

**A WORD FROM THE EXPERTS**

# **Promoting Health Among Teens!**

## **Comprehensive Intervention**

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



*This webinar was developed by Child Trends under contract #GS-10F-0030R for the Office of Adolescent Health; US 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 :

- Increase knowledge about prevention of HIV, STDs, and pregnancy.
- Bolster positive attitudes and beliefs towards abstinence and condom use.
- Increase confidence/self-efficacy and skills in negotiation, refusal, and problem solving for practicing abstinence and using condoms.
- Increase correct condom use skills.
- Build stronger intentions and a sense of pride and responsibility to abstain from sex or use condoms if they have sex.

## Key components:

- Use of activities and materials in curriculum to:
  - Teach correct information about HIV/STD, pregnancy, and contraception.
  - Build condom use skills
  - Build positive attitudes towards practicing abstinence and using condoms if sexually active.
  - Build refusal, negotiation, and problem-solving skills.

## Delivery methods:

- Highly Interactive, youth centered small group discussions
- Games and interactive activities, role plays, handouts, and posters
- Videos/DVDs
- Practice and feedback

## ■ **Study #1 –Randomized Controlled Trial**

- ✓ Population: African American 6<sup>th</sup> and 7<sup>th</sup> graders (n=667)
  - Return Attendance Rate: 95.6% (3-month), 96.1% (6-month), 90.3% (12-month), 87.2% (18-month), and 84.4% (24-month) follow-up.
  
- ✓ Findings: Curriculum Compared to Controls, participants reported
  - Reduction in the number of multiple sexual partners.
  - Reduction in sexual activity at the 24-month follow-up.
  - Among sexually experienced youth at baseline, these participants reported less sexual intercourse at the 6-, 12-, 18- and 24-month follow-up.
  - Less unprotected sex at all five follow-up sessions.
  - Higher in knowledge scores, more positive condom use beliefs, and greater self efficacy to practice condom use.

## ■ Evaluated populations

- African American youth ages 11-14 years old in urban areas.
- Multi-ethnic/racial youth, ages 11 to 14 and 15 to 18
- Mixed gender groups and gender based groups

## ■ Target populations

- Multi-ethnic/racial adolescents who attend middle or high schools and youth-serving community based programs.
- Age 11 to 14 and 15 to 18



## ■ Evaluated settings

- Saturday program serving neighborhood middle school youth.
- Youth recruited from various schools.



## ■ Other settings

- In school/classroom based
- After school programs
- Youth serving community-based organizations
- Group homes for teens
- Health clinics or medical facilities
- Organizations caring for foster care youth

## ■ Potential adaptations

- Implementation time frame
  - The 8 modules can be delivered in different ways (e.g. 1 module/ day, 2/per day or 4 per day)
  - Time issues of module schools due to time restraints (*see adapted in school curriculum*)
- Group size
  - Groups can be larger than 8 participants
- Facilitators
  - Facilitators can be of different ethnic and professional backgrounds.
  - Peer educators can be used

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

## ■ Potential adaptations

### ○ Settings

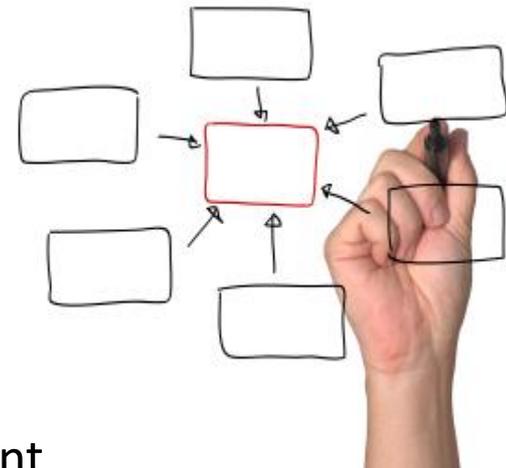
- Community agencies serving the LGBTQ youth
- Community agencies serving youth with disabilities

### ○ Cultural relevance

- Adapt and change the DVDs and the names used in interactive activities for different ethnic/racial groups, while maintaining the integrity of the program

### ○ Target population

- LGBTQ youth, disabled youth, incarcerated youth, ethnic-diverse youth ages 11-18.



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# Staffing considerations

## ■ Staffing considerations

- Number
  - 2 facilitators (one to serve as back-up)
  - Support staff (e.g. admin. assistant)
- Experience/background
  - Professional background is highly recommended (e.g., nurse, teacher, health educator, social worker, counselor)
- Required/recommended skills
  - Formal training on the curriculum
  - Experience working with multiracial youth from diverse backgrounds and ages recommended
  - Experience in group facilitation
  - Comfortable discussing sexual health issues with teens and bolster positive sexual health development
  - Be able to relate to youth and their life circumstances, believe in them, and believe in their resilience.



## ■ Training considerations

- Facilitator training model (TOF)
  - A 2-day training program
  - Designed to develop skills in effectively implementing the curriculum
- Train-the-trainer (TOT) model
  - 3-4 days, depending on organizational needs)
- Cost varies with group size and needs
- Training available on-site or at other settings through Jemmott Innovations Group, Inc. and their partnering agencies, e.g., Healthy Teen Network, JSI, ETR, Teenwise Minnesota, Select Media



## ■ Common challenges

- Condom use demonstration in school settings
- Parent attitudes about sex education in schools settings
- In school class size, limited time, and student absenteeism (missing components of the program)



## ■ Strategies for success

- Flexibility
- Meet with school board, principals and parents to discuss their issues and strategies to resolve them
- After school and off-campus youth serving agencies
- Reach out to partners for wrap-around services
- Offer incentives for participation

- Recent or planned curriculum revisions
  - Most recent curriculum publication of *PHAT Facilitator Manual* in 2012 by Select Media
  - Statistical and health-related information that may have changed since publication is updated by trainers, as necessary
  - Promoting Health Among Teens! School Edition, 2014
- Further information on publication of Facilitator Manual is available at Select Media
- Training materials available through Jemmott Innovations Group, Inc.

- **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=167&mid=1>
- **Link to model developer's website**
  - <http://www.selectmedia.org/programs/phatcompr.html>
  - <http://jemmottinnovations.com/meet-the-developers/>

Thank you!

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