



*TEEN OUTREACH
PREGNANCY SERVICES
(TOPS)*

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Founder and Executive Director

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Who is TOPS and why do we care?

- We are a team of dedicated community members made up of Nurses, Case Managers, and Health Educators with a mission.....

To provide teen specific pregnancy, childbirth and parenting educational support so the teen and her family can experience a positive outcome.



Why we do what we do...

- ▣ **In 2010 Arizona:**
 - Had a teen birth rate of 62 per 1000 teen births – 12-19 years
 - Had 9,421 teen births in women aged 19 and younger
 - Was rated 7th in nation in teen pregnancy

- ▣ **In 2009 Yavapai County:**
 - 287 births by teens ages 19 and younger.
 - Had a total of 320 pregnancies in teens ages 19 and younger
 - ▣ (12 of which were ages 10-14)

- ▣ **In 2010 Yavapai County:**
 - 211 births by teens ages 19 and younger

- ▣ **In 2011 Yavapai County – Jan. – July**
 - 122 births to teens ages 19 and younger

Data from: Arizona Department of Health Services





So What? *A look at outcomes....*

- ▣ **Pregnant teens are more likely to:**
 - **Have preterm labor and preterm deliveries**
 - **Deliver low birth weight babies**
 - **Not breastfeed their newborns**

- ▣ **Teen mothers are more likely to:**
 - **Drop out of high school**
 - **Live in poverty**
 - **Have a higher incidence of post-partum depression**

So what about the babies???



Children of teen mothers typically have:

- Less supportive and stimulating home environments potentially causing developmental delays
- Lower cognitive development
- Poor educational outcomes
- Higher rates of behavior problems
- Higher rates of incarceration as adults
- Higher rates of adolescent childbearing themselves

What will TOPS do in Yavapai County?

- Provide services to 125 pregnant and parenting teens in the communities of:
 - Prescott Valley
 - Prescott
 - Cottonwood
 - Select High Schools
- Additional services are planned to be expanded throughout Yavapai County as needed.



Community based Classes for Pregnant Teens

3 Healthy Pregnancy Classes provide:

- ▣ What to expect throughout pregnancy
- ▣ Preventing Pre-Term Labor
- ▣ Nutrition and how to grow a healthy baby
- ▣ Healthy Exercise
- ▣ Establishing Paternity
- ▣ Introduction to Infant CPR
- ▣ Healthy Relationships, Abstinence, Birth Control, and STD's/STI's



Community based Classes for Pregnant Teens

5 Childbirth Education Classes

- ▣ Labor and Delivery (3 classes):
 - Labor and Birth
 - Medications and procedures
 - Breathing and relaxation, recovery
- ▣ Breastfeeding (1 class):
 - Benefits
 - How to make it happen
- ▣ Baby Care (1 class):
 - Caring for baby at the hospital and at home





Support Group for Pregnant and Parenting Teens

Each Monday evening at the TOPS PV Office from
6:00pm-7:00pm.

Various parenting topics and issues are discussed.
Pregnant teens are encouraged to attend.

- ▣ Literacy
- ▣ Nutrition
- ▣ Safety
- ▣ Discipline
- ▣ Playing with Baby
- ▣ Baby's Development
- ▣ Money Management
- ▣ Exercise with Baby
- ▣ Community Resources
- ▣ Planning for the Future
- ▣ Educational Goals

Plans are underway to establish a Support Group in Verde Valley.

Additional Services Teens will receive...

- ▣ One-on-One Case Management
- ▣ Follow up- 1 year after delivery
- ▣ Hospital and Home Visits after delivery
- ▣ Proactive Parenting Education (16 hour course)

Teens who cannot attend community based classes will receive health education and supportive services through home visitation.





Jensen's Corner

A special place for teens to “shop” for free. Teen earn TOPS Dollars for participation in the following:

Attendance at :

- ❑ Healthy Pregnancy Classes
- ❑ Childbirth Education Classes
- ❑ Weekly Support Group
- ❑ TOPS TEN for Parenting Teens

And...

- ❑ Getting Good Grades
- ❑ Getting CPR Certification
- ❑ Volunteering in the Community





How to enroll a teen

1. Tell Pregnant and Parenting Teens about TOPS - Give them a Brochure.
2. Assist teen with online enrollment at our website: teenoutreachaz.org or topsaz.org
3. Fill out a paper TOPS Referral Form, have teen sign the release and fax the referral form to TOPS
4. We will then contact the teen to engage them into our services.

Teen Outreach Pregnancy Services

Yavapai County Regional Office Location:

8182 E. Florentine Rd., Suite C

Prescott Valley, AZ 86314

Office Phone: 928.772.5590

Toll Free: 1.877.882.2881 (rings in Tucson)

E-mail: mark.baker@topsaz.org

Web: www.teenoutrechaz.org or

www.topsaz.org





Questions?

