



# Summary of Findings from TPP Program Grantees (FY2010-2014)

## RESEARCH AND DEMONSTRATION EVALUATIONS (TIER 2)

| GRANTEE AND ANNUAL FUNDING  | PROJECT  | EVALUATOR                               | FINDINGS   |
|---|--|---|--|
| Arlington Independent School District<br>\$995,675                | The Crossroads Program (adapted from Be Proud! Be Responsible!)                            | University of Texas at Arlington        | The Crossroads program was designed for students at risk of dropping out of school. The Program was designed to affect knowledge, beliefs, and intentions related to condom use and sexual behaviors such as initiation and frequency of intercourse. The study found that 17- to 19- year olds offered the three-day Crossroads program as a supplement to the standard dropout prevention program, compared with youth who received only the standard dropout prevention program, were less likely to have vaginal intercourse without a condom 6 months after the intervention, but had similar rates of condom use 3 and 12 months after the intervention. Youth also had similar rates of condom use during anal intercourse and oral intercourse at 3, 6, or 12 months after the intervention and of pregnancy 12 months after the intervention ended. |
| Black Ministerial Alliance of Greater Boston, Inc.<br>\$1,000,000 | Healthy Futures (adapted from PHAT! – Abstinence-Only Intervention)                        | JSI Research & Training Institute, Inc. | The Healthy Futures program emphasizes delaying sexual initiation and increasing knowledge and skills about pregnancy and STI prevention, developing healthy relationships, and making healthy choices. After offering the program to students in 6th, 7th, and 8th grades for three years, compared with offering a general health program, Healthy Futures youth had similar rates of sexual activity and unprotected sex as youth offered the general health program immediately after, three months after, and one year after the program. However, immediately after the program, females and Hispanic youth offered Healthy Futures were less likely than similar youth offered a general health program to report ever engaging in vaginal sex.   |
| Boston Medical Center<br>\$687,305                                | Haitian-American Responsible Teen (HART) (adapted from Becoming a Responsible Teen (BART)) | Boston Medical Center                   | HART is an HIV prevention program that helps teens learn to clarify their own values about sexual decisions and pressures, as well as practice skills to reduce sexual risk taking. HART addresses mental health and trauma and incorporates Haitian culture and language. Ninth- and 10 <sup>th</sup> grade youth offered HART reported similar rates of ever having sex, having sex in the last three months, having had sex in the last three months without a condom and having sex in the last three months without using effective birth control as youth offered a nutrition and fitness curriculum plus a PTSD awareness curriculum, 6 months after the program ended.   |

| GRANTEE AND ANNUAL FUNDING                                    | PROJECT  | EVALUATOR                                    | FINDINGS   |
|---|--|--|--|
| Chicago Public Schools <sup>d</sup>                           | HealthTeacher  | Mathematica <sup>b</sup> , Child Trends      | HealthTeacher is an online comprehensive K-12 health education curriculum. Teachers access the online content and deliver the intervention in the classroom. This was an implementation of the Family Health and Sexuality module of the program, which includes components such as female and male reproductive anatomy, abstinence, refusal skills, and STI/HIV prevention. The impact report found that HealthTeacher increased 7th-grade students' exposure to information on reproductive health, contraceptive methods, and STI prevention and transmission, reported in a six-month follow-up. The study also found some evidence of short-term program effects on students' knowledge six months after the program. Students in the treatment schools were just as likely as those in the control schools to report engaging in sexual intercourse and oral sex, and they did not demonstrate any sustained gains in protective skills, attitudes or intentions 12 months after the program. |
| Children's Hospital Los Angeles (CHLA) \$797,255 <sup>c</sup> | AIM for Teen Moms (adapted from Project AIM)                 | Mathematica <sup>b</sup> , Child Trends, ETR | AIM for Teen Moms seeks to affect sexual risk outcomes by helping teens define specific life aspirations and make appropriate choices to achieve them. This program includes mostly individualized, one-on-one sessions, and the content was adapted to address the target population. The interim impact report found that AIM 4 Teen Moms reduced rates of unprotected sexual activity among teen mothers, compared with a control group, one year after program enrollment. The program also increased teen mothers' exposure to information on certain types of contraceptive methods. However, the interim report found no differences on other key interim outcomes—namely, school or work engagement, educational aspirations, attitudes toward birth control, or pregnancy intentions—between the two groups. The report found no evidence that the program increased the use of highly effective contraceptive methods such as long-acting, reliable contraceptives (LARCs).                |
| Denver Health and Hospital Authority \$808,785                | Youth All Engaged (adapted from Teen Outreach Program (TOP)) | University of Colorado Denver                | The Youth All Engaged (YAE) project was designed to use text messages to enhance the Teen Outreach Program (TOP®), a group-based youth development program that includes a minimum of 25 curriculum sessions and 20 hours of community service learning. A crucial part of TOP is the development of supportive relationships with adults. Youth aged 14 to 18 in Boys & Girls Clubs offered the yearlong text messaging enhancement, compared with youth receiving TOP only, had similar proportions of recent sex acts protected by condoms and contraceptives and reports of pregnancies immediately after the program ended. However; Hispanic YAE youth had fewer pregnancies than Hispanic TOP only youth.   |

| GRANTEE AND ANNUAL FUNDING                            | PROJECT                                      | EVALUATOR  | FINDINGS   |
|---|--|--|--|
| Engender Health<br>\$976,408                          | Gender Matters                               | Mathematica <sup>b</sup> , Child Trends, Columbia University Mailman School of Public Health | Gender Matters is a teen pregnancy prevention program that challenges commonly held perceptions of gender roles and their associations with sexual behaviors; promotes healthy, equitable relationships; and provides high-quality sex education. The interim impact report found that Gender Matters increased youths' exposure to information on reproductive health, pregnancy and STI prevention, birth control, and relationship topics measured six months after study enrollment. The interim report also found some evidence of short-term effects on knowledge and attitudes toward birth control use for youth ages 14 to 16. However, these short-term effects did not result in reduced rates of sexual activity or unprotected sex six months after study enrollment, or in changes in other mediating factors (such as attitudes toward pregnancy and intentions toward sexual risk behaviors). There was also no evidence of changes in gender role beliefs, a key focus of the program.  |
| National Indian Youth Leadership Project<br>\$555,706 | Web of Life (based on Project Venture)       | National Indian Youth Leadership Project   | Web of Life (WOL) is an adventure-based experiential program based on a positive youth development framework. It aims to foster resilience through skills and challenges that will enable youth to resist risky behaviors, including those that lead to unwanted teen pregnancy. The focus is on social-emotional learning. Immediately following the end of the program, as well as in an assessment occurring six months later, 6 <sup>th</sup> -grade students in school, after-school, and community and wilderness settings offered WOL reported having ever had sexual intercourse at a similar rate as other youth offered the standard school curricula.   |
| OhioHealth \$560,344 <sup>c</sup>                     | Teen Options to Prevent Pregnancy (T.O.P.P.) | Mathematica <sup>b</sup> , Child Trends, Nationwide Children's Hospital                      | T.O.P.P. uses telephone-based care coordination to provide motivational interviewing by trained nurse educators, personalized access to contraception via transportation to clinics or hospitals, in-person visits from a nurse educator, services through a T.O.P.P. clinic, and referrals to additional services by a T.O.P.P. social worker. This program is designed to reduce rapid repeat teen pregnancies, as defined by a subsequent pregnancy within 18 months of a prior birth, and promote healthy birth spacing among teenage mothers. The interim impact report showed that the T.O.P.P. program increased pregnant and parenting teens' ages 10 to 19 use of LARC methods and reduced the incidence of unprotected sexual intercourse after the first six months of the program. In addition, participants assigned to the treatment group were no more likely than those in the control group to report having had sexual intercourse or having had sex without a condom in the past three months. Participants in both groups also reported having had similar numbers of sexual partners. |
| PATH, Inc.<br>\$998,164                               | Positive Potential (based on Pathblazer)     | ITMESA, LLC  | Positive Potential, based on the Pathblazer program, is a comprehensive youth development program. The program is delivered over a three-year period beginning in 6 <sup>th</sup> grade. The program incorporates a positive youth development strategy with an abstinence approach to sex education and aims to increase youth's ability to make healthy choices regarding high risk behaviors, reduce teen pregnancy and STDs/HIV, and also increase high school completion. The findings from this evaluation will be available in Fall 2016.   |

| GRANTEE AND ANNUAL FUNDING  | PROJECT   | EVALUATOR                                   | FINDINGS  |
|---|---|---|---|
| Princeton Center for Leadership Training<br>\$965,522                 | Teen Prevention Education Program (Teen PEP)  | Mathematica <sup>b</sup> , Child Trends     | Teen PEP is a peer educator intervention that addresses postponing sexual involvement, preventing unintended pregnancy, preventing HIV and other STIs, avoiding sexual decision-making while under the influence of alcohol and other drugs, and improving parent-teen communication. The interim impact report found that 9th-grade students in high schools that implemented Teen PEP reported greater exposure to a wide range of reproductive health topics, including the major components of the Teen PEP curriculum, six months after the program ended compared to students in schools that did not implement Teen PEP. Students at schools implementing Teen PEP also improved knowledge of pregnancy and STI/HIV-transmission prevention. The interim report further found a marginally significant impact on students' intentions to avoid unprotected sexual activity in the next year. Despite these observed impacts on several key mediating outcomes, the study found no evidence that Teen PEP led to decreases in the incidence of sexual activity or unprotected sex six months after the program concluded. |
| Rural America Initiatives<br>\$599,581                                | Ateyapi Identity Mentoring Program (adapted from Project AIM)   | Delta Evaluation Consulting, LLC            | Ateyapi Identity Mentoring Program includes culturally specific activities, a personal Vision Quest, and culturally significant field trips. This youth development intervention is implemented through 16 sessions over the course of eight weeks.<br><br>Report not available   |
| San Bernardino County Superintendent of Schools<br>\$458,564          | Positive Prevention PLUS: Sexual Health Education for California Youth (adapted from Positive Prevention HIV/STD Prevention Education for California Youth) | California State University, San Bernardino | The 11-day Positive Prevention PLUS curriculum is a school-based sexual health program for high school students. Six months after offering the program to 9th-grade students in school, students offered the Positive Prevention PLUS curriculum were less likely to have had sex and less likely to have had sex without birth control in the prior three months compared with the standard health, science, or physical education curricula. There were no differences between the groups on becoming pregnant.   |
| State of Alaska Department of Health and Social Services<br>\$599,985 | AK PHAT (adaptation of PHAT!-Comprehensive)   | University of Alaska Anchorage              | The 12-module Alaska Promoting Health Among Teens (AKPHAT) program is designed to improve awareness and knowledge about HIV/STIs; increase understanding of how abstinence can prevent pregnancy, STIs, and HIV; strengthen behavioral beliefs that support condom use; and build refusal and negotiation skills for practicing abstinence as well as for effective use of condoms. This program used trained peer health educators to implement the program. Six months after the program, 14- to 19-year-old AKPHAT youth had similar rates of recent sexual intercourse and condom use during recent sexual intercourse compared with youth receiving usual programming through community organizations.   |

| GRANTEE AND ANNUAL FUNDING  | PROJECT  | EVALUATOR  | FINDINGS   |
|---|--|--|--|
| The George Washington University<br>\$1,000,000                           | Be Yourself/Sé Tú Mismo  | George Washington University                                 | The 12-week Be Yourself/Sé Tú Mismo is a youth development intervention that includes curriculum based group sessions, a social media and text messaging campaign, a weekend retreat, and development of an individual action plan. Ninth- and 10th-grade Latino students offered the program after school, had similar rates of sexual debut, contraceptive use at last sex, and contraceptive use in the past three months relative to youth offered a fitness and nutrition program immediately after and six months after the program ended.   |
| The University of Texas Health Science Center at San Antonio<br>\$851,450 | Need to Know (adapted from Worth the Wait)   | The University of Texas Health Science Center at San Antonio | Need to Know is a sexual health education program that includes a teen advisory group, a social media component, and referrals to health care services. After offering the three-year program to high school youth starting in 9th grade, youth offered Need to Know had similar rates of initiation of vaginal intercourse among those who reported never having had sex at baseline and engagement in risky sexual behavior among the full sample compared to youth offered the standard health curriculum, during the three-year intervention and at program completion.  |
| Tulane University<br>\$547,239  | Be yoU, Talented, Informed, Fearless, Uncompromised, and Loved (BUtiful) (adapted from (SiHLE) | Tulane University  | Be yoU, Talented, Informed, Fearless, Uncompromised, and Loved (BUtiful) is a peer-led, group-level, social-skills training interactive website intervention designed to reduce sexual risk behaviors among African-American female teenagers who are at high risk of HIV. In addition to HIV prevention, the program addresses relationships, dating and sexual health within the specific context of the female African-American teenage experience, drawing upon both cultural and gender pride to give participants the skills and motivations to avoid HIV and other STDs. Women offered four weeks of access to BUtiful reported similar rates of reliable contraceptive use, pregnancy, and chlamydia or gonorrhea infection as women offered a nutrition and wellness program.   |
| University of Colorado Denver<br>\$924,543                                | Multimedia Circle of Life (adapted from Circle of Life)  | Columbia School of Social Work, Columbia University          | Multimedia Circle of Life is a theory-based sexual risk reduction intervention designed specifically for Native youth that accommodates shortened after-school programming and reflects tribal-specific content including familiar symbols, stories, and ways of learning. The program is intended to build knowledge and skills to bring about behavior change in Native youth. Immediately after and nine months after offering the seven-lesson Multimedia Circle of Life program to 10- to 12-year-olds at Native Boys & Girls Clubs, youth had similarly low rates of ever having sex, compared with an after-school science program.   |
| University of Hawaii<br>\$969,936   | Pono Choices (adapted from Making Proud Choices and Positive Actions)                          | IMPAQ International  | Pono Choices is a teen pregnancy and STI prevention program that is culturally responsive to Asian and Pacific Islander youth. The program consists of three major components 1) goals, dreams and adolescent sexuality, 2) knowledge, beliefs and attitudes about abstinence, HIV, STIs, and teenage pregnancy and 3) skills and self-efficacy. Youth in 7th or 8th grades offered the 9.5-hour Pono Choices program did not change their sexual behavior relative to youth receiving a standard school curriculum. Pono Choices youth, compared with other youth, had similar rates of initiation of sexual activity and engagement in high-risk sexual behavior (defined as intercourse with neither a condom nor an effective method of birth control) one year after the program started. However, one year after the program started, Pono Choice youth had more knowledge about pregnancy and sexually transmitted infection prevention than other youth. |

| GRANTEE AND ANNUAL FUNDING   | PROJECT                         | EVALUATOR   | FINDINGS  |
|--|---------------------------------|---|---|
| University of Louisville Research Foundation, Inc.<br>\$963,330 <sup>a</sup> | Adaptation of Love Notes        | Spalding University School of Social Work; University of Louisville Kent School of Social Work; University of Louisville, Department of Communication | This adaptation of Love Notes focuses on healthy relationships. Youth conduct a self-assessment of relationship values and needs and learn about models of safety with the goal of using the information to help with future decision-making and relationship commitments. Youth ages 14 to 19 offered Love Notes for two consecutive weekends were less likely than youth in a community-organizing and -building program to have ever had sex, have had sex in the last 3 months, had sex without a condom in the last 3 months, had sex without birth control, or ever been pregnant or caused a pregnancy, at the six-month follow-up. There were no differences between the two groups at the twelve-month follow-up.                                |
| University of Louisville Research Foundation, Inc.<br>\$963,330 <sup>a</sup> | Adaptation of Reducing the Risk | Spalding University School of Social Work; University of Louisville Kent School of Social Work; University of Louisville Department of Communication  | This adaptation of Reducing the Risk aims to develop attitudes and skills that will help teens prevent pregnancy and the transmission of STDs, including HIV. Compared with offering a community-organizing and -building program, youth ages 14 to 19 offered Reducing the Risk for two consecutive weekends, were less likely than youth in the community program to have had sex without use of birth control at the three-month follow-up and six-month follow-up. Youth offered Reducing the Risk were also less likely than youth in the community program to ever had sex, or be pregnant or caused a pregnancy during the past 3 months at the three-month follow-up. There were no differences between the groups at the twelve-month follow-up. |
| Volunteers of America of Los Angeles<br>\$500,000                            | Will Power/ Won't Power         | Volunteers of America Los Angeles   | The 11-week after-school program, Will Power/Won't Power helps girls identify ways and reasons to avoid early pregnancy and fosters girls' communication skills, provides basic health education, and encourages girls to plan for the future. Immediately after, six months after, and one year after the program, there were no differences on sexual activity onset, pregnancy, perceptions of barriers to sexual health, intentions to engage in sexual intercourse, or intentions to use birth control for girls in 6th and 7th grades offered the program, compared with girls offered a financial literacy program. However, at all follow-ups, girls offered Will Power/Won't Power had greater knowledge about sexually transmitted diseases.    |

<sup>a</sup>Funding provided for the evaluation of two Innovative Programs.

<sup>b</sup>Contractor for the Federal Adolescent Pregnancy Prevention Approaches Evaluation (PPA).

<sup>c</sup>Funded by the Administration for Children and Families, Family and Youth Services Bureau.

<sup>d</sup>Supported by the PPA contract funded by the Office of Adolescent Health.