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Improving adolescent sexual and mental health care access through community outreach

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Improving Health Care Access with Community Outreach

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Introduction/Research Goal

- In the pandemic's wake, marginalized adolescents faced worsening barriers to accessing sexual and reproductive health (SRH) and mental health (MH) care.
- We created a novel intervention (AccessKCTeen) to reach teens in marginalized communities.
- We assessed intervention impact

Methods

- 4 peer leaders
 - Trained to share SRH/MH information; mobilize networks
- 8 outreach events
 - Used the mobile unit to demonstrate telemedicine, share SRH/MH resources, and distribute free health items
- Data sources
 - Surveys (Pre, post, one month)
 - Staff field notes

Adolescent barriers to accessing care are complex; community outreach can help.

Results

- 97 teens enrolled
 - Median age 16, 67% assigned female at birth, 22.7% Hispanic ethnicity
- Increased confidence to access telemedicine (50% vs 74%, p-value = < 0.001).
- Teens reported
 - Barriers to care - time, transportation, access
 - Benefits of telemedicine – privacy, easy to use, increased access
- Many accepted health care items
 - Emergency contraception, condoms, pregnancy tests, hand sanitizer, toothbrushes

