

Promoting Science-Based Approaches— Getting To Outcomes Success Stories: Health Care Education and Training, Inc. (HCET)

About The National Campaign to Prevent Teen and Unplanned Pregnancy:

The National Campaign to Prevent Teen and Unplanned Pregnancy is a nonprofit, nonpartisan organization supported largely by private donations. The National Campaign's mission is to improve the lives and future prospects of children and families and, in particular, to help ensure that children are born into stable, two-parent families who are committed to and ready for the demanding task of raising the next generation. Our specific strategy is to prevent teen pregnancy and unplanned pregnancy among single, young adults. We support a combination of responsible values and behavior by both men and women and responsible policies in both the public and private sectors.

Case Study Participant: Abby Hunt, Project Manager

Health Care Education and Training, Inc. (HCET) is a regional training center that assists both governmental and nongovernmental organizations in Illinois, Indiana, Michigan, Minnesota, Ohio and Wisconsin by increasing their capacity to implement science-based approaches to prevent teen pregnancy, sexually transmitted infections (STIs) and HIV. Specializing in providing technical assistance to organizations interested in science-based strategies, HCET helps organizations enhance their adolescent reproductive health programs by introducing them to and guiding them through the Promoting Science Based Approaches-Getting to Outcomes (PSBA-GTO) process. One particular organization HCET works with is an adult and child center (ACC) focusing on foster care youth in central Indiana where teen pregnancy rates among youth in foster care are most prevalent.

National data as well as data from a three state study in the Midwestern United States indicate that youth in foster care demonstrate high rates of sexual risk-taking behavior. Thus, ACC focuses on providing teen pregnancy prevention programs to this high risk group of adolescents. After contacting HCET to learn more about science-based approaches to preventing teen pregnancy among youth in foster care, ACC committed to implementing a science-based program using the PSBA-GTO process. HCET and ACC started with a needs assessment (step1 of PSBA-

GTO) after attending a basic evaluation training given by Healthy Teen Network (HTN). ACC used the needs assessment to evaluate the needs of the youth they serve, and to determine where in the PSBA-GTO process they should begin. PSBA-GTO is broken into 4 parts—Part I: Goal Setting, Part II: Program Planning, Part III: Program Evaluation and Part IV: Improving and Sustaining the Program, for more information see <http://www.cdc.gov/reproductivehealth/AdolescentReproHealth/PDF/LittlePSBA-GTO.pdf>.

Using the information gathered through the needs assessment, ACC created a Behavior-Determinant-Intervention logic model (BDI) to identify and set goals (step 2 of PSBA-GTO), and ensure that the curriculum activities were linked to specific objectives targeting specific risk and protective factors. The BDI logic model helped ACC create the sequence of action steps needed to implement the curriculum, and described how the curriculum would produce the results and outcomes set by the organization. ACC valued this specific step of PSBA-GTO because it helped establish a road map for the program and informed the outcome-based evaluation of the program.

As ACC worked through Parts I and II of PSBA-GTO, ACC elected to implement *Power Through Choices!*, a teen pregnancy prevention curriculum specifically tailored to the needs of youth in foster care, in February 2009. Currently ACC is working on Part III of PSBA-GTO

and is looking into making adaptations to the curriculum to better serve the youth in foster care in their area. As ACC evaluates the program they also plan on using the evaluation results to improve delivery of *Power Through Choices!*.

ACC appreciated the structure that PSBA-GTO provided to identify, implement and evaluate a science-based teen pregnancy prevention program tailored to the needs of youth in foster care. PSBA-GTO is a flexible framework that allowed ACC to be actively engaged at each step by providing a structure that was able to be molded to fit within ACC timeline for implementing the curricula. ACC credits the PSBA-GTO process in helping to make the curriculum implementation process a smooth one.

About the Putting What Works to Work Project

Putting What Works to Work (PWWTW) is a project of The National Campaign to Prevent Teen and Unplanned Pregnancy funded, in part, by the Centers for Disease Control and Prevention. Through PWWTW, The National Campaign is translating research on teen pregnancy prevention and related issues into user-friendly materials for practitioners, policymakers, and advocates. As part of this initiative, the *Science Says* series summarizes recent research in short, easy-to-understand briefs.

Author Information

This research brief was written by National Campaign staff member Corinna Sloup.

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