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.

**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.

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**Wisconsin Partnership Program**

**University of Wisconsin School of Medicine and Public Health**

**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**

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**GRANT FACTS**

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

**Contact:** Eileen Nyholt, CNM, Aurora Sinai Medical Center Midwifery and Wellness Center, eileen.nyholt@aurora.org, 414-219-6649

**Academic Partner:** Jacquelynn Tilllett, CNM, Aurora Department of Obstetrics & Gynecology, jackie.tilllett@aurora.org

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