

## **Henderson State University**

### **Pregnancy Prevention Report to Arkansas Department of Higher Education**

**2019-20**

**The programs that are currently being utilized for the 2019-20 academic year will be continued and expanded for the 2020-2021 academic year. Additional programming and implementation will be dependent on future funding for the Student Health & Counseling Center and the restrictions placed on the Health Center due to COVID19.**

#### **Provide unplanned pregnancy prevention education**

Student Health & Counseling Center provided Pregnancy Prevention during 2019-20 Student Orientation and 2020-21 Heart Start. Pregnancy Prevention is being provided through on-line Admisson's Heart Start presentation. It is unclear at this time which method will be used Spring 2021; however, the best method for providing this education will be directed by Henderson State University office of Admissions.

#### **\*Integrate medically accurate content**

Student Health & Counseling Center screens all student patients for sexual health, alcohol/drug use and depression and will continue to do so. The Health Center receives condoms from the local Department of Health and has them available for the student body in the Health Center lobby. They were distributed to Residence Halls when University was closed due to Covid 19. Included with the condoms are medically accurate directions for proper and safe use. The Health Center APRN previously worked for the Department of Health and uses her skills and knowledge in women's health issues to talk to students about the various methods of contraception. She has assembled an extensive number of models, posters, pamphlets and samples of the various methods of birth control along with their effectiveness and has display models in contraceptive resource consultation room. In the event a student loses their access to prescribed birth control, she will assist them with preventive care until services can be obtained.

A Priority Oral Contraception Policy has been implemented by the APRN. Many students, who are consulted regarding birth control and referred to the local health department for an exam and birth control, are unable to get an immediate appointment. Priority Oral Contraception will be prescribed for Henderson State University students who meet the U.S. Medical Eligibility Criteria and are determined to not be pregnant. A consent form derived from UAMS/ADH guidelines will be obtained and kept on file. A maximum of two cycles will be prescribed along with patient education regarding starting and continuing oral contraception. Case management will be provided in assisting the patient with accessing a provider to complete the women's health visit within a timely manner.

During the 2019-20 academic year, the APRN was a preceptor for the HSU nursing program and partnered with the local Department of Health who provided equipment and supplies to allow the APRN to instruct nursing students on OBGYN procedures for exams and procedures for helping students obtain birth control through our office until they were able to obtain an appointment with the local Department of Health or their primary physician.

In addition to contraception, supplies were obtained from local Department of Health to conduct STI testing for students.

### **\*Educational programming to raise awareness**

The Student Health & Counseling Center staff are a valuable resource for the campus community. Program requests from various organizations across campus have utilized Health staff for various programs including Residence Life, Greek Life, Athletics, and Health Education, Residence Life and Henderson Seminar.

### **\*Opportunities to educate**

Mentor programs to reach out as role models – Residence Life, Athletics, Trio, ROTC, etc. Lesson plans are provided on line. Resident Assistants provide programming each month. Health & Counseling Center provides materials and support for RA(s) to provide peer presentation and education.

A formal student committee has not been established; however, APRN has solicited volunteers to assist at the Bi-monthly Contraceptive table that is set up in the Garrison Center during the lunch hour. Students have been very diligent in providing their support to get out the message. In addition, the nursing preceptor students also participated in the Contraceptive table presentations and will be continued during the 2020-21 academic year depending on campus directions regarding Covid 19

Educational Programming at Health Center and across campus:

DVD loop obtained from American College Health was played in both Health and Counseling waiting areas. Pregnancy prevention and contraceptives were areas of focus.

Posters are displayed in all exam rooms

Henderson Seminar Classes

Zeta Phi Beta Sexual Health Program

Sexual Health Jeopardy

“Birth Control that Really Works” - Bedsider DVD – Provided by Pregnancy Resource Center – plays on health center TV monitor

Contraception Posters – displayed in health exam rooms

Contraceptive Resource Room – Displays models and birth control devices

Condoms provided in waiting room and in Residence Halls

Henderson Seminar – Wellness Jeopardy – Alcohol/drug abuse, Sexual Health/Pregnancy Prevention

Sex in an Envelope – Pregnancy Prevention – Greeks

Conditional Student Workshop – Sexual Health/Pregnancy Prevention

APRN Contraception Table on Garrison Street - Bi-Monthly

### **Integration of information about the prevention of unplanned pregnancy into academic courses if and when appropriate**

#### **Faculty Participation**

Gen 1031 - “18 forms of contraception lesson” Health & Physical Education - course is included in multiple sessions. Students are required to look up a form of contraception from PlannedParentHood.org and report to the class on their findings to 5 questions.

Conception to Birth - Health & Physical Education - Students are assigned Tri-mester to research and report to entire class

Contraception Lesson - HPER

Conception to Birth - HPER

Sex ED Topics/STD Prevention - HPER

Growth and Development of Reproductive Systems - HPER

Arkadelphia High School Program - HPER students develop 5 Lesson Unit on Growth and Development/Sex Ed and teaches 2 lessons to college students, 3 lessons to Arkadelphia High School Students

Student Support Services - TRIO - One on One sessions that address pregnancy prevention

Sex Counseling - Counseling Education Department

Human Sexuality - Counseling Education Department

Disability Services - TRIO - STD, Unwanted Pregnancy, Contraception

Humanities - Introduction to Women and Gender Studies - lessons on sexual health and pregnancy as related to women's issues in the world and education and their goals and ideas of the world

Medieval History - Origins of Roman Catholic Church's aversion to contraception based on belief that couples should not have sex for any other reason than pregnancy.

Nursing - Multiple sections on Sexual Health, Contraception and STDs

Henderson Seminar

Rise Program

Biology

Microbiology

Genetics and Cell Biology – Spermatogenesis, Oogenesis, Fertilization

Introduction to Biology – Spermatogenesis, Oogenesis, Fertilization

Spanish – Student presentations on birth control methods in English and Spanish, coordinated information with HSU Health Center

Advanced Composition – Student papers and presentations on pregnancy, comprehensive sex education in k-12, Arkansas pregnancy rates – importance of education

Applied Psychology – Birth control methods, success rates

Introduction to Human Services – Pregnancy Prevention, HSU Health & Counseling Resources and local resources

Problems of Adolescence

Oral Communications – Pregnancy Resource Center

Gender Communication Class

Infancy and Childhood

Social Justice – Department of English, Foreign Language and Philosophy

Childhood Development – Family & Consumer Science

HPER Education Internship

Adolescents – Teen Pregnancy - Healthy People – Nursing

Consumer Science Curriculum

### **Residence Life Programs on Contraception and STDs**

Ladies Night

Want S'more Advice on Networking and Dating

Nightmare on PA Street – targeted Freshmen

Sex Ed Talk

Sex in an Envelope Game

No Glove, No Love: Condom Sense

Spring Break Caution TIPOFF

Let's Taco 'out Sex

### **\*Collaborate with Department of Health**

Student Health & Counseling Center will coordinate reproductive health care, continue to provide condoms (provided by ADH) educate students in health center about pregnancy prevention, continue pregnancy testing, and provide information and pamphlets on sexually transmitted diseases and abstinence as directed by Act 943. The local Department of Health provides condoms for distribution to students. They are used as a

referral source for exams and contraceptive healthcare. ADH provided STI testing supplies for 2019-20 calendar year.

**\*Develop Plans to address child care, transportation, financial aid and other challenges for student success and completion specific to existing single parents**

We will attempt to establish a student committee during the 2018-19 academic year to explore and address these issue for the area.

**Identification of opportunities to raise awareness and provide resources about the prevention of unplanned pregnancies across the student population (Posting information, Posters, Pamphlets, Palm Cards)**

Posters have been posted in Garrison Student Center, Residence Halls, Student Health & Counseling Center, residence halls, Dunn Recreation Center and Athletics.

**Collaboration with community Health centers and or federally qualified health centers to promote access to care**

Student Health & Counseling Center coordinates care for students by utilizing the services of Clark County Health Unit. A complete list of resources is distributed to students at orientation, in Henderson Seminar and during healthcare visits. This includes Family Planning Services, Health Care Infant Care, Breastfeeding, Pregnancy Options, Prenatal Care, etc. (See attached)

**Referral Resources  
For Health Care and  
Other Social Services**

**Arkansas Department of Health**

**Clark County Health Unit**

**870-246-4471**

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## **Family Planning Services**

- Clark County Health Department  
870-246-4471
- Arkadelphia Medical Clinic 870-246-2471
- Baptist Health Family Clinic 870-246-2431
- Baptist Health Family Clinic—Gurdon  
870-353-2800
- Compassion Women's Clinic  
870-403-0299
- Arkadelphia Women's Clinic: Dr. John Elkins 870-246-3055

## **Housing**

- Arkadelphia Housing Authority  
870-246-4632
- Amity Housing Authority 870-342-5750
- Gurdon Housing Authority 870-353-2507

## **Infant Care**

- Arkadelphia Clinic for Children & Young Adults 870-246-8036
- [www.ARKidsFirst.com](http://www.ARKidsFirst.com)  
1-800-482-8988 (Spanish)  
1-800-474-8275 (English)
- Connect Care 1-800-275-1131
- HIPPI Program (Home based Instruction for Parents of Preschool Youngsters)  
870-246-5675

## **Breastfeeding**

- Breastfeeding Help Line 1-800-445-6175
- Clark County Health Department  
870-246-4471

## **Pregnancy Options**

- Pregnancy Resource Center-Arkadelphia 870-210-5353
- American Adoptions 1-800-875-2229
- Adoption Choices 1-800-898-6028
- Arkansas Department of Human Services--  
Foster Care 870-246-9886
- Bossier Medical 1-800-749-7267
- Emergency Contraceptive Hotline

- 1-800-584-9911
- Hope Medical Group for Women  
1-800-448-5004
- Little Rock Family Planning Services  
1-800-272-2183

## **Prenatal Care**

- Arkadelphia Women's Clinic (Dr. John Elkins) 870-246-3055
- Baptist Health Family Clinic (Dr. David Caldwell) 870-246-2431
- Compassion Women's Clinic  
870-403-0299

## **Domestic Violence**

- Child Abuse Hotline 1-800-482-5964
- Domestic Violence Hotline  
1-800-799-SAFE (7233)
- Domestic Violence Center (SW AR)  
870-584-3441
- National Sexual Assault Hotline  
1-800-856-HOPE (4673)
- Adult Protective Services 1-800-482-8049

## **Drug and Alcohol Treatment**

- Addiction Center for Treatment  
1-800-711-6402
- Alcoholics Anonymous  
1-800-753-9262
- Quapaw House 870-246-7636
- Arkansas Cares (ARCARES)  
501-661-7979
- Rivendell—Little Rock, AR  
1-800-264-5640
- Bridgeway—Little Rock  
1-800-245-0011

## **Food-Nutrition Resources**

- Arkansas Department of Human Services--  
Food Stamps/emergency food  
870-246-9886
- SouthWest Arkansas Food Bank  
870-246-8244
- Red River Baptist Association & Lighthouse Pregnancy Care Center (emergency food/clothing with referral)  
870-246-9524



- Clark County Ecumenical Food Pantry  
First United Methodist Church  
107 N. 9<sup>th</sup> Street

## **Health Care—Free/Reduced**

- Cabun Rural Health Clinic (Amity)  
870-342-5606
- Health Care Access Foundation  
1-800-950-8233
- Encore Plus 1-888-663-3914  
Local 501-663-8406
- Komen Foundation (Texarkana, TX)  
903-614-2675
- BreastCare 870-246-4471
- Vision USA (Low income eye care)  
1-800-766-4466

## **Home Health Care**

- Baptist Home Health 870-245-1040

## **Primary Care Providers**

- Arkadelphia Medical Clinic (Dr. Nolan Haygood & Dr. Bryan McDonnell)  
870-246-2471
- Baptist Health Family Clinic (Dr. Shelly Bray)) 870-246-2431
- Arkadelphia Diagnostic Clinic  
(Dr. Robert Dorman) 870-246-6766 &  
(Dr. Gary Gehrki) 870-246-8034
- Amity Community Health (Dr. Singh) 870-342-5606
- Baptist Health Hospital—Arkadelphia  
870-245-2622

**\*\*\*\*CALL 911 FOR EMERGENCY\*\*\*\***

## **Shelters**

## **Smoking Cessation**

- Stamp Out Smoking 1-866-NOW-QUIT  
(1-866-669-7848 English and Spanish)

- [www.stampoutsmoking.com](http://www.stampoutsmoking.com)
- [www.HealthyArkansas.com](http://www.HealthyArkansas.com)

## Social Services

- Arkansas Department of Human Services 870-246-9886 Apply for Medicaid, ARKids, Food Stamps, Emergency Food, Foster Care
- Community Counseling Services  
870-246-4123 for mental health referral

## Other Resources

- Poison Control 1-800-222-1222
- Better Business Bureau 1-800-482-8448
- Attorney General 1-800-482-8982
  - **SEE LOCAL TELEPHONE DIRECTORY FOR OTHER LISTINGS**
  - \*\*\*\*\*
  - **Arkansas Department of Health**
    - **Clark County Health Unit**
      - 605 S. 10th Street
      - Arkadelphia, AR 71923
      - 870-246-4471
- **Community Services:** Communicable Disease Investigation and Intervention, Hometown Health Improvement, Voter Registration
- **Environmental Health:** Food Protection, General Sanitation, Private Well Water Sampling, Rabies, Septic Tanks, Swimming Pools, Mosquito Surveillance
- **Family Planning:** Pregnancy Testing, Sterilization (referral)
- **HIV/Sexually Transmitted Diseases:** Counseling, testing and treatment
- **Immunizations:** Adolescent 7-18 years, Adult Vaccines age 19 and up, Children: 0-6
- **Public Health Preparedness:** Public Health Preparedness
- **TB Program:** Preventative Treatment, Treatment
- **Vital Records:** Birth Certificates, Death Certificates
- **WIC:** Breastfeeding Peer Counseling/ Breast Pumps, Nutrition Counseling
- **Women's Health:** BreastCare
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## HSU Student Health & Counseling Center Referral List

Arkadelphia Clinic for Children and Young Adults 2850 Twin Rivers Dr. Arkadelphia, AR 246-8036

Joan Kyle, MD; Gari Rucker, MD; Sherry Hayes, APRN; Alexis Warner, APRN (Until 18 y.o unless established then 23)

Arkadelphia Medical Clinic 2913 Cypress Rd. Arkadelphia, AR 246-2471 extended hrs M-Th 7am-7pm, Fri 8-5

Bray Family Medicine 303 Professional Park Dr. Arkadelphia, AR 464-1515 Shelly Bray, MD; Lori Smith, APRN:

June Wolfe, APRN M-F 8am-5pm T & TH extended hours until 7:30pm, Sat 9am-12pm

Baptist Health Family Clinic-Caddo Valley 10 Montgomery Dr. (Caddo Valley, AR) (870) 245-2198

Monday-Thursday 8am-5pm, Fridays 8am-12pm

Baptist Health Family Clinic-Bismarck 6679 Hwy 7 (Bismarck, AR) (501) 865-2855

Mon, Tues, Thurs, Friday 8am-5pm, Wed 8am-12pm

Robert Dorman, MD 2850 Twin Rivers Dr. Arkadelphia, AR 246-6766 (internal medicine)

Gary Gehrki, MD 2850 Twin Rivers Dr. Arkadelphia, AR 246-8034 (internal medicine)

Clark County Health Department 605 S 10<sup>th</sup> Arkadelphia, AR 246-4471 By appointment ONLY.

Amity Health Center 329 N. Hill Amity, Arkansas 870-342-5606

\*\*Must have proof of income within the last 31 days to use the center.

Charitable Christian Medical Clinic (CCMC) 133 Arbor St. Hot Springs, AR (501) 318-1153

#### AFTER HOURS CLINICS

CHI St. Vincent Convenient Care Clinic 100 McGowan Ct. Hot Springs, AR (501) 525-9675

Hours: M-F: 7 am-8 pm; Sat & Sun 8 am-8 pm

MedExpress Urgent Care 3426 Central Ave. Hot Springs, AR (501) 318-9895 Hours: 8am-8pm daily

Compass Health Care 2606 Pine St. Arkadelphia, AR (870) 210-5243. Office visit \$65 due at time of service, lab and procedures extra. Hours: M-F 7:45am-6pm (CLOSED 12-1), Sat. 9am-1pm (seasonal)

#### DENTISTS

David Bell, DDS 208 N 6<sup>th</sup> Arkadelphia, AR 246-2583

Scott Byrd, DDS 626 Caddo St. Arkadelphia, AR 246-6745

Miranda Childs, DDS 312 Professional Park Arkadelphia, AR 246-2323

Derrick Ross, DMD 2840 Twin Rivers Dr. Arkadelphia, AR 246-9847

Randall Jones, DDS 3003 Twin Rivers Dr. Arkadelphia, AR 246-2242

Ryan Moore, DDS 811 Clinton St. Arkadelphia, AR 246-2221

Mel Collazo, DDS 2906 Cypress Rd Arkadelphia, AR 230-1900 (orthodontist)

Mickey Lindsey, DDS 3001 Twin Rivers Arkadelphia, Ar 245-2300 (oral & maxillofacial surgeon)

#### EYE CARE (OPTOMETRIST/OPHTHAMOLOGIST)

Family Eye Clinic 2733 Caddo St. Arkadelphia, AR 246-2932 Dan Bost, OD

Texarkana Eye Asso. of Arkadelphia 301 Professional Park Arkadelphia, AR 246-5090 Marc Carozza, OD

Arkansas Eye Surgery 2914 Cypress Rd. Arkadelphia, AR 246-7000 Frank Teed, MD

Wal-Mart Vision Center 109 Malone Dr. Arkadelphia, AR 245-0085

#### ORTHOPEDIST

Kevin McLeod, MD 2910 Cypress Rd. 246-5097 Arkadelphia, AR

OrthoArkansas 3001 Twin Rivers Drive Ste. B Arkadelphia, AR 230-1087

#### PODIATRY

Central Arkansas Foot Care 2914 Cypress Rd. Arkadelphia, AR 245-3003 Joseph Lacava, DPM PA

#### EAR, NOSE, THROAT (ENT)

Hot Springs Ear, Nose, Throat Clinic 307 Carpenter Dam Rd. Hot Springs, AR (501) 624-5422 Dr. Monte

#### CHIROPRACTORS

John Bomar, DC 204 N. 26<sup>th</sup> St. Arkadelphia, AR 246-3052 M,W,F 8am-5pm

Clary Chiropractic Clinic 708 Clinton St. Arkadelphia, AR 246-2902 M,T,TH,F 10am-6pm

#### OB/GYN

Baptist Health Women's Clinic 2915 Cypress Rd. Ste. D Arkadelphia, AR 246-3055 or 245-3002

John Elkins, MD, Alexis McCollum, MD M-F 8am-4pm

Pregnancy Resource Center 702 Carpenter St. Arkadelphia, AR 210-5353

Compassion Women's Clinic 301 Professional Park Ste. B Arkadelphia, AR 403-0299 Fax 403-0900

Michael Carozza, MD; **Amy Wilson**, MNSc WHNP M-Th 8am-5pm, Fri 8am-12pm

#### DERMATOLOGY

The Dermatology Clinic 2914 Cypress Rd. (Dr. Teed's Office) Arkadelphia, AR (501) 623-6100  
(2<sup>nd</sup> & 4<sup>th</sup> Thur 9am-3pm)

#### MENTAL HEALTH PROVIDERS

Ouachita Behavioral Health & Wellness 205 N. 26<sup>th</sup> Street Arkadelphia, AR 246-4123 Walk-in clinic  
Available Tues. 8:30 am-11:00am, Thurs. 1130am-2:00pm

Ark. Counseling and Psychodaignostics 2607 Caddo St. Suite 6 Arkadelphia, AR 230-8217

Collumn & Carney Clinic 1902 Galleria Oaks Dr. Texarkana, TX Nancy Graves, MD (903) 614-3800

Lorraine Tsui, MD 1401 Malvern Ave. Suite 230 Hot Springs Nat'l Park, AR (501) 609-0107

Hot Springs Clinic & School Based Services 3604 Central Avenue Ste C Hot Springs, AR (501) 623-9220

UAMS Women's Psychiatric Inpatient Unit 10 bed unit (501) 526-8100

Quapaw House Alcohol & Drug Treatment 3060 Albert Pike Ste O,P,Q (501) 767-0051

Rivendell 1-800-264-5640 [www.rivendellofarkansas.com](http://www.rivendellofarkansas.com)

#### PHARMACIES

Allcare 3002 West Pine 246-3044

Brookshire's 2750 Pine 246-2015

Walmart 109 W.P. Malone Dr. 246-5410

Walgreen's 131 North 26<sup>th</sup> St. 230-1809

#### RAPE CRISIS RESOURCES

Faith Mission Outreach 103 W. Main St. Gurdon, AR 870-353-4690

#### SEXUAL ASSAULT SUPPORT GROUP

CONTACT MAURIE MAESTAS @ 501-984-1971

#### CELEBRATE RECOVERY

Fishers of Men Group St. Andrews Methodist Church 2301 Crawford Street Arkadelphia, AR

Tommy Potter- 870-406-0093 or 870-353-4690

Stephanie Potter- 870-406-0092

TRANSPORTATION

Scat Bus            246-8747        \$2.00 each way

Taxi Express        464-7177