



Rigorous Evaluation of New or Innovative Approaches to Prevent Teen Pregnancy (Tier 2B)

Overview of Funded Grant Projects

Name of Grantee: Carnegie Mellon University (CMU)

Location: Delaware; Central & Western New York; Central & Greater Northern New Jersey; Metro New Jersey; Western Pennsylvania

Carnegie Mellon University (CMU) will develop and evaluate an intervention aimed at reducing unplanned pregnancies, titled “The Choice is Yours” (TCIY). The TCIY intervention consists of a series of seven, 45 to 75-minute group sessions that each have an associated video element incorporated into the activities. In addition, participants will be asked to complete brief “homework” activities in between lessons. TCIY will be rigorously evaluated using a group randomized control trial to evaluate the effectiveness of the intervention on self-reported sexual behaviors over a nine-month longitudinal follow-up. Outcomes will be compared to a control group that receives an attention control intervention on general health with an accompanying mobile app on nutrition choices.

Name of Grantee: Center for Innovative Public Health Research (CIPHR)

Location: Nationwide

Center for Innovative Public Health Research will finalize and rigorously evaluate *Girl2Girl*, a text messaging-based teen pregnancy prevention program designed specifically for lesbian, gay, and bisexual women ages 14-18. The intervention is 10 weeks in length: five weeks of intensive content aimed at reducing one’s risk for pregnancy, followed by a booster module delivered four weeks later. The program is delivered via text messaging and requires use of a cell phone. CIPHR will evaluate the *Girl2Girl* intervention for preliminary efficacy (n=840). Participants will be randomly assigned to *Girl2Girl* or an attention-control group that receives the same number of text messages, but is focused on self-esteem and general health. The primary 12-month follow-up outcome measures include: abstinence, condom use, use of other birth control methods, and pregnancy.

Name of Grantee: Center for Supportive Schools (CSS)

Location: South Bronx, New York and North Carolina

Center for Supportive Schools will evaluate the efficacy of a high school, positive youth development and peer mentoring model known as *Peer Group Connection (PGC)*, on reducing teen pregnancy and existing disparities for youth. In *PGC*, 9th grade students are immersed in safe, supportive groups led by older peer leaders and engaged in hands-on activities and meaningful discussions that promote social and emotional learning, positive youth development, and a positive school climate. *PGC* involves training select school faculty to prepare older students, specifically high school juniors and seniors, to mentor and educate younger students, specifically freshmen. While there is evidence of the program’s effectiveness to positively impact educational outcomes and social and emotional learning skills, the proposed study is the first to assess program impacts on adolescent sexual and reproductive health. The study will enroll a total of 2,000 freshmen from 6 high schools in the South Bronx, New York and six high schools in rural communities across North Carolina.

Name of Grantee: Child & Family Resources, Inc. (CFR)

Location: Tucson, Arizona

Child & Family Resources, Inc. (CFR) will rigorously evaluate *Guy Talk*, a primary prevention program tailored for adolescent boys to help them build skills they need to make good life choices and resist risky behaviors, including risky sexual behavior. The 16-hour curriculum consists of units on being a guy in today's society, dealing with emotions, peer friendship and leadership, relationship management, independence and responsible decision making, healthy sexuality, and life skills. New elements will be added to the program, including an interactive website and a phone app to promote condom access. The goals of the program are to reduce rates of partner pregnancy and reduce rates of STIs for both boys and their sexual partners through delay in sexual debut and greater self-efficacy across personal and social domains. Over the course of the five-year project, CFR will enroll boys in a rigorous evaluation to determine if *Guy Talk* has positive outcomes related to maintenance of abstinence, condom use, birth control use, number of sex partners, and HPV vaccination rates.

Name of Grantee: Children's Home Society of North Carolina, Inc. (CHS)

Location: Statesville, North Carolina

Children's Home Society (CHS) will implement and rigorously evaluate the *Wise Guys*® teen pregnancy prevention intervention. *Wise Guys* includes sessions on reproductive anatomy and pregnancy, values, fatherhood, goal-setting, decision-making, communication, healthy relationships, intimate partner violence, HIV and other STDs, contraception, and abstinence. Individual lessons employ a variety of methods including games and quizzes, role plays, small group projects, guided discussion, brainstorming, and ranking exercises. Approximately 300 9th, 10th and 11th grade males will be recruited each semester for five semesters from high schools within Iredell-Statesville Schools in North Carolina. A total of 1,500 students will be recruited, half of whom will receive *Wise Guys*, and half of whom will serve as the control group. Data collection will take place at three time points: baseline, three months and nine months post intervention.

Name of Grantee: Cicatelli Associates, Inc. (CAI)

Location: New York, NY

Cicatelli Associates Inc. (CAI) and project partners will develop, implement and rigorously evaluate *Achieving Condom Empowerment (ACE)-Plus*, an intervention designed for young males within foster care settings to correctly and consistently use condoms to prevent teen pregnancy and improve adolescent health. *ACE-Plus* adapts an existing one-on-one intervention with proven effectiveness in promoting consistent condom use among young males in foster care to strengthen the evidence base for teenage pregnancy prevention (TPP). The intervention proposed is the first to promote dual-protection method use through the agency of the male sex partner. The ultimate aim of the intervention is the prevention of teenage pregnancy. The long-term anticipated outcomes of *ACE-Plus* are greater increase in the consistent use of condoms; greater increase in use of dual-methods of birth control; and fewer pregnancies caused by *ACE-Plus* participants.

Name of Grantee: City of Chicago, Department of Public Health (CDPH)

Location: Chicago, IL

The Chicago Department of Public Health (CDPH) will rigorously evaluate an innovative school based sexual health program that has been in place in Chicago since 2009. The program consists of school based sexual health education and sexually transmitted infection (STI) screening. CDPH and Chicago Public Schools initiated the program several years ago to promote sexual health equity and reduce sexual health disparities among Chicago teens. Since its inception, it has educated over 40,000 students and tested over 24,000 students for STIs and is on track to be administered in 50 schools during the 2014-2015 school year. The program will be expanded to include family planning information and linkages to health care services. The goal of the rigorous evaluation is to determine whether the program has an effect on student sexual health outcomes.

Name of the Grantee: EngenderHealth, Inc.

Location: Austin, Texas

Engender Health will rigorously evaluate *Our Stories, Your Choices (OSYC)*, a three-component teen pregnancy prevention (TPP) intervention that uses parenting teens and adult mentors to facilitate an innovative, engaging primary TPP curriculum with a target population of 1,000 Travis County, Texas high school students, aged 14-18. The first component is a 15-hour, 10-session curriculum, which is delivered in high school health classes by male and female parenting peer educators who are paired with an adult health educator. The second component is a leadership training that the parenting peer educators receive, along with coaching and mentoring from the adult health educators and OSYC staff. The third component is establishing linkages for high school students and peer educators to learn about and access teen-friendly community health resources. The evaluation of OSYC will employ a matched-pairs cluster-randomized design, working with 10 high schools and randomly assigning five each to the intervention and control groups. The evaluation will assess the impact of the OSYC program on measures of both sexual activity and contraceptive use among high school teens, and will assess the potential benefits of incorporating young parents as peer educators for teens and for teen parents themselves.

Name of Grantee: Healthy Futures of Texas (HFTX)

Location: Four rural counties in South Texas (Maverick, Val Verde, Webb, Zapata)

Healthy Futures of Texas (HFTX) will implement and evaluate *Big Decisions*, an abstinence-plus approach to preventing teen pregnancy that has been found promising for Hispanic, low-income urban youth. HFTX now seeks to demonstrate the curriculum's efficacy for low-income Hispanic youth in rural communities and small cities. HFTX and its partners, Cardea Services, and Philliber Research Associates, will conduct a study of 8,540 predominantly Hispanic students attending 9th grade in four rural counties in South Texas. Impact will be documented in a three-group study of Big Decisions (Treatment Group 1); Big Decisions Plus, adding service learning and parent sessions (Treatment Group 2); and Youth Voices (Control Group). A standard treatment and control design will be used, including randomized assignment of classes.

Name of Grantee: Healthy Teen Network, Inc.

Location: Baltimore, MD

Healthy Teen Network (HTN) will implement and rigorously evaluate *The Girl Power Project 2.0*, a five-year strategy to increase girls' access to medically accurate, comprehensive and confidential sexual health information. The goal of *The Girl Power Project 2.0* is to put the power of sexual health information, in English and Spanish, in the hands of millions of girls through Crush, an informative youth-engaging mobile application grounded in the Theory of Planned Behavior and self-efficacy. HTN will conduct a randomized controlled trial with 2,000 girls. During the impact evaluation of Crush, study participants will gain access to Crush for nine months during which HTN will assess changes in 1) use of effective birth control, and 2) clinic utilization for sexual and reproductive health services. During the usability evaluation, HTN will test users' navigation and utilization of Crush, documenting fidelity, exposure and content specific dosage.

Name of Grantee: Johns Hopkins University (JHU)

Location: The Apache, Arizona

Johns Hopkins University (JHU) proposes the project, *Respecting the Circle of Life: A Pregnancy Prevention Program for American Indian Teens (RCL)*. This project targets American Indian adolescents ages 13-19 and their parent or close family member living on a rural tribal reservation in Arizona. *RCL* is a theory-based sexual risk reduction intervention tailored for Native teens that uses skill-building activities, role-plays, and education to bring about behavior change. *RCL* is delivered during a summer basketball camp to small-groups of self-selected peers. An additional teen-parent component teaches family-based communication around sexual decision-making and is an opportunity to impart family values around sex. The goal of this project is to scientifically evaluate the effectiveness of *RCL* in reducing behaviors resulting in sexually transmitted infection and pregnancy.

Name of Grantee: Planned Parenthood of the Great Northwest (PPGNW)

Location: Washington, Oregon, Utah, Idaho, Alaska, and Hawaii

Planned Parenthood of the Great Northwest (PPGNW) and its partners will implement and evaluate *Linking Families and Teens (LiFT)*, a teen pregnancy prevention (TPP) program targeting 9-10th grade youth and their parent/caregiver(s) living in rural communities. *LiFT* is a 12-hour intervention which includes eight hours of separate programming for parents/caregivers and their 9th/10th grade children and a four-hour joint community service project. *LiFT* will reach over 2,000 youth and their parent/caregivers in Washington, Oregon, Utah, Idaho, Alaska, and Hawaii. *LiFT* seeks to reduce teen pregnancy rates, increase use of contraceptives, and delay initiation of sexual activity by increasing parent/caregiver-youth connectedness, and increasing youth's self-efficacy, knowledge, and skill related to sexual health and pregnancy prevention. Using a randomized control trial, 1,000 rural youth and their parents/caregivers will receive the *LiFT* intervention over three years, while an additional 1,000 youth and their parents/caregivers will be randomly assigned to control groups. The evaluation will assess changes in knowledge, communication and self-efficacy, as well as sexual initiation, contraceptive use, and pregnancy.

Name of Grantee: Planned Parenthood of the Great Northwest (PPGNW)

Location: Alaska, Washington, Montana, Oregon, Utah, Minnesota, and Massachusetts

Planned Parenthood of the Great Northwest (PPGNW), will implement and evaluate *IN•cluded: Inclusive Healthcare—Youth and Providers Empowered*, an innovative approach designed specifically for LGBTQ youth to reduce pregnancies and sexually transmitted infections. This project will reach approximately 1,800 youth and 150 healthcare professionals in 12 communities over five years. *IN•cluded* is delivered by trained peer educators and includes two components: (1) a three-hour workshop for health care staff and providers that addresses best practices for working with LGBTQ youth, as well as hands-on practice in mock teen-patient interviews; and 2) a 3-hour interactive workshop for LGBTQ youth that includes education related to sexual risk prevention and healthy relationships, and information about how to access sexual health services. Using a randomized control trial, 900 LGBTQ youth over three years will receive the *IN•cluded* intervention, while an additional 900 youth will be randomly assigned to control groups. The evaluation will assess receipt of reproductive health services and use of birth control.

Name of Grantee: Policy and Research, LLC

Location: New Mexico, South Carolina, North Carolina, and Pennsylvania

Policy and Research, LLC will rigorously evaluate the *Trauma Informed Approach for Adolescent Sexual Health (TIAASH)* an innovative, intensive, one-on-one 10-session trauma-informed teen pregnancy intervention for youth ages 14-19 that are in foster care or out-of-home placement. *TIAASH* is intended to decrease risky sex behaviors by increasing knowledge of sexual health and the impact of trauma on sexual decision-making, readiness to change risky sexual behavior, ability to manage impulsive behavior, confidence in ability to negotiate safer sex, and intentions to practice safer sex. The evaluation will include: 1) an individual-level randomized controlled trial with 600 youth in New Mexico, South Carolina, North Carolina, and Pennsylvania to assess the impact of *TIAASH* on sexual behaviors, and 2) an implementation evaluation to understand how *TIAASH* works in practice.

Name of Grantee: Policy and Research, LLC

Location: Fresno, California and Philadelphia, Pennsylvania

Policy and Research, LLC will rigorously evaluate *Safe in the City: Teen Pregnancy Prevention (SITC:TPP)*, an innovative, 20-22 minute teen pregnancy prevention video intervention delivered in clinic waiting rooms. *SITC:TPP* is an adaptation of *Safe in the City*, a brief standalone health clinic waiting room video, that aims to decrease HIV/STD risk by increasing condom use. The intervention comprises three discrete, related vignettes that model young couples of diverse racial/ethnic backgrounds and sexual orientations in various types of relationships negotiating safer sexual behavior. *Safe in the City* will be adapted to include specific pregnancy prevention information. The evaluation will include: 1) an individual-level RCT with 2,500 young women seeking reproductive health services in Fresno, California and Philadelphia, Pennsylvania to assess the impact of *SITC:TPP* on sexual behaviors, and 2) an implementation evaluation.

Name of Grantee: Public Health - Seattle & King County

Location: Southern West Virginia and Atlanta, Georgia

Public Health - Seattle & King County, in partnership with ETR Associates, will conduct a rigorous evaluation of High School *FLASH*. *FLASH* is a comprehensive, school-based sexual health curriculum which aims to prevent teen pregnancy, HIV and other STDs; prevent sexual violence; and improve parent-child communication about sexual health. Developed originally for King County, WA, *FLASH* is a well-established promising program that has been used widely in school classrooms across the country since the mid-1980s. High School *FLASH* will be tested using a group randomized control trial involving 20 schools randomly assigned to receive *FLASH* (15 lessons) or a standard five-session knowledge-based health education curriculum, in schools in southern West Virginia and Atlanta, Georgia. The study will explore the impact of *FLASH* on rates of initiation of vaginal sex and rates of vaginal sex without a condom or other birth control in the past three months.

Name of Grantee: Public Health Authority of Cabarrus County

Location: Cabarrus County, North Carolina

Cabarrus Health Alliance (CHA), the designated local public health authority, will implement and evaluate *Taking Responsible Actions in Life (TRAIL)* in Cabarrus County, North Carolina. Intervention sites will receive three tiers of services to flexibly and systematically meet the diverse needs of the student body. Tier 1, Universal Strategies will reach the entire student body through staff professional development, a GIS-based Health Care Access app, and the *TRAIL* social norms marketing campaign. Tier 2, Targeted Strategies will reach all ninth grade students with the Elevate Leadership Development Program and service learning opportunities. In addition, parent workshops will be offered to improve communication between parents and youth. Tier 3, Intensive Strategies will target students with particular risk factors, such as low school attachment and low self-esteem. Intensive Strategies include an after-school physical activity component, mentorship, and summer advantage opportunities. A school-level randomized design will be used to evaluate the impact of the *TRAIL* on sexual initiation, use of birth control, frequency of sex, parental communication, social norms, and school climate.

Name of Grantee: Public Health Management Corporation

Location: Philadelphia, PA

Public Health Management Corporation (PHMC), will conduct a rigorous evaluation of an innovative theater-based, group-level TPP intervention, called *Promoting Awareness through Live Movement and Sound (PALMS-TPP)*, tailored for African American young men ages 15 to 22 years old who will be recruited from community-based, non-school settings in Philadelphia, PA. Grounded in theories of behavior change, resiliency and positive youth development, the primary goals of *PALMS-TPP* are to reduce young men's risk for teen pregnancy and to strengthen protective factors that have been found to be associated with improved sexual decision-making and reduced likelihood of teen or unplanned pregnancy. The intervention is delivered in four group sessions, including performances by peer actors, role-play activities led by peer facilitators, and trauma informed actions and principles. The evaluation will be a randomized control trial with a Cluster Randomized Crossover design that will assess the intervention's impact on sexual risk behaviors including numbers of partners and numbers of episodes of unprotected vaginal sex.

Name of Grantee: The Regents of the University of California, San Francisco

Location: San Francisco, CA

The Regents of the University of California, San Francisco will implement and evaluate *SpeakOut* in eight partner clinics across California's Central Valley, Bay Area, and Los Angeles regions that serve adolescents at higher risk of teen pregnancy. *SpeakOut* is designed to facilitate positive social communication about highly effective contraceptive methods between users of these methods and their peers, with the goal of increasing use of Long Acting Reversible Contraception (LARC) and ultimately decreasing unintended pregnancy among adolescents. *SpeakOut* is delivered to LARC users ages 15-19 when they visit the clinic, and consists of four core components: (1) a one-on-one communication coaching session, (2) method-specific printed materials for recipients to keep and share with friends, (3) method-specific websites with information and resources, and (4) weekly method-specific text messages and or Instagram posts with information about recipients' method and about how to share their experience. *SpeakOut* will be rigorously evaluated through a cluster randomized controlled trial with 435 adolescent LARC users and 1,740 of their female peers. The study's primary outcome will be the proportion of sexually-active secondary participants who initiate use of a LARC method within nine months of study enrollment.

Name of Grantee: University of New Mexico Health Science Center

Location: Albuquerque, NM

The University of New Mexico Health Science Center will develop a teen pregnancy prevention Brief Intervention protocol that can be feasibly implemented in primary care, and evaluate its efficacy among at risk teens. The Brief Intervention targets teens identified via primary care screening to be at risk for pregnancy. The Brief Intervention can be integrated into routine medical care and involves a 15-minute individual contact session using a motivational interviewing-based approach. The Brief Intervention will be tested primarily with 1,350 low income Hispanic and Native American teens (ages 14-19) attending primary care clinics at the Atrisco Center for Family and Community Health and the Albuquerque Job Corps Wellness Center in Albuquerque, New Mexico.

Name of Grantee: WestEd

Location: Oregon

WestEd (located in San Francisco, CA), and its partners Select Media, Inc. (SMI) and the Oregon Youth Authority (OYA), will conduct a randomized controlled trial of an innovative teen pregnancy prevention program, *Virtual Student Health Center (VSHC)*, for youthful male offenders. The purpose of this study is to test *VSHC* on a population of young men incarcerated at the OYA who will soon be released into the community. The intervention will be tailored to this population by updating the design, videos, and examples to best reflect the youth in the study, and OYA staff will be trained to facilitate the self-guided intervention. This study will involve male teenagers (ages 14-19) at high risk for involvement in risky sexual behavior, including teen pregnancy. The study will employ a clustered randomized controlled trial to examine the impact of *VSHC* on sexual behavior outcomes relative to young men who do not receive the intervention.