

A WORD FROM THE EXPERTS

Health Improvement Project for Teens

Interviews with Developers of Evidence-Based Programs for Teen Pregnancy Prevention



This webinar was developed by Child Trends under contract number GS-10F-0030R for the Office of Adolescent Health; U.S. Department of Health and Human Services as a technical assistance product for use with OAH grant programs.

Inclusion on the HHS Teen Pregnancy Prevention Evidence Review does not indicate HHS or OAH endorsement of a program model.



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Program goals :

- Reduce sexual risk behaviors
- Increase information, motivation and behavioral skills

Target population:

- Adolescent girls

Key components:

- Main intervention: 8 hours
Boosters: 90-minutes
- Addresses information, motivation and behavioral skills for sexual risk reduction using motivationally enhanced approach in a manualized intervention

- Self empowerment and goal setting
- Risk reduction strategies
- Identification of risk and developing healthy choices
- Condom use and other risk strategies

Delivery methods:

- Manual includes:
 - Interactive group activities
 - Role play , Games

- **Health Improvement Project for Teens¹**
 - ✓ Population: Sexually active, urban girls ages 15 to 19
 - ✓ Findings: Decreased episodes of vaginal sex, unprotected vaginal sex, total number of sexual partners, pregnancy, and increased abstinence
- **AbsPlus²**
 - ✓ Population: Sexually abstinent adolescent girls ages 14-19
 - ✓ Findings: Improved knowledge, motivation and behavioral skills
- **Group-Based HIV Risk Reduction Intervention for Adolescent Girls³**
 - ✓ Population: Economically disadvantaged teen girls
 - ✓ Findings: Increased HIV knowledge, enhanced motivation for risk reduction, acquisition of behavioral skills and reduced risk behavior

- Evaluated populations
 - Low-income urban females ages 15-19
 - Unmarried, not pregnant, sexually active

- Target populations
 - English speaking adolescent girls



- Evaluated settings
 - Youth development centers
 - Adolescent health services
 - Afterschool programs

- Settings not yet evaluated
 - Within school curriculum
 - Rural
 - Religious



■ Potential adaptations

○ Settings

- Different Communities

○ Cultural relevance

- Materials/Videos can be modified for cultural relevance

○ Language

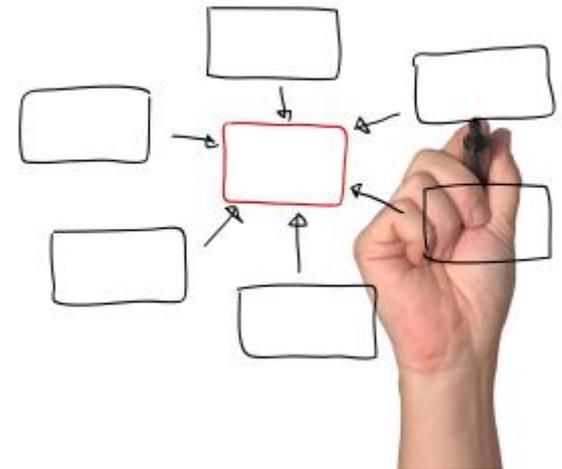
- Translation to other languages

○ Target population

- Broader age groups

○ Dosing

- Distribution of total 8 hours of intervention can vary



Note: TPP grantees must obtain prior approval from OAH for any adaptations.

Staffing and training considerations

■ Staffing considerations

- Tested with 2 facilitators per cohort
- Diversity of staff
- Enthusiasm for helping adolescent girls is critical
- Positions recommended are:
 - Project director, facilitator supervisor, recruiters for enrollment, and fidelity assessor
 - Data collectors and analysts if data are collected



■ Training considerations

- Training for facilitators to be made available
- Fidelity
- Paraprofessional or professional staff and are of the same gender

- Common challenges
 - Interpersonal relationships between girls within groups
 - Impact of transportation, social activities, school, and employment on attendance
- Strategies for success
 - Well-trained facilitators
 - Learn as much as possible about the community you are serving in order to anticipate challenges and needs



- Recent or planned curriculum revisions
 - College-aged African American Women*
 - Mother-daughter dyads*

- **HHS Teen Pregnancy Prevention Evidence Review**
 - <http://tppevidencereview.aspe.hhs.gov/>
- **Link to implementation report**
 - <http://tppevidencereview.aspe.hhs.gov/document.aspx?rid=3&sid=67&mid=1>
- **Link to developer's website**
 - <http://www.HIP4Change.com>

Thank you!

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