



upstream USA

Upstream USA works to expand opportunity by reducing unplanned pregnancy across the U.S. We work in partnership with health centers to strengthen reproductive care and autonomy, and increase equitable access to the full range of contraceptive options.

OUR GOAL

We are on track to reach **+1 million women** by 2024.

Our approach:



Reduce barriers to contraceptive access



Integrate reproductive health and primary care



Focus on lasting impact

“Effective birth control means opportunity— an unplanned pregnancy can really alter a young woman’s life and a young man’s life as well. Upstream has successfully partnered with us to create a zone of opportunity here in New York City.”

*- Renee McConey, Director,
Adolescent Health Services, The Door*

OUR SOLUTION

Upstream's work focuses on addressing the reasons that many individuals don't have access to the full range of contraception, including:

- Lack of trained staff and providers
- Inconsistent counseling
- Unnecessary appointments
- Billing and coding errors
- Unavailable methods
- Bias and coercion

We provide training and technical assistance at the health center level. Our work is a time-limited intervention that embeds best-in-class contraceptive care into each healthcare practice.

Patient Choice

Upstream conducts patient surveys at Upstream-trained health centers to measure adherence to a patient-centered approach.

More than 99% of patients indicated that they either made their own choices about contraception or shared decision-making with their providers.

More than 98% of patients felt that health center staff listened to them and their preferences.



Work within the existing health care system to reach more people.



Provide guidance on how to properly bill, code and stock all forms of contraception.



Train all health care providers to provide patient-centered counseling and discuss a patient's contraceptive needs at each visit.



Offer training on how to place and remove IUDs and the Implant.



Provide patient education materials to support education and awareness.



Collect and review data to track progress and adjust quality improvement work with partner health centers.