



Success Story: California Department of Public Health, Maternal, Child and Adolescent Health

Increasing Resiliency Among Expectant and Parenting Teens in California

Adolescent Family Life Program Positive Youth Development (AFLP PYD) is an evidence-informed, standardized case management program designed to serve expectant and parenting teens that either have custody of a child or are co-parenting with a custodial parent. Youth in the program face an array of challenges including poverty, unstable home environments, domestic violence, academic struggles, substance abuse, mental health issues, and juvenile justice involvement. The program uses a positive youth development resiliency framework and life planning support with the goals of reducing repeat teen pregnancies, and increasing educational or vocational advancement, parent and child health, and linkages and supports.

Expected to reach an estimated 2,600 expectant and parenting teens across 26 counties in California, AFLP PYD empowers youth to pursue life goals that will improve the health and well being of themselves and their children. Youth in the program receive two in-person visits per month with their case manager who promotes resilience by helping youth form caring relationships, maintain high expectations, and identify opportunities for participation and contribution. Additionally, case managers help youth develop problem solving skills and a sense of purpose, as well as increase autonomy and social competence.

The California Department of Public Health, Maternal, Child and Adolescent Health (MCAH) made great strides with a formative evaluation of the AFLP PYD pilot that helped determine that the program's components, tools, and training are appropriate and effective. MCAH will expand implementation to additional sites and plans to conduct a rigorous evaluation to build the evidence base for the program.

In addition to solidifying the design of the intervention, California's AFLP PYD program has positively affected the lives of many expectant and parenting teens. One youth in the program who was recently released from a juvenile facility shared that through AFLP PYD she has learned to draw from her strengths and now feels confident in her ability to provide a better future for herself and her daughter. She remarked, "This program has taught me to be patient and to set goals. Little by little you can make things happen. It has helped me out a lot. Before this I never looked forward to meeting with a case worker, but I look forward to [her] visits. I learned to appreciate the help of others. I never thought I could do it, but here I am taking care of business. I didn't think I could go from where I was to thinking about careers."

Contact Information

Lissa Pressfield
AFLP PYD Coordinator
916-650-0381
lissa.pressfield@cdph.ca.gov