A WORD FROM THE EXPERTS

The Children's Aid Society (CAS)-
Carrera Adolescent Pregnancy Prevention Program

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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The CAS-Carrera program is guided by a philosophy that sees youth as "at promise" and not "at risk".

Program goals:
- Help adolescents avoid becoming parents in the second decade of their lives.
- The holistic, “above the waist” approach seeks to develop a participant’s capacity and desire to not only avoid early pregnancy, but to break the cycle of poverty and despair.

Target population:
- Boys and girls from high need communities

Delivery methods:
- After school model
- Integrated school model
Core Components:

- Education
- Job Club
- Family Life and Sexuality Education (FLSE)
- Mental Health
- Medical and Dental Services
- Self Expression
- Lifetime Individual Sports
CAS-Carrera has been designated as a “top tier” evidenced based program by the Coalition for Evidence-Based Policy.

- **Study #1**: Large, multi-site randomized controlled trial (RCT) at 12 community based organizations in 6 states including: FL, MD, NY, OR, TX, and WA

- **Population**: Teens aged 13-15 who were not parenting or pregnant

- **Findings**:
  - ✔ Reduction in births by 50% in communities served
  - ✔ Delayed initiation of sexual intercourse
  - ✔ Used contraception more conscientiously
  - ✔ Higher sexuality information scores
  - ✔ More bank accounts and work experience
  - ✔ More employment experience over 3 years
  - ✔ Higher PSAT scores

Study #2: Follow-up survey conducted by Philliber Research Associates (PRA) of 449 of the 598 program and control teens

Population: Teens from the NY program sites who were eligible to graduate

Findings: Significantly more of the program students had graduated from high school or obtained a GED, and significantly more were enrolled in college

Target population

- **Evaluated populations**
  - Male and female youth aged 13-15 from who were not parenting or pregnant, and who had been recruited from designated communities

- **Target populations**
  - “At promise” youth from underserved urban, rural, and suburban communities across the country
  - Single-parent homes and in neighborhoods characterized by increased rates of poverty, teen pregnancy, crime, unemployment, and high school dropouts
Settings

- Evaluated settings
  - Afterschool programs serving middle and high school youth

- Other settings
  - CAS-Carrera program replications can be implemented in a variety of afterschool settings/program sites including schools, CBOs, churches, stand-alone facilities and/or spaces co-located with other service providers
  - Program replications can also be implemented within the school day which is reflective of the integrated school model
Potential adaptations/program applications:

- **Cultural relevance**
  - Programming materials and activities can be enhanced to include and reflect the cultural context of students served in the afterschool or integrated school settings

- **Target population**
  - While serving boys and girls together is desirable, the program can be offered in a single-sex context
  - Programming is also applicable to an extensive target population; including for example, youth in foster care

Note: TPP grantees must obtain prior approval from OAH for any adaptations.
Staffing and training considerations

- **Staffing considerations**
  - CAS-Carrera has a requisite staffing structure which is tailored to reflect both the size and setting of the program demonstration. Staffing includes (a):
    - Program Coordinator
    - Community Organizer
    - Qualified staff to lead each of the component areas

- **Training considerations**
  - As a part of Fidelity Management, CAS-Carrera provides intensive pre-service and ongoing training, technical assistance, and support related to the launch and maintenance of program replications in addition to providing program materials, curricula, and protocols.
Challenges and strategies for success

Common challenges

- Managing attrition
- Staff retention
- Ability to be flexible in the face of challenges; working effectively with “host sites”
- Sustaining program impact once funding has ended
- Implementing a comprehensive, long term program is different than a short term intervention.

Strategies for success

- High caliber staff that exemplify core principles and philosophy
- Robust component implementation centered on quality
- Age and stage appropriate youth engagement activities
- Maintaining close connections with developer/CAS-Carrera management team
- Adherence to program milestones and overall fidelity
- Program site that is accessible to community served

Patience, perseverance, unyielding commitment to support youth as they navigate and transition from adolescence to adulthood
Recent or planned curriculum revisions

- CAS-Carrera will work with replications to develop specific strategies to ensure that the programmatic impact of this initiative extends beyond the grantee funding.
- CAS-Carrera routinely updates component curricula to ensure that the most current, medically accurate information is reflected.
Additional resources

- HHS Teen Pregnancy Prevention Evidence Review
  - [http://tppevidencereview.aspe.hhs.gov/](http://tppevidencereview.aspe.hhs.gov/)

- Link to implementation report

- Link to developer’s website
  - [http://stopteenpregnancy.childrensaidssociety.org/](http://stopteenpregnancy.childrensaidssociety.org/)
Thank you!

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