



The Evaluation of the CAS/Carrera Adolescent Pregnancy Prevention Program in Chicago Middle Schools

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Intervention Name	CAS/Carrera Adolescent Pregnancy Prevention Program
Intervention Description	<p>The CAS/Carrera program is an adolescent pregnancy prevention program that uses a holistic approach to empower youth, help them develop personal goals and the desire for a productive future, and develop their sexual literacy and educate them about the consequences of sexual activity. The CAS/Carrera program works to develop a participant’s capacity and desire to avoid pregnancy. The program model provides opportunities for young people to discover interests and develop talents.</p> <p>To accomplish its goals, the program uses five activity components, including (1) Job Club, (2) an academic component, (3) comprehensive family life and sexuality education (FLSE), (4) an arts component, and (5) an individual sports component, as well as two service components (mental health care and medical care). In Chicago Public Schools, the program is typically offered four days per week for 39 weeks per year. This is an adaptation from the standard implementation of CAS/Carrera, which typically occurs over a 45-week period, five days a week. Job Club, mental health, and FLSE sessions are offered weekly, education sessions are offered daily, and sports and arts sessions are offered weekly for 6 to 8 weeks per year. Each session lasts approximately one hour. Additional Saturday programming is made available when possible.</p> <p>The CAS/Carrera program is delivered by trained program facilitators who receive ongoing staff development as prescribed by the evidence-based model.</p>
Counterfactual	The Children’s Home + Aid Community Schools Program
Counterfactual Description	<p>The goal of the Children’s Home + Aid Community Schools program is to bolster the healthy development and educational success of children and youth. The program promotes academic achievement and social-emotional development and consists of a core instructional program (academic support), enrichment (arts and sports), and social-emotional services (mental health services). The program is offered for 39 weeks per year. Students receive a minimum of 12 hours of educational programming, 5 hours of parent programming, and 12 hours of enrichment programming per month. Each session lasts one hour.</p> <p>Because the counterfactual condition also uses an after-school program that includes several similar activity components, the main contrast in services being tested in this evaluation is the effect of the FLSE, Job Club, and medical care.</p> <p>The Community Schools program is delivered by facilitators who receive training from Chicago Public Schools-Community School Initiative, the Illinois Federation for Community Schools, and the Illinois School Board of Education.</p>
Primary Research Question(s)	<p>(1) What is the impact of the CAS/Carrera after-school program relative to a community after-school program at the end of four years of programming (fall 2011 to spring 2015) on the incidence of students in grades 7 and up ever having sex?</p> <p>(2) What is the impact of the CAS/Carrera after-school program relative to a community after-school program at the end of four years of programming (fall 2011 to spring 2015) on the incidence of contraception use among the full sample of students in grade 7?</p>
Additional Outcomes	Incidence of students receiving health care, receiving bank accounts, homework completion, college intent, cigarette use, alcohol use, marijuana use, carrying weapons, physical fighting, family life knowledge, sexuality knowledge.
Sample	The study included one cohort of 338 4th- through 7th-grade youth from four Chicago Public Schools. All youth obtained active parental consent for either the treatment or control group before randomization and voluntarily enrolled in the program.

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Setting	Both the CAS/Carrera program and the Community Schools program are being delivered in four Chicago Public Schools in the Englewood neighborhood of Chicago for 4th-through 7th-grade youth. The CAS/Carrera program is delivered in an additional community site for 9th- and 10th-grade youth.
Research Design	<p>In this individual randomized controlled trial (RCT), 338 4th- through 7th-grade youth from four Chicago Public Schools were randomly assigned into either the treatment group (n = 166) or control group (n = 172) in August 2011 after parental consent was obtained. PRA evaluation staff conducted randomization. Each year, parent consent and student assent must be obtained again for the sample. There are three sources of data in this evaluation study: survey data used to estimate program impacts on behavioral and attitudinal/knowledge outcomes and attendance and observation data used to describe program implementation. Students in the treatment and the control groups are surveyed twice per year for four years.</p> <p>There are two different versions of the survey instrument. Students in grades 7 or higher complete the survey containing behavioral outcomes and knowledge/attitudes about sexual activity. Students below grade 7 complete a similar survey without the questions pertaining to sexual activity, contraception, birth control, and pregnancy. By spring 2015, the entire originally assigned sample will be in grade 7 or above and, therefore, will be eligible to complete the survey that assesses sexual behavioral outcomes.</p>
Impact Findings	To be determined when data collection and analysis are complete.
Implementation Findings	To be determined when data collection and analysis are complete.
Schedule/Timeline	Sample enrollment ended August 2011 (this is a one-cohort study). Interim follow-up data collection occurs in both the fall and the spring of each year. A final report, which focuses on immediate post-test of four years of the intervention data, will be available to the Office of Adolescent Health in 2015-2016.