



OAH TEEN PREGNANCY PREVENTION PROGRAM: SPOTLIGHTING SUCCESS

Champs! —Creating Healthy Adolescents through Meaningful Prevention Services (2010-2015)

In 2010, the Kent School of Social Work at the University of Louisville was awarded a \$4.8 million, five-year grant from the HHS Office of Adolescent Health (OAH) for *CHAMPS!* (*Creating Healthy Adolescents through Meaningful Prevention Services*). This project rigorously evaluated the effectiveness of two programs: (1) the evidence-based sex education program, *Reducing the Risk* (RTR), and (2) a new relationship based intervention *Love Notes* (LN). The control group program—*The Power of We* (POW)—focused on community engagement and creating change at the neighborhood level.



“Youth were able to learn the biology behind pregnancy and were given the skills to use when wanting to delay sexual contact. The students were able to learn birth control options and how to access these.”

— **Reducing the Risk Facilitator**

About CHAMPS! Camp

Twenty-three community-based organizations located in the parts of Louisville with the highest rates of poverty and teen pregnancy offered *CHAMPS! Camp* on two consecutive Saturdays from 8am - 6pm between September 2011 and March 2014. Youth were randomly assigned to one of the three groups (RTR, LN, or POW).

- In 2010, the University of Louisville was awarded a \$4.8 million, five-year grant from the HHS Office of Adolescent Health (OAH) Teen Pregnancy Prevention Program to implement and evaluate *CHAMPS!*.
- *Love Notes* is the first curriculum to embed sexual health education within a healthy relationship curriculum.
- *Love Notes* is the only teen pregnancy prevention curriculum on the HHS Teen Pregnancy Prevention Evidence Review list focused on healthy relationships.

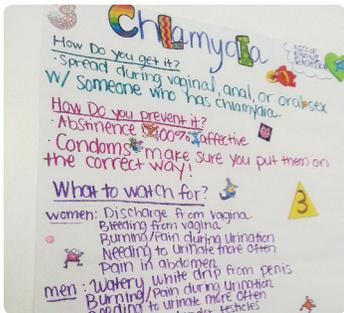
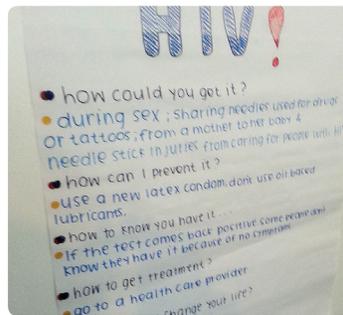




Why It Matters

The OAH TPP Program and *CHAMPS!* is contributing to expanding knowledge about where, when, and with whom programs are most effective. This helps communities make more informed choices about what models/strategies to use to best fit the needs of their community. *CHAMPS!*:

- Was the first study to demonstrate the efficacy of *Love Notes* as an evidence-based teen pregnancy prevention intervention (*Love Notes* added to HHS Teen Pregnancy Prevention Evidence Review list of interventions in Spring 2016).
- Used *Love Notes*, the only teen pregnancy prevention curriculum on the HHS Teen Pregnancy Prevention Evidence Review list focused on healthy relationships.
- Further confirmed the efficacy of *Reducing the Risk*, a program already on the list of evidence-based teen pregnancy prevention interventions.



Grantee Contact Information:

Anita P. Barbee, MSSW, Ph.D.

*Professor and Distinguished University Scholar
Principal Investigator, CHAMPS!*

anita.barbee@louisville.edu

<http://www.uoflchamps.com>

Love Notes By the Numbers

- National Teen Pregnancy Rate (2011): 52 per 1,000 females age 15-19;
- Kentucky's Teen Pregnancy Rate (2011): 59 per 1,000 females age 15-19;
- Kentucky's African American Teen Pregnancy Rate (2010): 84 per 1,000 African American females age 15-19*;
- Pregnancy rate of teens participating in *Love Notes*: 30 per 1000 females ages 15-19.

“Youth in Love Notes had the time and space to talk about their life goals, to practice healthy relationship skills [like] how to avoid or leave controlling or violent partners and how to stay safe emotionally and physically when they choose to have sex.”

— **Love Notes Facilitator**

“CHAMPS! was a fun way to meet nice people and learn about relationships and sex!”

— **16-year-old youth participant**

About the Office of Adolescent Health TPP Program

The OAH Teen Pregnancy Prevention Program is a national, evidence-based program that funds diverse organizations working to prevent teen pregnancy across the United States. OAH invests in the implementation of programs identified as evidence-based by the HHS Teen Pregnancy Prevention Evidence Review, and provides funding to develop and evaluate new and innovative approaches to prevent teen pregnancy.

*The majority of participants in *CHAMPS!* Camp were African American.