



## COMMUNITY GRANT OUTCOME REPORT

### Group Prenatal Care for Vulnerable Pregnant Teens: Building Self-Efficacy and Social Support

# Adapting Group Prenatal Care for at-risk teens

#### Pilot test of Centering Pregnancy Program in one Milwaukee High School shows promise in improving birth outcomes for teenage mothers

► **Description:** The evidence-based Centering Pregnancy Program (CPP) model seeks to improve birth outcomes through educational efforts stressing a different topic each month. This project tested whether a model usually delivered in a clinical setting could be modified to a public school setting. Implemented in a Milwaukee public high school, the project sought to increase pregnant teens' access to prenatal care and education to build efficacy and social support.

► **Results:** The project demonstrated that prenatal care could be effectively and efficiently delivered to a high-risk population, while maintaining school attendance. Although the numbers were small, all twelve enrollees in the program delivered full-term infants at healthy birth weights. The project team successfully wrote a parental consent policy in conjunction with Milwaukee Public Schools, which allowed for participation in the program.



*This program adapted the Centering Pregnancy Program to a high school setting in Milwaukee, allowing pregnant students to gain social support and obtain health services without missing school time. All participants in the pilot program delivered full-term infants at healthy weights.*

Since the CPP was implemented on the high school campus, pregnant teens did not have to miss a day of school to attend the program. A school-based health educator and a nurse practitioner were available daily for the participants, along with the Midwifery and Wellness Center's midwife being on call each day and night of the week.

► **The Partnership:** The academic partner was instrumental in implementation of this project by providing guidance related to enrollment, assisting with modifications to the program, and delivering clinical services to the teens enrolled.

► **Next Steps:** The program is now funded through insurance, and is sustainable at the level of 12 students per year. The grantees will seek further grant funding to expand these efforts.

#### GRANT FACTS

**Grantee:** Aurora Sinai Medical Center Midwifery and Wellness Center

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**Grant Award:** \$66,937 over two years