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**OFFICE OF FAMILY ASSISTANCE**  
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# **2017 Linking TANF Families to Employment and Economic Opportunities Meeting**

## **Preventing Teen Pregnancies: The Importance of Evidence Based Programming**

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## Session Overview

- The Adolescent Pregnancy Prevention (APP) Program Funding Streams
- Evidence-Based Programs and Best Practices
- APP Program Initiatives
- Resources and Tools



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## Overview of the FYSB Funded Adolescent Pregnancy Prevention Programs

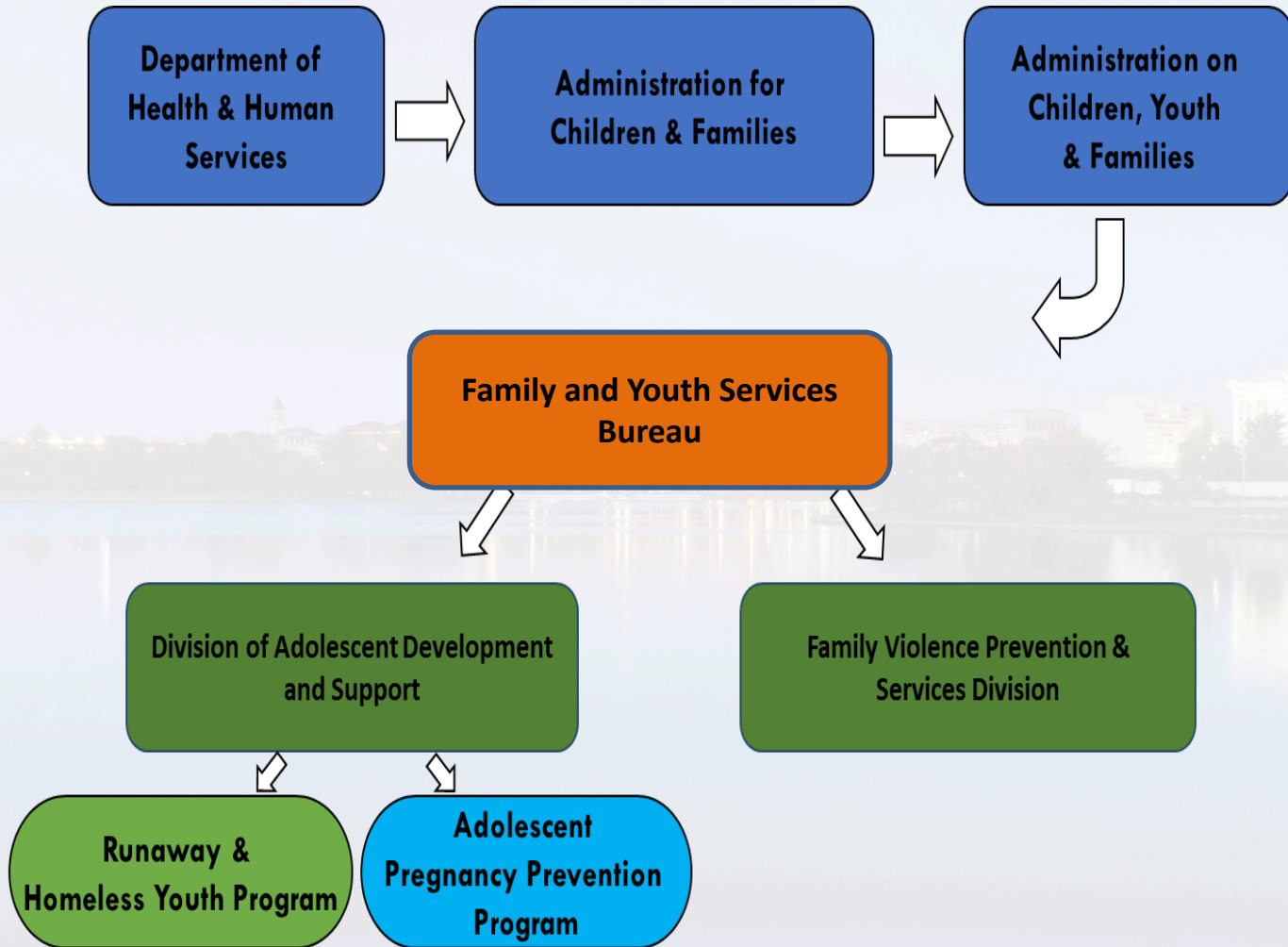


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## Where APP Fits



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## Legislative Authority for the APP Programs FY 2010-2017

Section 206 of the Protecting Access to Medicare Act of 2014 (Pub. L. 113-93)

**\$75 million** – Authorization of the Personal Responsibility Education Program

**\$75 million** – Restoration of funding for Abstinence Education, Section 510 of the Social Security Act

***(FY2010 –FY2017)***

### Public Health Services Act

- **\$5 million**– Competitive grants to provide abstinence education (as defined by section 510(b)(2)(A)-(H) of the Social Security Act) to adolescents ***(FY2012-FY2015 only)***



### Sexual Risk Avoidance Education

- **\$10/\$15 million** - Funded generally under the authority of section 1110 of the Social Security Act, 42 U.S.C. § 1310, and specifically by the appropriation for General Departmental Management for the Office of the Secretary under Division H, Title II of the Consolidated Appropriations Act, 2017, Pub. L. 115-31

***(FY2016 –FY2017)***



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## APP Funding Streams

Funding Stream	# of Grantees	FY2017 Awards
Title V State Abstinence	39	\$63.3 (includes supplemental funding)*
Competitive Abstinence Education	10	(FY2015 award of \$4,485,864)
Sexual Risk Avoidance Education	21	\$15 million (pending award)
State PREP	51	\$40.7 million
Competitive PREP	21	\$10.2 million
PREP Innovative Strategies (PREIS)	14	\$9.6 million
Tribal PREP	8	\$3.2 million

\*\$75 million allocation reduced to \$69,825,000 due to sequestration.



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## Thousands of Youth Served

Adolescent Pregnancy Prevention Programs	# of Program Participants in FY2015
State PREP	98,520
Tribal PREP	2,951
Competitive PREP	32,225
PREP Innovative Strategies	370
Title V State Abstinence	319,570
Competitive Abstinence	14,642
<b>Total</b>	<b>468,278</b>



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## Programs Target Vulnerable Populations

**African American Youth**

**Latino Youth**

**American Indian/Alaska Native/Pacific Islander Youth**

**Systems-involved youth (Foster Care, RHY, JJ, etc.)**

**Pregnant and Parenting Youth**



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## Holistic Approach to Adolescent Pregnancy Prevention

Financial Literacy  
*(Poverty prevention)*



Healthy Life Skills



*(Resisting sexual coercion, dating violence and other risky behaviors such as underage drink or illicit drug use)*



Adolescent Development  
*(Self-regulation)*



Parent & Child Communications

### Adolescent Pregnancy Prevention Program

Healthy Relationships



*(Refrain from non-marital sexual activity)*

Career & Education



*(Goal Setting)*



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## Access to Healthcare and Other Services

- As appropriate and allowable, grantees provide adolescent pregnancy prevention related health care services and/or make use of referral arrangements with other providers
  - Examples of Referral Services and Supports
    - Substance abuse
    - Mental health issues
    - Trauma and adverse childhood experiences
    - Dating and/or intimate partner violence
    - Medical care
    - Medicaid, SCHIP, TANF



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## Overview of Evidence-Based and Best Practices



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## Popular Curricula Models for APP Grantees

### Abstinence Education

- Choosing the Best
- Making a Difference
- Promoting Health Among Teens - Abstinence Only
- Teen Outreach Program (Wyman)
- Heritage Keepers
- Adult Identity Mentoring
- Sex Can Wait
- REAL Essentials
- WAIT Training
- Love Notes

### Personal Responsibility Education Program

- Making Proud Choices
- Teen Outreach Program (TOP)
- Be Proud! Be Responsible!
- Reducing the Risk

### PREP Innovative Strategies - HHS TPP Evidence Review

- AIM for Teen Moms
- Teen Options to Prevent Pregnancy



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## New Evidence Based Models



- Teen Options to Prevent Pregnancy curriculum
- Reducing rapid repeat teen pregnancies



- Aim 4 Teen Moms curriculum
- Serving teen mothers

## Title V: Grantee Profile

### Louisiana AEGP

- Louisiana AEGP is implementing the Choosing the Best curriculum in schools and community-based organizations. The program serves 500 youth annually in 15 parishes, with an increased focus on Native American youth, youth living in poverty, youth ages 10 to 19 who are in foster care or transitioning out of foster care, homeless youth and other vulnerable populations. Louisiana's AEGP program encourages parental involvement programs to engage parents in discussing the benefits of healthy relationships and behaviors, milestones in youth development, and the importance of providing unconditional love and building children's self-esteem. Through active and engaging workshops, facilitators give parents effective strategies to explain the risk of early sexual activity, teach refusal skills, and establish healthy boundaries.



## SRAE: Grantee Profile

### Bethany Christian Services

Located in Grand Rapids, MI

- Targeting Hispanic and African American youth ages 14 to 19, Bethany Christian Services proposes to serve 720 young people over three years, or an average of 240 annually. The grantee implements *Wyman's Teen Outreach Program* in schools and community-based organizations throughout Michigan. The program has a significant focus on job skills training and entrepreneurship for youth participants.



## PREIS: Grantee Profile

### Children's Hospital Los Angeles

Located in Los Angeles, CA

- Children's Hospital Los Angeles is projected to serve 600 homeless youth ages 15 to 19 at residential and drop-in programs in Los Angeles County and San Diego County. The grantee is implementing the Project Legacy curriculum, an HIV and substance abuse prevention intervention targeted to homeless youth. Program participants receive programming on four adulthood preparation topics: healthy relationships, adolescent development, and educational and career success.





## PREIS: Grantee Profile

### Urban Institute

Located in Washington, DC

- The Urban Institute is projected to serve 240 African American teens ages 13 to 19 and their caregivers at four public housing communities in Washington, DC. The program implements Sisters Rising, Parents Matter and Brothers Rising curricula. The Urban Institute educates participants on adulthood preparation subjects to include: healthy relationships adolescent development, parent-child communication, and healthy life skills.



# Strategies for Preventing Teen Pregnancy

- Implement EBP prevention programming through FYSB's APP Program
- Highlight more programs that help parents communicate with their teens about the importance of sexual and reproductive health, including delaying sex and avoiding pregnancy
- Work to reach the Healthy People 2020 objective to reduced unintended teen pregnancy
- Promote youth development programs that keep teens in school, offer after-school supervised activities, and teach life skills
- Educate community leaders about the need for effective programs that prevent teen pregnancy and address overall sexual and reproductive health.



# Working with Pregnant and Parenting Teens

- They need strong support networks and a comprehensive array of resources to help them parent effectively and become self sufficient.
  - This includes support to complete their high school diploma/GED
  - There is a need for mental health services as parenting teens tend to experience depression and anxiety
  - Pregnant teens need access to prenatal care and adequate nutrition
- Teen parents need access to information on preventing subsequent pregnancies and preventing STIs/HIV.
- They need support to improve developmental outcomes for their children.
- There is a need to increase healthy relationships between partner, peers, and family.



## Best Practices for Engaging Young Men

- Don't make young men an “add-on”—intentionally create services that address their needs.
- Ask young men what they want and need.
- Be creative with recruitment—go to where they are.
- Make teen pregnancy prevention relevant to other aspects of their lives.
- Collaborate with other agencies to broaden services.
- Address gender norms.
- Acknowledge developmental phases.
- Create services that last more than one year.
- Go beyond the classroom; for example, add service learning.
- Include a cultural component.



## Delivering Health Education Programs to Young Men

### Sexuality Education Programs

- Postponing Sexual Involvement
- Reducing the Risk
- Rochester AIDS Prevention Program
- Safer Choices
- Draw the Line/Respect the Line
- Sex Can Wait

### Service Learning Programs

- Reach for Health Service Learning Program

### Parent-Child Communication Program

- R.E.A.L Men

- Self Center
- School/Community Risk Reduction Replication Initiative
- Children's Aid Society Carrera Program
- Seattle Social Development Project
- Aban Aya Youth Project

- Teen Outreach Program

### Clinic-based Intervention

Reproductive Health Counseling for Young Men



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## Adolescent Pregnancy Prevention Program Initiatives



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## APP Program Initiatives

### Research/Evaluation

- Expand research and evidence on how to reduce teen pregnancy among particular groups through an ongoing learning agenda
  - Performance Measures and Adulthood Preparation Subjects (PMAPS)
  - Promising Youth Programs (Evaluation Support and Innovative Curriculum Development)
- APP Evaluation Webpage  
<http://www.acf.hhs.gov/programs/fysb/programs/adolescent-pregnancy-prevention/evaluation>



# Performance Measures and HHS TPP Evidence Review

- Performance measures:
  - In 2017, FYSB plans to finalize the development of SRAE performance measurements (*pending approval*)
- HHS Teen Pregnancy Prevention Evidence Review
  - Regular updates on evidence of effectiveness
  - Programs must have demonstrated positive impacts on one (or more) of five behavioral outcomes, including delayed sexual activity





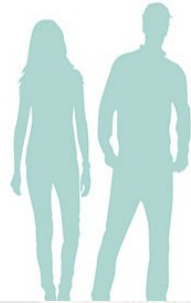
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## PREP Performance Measures

### Of all PREP programs ...

**74%**

TARGET YOUTH IN  
HIGH-NEED AREAS



**34%**

TARGET YOUTH  
IN FOSTER CARE

**83%**

OF YOUTH FELT MORE  
PREPARED FOR  
ADULTHOOD



PERSONAL RESPONSIBILITY  
EDUCATION PROGRAM GRANTEES:

**22%**

TARGET

LGBTQ  
YOUTH



**25%** TARGET  
PREGNANT  
AND PARENTING  
TEENS



NEARLY  
**2,500** EDUCATORS  
TRAINED IN  
EVIDENCE-BASED PROGRAMS



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## APP Program Initiatives

### Dissemination/Communications

- APP Connect e-newsletter
- American Journal of Public Health (special issue publication)
- National Teen Pregnancy Prevention (TPP) Month Activities in May
- The Exchange, a web-based resource center
  - Studio Tool
  - Social Media Toolkit
- Social media messaging and products – “We’re Not Done Yet, PREP Teens for the Future” video
- Youth Focused Infographics



## APP Program Initiatives

### Training and Technical Assistance

- Toolkits and Resource Guides (Ex. Toolkit to Incorporate Adolescent Relationship Abuse Prevention into Existing APP Program)
- E-Learning Modules (Ex. Adolescent Development, Human Trafficking - pending)
- Grantee topical trainings, webinars, infographics, and tip sheets
- Technical assistance – individual support and group cluster calls
- Communities of Practice
- Site Monitoring
- Adolescent Pregnancy Prevention Grantee Conference



## Partnerships and Collaboration

- Assistant Secretary for Planning and Evaluation
  - Inter-agency Workgroup on Youth Programs
  - HHS Teen Pregnancy Prevention Evidence Review
- Office of Planning, Research and Evaluation
- Runaway and Homeless Youth Program
- Family Violence and Prevention Services – Teen Dating Violence Prevention Month
- Children’s Bureau – Foster Care Initiatives
- Department of Labor – Workforce Innovation Opportunity Act – Youth Workgroup



## What we have learned

- Holistic approach to prevention education is an essential component to adolescent pregnancy prevention education
- Initiatives to develop, implement, and evaluate programs are critical to determine the effectiveness of interventions among vulnerable populations
- Significant gaps remain in evidence based curricula for certain populations, including
  - Native youth
  - Youth in the foster care system
  - Runaway and homeless youth
  - Youth with cognitive delays



## Partnership Strategies

- Conduct cross training among APP and TANF staff/grantees
- Use APP programming to enhance required life skills development for TANF recipients under age 21
- Engage youth where they are with evidence based interventions: human service centers, transitional living programs, maternity group homes, etc.
- Support service delivery from a positive youth development framework
- Provide education and resources on co-parenting
- Provide culturally and age appropriate interventions
- Offer individualized and trauma informed approaches to service delivery, when possible



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## Resources and Tools



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Adolescent Pregnancy Prevention Program

## THE EXCHANGE

Advancing knowledge, collaboration and partnerships to prep teens for the future

CONNECT LEARN CREATE RESOURCES OUR STORY BLOG

We're Not Done Yet: Prep Teens for the Future

Narrowing the Disparities Gap

Listen In: On Parent and Child Communication

**WHAT'S NEW**

**UPCOMING EVENTS**

**The Power of Peer Mentoring**  
Vulnerable youth need positive role models. Find out how a program in Denver, Colorado, is using peer mentoring to prevent teen pregnancy among vulnerable youth.

**A Bright Future for Youth in Foster Care**  
Youth in foster care are among the most vulnerable to adolescent pregnancy. Find out how FYSB's APP Program grantees are serving this important vulnerable group of youth, including strategies you can use to reach youth in and aging out of foster care.

**National Bullying Prevention Month**  
Celebrate the 10th Anniversary of Bullying Prevention Month, a time when communities and partners come together to help prevent bullying and prepare teens for the future. Encourage young adults to talk to someone they trust.

**National Domestic Violence Awareness Month**  
1 is 2 many. Help youth develop healthy relationships and identify signs of violence. Connect with violence prevention programs in your area and explore how you can work together to support youth who are impacted by domestic violence.

## THE EXCHANGE

- Advancing knowledge, collaboration, and partnerships to prep teens for the future.
- An interactive platform to help you **learn, connect, and increase the impact** of your efforts to support vulnerable youth.
- Find and share videos, podcasts, tip sheets, and other data-driven resources.
- Discover stories from FYSB grantees and cutting-edge strategies that work.
- Gain insights on vulnerable populations and adulthood preparation.



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- Ohio Health Grantee Success Story
- Ohio Health You Tube Video (<https://www.youtube.com/watch?v=YEMoj1DFvqA&feature=youtu.be>)
- Engaging Young Men
- Adolescent Development



## THE EXCHANGE

Advancing knowledge, collaboration and partnerships to prep teens for the future

Search 

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### Resources

Home › Resources › **Incorporating Adolescent Relationship Abuse Prevention into Your APP Programming**



#### INCORPORATING ADOLESCENT RELATIONSHIP ABUSE PREVENTION INTO YOUR APP PROGRAMMING

This toolkit [↗](#) is designed to help FYSB Adolescent Pregnancy Prevention (APP) grantees who want to incorporate adolescent relationship abuse (ARA) prevention into their existing APP programming. Whether grantees are newly funded or have been implementing project activities for one or more years, this toolkit provides practical tools for grantees to choose from and adapt to best fit their projects and participants.

[Access the Toolkit \(HTML\) ↗](#)

##### + Topics

Healthy Relationships, Youth Violence,  
Program Planning, Implementation and  
Evaluation



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# Teen Pregnancy Prevention Evidence Review

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- ABOUT THE REVIEW
- REVIEWED STUDIES
- FAQS
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Home > Programs

## Programs


The Teen Pregnancy Prevention Evidence Review identifies programs with evidence of effectiveness in reducing teen pregnancy, sexually transmitted infections, and associated sexual risk behaviors.



### Select a Program


Select a Program... ▼

GO



### Find and Compare Programs

Find programs based on program characteristics such as target population, length, setting, and implementation readiness score.



### View Resources

Learn more about evidence based programs and this review.

HHS Teen Pregnancy Prevention Evidence Review List  
<https://tppevidencereview.aspe.hhs.gov/EvidencePrograms.aspx>

## Teen Pregnancy Prevention Evidence Review

### Program Comparison

Program Details	Love Notes	Making a Difference!	Promoting Health Among Teens! Abstinence-Only Intervention
Program Type	Comprehensive sexuality education	Abstinence-based	Abstinence-based
Program Structure	Curriculum-based program delivered to a group	Curriculum-based program delivered to a group	Curriculum-based program delivered to a group
Program Length	13 hours	8 hours	8 hours
Number of sessions/visits	13	8	8
Recommended Staffing	2 instructors per 15 youth	1 facilitator for 8 youth	1 facilitator for up to 10 youth
Recommended Staff Training	3 day training required	2 day training recommended	Training recommended

✓ = Program is designed to serve population

\* = Majority group in reviewed evaluation studies

Target Population	Love Notes	Making a Difference!	Promoting Health Among Teens! Abstinence-Only Intervention
Female	✓ *	✓ *	✓ *
Male	✓ *	✓ *	✓ *
Middle school students		✓ *	✓ *
High school students	✓ *		✓
Older teens at-risk for unplanned pregnancy	✓		
Latino		✓	
African American	*	✓ *	*



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**FYSB** Family & Youth Services Bureau  
Adolescent Pregnancy Prevention Program  
**APPCONNECT**

OPRE

May/June 2017 | Volume 3, Issue 3

Quick Facts      Program Highlights

**ADOLESCENT GIRLS WITH MENTAL ILLNESS ARE 3X**

more likely to get pregnant than girls without a mental health diagnosis.

Source: "[Fertility Rate Trends Among Adolescent Girls With Major Mental Illness: A Population-Based Study](#)" (abstract). Pediatrics. Vol. 133, No. 3. (March 2014).

**POSITIVE ADULT CONNECTIONS**

lowered the odds of alcohol use and violence involvement for young men ages 10-24 in a low-resource neighborhood.

**MAY SPOTLIGHT: NATIONAL TEEN PREGNANCY PREVENTION MONTH AND MENTAL HEALTH MONTH**

The month of May places a spotlight on the need to raise awareness on the efforts to support youth in the development of healthy life skills by observing National Teen Pregnancy Prevention Month and Mental Health Month. We know that providing youth with tools and resources to mitigate risky behavior makes it easier for them to achieve their goals. After all, their future is dependent upon the choices that they make today. Knowing this, the Adolescent Pregnancy Prevention Program maintains its commitment to a holistic approach to prevention education that considers the social, emotional, physical and mental well-being of youth. At the 2017 APP Grantee Conference in June and in the coming months, we plan to work closely with grantees and our Federal partners to share resources and strategies that are most effective in serving vulnerable youth. To learn more about our holistic approach to providing adolescent pregnancy prevention services, go to [The Exchange](#).



## APP e-newsletter

APP Connect is a bi-monthly newsletter that provides updates related to the APP Program and highlights grantees who are implementing programming in innovative ways.

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## Information and Resources

Family and Youth Services Bureau Adolescent Pregnancy Prevention Program:  
<http://www.acf.hhs.gov/programs/fysb/programs/adolescent-pregnancy-prevention>

APP Research and Evaluation Resources  
<https://www.acf.hhs.gov/fysb/programs/adolescent-pregnancy-prevention/evaluation>

The Exchange: <https://teenpregnancy.acf.hhs.gov/>

National Clearinghouse for Families and Youth (NCFY): <http://ncfy.acf.hhs.gov>

Teen Pregnancy Prevention Evidence Review:  
<http://tppevidencereview.aspe.hhs.gov/EvidencePrograms.aspx>

Child Welfare Information Gateway  
<https://www.childwelfare.gov/topics/preventing/promoting/parenting/pregnant-teens/>



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**QUESTIONS**

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Thank You

