



# **Secondary Pregnancy Prevention Really Works! Sharing Best Practices and Lessons Learned**

Mona Desai

*Children's Hospital Los Angeles (CHLA)*

Laura Pedersen, RN, MSN

*Teen Outreach Pregnancy Services (TOPS)*

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

*June 4-6<sup>th</sup>*

# Acknowledgements

Funding for this presentation was made possible under contract # 90AP2677 and contract # 90AP2674 from the U.S. Department of Health and Human Services, Administration on Children, Youth, and Families.)

The views expressed in written training materials, publications, or presentations by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

# Workshop Objectives

At the conclusion of this presentation, participants will be able to:

- describe 3 best practices for serving pregnant and parenting teens.
- identify at least one element of effective secondary prevention programs that they would like to incorporate in their programs and strategies for doing so.
- explain examples of best practices used in secondary pregnancy prevention programs.

# Acknowledgements

- Portions of this presentation were developed by Sarah Axelson, Project Officer with the Adolescent Pregnancy Prevention Program, Division of Adolescent Development and Support, Family and Youth Services Bureau and presented at the Healthy Teen Network Conference in Savannah, October 2013.
- Thank you Sarah for your wisdom and guidance!



- Division of Adolescent and Young Adult Medicine
- Project NATEEN - established in 1985
  - Adolescent Family Life Program
  - Cal-Learn
  - LA Fathers
- AIM 4 Teen Moms Intervention
  - 9 session intervention
  - Teen mothers ages 15-19
  - Enrolled 476 (an additional 471 in control group)

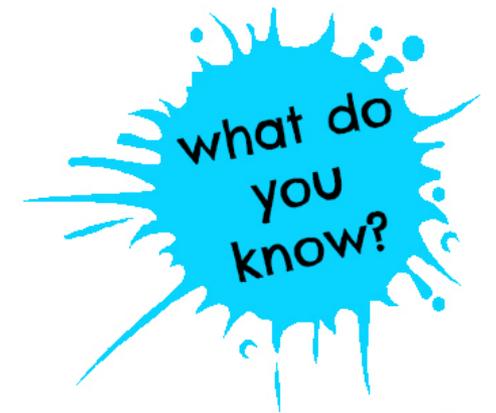


- Also known as TOPS
- Established non-profit in Arizona in 2000 (Tucson, Metro Phoenix, Gila and Yavapai Counties)
- Federal PREIS Project - PSP Project: Personal Success Path
  - **P**reventing **S**econd **P**regnancies
  - Pregnant upon enrollment
  - Enrollment: 425 teens
  - Ages 14-19
  - Follow up surveys through child's 2nd birthday
  - Visit our website: [www.teenoutreachaz.org](http://www.teenoutreachaz.org)

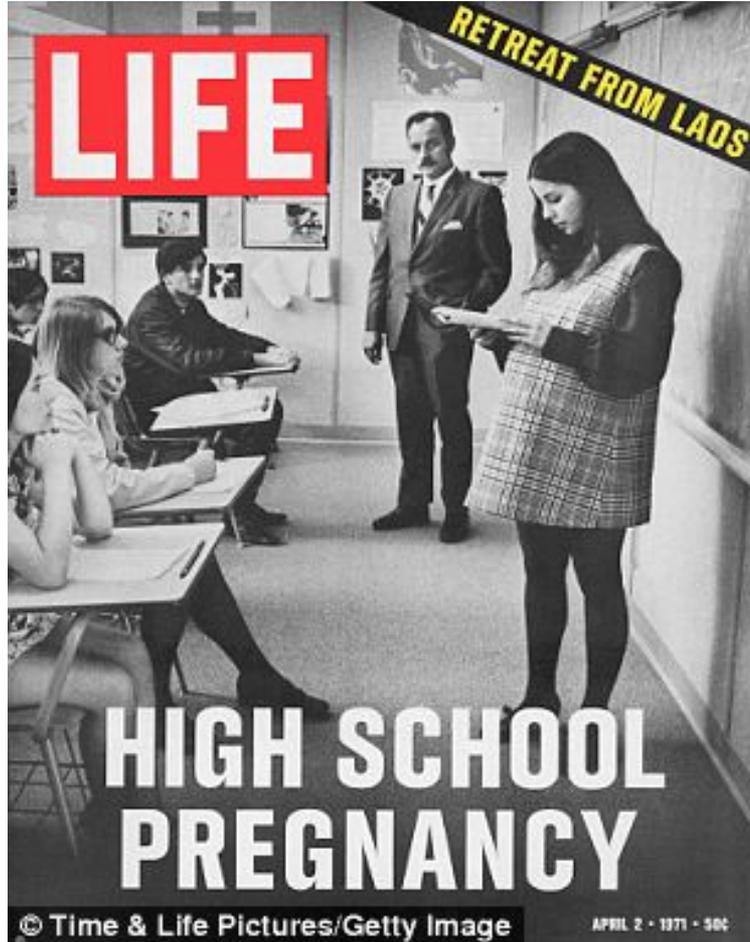
# What do you know?

What are some of the key elements and considerations for working with pregnant and parenting teens?

- What works?
- What doesn't work?



# April 1971



What's changed???

# Overview of Brain Development

- Teens' Maturing Brain
- Hormonal Changes
- Impact of Trauma
- Developmental Age vs. Actual Age

# Developmental Areas to Consider:

- Physical
- Intellectual
- Psychological/Emotional
- Social

# Lessons Learned



# Activity 1: Effective Program Elements

What do you say  
works?

What doesn't work?



# What does the research say?

When focusing on pregnant/parenting teens, programs need to:

- Maintain close and sustained relationships with clients;
- Begin during the first pregnancy and continue until the child is two years old;
- Use personnel trained on sensitive topics (family planning, domestic violence, etc);
- Provide group and individualized attention (ongoing Nurse Home Visiting); and
- Encourage teen mothers to return to school to complete their education.

(Klerman, 2004)

# What does the research say?

What else is needed?

- Discuss the detrimental effects of additional births prior to age 20 and closely spaced births.
- Provide education plus intense, ongoing, specific support in the selection and consistent use of contraceptives.
- Encourage long-acting reversible contraceptives (LARC) along with consistent condom use.
- Provide childcare for those in school or in employment training.

(Klerman, 2004)



# Promising Practices

- Build relationships
- Use of engaging/creative activities
- Positive/trained staff
- Motivational Interviewing in needs assessments
- Flexibility and Adaptability
- Safe Environment
- Use of current and past participants
- Incentives

(US Dept. of Health and Human Services, Office of Adolescent Health. What works for pregnant and parenting teens. Expert panel workgroup 2012)

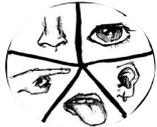
# Best Practices



➤ Concrete learning related to real world



➤ Consistent class times with reminders/support



➤ Multisensory learning: 1 focus at a time



➤ Safe environment/comfort level of teen



➤ Group and individual sessions



➤ Clear and unhurried facilitation



➤ Provide incentives

# More Best Practices



➤ “Engage” will guide teens to make connections



➤ “Focus” will help teens zero in on topic



➤ “Closure” will assist teens to apply knowledge



➤ Various teaching modalities (writing, reading, drawing, video, discussion, sharing)



➤ Revisit/repetition of information



➤ Ongoing one-on-one support

# CHLA Best Practices

- Safe environment/comfort level of teen
- Group and individual sessions
- Clear and unhurried facilitation
- Focus on teen
- Incorporation of creative arts
- Relationship with advisor
- Motivation for behavior change- Future focus
- Motherhood as a strength
- Revisit/repetition of information

## **Activity 2: Discuss the following:**

- Situation
- Best practices used
- What other best practices could/should be integrated?





## Activity 3: What sticks?

1. Identify a best practice that you would like to incorporate into your programming.
2. Get into a small group with other folks who have identified the same or similar best practice.
3. Identify the challenges to implementing this strategy.
4. Prioritize the main challenge and identify at least 3 creative solutions for how to address it.

# Create an Action Plan

**What is needed to implement this new concept?**

**Action plan content may relate to these or others:**

- Policies
- Funding
- Program space
- Program promotion
- Special Curriculum
- Resources (internal and community)
- Program/organizational staff



# Action Steps

<sup>23</sup> What will you do?

# Moving forward....

3 items on action plan to pursue

2 people you will share this information with

1 resource person to help guide you

# References & Resources

- Daily Mail Reporter (2013), When being a teen mom first became accepted: How liberal California high schools of the 1970s started programs for expectant students and girls with babies... but the American public found it 'grotesque'. Retrieved from <http://www.dailymail.co.uk/news/article-2372884/How-1970s-liberal-California-high-schools-started-programs-expectant-students-girls-babies-.html#ixzz2bPi4Ph8x>
- Kirby, D. (2007). Emerging Answers 2007: Research Findings on Programs to Reduce Teen Pregnancy and Sexually Transmitted Diseases. Washington, DC: National Campaign to Prevent Teen and Unplanned Pregnancy
- Klerman, L. (2004). Another chance: Preventing additional births to teen mothers. National Organization Adolescent Pregnancy, Parenting, and Prevention. Washington, DC. Retrieved from [http://www.thenationalcampaign.org/resources/pdf/pubs/AnotherChance\\_FINAL.pdf](http://www.thenationalcampaign.org/resources/pdf/pubs/AnotherChance_FINAL.pdf)
- Promising Strategies and Existing Gaps in Supporting Pregnant and Parenting Teens - *Summary of Expert Panel Workgroup Meetings. January and July 2012 ; Washington, D.C.*

# Contact Us!



**Mona Desai, MPH**

[mdesai@chla.usc.edu](mailto:mdesai@chla.usc.edu)

323-361-3107



**Laura Pedersen, RN, MSN**

[laura.pedersen@topsaz.org](mailto:laura.pedersen@topsaz.org)

(520) 888-2881