

# **Bridging the Gap: Eliminating Disparities in Teen Pregnancy and Sexual Health**

## **iCHAMPSS: A Web-Based Decision Support System for Getting Effective Sex Education into Schools**

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# Workshop Objectives

- By the end of this presentation, participants will be able to:
  - Describe the eight steps of the iCHAMPSS system.
  - List at least five tools from the iCHAMPSS system that they could use to support their program adoption, implementation, and/or sustainability efforts.
  - Describe how they could use the iCHAMPSS system in their community or school setting to adopt, implement, and/or maintain an effective sexual health curriculum.

# Barriers for Teaching Effective Health Education Programs

- Lack of knowledge that some health programs have strong evidence of their success
- Lack of knowledge of where to find evidence-based programs
- Perceived lack of support from administrators and parents
- Competing priorities
- Lack of training
- Lack of guidance on how best to approach the issue

# Current Adoption and Implementation Models

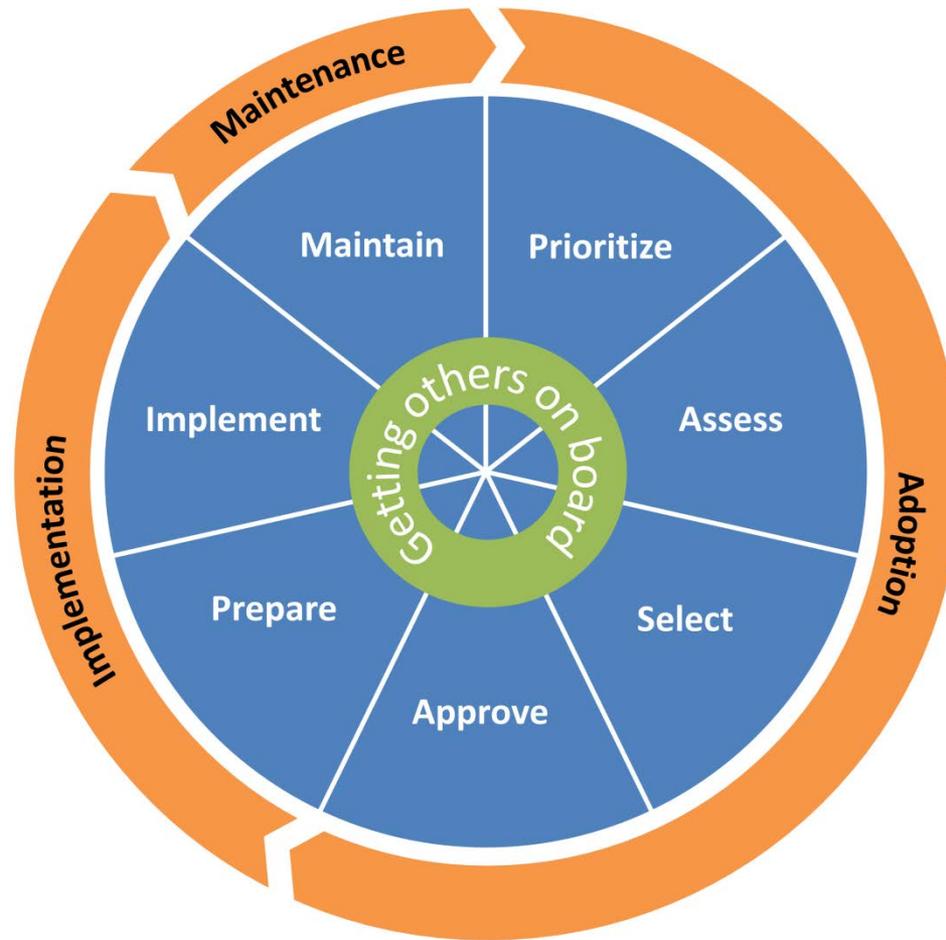
- Target communities rather than schools
- Stress adaptation versus replication
- Do not address the unique challenges for schools

Source: Hernandez, B.F., Peskin, M.F., Shegog, R., Markham, C.M., Johnson, K., Ratliff, E.A., Li, D.H., Weerasinghe, I.S., Cuccaro, P.M., Tortolero, S.R. (2011). Choosing and Maintaining Programs for Sex education in Schools: The CHAMPSS Model. *Journal of Applied Research on Children: Informing Policy for Children at Risk*, 2(2):1-33, Article 7.

# The iCHAMPSS approach

- Medicine v. Public Health
  - Acute treatment or Holistic models?
- Traditional health curricula approaches address mainly acute needs
- iCHAMPSS is a comprehensive approach to adoption, implementation, and maintenance of effective sexual health curricula

# Choosing And Maintaining effective Programs for Sex education in Schools: The **CHAMPSS** model



# In Other Words...

- Approve = ?
- Assess = ?
- Select = ?
- Approve = ?
- Prepare = ?
- Implement = ?
- Maintain = ?
- Support = ?

# Step 1: PRIORITIZE



- Recognize the adolescent sexual topic as a priority
  - Presentations, distribution of fact sheets, one-on-one conversations
- Form a School Health Advisory Council (SHAC) (if one does not exist)
- Join a SHAC
- Mobilize an existing SHAC to address the health topic
- May need to revisit this step if encountering strong opposition
- **GOAL: Signed SHAC Resolution Statement**

# Step 2: ASSESS



- Review data in the district and outcomes related to sexual health (e.g. school drop-out)
- Review district education policies
- Gauge district and parent support
- Identify current programs being implemented
- Identify district/school resources
- **GOAL: Create a Needs and Resource Assessment**

# Step 3: SELECT



- Identify the target population
- Identify district goals and objectives
- Assess if current program is evidence-based
- Choose an evidence-based program that meets the district's target population, goals, and objectives
- **GOAL: SHAC Recommendation Letter**
  - Formal recommendation of the program to the Board of Trustees

# Step 4: APPROVE



- May be a long process for some school districts
- Present recommendation letter to the school board
  - Helpful to have parents who support the selected program at presentation
- **GOAL: Get the program approved by the Board of Trustees**
- If approved – notify district and school personnel of the approved program
  - If not approved – important to understand why it was rejected; may need to revisit Step 1 or utilize other advocacy strategies

# Step 5: PREPARE



- Identify district and school coordinators and school educators
- Attend program trainings
- Tailor the program so that implementation process runs smoothly
  - Major modifications that should be avoided: deleting whole sections, adding activities, changing the order, or omitting a core element
- Obtain parent consent (if needed)
- **GOAL: Develop an implementation plan**

# Step 6: IMPLEMENT



- Implement the program with fidelity
- Ensure the following to increase fidelity:
  - Sufficient time for implementation
  - Ongoing support
  - Sufficient resources
  - Teacher has the skills and comfort for teaching the curriculum
- **GOAL: Complete a process evaluation**
  - Collect process data (e.g., number of classes receiving the program, number of students participating in the curriculum, changes to the curriculum)

# Step 7: MAINTAIN



- Evaluate the program (may not be feasible for all schools)
  - Helpful when advocating for the support and continued use of the program
- Identify areas of success and potential areas for improvement
- **GOAL: Develop a maintenance plan**

# “Step 8”: SUPPORT: Getting Others on Board



- **At the core of iCHAMPSS**
- Ensures district personnel have adequate support to carry out all action steps during each phase
- Requires frequent and ongoing discussions with key decision-makers during all phases: Adoption, Implementation, Maintenance

# Let's take a look inside...

[www.ichampss.org](http://www.ichampss.org)

# iCHAMPSS Home page



iCHAMPSS

HOME

GET STARTED -

TOOLS

CONNECT -

ABOUT -

GLOSSARY

Google Custom Search



Promoting effective sexual health education in your district



PRIORITIZE

ASSESS

SELECT

APPROVE

PREPARE

IMPLEMENT

MAINTAIN

SUPPORT

iCHAMPSS Process

Resource Library

Connect with Others

Testimonials

Learn about how to navigate adopting, implementing, and maintaining effective sexual health education curricula in your district through a 7-step model:

Edit this text by going [here](#).

This is a thoughtful question

Edit this text by going [here](#).

test



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# Tool Types

- Over 50 tools are available to help champions move through the process
- Types:
  - Step Overviews
  - Success Stories
  - Facts & Tips
  - Helpful Links
  - Templates (include goal documents)

# Tools Chart

 <a href="#">HOME</a> <a href="#">GET STARTED -</a> <a href="#">TOOLS</a> <a href="#">CONNECT -</a> <a href="#">ABOUT -</a> <a href="#">GLOSSARY</a> <input type="text" value="Google Custom Search"/> <input type="submit" value="Q"/>								
Promoting effective sexual health education in your district								
	Adoption				Implementation		Maintenance	
	Prioritize	Assess	Select	Approve	Prepare	Implement	Maintain	Support
<b>Step Overview</b>	Prioritize ASH for your district	Assess your district needs & resources	Select an EBP for your district	Get your EBP approved	Prepare for program implementation	Implement your EBP with fidelity	Maintain momentum for your EBP	Get others on board
<b>Success Stories</b>	Success in Prioritize		Success in Select	Success in Approve	Success in Prepare	Success in Implement	Success in Maintain	
<b>Facts &amp; Tips</b>	<ul style="list-style-type: none"> <li>SHAC 101</li> <li>Create a SHAC</li> <li>Improve SHAC performance</li> </ul>	<ul style="list-style-type: none"> <li>Understand teen sexual health laws</li> <li>Find policies &amp; current programs</li> <li>Build resources</li> </ul>	<ul style="list-style-type: none"> <li>Identify an EBP</li> <li>Be a smart program shopper</li> <li>EBP selection guide</li> </ul>	<ul style="list-style-type: none"> <li>Understand the school board approval process</li> </ul>	<ul style="list-style-type: none"> <li>Identify good sexual health educators</li> <li>Adapt programs</li> <li>Find solutions to implementation barriers</li> <li>Notify others about implementation</li> </ul>	<ul style="list-style-type: none"> <li>Manage classrooms and questions</li> </ul>	<ul style="list-style-type: none"> <li>Interpret findings to improve success</li> </ul>	<ul style="list-style-type: none"> <li>Communicate effectively</li> <li>Mobilize key personnel</li> </ul>
<b>Helpful Links</b>	<ul style="list-style-type: none"> <li>SHAC resources</li> </ul>	<ul style="list-style-type: none"> <li>Data sources</li> <li>Parent views</li> </ul>	<ul style="list-style-type: none"> <li>Writing SMART goals</li> <li>National lists of EBPs</li> </ul>		<ul style="list-style-type: none"> <li>Adaptation kits &amp; resources</li> </ul>		<ul style="list-style-type: none"> <li>Tutorials on using process data</li> </ul>	<ul style="list-style-type: none"> <li>Additional advocacy resources</li> </ul>
<b>Templates</b>	<ul style="list-style-type: none"> <li>SHAC resolution statement</li> </ul>	<ul style="list-style-type: none"> <li>Interview guides</li> <li>Parent poll survey</li> <li>Sexual behavior survey</li> <li>Needs &amp; resource assessment</li> <li>Needs assessment - short form</li> </ul>	<ul style="list-style-type: none"> <li>SHAC recommendation letter</li> </ul>	<ul style="list-style-type: none"> <li>Notification letter to principals</li> </ul>	<ul style="list-style-type: none"> <li>Opt-in / opt-out forms</li> <li>Implementation plan</li> </ul>	<ul style="list-style-type: none"> <li>Pre / posttest</li> <li>Curriculum logs</li> <li>Attendance logs</li> <li>Classroom observation forms</li> <li>Teacher satisfaction questionnaire</li> <li>Process evaluation report</li> </ul>	<ul style="list-style-type: none"> <li>Evaluation report</li> <li>Language for reporting successes</li> <li>Teacher certificate</li> <li>Maintenance plan / guidance sheet</li> </ul>	<ul style="list-style-type: none"> <li>Stakeholder analysis worksheet</li> </ul>

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# Small Group Activity

How can the iCHAMPSS system be used to support your program efforts?

# Next Steps with iCHAMPSS

- Usability and feasibility tests will be conducted with school districts
- Outcome evaluation is also planned to determine the impact on program adoption, implementation, and maintenance

# References

- Hernandez, B.F., Peskin, M.F., Shegog, R., Markham, C.M., Johnson, K., Ratliff, E.A., Li, D.H., Weerasinghe, I.S., Cuccaro, P.M., Tortolero, S.R. (2011). Choosing and Maintaining Programs for Sex Education in Schools: The CHAMPSS Model. *Journal of Applied Research on Children: Informing Policy for Children at Risk*, 2(2):1-33, Article 7.

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