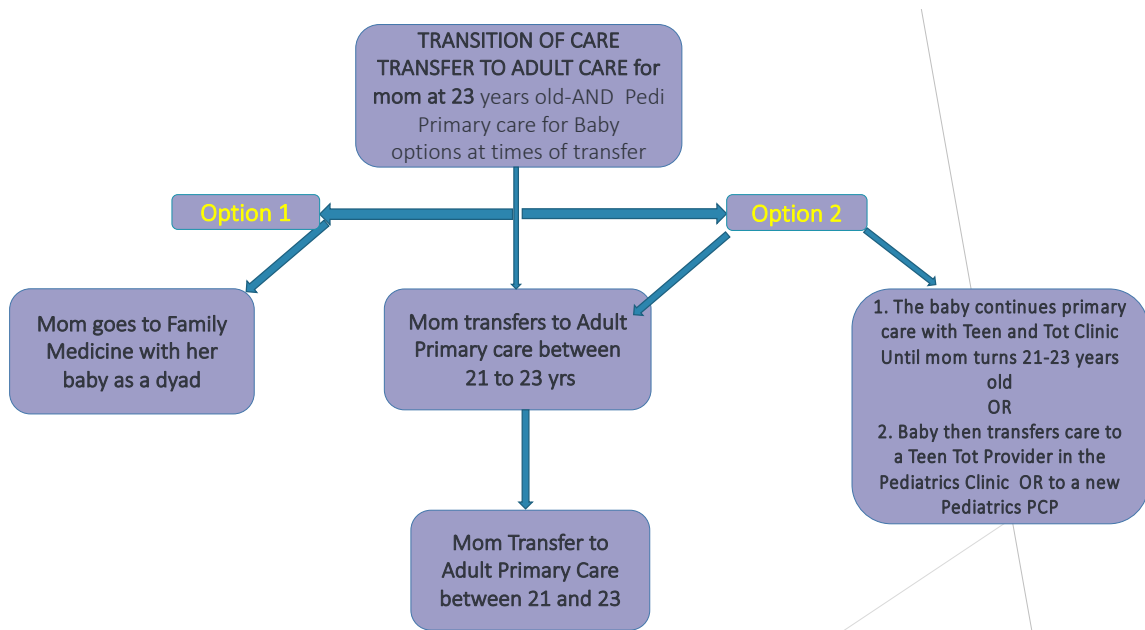
Teen and Tot
Operations Manual

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TEEN AND TOT OVERVIEW





Teen and Tot Program One Stop Shop Model

- **We Serve:** Pregnant and parenting Adolescents and Young Adults, within Boston Medical Center’s Adolescent Center to lower the risk of poor birth and health outcomes
- **We Provide:** Comprehensive care program that provides support and education for young mothers and their children. It is **the only one** in Massachusetts: providing prenatal care and post-partum, pediatric and adolescent primary care within the Adolescent Clinic
- **We Impact:** Improving birth outcomes due to increased patient contact to relevant skills and information on pregnancy, increased social support, enhanced empowerment and improved patient provider interaction through our centering model
 - TTP aims to provide an opportunity for families to change the course of their lives. We implement our special two-generation, integrated model of care to:
 - improve compliance with well-baby and adolescent visits
 - add social and mental health support for adolescent parents
 - accelerate the reduction of health disparities
 - supporting young parents in parenting-child interaction and mutual aid
 - prevent generational and early repeat teen pregnancy
 - decrease trauma and post-partum depression, child abuse, school dropout
 - provide opportunities for higher education and employment



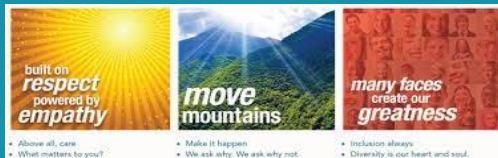
Mission

Our mission is to create The Center for Excellence for Pregnant and Parenting Adolescent/Young adults and their babies, by fully implementing the Centering program while transforming care through centering, mentoring program, leadership skills building while promoting higher education and economic stability.

To provide intentional anti-racist, equitable, diverse and inclusive environment across teen and tot clinic/program and among our staff providing clinical care, research and education- by the delivery of compassionate care within our culture of diversity-informed practice*, academic inquiry and collaboration.

Teens and Tots Clinic at BUMC's mission is to provide a comprehensive innovative patient/family-centered prenatal, postpartum care, inter-conception services and support for an at-risk, high-risk, underserved, low-income, and minority population of pregnant, parenting adolescents/young adults and babies/children in a multi-disciplinary clinic while intervening to give the adolescent and young adult parent and their child a more equitable life chance.

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Vision

To aspire for Teen and Tot to become the most innovative, effective, client-centered, "one-stop" shop Adolescent/Young adult pregnancy and parenting program in the nation while intervening to give people a more equitable life chance and providing an empowering learning environment for trainees, residents and medical students



Natalie Pierre Joseph MD, MPH
 Medical Director of Teen an Tot Program
 Primary Care Pediatrician

My vision for Teen and Tot aligns with our Pediatric Department which is to create a fully staffed Teen and Tot specialized clinic-wide culture that is anti-racist and prioritizes diversity, equity, and inclusion as an essential component of our work.

Values:

- ▶ Three cornerstone values drive BMC's and The Teen and Tot program's pursuit to deliver exceptional care without exception, guiding our beliefs, behaviors, and decision making along the way. Our core values guide our work.
- ▶ Built on Respect, Powered by Empathy, diversity, and a move-mountains mentality- Impossibility doesn't live here. Instead, we're motivated by what can be and we'll move mountains to make it happen!!



TEEN AND TOT PROGRAM (TTP)
 FOCUSED ON ADOLESCENT AND YOUNG ADULT PREGNANCY AND PARENTING, LOCATED WITHIN BOSTON MEDICAL CENTER'S ADOLESCENT CENTER

TTP was started in 1971, and in 2013, it was expanded to be a comprehensive care program that provides critical services for teen moms in two programs: the Centering Pregnancy Model, and the Centering Parenting Model or CPM².

WHAT DO WE DO?
 Dr. Natalie Joseph, is a Board Certified Pediatrician and Director of TTP. After noticing care inequities for adolescent mothers, especially those of color in the Boston area, she created **CPM²**. The combined program spans **medical care** to over 10 support services, not limited to referrals to: **early head start programs, housing referrals, legal advocacy, financial planning, and counseling**.

Centering Pregnancy Model	Centering Parenting Model
PRENATAL CARE 1	LONG-TERM CARE 2
<ul style="list-style-type: none"> PRENATAL CARE CASE MANAGEMENT AND MENTAL HEALTH SERVICES 10 SESSIONS CENTERING PREGNANCY PROMOTE HIGHER EDUCATION AND UPWARD MOBILITY 	<ul style="list-style-type: none"> Primary care for mother, father, and child and mental health services 10 sessions Centering Parenting. Promoting Economic sufficiency

WHAT IS OUR IMPACT?

- TTP has served over **3,000** teen moms
- 370** teen moms completed CPM² to date
- On average, we serve **100** new teen moms a year
- Each mom receives **37** hours of care
- CPM² has provided over **\$580,000** in care services

For more information:
 Contact: Natalie Joseph, MD, MPH
 Email: napiere@bu.edu
 Phone: 781-879-4841
www.bmc.org/pediatrics-teen-and-tot-program
 Click the QR code to DONATE: under * gift designation select direct my gift to, from the down arrow select "other," and type "Teen and Tot" in the box that appears

DONATE TODAY, HELP US TO:

- Continue care for underserved teen moms
- Expand support services across Boston
- Train and publish our work to help other care teams nationwide

Make a **tax deductible donation**;
 Tax ID: 04-331-4093

TEEN AND TOT PROGRAM (TTP)

Focused on adolescent /Young adult pregnancy and parenting, located within Boston Medical Center's Adolescent Center



TTP is a comprehensive care program that provides medical services, support and education for young mothers and their children. It was created to better meet the needs of parenting teens and their children.

Our clinical team and physicians work together to address the needs of both parent and child.

What do we do?

In 2013, Dr. Natalie Joseph launched the Centering Pregnancy Model (CPM) of prenatal care that combines essentials of individual care into a group setting. Compared to the traditional prenatal care, it has been shown to improve birth outcomes due to increased patient contact to relevant skills and information on pregnancy, increased social support, enhanced empowerment and improved patient- provider interaction.

What is our impact?

Pregnant adolescents are a vulnerable group with significant racial, ethnic and geographic inequities in their birth outcomes.

Novel Systems of prenatal care such as Centering Pregnancy and Clinical support programs/case management, have notable benefits and provide protective factors on birth outcomes of pregnant adolescents.

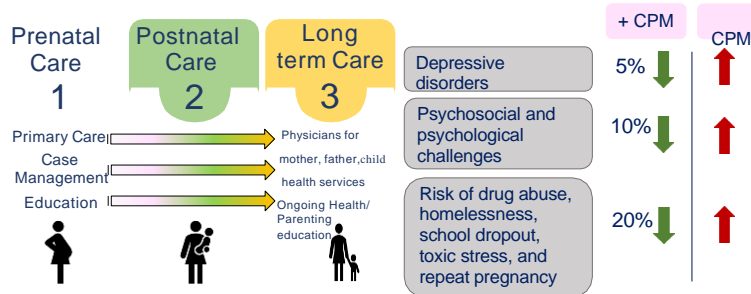
How can you help?

Lower the risk of poor health outcomes in adolescent mothers and their children

Increase health professional students' exposure to the field of pediatrics.

Make a tax deductible donation; tax ID: 04-331-4093

For more information:
Contact: Natalie Joseph, MD, MPH
Email: napierre@bu.edu
Phone: 617-414-4086



What is Teen and Tot

Teen and Tot is a comprehensive clinical care program located at Boston Medical Center's Adolescent Center. The Teen and Tot Clinic provides prenatal care and postpartum primary care to both the mother and her baby in the same location, at the same time.

In addition to medical care, Teen and Tot offers extensive case management services including:

- Early Intervention Referrals
- Family Planning
- Nutrition Counseling
- Prenatal Care and Education
- Parenting Education/Support Groups
- Social and Mental Health Services
- [Parenting Guidance Website](#)
- [Centering Parenting Group](#)

Understanding the Benefits of Teen and Tot

Interventions during two crucial life stages - adolescence/emerging adulthood and infancy - enable Teen and Tot to provide a pathway for teen parents and their children to improve the trajectory of their lives by:

- preventing generational and early repeat teen pregnancy
- decreasing trauma and postpartum depression
- decreasing child abuse
- decreasing school drop-outs
- increasing opportunities for higher education and employment

Teen and Tot patients experience improvements in:

- Timeliness of prenatal care
- Psychosocial/mental health(MH)of mother/ED visits for Mental Health
- Health-Related Social Needs screening (Social determinants of health)
- Childhood and Adolescents mothers' immunizations status
- More access to oral health services and evaluation
- Tobacco Use and other drugs screening and referral for intervention
- More moms with healthy BMI and controlling High blood pressure
- More screenings for intimate partner violence and postpartum depression; Depression screening follow-up
- Parental knowledge and skills
- Reproductive health plan
- Maternal-child interaction
- Increased safe sleep practice & extended breastfeeding
- Health care utilization and adherence

Components, Principles and Objectives

The Teen and Tot program aims to prevent poor medical, social, educational and socioeconomic outcomes by providing family-centered holistic care to teenagers up to age 23 and their children. Teen and Tot is the only clinic in Massachusetts that takes care of the **whole family in one setting**.

Multi-generational and holistic approach:

- The clinic takes a whole family, two generation approach to creating care plans and engages teen fathers as well.
- The same primary care provider serves the whole family until the teen mother is 23 years of age.
- When the teen parents transition to adult primary care, their child may stay with teen and tot provider in the pediatric primary care clinic or transfer care to family medicine with mom.

One setting:

- Prenatal, postpartum, pediatric and primary care all take place at BMC's Adolescent Center.
- Case management services provided to assist and support social, emotional, economic and educational needs.

STRUCTURE AND DUTIES OF TEEN AND TOT PROGRAM

Eligibility for Entry to Prenatal and Parenting Services at Teen and Tot:

1. Massachusetts resident- from anywhere
2. Pregnant- entry into care at age 20 and younger ; Mother 21 years of age or younger and their baby, fathers welcome and encouraged to join appointments and group prenatal and parenting sessions
3. Walk-ins welcome or referral from school, health center, or any agency serving teens. No restrictions on referrals.

Parameters for Transfer of Care AFTER Teen and Tot:

1. Mom at 23 to change care to *adult primary care* AND
 2. Baby will have continuity of care and stay with Teen and Tot provider in Pedi clinic
- OR

1. Mom and baby leave together to *family medicine* to continue the dyad care approach

Medical Care by Pediatric Team:

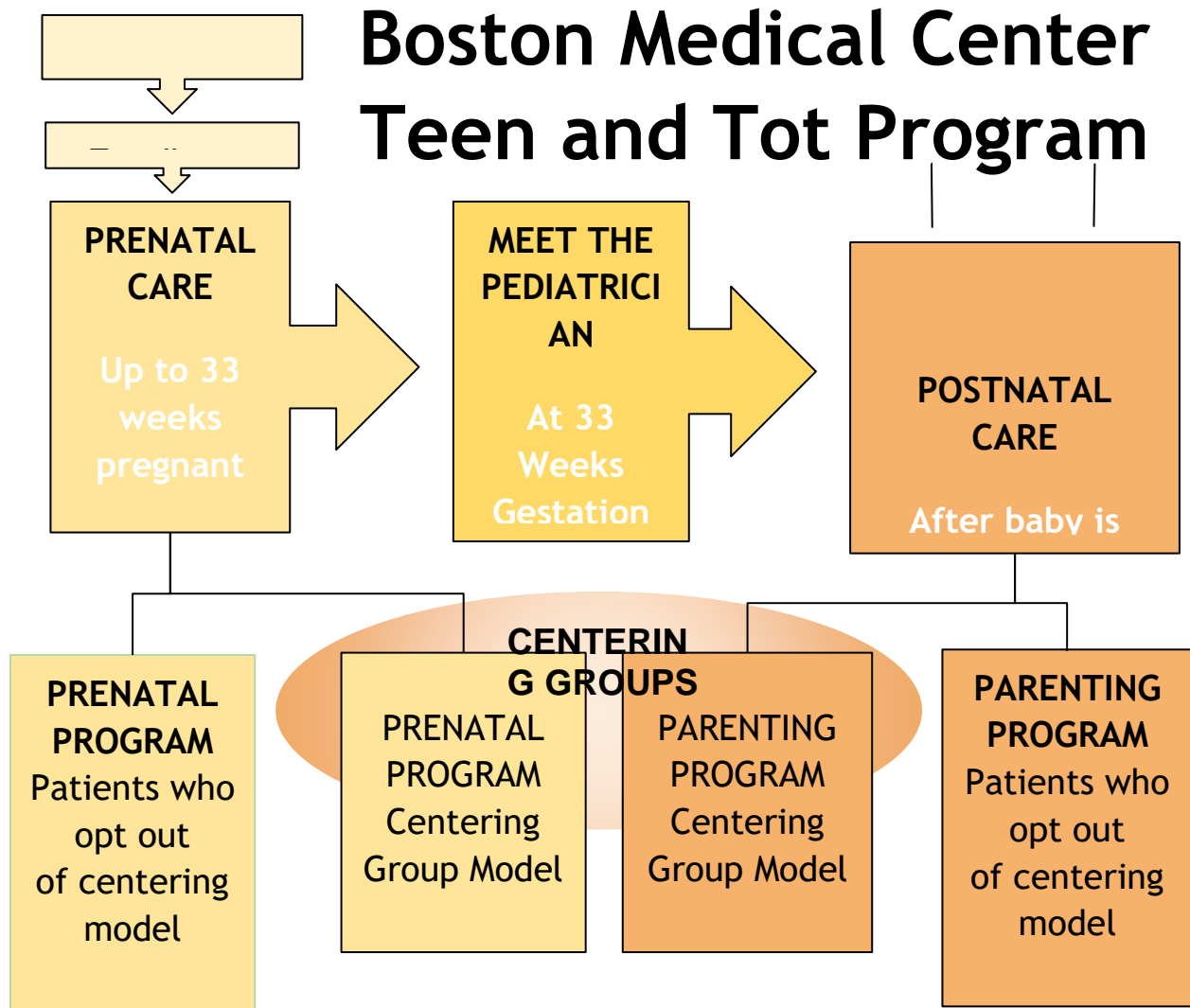
- Prenatal
- Post-partum
- Family planning/ birth control
- Pediatric
- Adolescent

Psycho-Social Care by Social Work and Nursing Team:

- Counseling
- Assistance with case management/obtaining services
- Assistance with finding childcare
- Encouragement and assistance with continuing education

- Parenting Group / Centering
- Boston Healthy Start Initiative (BHSI) services

TEEN AND TOT PROCESS—



Patients arrive at Teen and Tot through a referral from other BMC departments, including: ER, OBGYN, Primary Care or Pediatrics.

GOAL: is to enroll into prenatal care by first trimester (before 12 weeks)

If patient is Pregnant

- Receives care from midwife in teen prenatal clinic

- then schedule to meet the pediatrician at from 24 weeks on
- Encouraged to participate in Prenatal Centering Program
- Asked to participate in Boston Healthy Start Initiative

DESCRIPTION OF PROGRAMS AVAILABLE THROUGH TEEN AND TOT

Ten sessions Centering Prenatal care and education Class

- free of charge in a friendly and welcoming environment
- Each class focuses on different aspects of the newborn, targeted to the needs of teenage parents - both mothers and fathers. Subjects covered include:
 - Centering prenatal care curriculum plus
 - Breastfeeding
 - Contraception
 - Delivery and postpartum recovery
 - Housing and benefits information
 - Newborn and toddler development
 - Nutrition
 - School and work issues
 - Support and education for young fathers

Goals and Objectives

The overall goal of the TTP is to improve the health(physical and mental) and well-being of adolescent mothers, infants, children and families, and to improve the parenting skills of adolescent mothers (AM).

- ▶ **Objective 1:** To change the traditional 1:1 primary care medical model to an adapted adult group-based primary care model for teens, based on the Centering model in order to improve adherence to prenatal visits, pregnancy outcomes and maternal and child health care.
- ▶ **Obj 2:** Improve the attendance to early entry to Prenatal) , to timely post-partum visits, of pregnant/postpartum Teen
- ▶ **Obj 3:** To improve the psychosocial health outcomes and well-being for AM of Teen participants: Depression screening and referral for and receipt of service
- ▶ **Obj 4 :** Improve parenting knowledge, practices and attitudes, increase knowledge of child development, and sense of self competence in parenting among Adolescent Mothers.
- ▶ **Obj 5:** To Improve the health and well-being of children born to AM
- ▶ **Obj 6:** Increase Teen Parents understanding of developmental milestones
- ▶ **Obj 7:** Increase father's involvement/engagement in care and referral to community services
- ▶ **Obj 8:** To Reduce repeat pregnancy within 18 month and sexual risk behavior among Teen participants.

Centering Program:

Teen and Tot's hallmark service is a ten session Centering Parenting Model of prenatal care, a group care and education class of women due around the same time in a supportive group setting instead of the exam room.

- Centering Pregnancy brings 8-12 pregnant patients, who are due at the same time, together for prenatal care
- Centering Parenting brings 6-8 participants and their infants who are the same age together for well-child care
- A group health model that is changing how patients and care providers feel about the patient care experience
- Patients receive the highest quality of care and, form a supportive community, develop skills and confidence to take control of their health
- Brings patients out of the exam room and into a comfortable group setting for care

Benefits of Centering

FOR PATIENTS	FOR PROVIDERS	FOR THE AGENCY
<ul style="list-style-type: none"> • No waiting • Time for sharing and learning • Sense of community in group • Better health outcomes • Increase well being • Increase access to care • Provides role models; develop parenting skills • Replaces a 5 – 10 min visit with 90-120 min interaction • Provides women with answers to questions they might be reluctant to ask in a traditional visit • Gives opportunity to build relationships with other women • Empowers women to understand their own health options; promoting self-care 	<ul style="list-style-type: none"> • Need to say things only once • Effective use of time • Facilitating groups is fun and energizing • Reframe healthcare from risk assessment or education to global view • Better health outcomes • Work with engaged patients, Interesting interaction with patient and families-promoting healthy family development • Predictable clinic schedules, regular supervision • Promote health growth, development and immunization • Better understanding of the trends • Reduce abuse and neglect injuries and hospitalization 	<ul style="list-style-type: none"> • Reduces cost while retaining or improving quality • Reduces unnecessary emergency room visits • Increases access to care • Better health outcomes • Frees examination rooms for other purposes • May utilize conference spaces • Requirement of minimal equipment and no additional personnel • More satisfaction of clients and patients and professionals • Excellent marketing tool

Services Provides

Boston Healthy Start Initiative (BHSI)


**BOSTON HEALTHY
START INITIATIVE
(BHSI)**


Boston Public Health Commission implemented a multifaceted response to birth outcome disparities through the Boston Health Start Initiative (BHSI). BHSI has been part of national initiative to reduce racial inequities in infant mortality and poor birth outcomes for the past 25 years

- The program's long running **aim** was to ensure access to high quality care for prenatal services to Black and Latino population in and around the city of Boston. BHSI provides direct support to pregnant and parenting women, men, children and their families through care coordination, connection to resources, health education and advocacy
- The purpose of this project is to improve health outcomes before, during, and after pregnancy and to reduce racial/ethnic differences in rates of infant death and adverse perinatal, childhood and adolescent physical, social and mental health outcomes!

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Teen and Tot is one of several Boston Sites that offer BHSI Services:

<https://www.boston.gov/government/cabinets/boston-public-health-commission/childrens-and-newborn-health/healthy-start-initiative>

- Part of a national initiative to reduce racial inequities in infant mortality and poor birth outcomes.
- Provides direct support to pregnant and parenting women, children and families through care coordination, connection to resources, health education, and advocacy.
- Free and voluntary program open to women in Boston who are pregnant or parenting children up to the age of 18 months.
- Women who enroll in BHSI have the opportunity to work one on one with staff called 'Family Partners' who support them to have healthy pregnancies and healthy babies by:
 - Discussing information related to healthy pregnancies, infant health, and parenting such as prenatal nutrition, safe sleep, breastfeeding and infant feeding, infant safety, child development, and more;
 - Connecting women to resources and programs that help them access food, education, employment, housing, child care, and other support as needed;
 - Helping to coordinate medical care and other services such as father engagement and support, home visiting nurses, WIC nutritional support, legal services, immigration support, etc. and;

- Supporting families to advocate for their needs.
- Eligibility to participate and benefit (BHSI)
 - Pregnant adolescents 21 years or younger of black and Latino ethnicity deciding to carry to term
 - Live in Boston-Services area sited in health centers and hospital clinics from Mattapan, Dorchester, Roxbury, and Hyde Park
 - EXCEPTION: If they move from service sites above to a scattered shelter site like Brockton, fall river (and they may return back to Boston)- they are still eligible



ALL BHSI PATIENTS ARE TEEN AND TOT PATIENTS
However, ALL TEEN AND TOT PATIENTS ARE ELIGIBLE FOR BHSI
(due to geographic location and race/ethnicity-self identity)

- **Eligibility criteria to participate and benefit (BHSI)**
 - Pregnant adolescents 21 years or younger of black and Latino ethnicity deciding to carry to term
 - Live in Boston-Services area sited in health centers and hospital clinics from Mattapan, Dorchester, Roxbury, and Hyde Park
 - EXCEPTION: If they move from service sites above to a scattered shelter site like Brockton, fall river (and they may return back to Boston)- they are still eligible

Online Resources at Teen and Tot:

- [Teen and Tot Website](#)
- [E-book](#) (age appropriate anticipatory guide and developmental milestone; and parenting tips)
- [Centering Parenting](#)
- [Centering Pregnancy](#)

Resources

- Our within BMC/in/outreach will be from the following sites serving pregnant teens:
- Adolescent prenatal Teen and Tot clinic
- Adult OB/GYN routine care clinic
- OB/GYN High risk patients
- Family Medicine
- BMC private OB/Doctor's office Building clinic
- Outreach will be to
 - School based Health Centers
 - Homeless Shelters
 - Surrounding community and 4 year colleges near BMC
 - Healthy Families of Massachusetts through DPH
 - Other Agencies serving pregnant and parenting teens

Resources

- Boston Police Department – Detective Lisa R. Holmes
- Boston Public Boston Day and Evening Academy – Norman Lowe
- The Dimock Center – Pamela D. Gillard, Taniquca Foster
- Family Day Care Program Inc. – Althea Terrell
- Action for Boston Community Development Head Start Program & Dorchester Head Start Sites
- (Staff-members– Mr. Herman Perez, Edith Pierre-Louis, Veronica Fernandez
- Codman Academy – Nicole Spriggs
- Boston Public Health Commission – Linda Phifer
- St. Mary's Center – Kristin Jonash, LICSW
- Nazareth Residence for Mother & Children (Eva Cross) House Manager

Ongoing Research/Research opportunity

- Ongoing Research
 - IRB approved: Impact of COVID-19 on Mental Health and Resiliency of Pregnant and Parenting Adolescents: A Qualitative Study
 - MY Story/narrative/pregnancy and parenting journey
 - Uber health:A Pilot Study: The Impact of Clinic-Provided Transportation on Missed Clinic Visits and System Costs Among Teenage Mother-Child Dyads
- Research Opportunity/Internship/Practicum Opportunities
 - Secondary Data Analysis of database form 2003 to 2021 with the following variables for mom and baby
 - MOM DATA
 - Demographic for mom and baby/
 - Mom problem;
 - BMI
 - Mom vaccine ; Covid + mom
 - THRIVE DATA
 - PHQ mom /Mom depression groups
 - Mom shelter ; SUD
 - Positive STD/Cytology report ; HCG test
 - KIDS DATA
 - ED visit <60 days ; Lead testing
 - Kid vaccine; Covid + kids
 - Baby problem / Baby Shelter
 - Baby Shelter/DCF/adopted
 - KIDS THRIVE
 - LOOK at slide 50-54 for variables of interest for research

Special services we provide/refer to:

CENTERING PREGNANCY & PARENTING



TTP is proud:

- Altering the life course of teen parents and their children
- Transforming the trajectory their life course by providing both medical and resource-based services.
- Promoting higher education
- Encouraging professional development and autonomy through collaboration with various agencies
- Providing educational opportunities, job training, employment with living wages, housing resources

How we keep on going?

- Funding Source:
 - ▶ BHSI: Period of Performance: Every year since 2001 from April 1 to March 31.
 - ▶ Savage- one time donation: In mental health support
 - ▶ Young Parenting Program (YPP)/Rodman Ride/Yearly Donations: support our
 - ▶ Transportation/Uber
 - ▶ Centering
- Other non consistent donations!

