A WORD FROM THE EXPERTS

Families Talking Together
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.
Families Talking Together

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Program description

Program goals:
- Increase target parenting behaviors designed to impact adolescent sexual decision-making
- Delay too early sexual debut among adolescents
- Reduce frequency of adolescent sexual intercourse

Delivery methods:
- Individual or group sessions with parent (Flexible mechanisms of delivery)
  - Lectures
  - Role plays
  - Homework assignments

Key components:
- Family materials (Parent handbook, teen materials)
- Protocol for face-to-face parent sessions with interventionist
- Homework for families (Parent-adolescent communication activities)

Target population:
- Latino and African American families with adolescents ages 10-14 years old
Previous evaluation results

FTT Efficacy Results

FTT has demonstrated efficacy in two randomized controlled trials:

1) School-setting using community members in small group format

2) Clinic-setting using social work interventionists in individual format

Compared to the control group, families who received FTT:

**Adolescent Outcomes**

- Experienced delayed sexual debut
- Lower frequency of sexual intercourse in past 30 days
- Less likely to have ever engaged in oral sex

**Parent Behavior**

- Higher levels of communication with mother about not having sex
- Higher perceived maternal expertise & trustworthiness
- Higher reported relationship satisfaction with mother
- Higher perceived levels of monitoring and supervision


**Target population**

- **Evaluated populations**
  - Latino and African American families
  - Urban settings (i.e. New York City)
  - English and Spanish speaking parents
  - Parents with limited education and varying literacy levels
  - Economically disadvantaged communities

- **Target populations**
  - Latino and African American parents (primary care-givers) with adolescents ages 10-14 years old
Settings

- Evaluated settings
  - Community based settings
    - Schools
  - Clinical settings
    - Pediatric clinics

- Other settings
  - Expanded to household delivery in rural areas (California, Dominican Republic, and Texas)

- Adaptations
  - Lower literacy versions developed
  - Expanded to Haitian Creole speaking populations
  - Novel delivery mechanisms: community health workers to deliver FTT
Potential adaptations

Critical to Adaptations of FTT intervention is an Understanding of the Key Features of the Intervention

I. Adolescent Level
   Determinants of sexual risk behavior

II. Parent Level
   Communication
   Monitoring & Supervision
   Quality of relationship

III. Linkage of Parent & Adolescent Levels
   Mechanisms that link both levels to shape adolescent decision making

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

FTT developers must approve any adaptations for formal use of FTT.
Staffing and training considerations

- Staffing considerations
  - Trained interventionists can deliver FTT
    - Interventionists’ backgrounds can vary and can range in education and experience level
    - Critical to staffing is ensuring that interventionists have a comprehensive understanding of the underlining FTT Theory (i.e. Core components)

- Training considerations
  - The Center for Latino Adolescent and Family Health (CLAFH) offers trainings for interventionists to deliver FTT.
  - The training is approximately 40 hours, offered in 3-4 days
  - Depending on the site and the scope of requested support, the cost of training varies.
  - Trainings offered in Spanish and/or English
Challenges and strategies for success

- **Common challenges**
  - Parents’ belief that what they say won’t make a difference
  - Supporting effective parent-adolescent communication
  - Limited understanding of theoretical models that underlie FTT

- **Strategies for success**
  - Maintain program fidelity (understand FTT active ingredients)
  - Take advantage of “natural” opportunities for program delivery.
  - Appeal to common family goals
Recent or planned curriculum revisions

- The FTT modules have been updated to reflect current data and estimates (i.e. teen pregnancy rates, STI rates, HIV rates) (Jan 2015) among adolescents.
- We have updated the supplementary FTT videos to reflect most recent adolescent sexual and reproductive health data (Jan 2015) [Video](#)
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
**Additional CLAFH Resources**

www.clafh.org

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**Communication Guide**

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**Paternal Influences on Adolescent Sexual Risk Behaviors: A Structured Literature Review**

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**Raising Smoke-Free Kids**

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**Paternal Influences on Lesbian, Gay, and Bisexual Youth**
Thank you!

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