

PREGNANCY PREVENTION INTERVENTION IMPLEMENTATION REPORT

Program Name

Teen Health Project (THP)

Developer

Dr. Kathleen Sikkema and Dr. Jeffrey A. Kelly

Program Description and Overview

The *Teen Health Project (THP)* is a community-level intervention that helps adolescents develop skills to enact change, and provides continued modeling, peer norm and social reinforcement for maintaining the prevention of HIV risk behavior.

Opinion leaders are selected based on nominations and presents 15% of the total number of adolescents in each housing development. HIV prevention messages are emphasized throughout the activities and on small medial, project newsletters, and t-shirts. Prevention messages are also featured at community-wide social events, talent shows, musical performances, and festivals in order to establish and maintain HIV risk-reduction norms among peers, family members and the larger community. In addition, parents of adolescent enrollees are offered a workshop that focuses on HIV/AIDS information and approaches to discussing issues related to abstinence and condom use with their children.

The goals of the intervention are for adolescents at high risk for HIV who live in urban, ethnically-diverse, low income housing developments to:

- Increase abstinence from sexual intercourse
- Increase condom use

Core Components

Content Components

- Adolescent Workshops (4ME! lessons)
- Community-Level Intervention
- Behavioral Skills Development
- Contraceptive Education
- Self-Efficacy/Self-Esteem
- Sexuality/HIV/AIDS/STI Education
- Community Outreach

Pedagogy Components

- Media (e.g. newsletters, brochures, t-shirts)
- Lectures
- Public Service Announcements
- Role Play
- Video
- Teen-led activities and events
- Skill building exercises
- Peer Counseling Instruction

Implementation Components

- Two trained facilitators lead the workshop, follow-sessions, and teen leadership council events. (Note: facilitators are not required to have any formal training but are expected to familiarize themselves with the materials and associated videos.
- Two workshops: one per week, 3-hours each
- Workshops are conducted separately for males and females.
- Workshops divided by age (ages 12-14 and ages 15-17)
- Two follow-up sessions, semi structured lasting 90-120 minutes are offered over the next four to five months
- Various community activities and events with peers
- Parent Education: one 90 minute parent education session
- Teen Health Project Leadership Council
 - Comprised of opinion leaders nominated by their workshop peers and facilitators
 - Meet each week for 90 minutes. Meeting begins between the first and second follow-up sessions and continue on a weekly basis for six months.

Target Population

Target Population Evaluated

- Adolescents from housing developments in urban areas with high poverty, STIs and Drug use.
- Age range 12-17 years old
- 50% male 50% female
- 51% African American, 20% Asian, 10% East African, 5% Caucasian, 3% Hispanic, 3% Ukranian, 2% Russian, 1% Native American, 5% Other

Potential additional target population noted by developer

- Suitable for adolescents from various communities

Program Setting

Program Setting Evaluated

- Community based low- income housing developments

Potential additional program settings noted by developer

- Suitable for use in other community-based settings that work with groups of adolescents

Program Duration

- Two THP workshops, 3 hours each
- Two follow-up sessions: 90-120 minutes each
- Parent Education: 90 minutes
- THP Leadership Council : 90 minutes each, weekly for six months

Curriculum Materials

Curriculum materials are available from Sociometric Corporation Program Archive on Sexuality, Health, and Adolescent (PASHA) at <http://www.socio.com>.

Adaptations

Basic allowable adaptations:

- All adaptations must be approved by developer
- May be suitable for use in other community-base settings that work with groups of adolescents.
- Two sessions (4ME!) lasting about six hours total, typically offered on successive weekends can be done twice in one week, and only if absolutely necessary, combined into a full-day workshop to small same-gender groups with teens of similar age.

Program Focus

Teen Health Project focuses on abstinence and condom use.

Research Evidence

- Study Citation:** Sikkema K. J., Anderson, E. S., Kelly, J. A., Winett, R. A., Gore-Felton, C., Roffman, R. A., Heckman, T. G., Graves, K., Hoffmann, R. G., & Brondino, M. J. (2005). Outcomes of a randomized, controlled community-level HIV prevention intervention for adolescents in low-income housing developments. *AIDS, 19*(14), 1509–1516.
- Study Setting:** Low-income housing developments in Milwaukee and Racine, Wisconsin; Roanoke, Virginia; and Seattle and Tacoma, Washington
- Study Sample:** 1,127 adolescent residents of low-income housing developments
- Age range 12 to 17 years (mean age 14.5 years)
 - 51% African-American, 20% Asian, 10 % East African, and 5% other
 - 50% male and 50% female
- Study Design:** Cluster randomized trial. Five housing developments were randomly selected to implement the full intervention, five were randomly selected to implement only the adolescent workshops (with no community-level intervention), and five were randomly selected for a control group that was offered a one-time informational session on AIDS education. This report focuses only on the comparison of the five housing developments that received the full intervention versus the control group. Surveys were administered before the intervention and at follow-ups conducted 3 and 12 months after the adolescent workshops.

Study Rating:

The study met the review criteria for a **moderate** study rating. The study did not meet the review criteria for a high study rating because it had high rates of sample attrition.

Study Findings:

Three months after the workshops ended:

- The study found no statistically significant program impacts on rates of continued abstinence among adolescents who were sexually inexperienced at baseline.

Twelve months after the workshops ended:

- Adolescents participating in the intervention who were sexually inexperienced at baseline were significantly more likely to report having remained abstinent at the time of follow-up.

The study also examined program impacts on measures of condom use. Findings for this outcome were not considered for the review because they did not meet the review evidence standards. Specifically, findings were reported only for subgroups of youth defined by sexual activity at follow-up.

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