



The Evaluation of Teen Outreach Program (TOP) in Rochester

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Intervention Name	Teen Outreach Program (TOP)
Intervention Description	<p>The City of Rochester is replicating the evidence-based Teen Outreach Program (TOP). TOP is a youth development and service learning program for youth ages 12 to 17 designed to reduce teenage pregnancy and increase school success by helping youth develop a positive self-image, life management skills, and realistic goals. The TOP program model consists of three components implemented in school, after school, or in community settings over nine months: (1) weekly curriculum sessions, (2) community service learning, and (3) positive adult guidance and support. The TOP Changing Scenes Curriculum is separated into four age-/stage-appropriate levels, Level 1 is typically for youth ages 12 or 13 and Level 4 is typically for youth age 17. The curriculum focuses on the presence of a consistent, caring adult; a supportive peer group; skill development; sexual health; and sexual behavior choices. The intended program dosage for each participant is a minimum of 25 weekly sessions (one per week at 40–50 minutes each) and at least 20 hours of community service learning over nine months. One or two facilitators plan the order of the sessions based on the needs and interests of youth and implement TOP in a group of 10 to 25 youth.</p> <p>In Rochester, TOP is facilitated by adults trained in the TOP model to youth ages 11-14 after school in community recreation centers. Facilitators implement Level 1-2 of the Changes Scenes Curriculum.</p>
Counterfactual	Work Readiness Curriculum
Counterfactual Description	Work readiness (WR) training helps youth to develop the competencies to secure and maintain employment. This program includes topics such as building customer service skills, leveraging clear and direct communication, and developing the attributes of an effective leader. The WR curriculum was developed locally with input from the evaluation and city leadership to avoid overlap in content with the TOP curriculum. Monthly sessions are held at the recreation centers for 90 minutes. Independent consultants with recreation center experience lead the sessions. Consultants receive training in the curriculum. Similar to the intervention condition, sessions were implemented over the nine-month school year.
Primary Research Question(s)	What is the impact of the TOP relative to a WR training curriculum on ever having sex (that is, response to the self-report question “Have you ever had sexual intercourse?”) at the end of program implementation?
Additional Outcomes	Grade point average, school attendance, school suspensions
Sample	Youth ages 11 to 14 with a basic understanding of English and who are enrolled in, living near, or attending school within the catchment area of the 11 participating recreation centers were eligible to participate in the evaluation. The 11 recreation centers were selected based on their directors’ willingness to participate, center size, and past experience offering similar programming. The youth sample was composed of predominantly poor, inner-city youth. Parental consent/permission was required for both participation in services and the evaluation. After two cohorts, 814 youth are enrolled in the study and a final enrollment of 1,200 is expected.
Setting	Eleven urban recreation centers located in the city of Rochester participate in the evaluation. Rochester typically has one of the highest rates of adolescent pregnancy in the nation.

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Research Design	<p>This is a cluster randomized controlled trial of TOP in Rochester recreation centers. Eleven recreation centers were recruited and agreed to participate. Recreation centers were randomized annually, resulting in a final cluster sample of 33 instances in which a recreation center was randomly assigned to condition (over the three-year period).</p> <p>Randomization occurred after baseline data collection and was conducted using a SAS algorithm, stratified by TOP community service agency. Trained TOP providers employed by four different Rochester youth service agencies delivered the curriculum. Each agency served two to four recreation centers and was responsible for the recruitment of study participants. Recruitment began during summer months and parental consent and baseline data collection occurred in late August and September of each program year (2012 to 2014). All data were collected via self-report, predominantly using paper-and-pencil surveys. In some instances, follow-up data are collected via a telephone interview with the youth.</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/Time Line	Sample enrollment and baseline data collection ended September 2014. Immediate post-program follow-up ends August 2015. A final report, which focuses on immediate post test data for all three cohorts, will be available to the Office of Adolescent Health in 2015-2016.