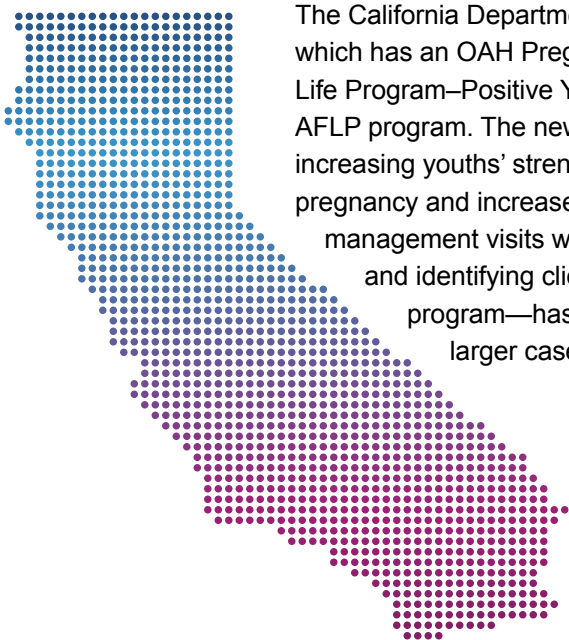


## Understanding the Effectiveness of Programs for Expectant And Parenting Teens

The Office of Adolescent Health (OAH) is funding the Positive Adolescent Futures (PAF) study, which includes three evaluations of programs that serve expectant and parenting teens. This study, being conducted by Mathematica Policy Research, is part of OAH’s overall strategy to identify effective programs that offer a seamless network of support for teen mothers and fathers and their children. The programs being evaluated offer a range of programmatic approaches that are prevalent nationwide, particularly among OAH Pregnancy Assistance Fund grantees, including case management and referrals, home visiting, and school-based workshops. The programs are taking place in California, Washington, DC, and Houston, TX. All evaluations measure impacts on outcomes that align closely with the program model, and examine program implementation. This fact sheet describes the programs being evaluated, the impact study designs, the primary outcomes the studies will use to test program effectiveness, and the impact study data sources.

### Adolescent Family Life Program—Positive Youth Development



The California Department of Public Health’s Maternal, Child, and Adolescent Health program, which has an OAH Pregnancy Assistance Fund grant, is implementing the Adolescent Family Life Program—Positive Youth Development (AFLP-PYD) as an enhancement to its longstanding AFLP program. The newly created AFLP-PYD is based on a resiliency framework that focuses on increasing youths’ strengths, problem-solving skills, and social competency to delay a subsequent pregnancy and increase educational attainment. The program consists of twice-monthly case management visits with quarterly home visits; the content of the visits focuses on life planning and identifying clients’ strengths. In contrast, the counterfactual—the statewide AFLP program—has less structured guidance than AFLP-PYD; AFLP case managers also carry larger caseloads and conduct fewer visits than AFLP-PYD case managers.



**Study design:** Random assignment—in two of the largest providers, the evaluation randomly assigns females to either AFLP or AFLP-PYD. Across 11 additional providers, clusters (defined as either providers or geographic locations within a provider’s service area) are randomly assigned to AFLP or AFLP-PYD.



**Outcome measures:** Subsequent pregnancy, sexual risk behaviors, educational attainment, and resiliency.



**Data sources:** Three youth surveys (at baseline, 12 months, and 24 months) and administrative records on dosage and content coverage.




**Reports:** One implementation report (2017) and two impact reports (2018 and 2019).


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## New Heights

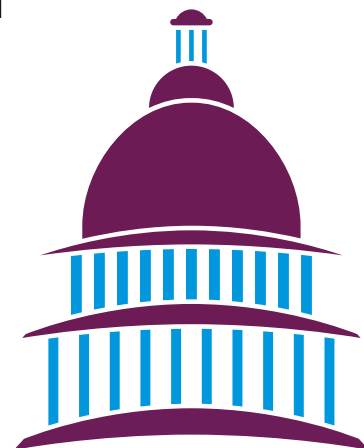
New Heights is a District of Columbia Public Schools (DCPS) school-based program; its key feature is placing a dedicated staff person, a coordinator, in every school. Coordinators are responsible for integrating four main components into the regular school day: (1) advocacy, (2) targeted school-based case management, (3) weekly educational workshops, and (4) incentives. Together, these components are intended to help teen parents identify their strengths in order to overcome barriers, become self-sufficient, and achieve educational success. In the 2011–2012 school year, with an OAH Pregnancy Assistance Fund grant, the New Heights program was introduced in nine DCPS high schools.

 **Study design:** Natural experiment—teen mothers attending the study schools after the introduction of New Heights are the treatment group; teen mothers who attended the same schools before the availability of New Heights are the comparison group.

 **Outcome measures:** School engagement, credit accumulation, and graduation.


 **Data sources:** Three administrative data sets. Data from DCPS and the DC Department of Health identify teen mothers who were in the study schools before and after the New Heights program was available; DC Department of Human Services data identify teen mothers in the study schools who participated in New Heights.


 **Reports:** One report on impacts and implementation (2017).





## Healthy Families, Health Futures

The Houston Health Department is implementing Healthy Families, Healthy Futures, which was developed by Healthy Families San Angelo as an enhancement to Healthy Families America (HFA) home visiting services. The program is differentiated from HFA by an emphasis on life planning and contraception for the mother and father of the baby. In keeping with the HFA model, home visits occur weekly initially and transition to monthly as appropriate based on the needs of the family.

 **Study design:** Random assignment—first-time teen mothers are randomly assigned to Healthy Families, Healthy Futures or to a control group. Both groups also have access to existing community resources, such as services at WIC clinics.

 **Outcome measures:** Subsequent pregnancy, sexual risk behaviors, educational attainment, and parenting skills.

 **Data sources:** Two youth surveys (at baseline and 12 months) and administrative records on dosage and content coverage.

 **Reports:** One implementation report (2017) and one impact report (2018).

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To learn more about the Office of Adolescent Health and its grant and evaluation efforts, please visit: <http://www.hhs.gov/ash/oah/>



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