A WORD FROM THE EXPERTS
Promoting Health Among Teens!
Comprehensive Intervention
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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Program goals:

- Increase knowledge about prevention of HIV, STDs, and pregnancy.
- Bolster positive attitudes and beliefs towards abstinence and condom use.
- Increase confidence/self-efficacy and skills in negotiation, refusal, and problem solving for practicing abstinence and using condoms.
- Increase correct condom use skills.
- Build stronger intentions and a sense of pride and responsibility to abstain from sex or use condoms if they have sex.
Key components:

- Use of activities and materials in curriculum to:
  - Teach correct information about HIV/STD, pregnancy, and contraception.
  - Build condom use skills
  - Build positive attitudes towards practicing abstinence and using condoms if sexually active.
  - Build refusal, negotiation, and problem-solving skills.

Delivery methods:

- Highly Interactive, youth centered small group discussions
- Games and interactive activities, role plays, handouts, and posters
- Videos/DVDs
- Practice and feedback
Previous evaluation results

- **Study #1 – Randomized Controlled Trial**
  - Population: African American 6th and 7th graders (n=667)
    - Return Attendance Rate: 95.6% (3-month), 96.1% (6-month), 90.3% (12-month), 87.2% (18-month), and 84.4% (24-month) follow-up.
  - Findings: Curriculum Compared to Controls, participants reported
    - Reduction in the number of multiple sexual partners.
    - Reduction in sexual activity at the 24-month follow-up.
    - Among sexually experienced youth at baseline, these participants reported less sexual intercourse at the 6-, 12-, 18- and 24-month follow-up.
    - Less unprotected sex at all five follow-up sessions.
    - Higher in knowledge scores, more positive condom use beliefs, and greater self efficacy to practice condom use.

Target population

- **Evaluated populations**
  - African American youth ages 11-14 years old in urban areas.
  - Multi-ethnic/racial youth, ages 11 to 14 and 15 to 18
  - Mixed gender groups and gender based groups

- **Target populations**
  - Multi-ethnic/racial adolescents who attend middle or high schools and youth-serving community based programs.
  - Age 11 to 14 and 15 to 18
### Settings

#### Evaluated settings
- Saturday program serving neighborhood middle school youth.
- Youth recruited from various schools.

#### Other settings
- In school/classroom based
- After school programs
- Youth serving community-based organizations
- Group homes for teens
- Health clinics or medical facilities
- Organizations caring for foster care youth
Potential adaptations

- **Implementation time frame**
  - The 8 modules can be delivered in different ways (e.g. 1 module/day, 2/per day or 4 per day)
  - Time issues of module schools due to time restraints *(see adapted in school curriculum)*

- **Group size**
  - Groups can be larger than 8 participants

- **Facilitators**
  - Facilitators can be of different ethnic and professional backgrounds.
  - Peer educators can be used

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

Potential adaptations

- **Settings**
  - Community agencies serving the LGBTQ youth
  - Community agencies serving youth with disabilities

- **Cultural relevance**
  - Adapt and change the DVDs and the names used in interactive activities for different ethnic/racial groups, while maintaining the integrity of the program

- **Target population**
  - LGBTQ youth, disabled youth, incarcerated youth, ethnic-diverse youth ages 11-18.

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

- **Staffing considerations**
  - **Number**
    - 2 facilitators (one to serve as back-up)
    - Support staff (e.g. admin. assistant)
  - **Experience/background**
    - Professional background is highly recommended (e.g., nurse, teacher, health educator, social worker, counselor)
  - **Required/recommended skills**
    - Formal training on the curriculum
    - Experience working with multiracial youth from diverse backgrounds and ages recommended
    - Experience in group facilitation
    - Comfortable discussing sexual health issues with teens and bolster positive sexual health development
    - Be able to relate to youth and their life circumstances, believe in them, and believe in their resilience.
Staffing and training considerations

- **Training considerations**
  
  - Facilitator training model (TOF)
    - A 2-day training program
    - Designed to develop skills in effectively implementing the curriculum
  
  - Train-the-trainer (TOT) model
    - 3-4 days, depending on organizational needs
  
  - Cost varies with group size and needs
  
  - Training available on-site or at other settings through Jemmott Innovations Group, Inc. and their partnering agencies, e.g., Healthy Teen Network, JSI, ETR, Teenwise Minnesota, Select Media
Challenges and strategies for success

- **Common challenges**
  - Condom use demonstration in school settings
  - Parent attitudes about sex education in schools settings
  - In school class size, limited time, and student absenteeism (missing components of the program)

- **Strategies for success**
  - Flexibility
    - Meet with school board, principals and parents to discuss their issues and strategies to resolve them
  - After school and off-campus youth serving agencies
  - Reach out to partners for wrap-around services
  - Offer incentives for participation
Recent or planned revisions

- Recent or planned curriculum revisions
  - Most recent curriculum publication of *PHAT Facilitator Manual* in 2012 by Select Media
  - Statistical and health-related information that may have changed since publication is updated by trainers, as necessary
    - Promoting Health Among Teens! School Edition, 2014
- Further information on publication of Facilitator Manual is available at Select Media
- Training materials available through Jemmott Innovations Group, Inc.
Additional resources

- HHS Teen Pregnancy Prevention Evidence Review
  - http://tppevidencereview.aspe.hhs.gov/

- Link to implementation report

- Link to model developer’s website
  - http://jemmottinnovations.com/meet-the-developers/
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