

Essential Access Health

Essential Access Health (Essential Access) is California's only Title X grantee and has been the primary Title X family planning services grantee in the state since the 1970s. Essential Access delivers services to approximately 500,000 persons per year through 53 subrecipients.¹

Stats at a Glance²

- ▶ Number of family planning (FP) encounters – 679,454
- ▶ FP users with incomes below 100% Federal Poverty Level (FPL) – 284,650 (73%); all FP users with incomes below 250% of FPL – 355,123 (91%)
- ▶ Number of tests performed for gonorrhea – 227,362, syphilis – 113,537, and HIV – 173,328
- ▶ Number of female users who received a chlamydia test – 145,719 or a Pap test – 59,524



Overview of Services Offered

As a Title X recipient, Essential Access provides a broad range of FP services including pregnancy prevention and birth spacing, pregnancy testing and counseling, assistance to achieve pregnancy, basic infertility services, sexually transmitted infection (STI) services, and other preconception health services. The services are voluntary, confidential, and provided regardless of ability to pay.³ The infographic below is an Overview of Services Offered within the Essential Access network. The data shown below are not specific to any particular site but rather are representative of the broader grantee network. For information on services available at individual service sites, please refer to the [OPA clinic locator](#).

 Pregnancy assistance and counseling	 Contraceptive services	 STI services	 Other preventative health services
<ul style="list-style-type: none"> ● Counseling on achieving pregnancy ● Preconception health services ● Pregnancy testing and counseling ● Basic infertility services 	<ul style="list-style-type: none"> ◐ FDA approved long-acting contraceptives ◐ FDA approved short-acting contraceptives ◐ Natural family planning methods 	<ul style="list-style-type: none"> ● STI and HIV education and counseling ◐ STI and HIV screening and testing ◐ STI and HIV treatment ◐ STI self-testing ◐ Expedited partner therapy ◐ PrEP counseling and risk assessment ◐ PrEP prescription services ◐ PEP counseling ◐ PEP prescription services 	<ul style="list-style-type: none"> ◐ Screening for breast cancer ◐ Screening for cervical cancer ◐ HPV vaccinations ● Screening for intimate partner violence ◐ Screening for mental health ◐ Screening for obesity ● Screening for smoking, drug, and alcohol use ◐ Adolescent-friendly health services
<p>LEGEND</p> <ul style="list-style-type: none"> ● Available at all service sites ◐ Available at service sites and through referrals ○ Available through referral only 			

¹ Source: Data collected by Mathematica in 2023 for the Title X Implementation Study.

² Source: Family Planning Annual Report (FPAR): [2022 National Summary](#).

³ See the [Title X Service Grants web page](#) for more information on the requirements and regulations guiding Title X projects.

Equity in Practice



Essential Access encourages subrecipients to think outside the box when providing care to youth and young adults. One school-based site increased youth traffic to its clinic by moving the site into a separate building in a private area of the campus and adding couches. This made the service site a safe, welcoming place for youth. Another clinic addresses youth's privacy concerns by using a clinic van to drive them from their rural, agricultural community to the clinic without their having to rely on public transportation. By providing transportation assistance, the clinic addresses youth concerns about accessing services confidentially.

Innovations in Practice



To address regional STI rates that exceed the state's average and rural STI rates that are disproportionately high compared with the size of the local population, Essential Access implemented its STI Prevention Center to help subrecipients and direct service sites integrate STI prevention and treatment guidelines. The STI Prevention Center works in partnership with state and local STI programs to support the delivery of high-quality care and prevent the spread of STIs by providing technical assistance, training providers and staff, and running public awareness campaigns. Staff from the STI Prevention Center also attend compliance visits and program evaluations to better understand the needs of service delivery sites so the grantee can provide more tailored support. Through the STI Prevention Center, Essential Access has been able to pinpoint problems related to STI care and address them efficiently.

Did You Know?



Essential Access understands the importance of providing care in rural parts of California. Some subrecipients work with local farms and agricultural companies to provide care in mobile clinics. On mobile clinic days, subrecipients offer flu shots and birth control, often providing the only opportunity for these clients to receive primary health care.



Essential Access provides in-house extensive and customized training to subrecipients through its Learning Exchange. One training available through the Learning Exchange is for a certification to be a family planning health worker; staff are trained to counsel clients on contraceptive methods. Sites with a shortage of clinicians can use this course to train non-clinical staff (such as front desk or clerk staff) on contraceptive method counseling. By training non-clinical staff, Essential Access helps subrecipients remove the time burden of contraception counseling from clinicians while still providing quality care to clients.



Essential Access developed an extranet with a data dashboard for subrecipients to review manuals and samples of documents and upload and review their own data. Through the data dashboard, subrecipients can submit their data into portal tables which can be reviewed at any time and compared with previous data. Additionally, subrecipients can complete self-assessments of performance measures at their own convenience. Twice a year, Essential Access meets with subrecipients to review their data, identify areas to improve, and choose an improvement plan.

About the Title X Program

The Title X Family Planning Program, created in 1970 and authorized under Title X of the Public Health Service Act, is administered by the Office of Population Affairs (OPA) in the U.S. Department of Health and Human Services. For more information, please refer to OPA's [website](#).

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Website: <https://www.essentialaccess.org/>