

April 2, 2014

So, hi good afternoon everybody, it's such a pleasure to be here today and to be first. So this is, I'm from the University of Texas School Public Health and this is our sustainability journey. We are implementing, It's Your Game Keep It Real and just to give you little bit about the structure, the infrastructure of our program. We are very, we are implementing the program in 10 school districts, so we have a very large infrastructure. Right now, we have our management oversee at the top, we have our project coordinator and we have several other areas that are all helping to engage in sustainability efforts through all of our school districts. So just a little background in case you are not familiar with the It's Your Game Keep It Real program. This is a middle school curriculum available to students in the seventh and the eighth grade. The primary message is abstinence from sexual behavior, secondary message for those students who are already sexually experienced risk reduction. There are 12 lessons in each grade level and multiple modalities, so one thing that is unique about this program as that it is classroom and computer based, so there are lessons in both modalities. In addition to journaling activities also what's not included here are some parent-child activities. So just wanted to give you a brief background, we have a sustainability model that we have developed at UT, called the Choosing and Maintaining Effective programs for sex education in schools, this is a model that we developed and just we think helps operationalize some of the steps that schools need to go through because we are working in schools that schools need to go through to implement their programs and sustain their programs in schools. Prioritize, assess, select, approve, prepare, implement and maintain, so I just want to talk about a few of the lessons we have learned about sustainability across these different steps. So one in terms of having a clear understanding of the district policy, establishing an issue and ongoing support, identifying a program champion, providing incentives and resources, adequately training teachers and program champions providing supervision and coaching, providing a mechanism for district leadership to share their experiences and the expansion of It's Your Game to other platforms and I will talk about what that means and just a little bit. So in terms of the district policy and I will just go through each one of these and talk a little bit about each of them briefly. One of the things early on that we needed to do to ensure sustainability was to make sure that school districts and we also had a very clear understanding of what their policy was. It may seem like a no brainer but many of the school districts that we went into had no idea what their policy was, many of them didn't have one, many of them because were in Texas thought that it was an abstinence only policy and so a lot of education had to go around what the Texas law was. Secondly in terms of establishing an issue and ongoing support we did a lot of presentations to key stakeholders in Texas, the gateway for getting programs implemented into schools or School Health Advisory Councils and each school district by law is required to have one of these and it is supposed to be composed of majority parents and so getting the buy-in from the School Health Advisory Council has been critical in ensuring the

implementation of their program and ensuring the future sustainability of their program, because it's already been approved by the Shack recommended by the Shack and so the Shack is the entity that makes the recommendations to the school board, so in addition to providing the initial support we have also provided ongoing support and this is really taught as a lot. We do a lot of presentations, out to the school districts, we also have our district coordinator who is our program champion, do some of these presentations as well and it's very important we did these initially early on and we have done them throughout every year, any time the school district requested them to maintain that communication with the school district, so this is something we all know. The importance of identifying a program champion because we have 10 school districts, we have a district coordinator from each school district, who is the liaison between us and the school, so we have really put the ownership of the program in their hands, so that they are other world leading things, they are really were training them to sort of oversee this implementation in their district. We have also provided incentives and resources and so one of the things that we have been able to do that has helped to establish the buy-in with the schools and to hopefully the future sustainability is giving incentives to each of those school districts. Further participation for their assistance in the initiative we had, I mentioned that It's Your Game is computer based, and so some school districts did not have computers and so they were able to use the funds that we were able to provide to buy computers for their schools and this is something that's critical if we want It's Your Game to be sustained, so the key thing is that we allowed flexibility and how the school districts could allocate these funds. This was really important for them to have that buy-in. We also have a website that we have developed with multiple resources related to adolescent sexual health and implementing effective programs and we also have the extra game website that we have been able to develop that will help in sustainability of this program as well. We also have been able to offer other trainings on adolescent sexual health so that our teachers and district coordinators, who are in the school districts, are able to learn further skills that can help them in sustaining their efforts. This year for the first time is actually offer incentives to those teachers from our schools for attending those trainings and that can help increase sustainability as well, so I think most important things that we have done for this grant is we have trained our teachers to do the lessons. We actually develop the program as well and in our efficacy trial brought out facilitators to do the curriculum so for this replication study, we felt it was really important that teachers have the ownership of the curriculum, so we've trained many teachers and training covered both seventh and eighth grade. One of the things we have also done recently to help with sustainability as a training of trainers and so this is facilitated by our It's Your Game trainers. Of the 10 districts we had eight districts participate and that was really key because now we have some of those teachers, some of our district coordinators who are trained now to implement the program and can help to sustain the program with the staff turnover that happens that we know in evidently happens in the schools. In addition, we provided supervision, coaching and mentoring. We all know we have been doing observations, we have been using that data to help provide coaching so that they can

use that data to improve their program one of the things we are going to start doing is having our district coordinators who are program champions start to bring that feedback back to the teacher, so that were sort of being taken out of the equation and they are really being provided with the ownership of the program. I mentioned the district coordinator meetings and this is something that's been very critical for our sustainability efforts. This has been something that we get all our district coordinators together four times a year, excellent mechanism for them to share their experiences, share their challenges and it also provides very helpful feedback to the staff. We also have had a teacher advisory group and we have gotten a lot of data back from them as well that talks about the importance of the program and just hoping them be better teachers and that's going to be really helpful as well and then early on from the very beginning we contracted with the Harris County Public Health Department who has very strong relationships with the school districts and she has facilitated a group with not only our OAH grantees but also other grantees to help build skills and build capacity for being able to implement these programs in the schools and sustain the programs and then we are also planning to put out an extra game report card and so that schools really want the data that we have been collecting and so we are in the process of gathering that data so that we can share the successes and that so that the district coordinators can then bring that back to the school boards, bring that back to the shacks to help unsustainably of the program. And finally, we are hoping to be able to expand the extra game program to other platforms, it's a classroom and computer based program, but currently only runs on computers and so we have gotten some suggestions from others that it would be great if the extra game program could be run on an iPad and so we are hoping to be able to make some modifications to it so that it can be increased mobility because right now you have to have a computer to use it and then we are also going to be implementing a content management system for the teacher so that the teachers can actually have full access to the curriculum in their classrooms they can manage the children's participation in the program, they can monitor, take home (inaudible) and things like that and so we are very excited about some of these efforts that we hope will also sustain our efforts. So some of the challenges that will just takes implementation planning as most of you knows who are in the schools were often in physical education, there are very large classes in the schools, so we are constantly working with the school districts to try to get the implementation to flow smoothly because there are just on enough coaches to teach the curriculum often and then most teachers are enthusiastic, but not all of them, so a great strength of this replication study has been our ability to work with the teachers, but some times not all teachers want to do this or really have the skills to be able to do it and so the challenge have been identifying those teachers who are really enthusiastic and can do a good job with this. So it's been a very complex process with schools, 10 schools in Texas to try to get this in the districts, but we are hoping that many of the things that we have been instituting along the way just from this morning incorporating sustainability into our daily activities. I think that's been really helpful in terms of hoping to ensure that this is going to be a success beyond the funding.