



Teen Pregnancy Prevention Program Case Study: *Project Ntarupt*, North Texas Alliance to Reduce Unintended Pregnancy in Teens – Dallas, TX

Background

In 2015, the Office of Population Affairs (OPA) awarded 50 Teen Pregnancy Prevention (TPP) grants to replicate evidence-based programs (EBPs) to scale in communities with the greatest need. OPA designed the 2015 TPP grant program to have a significant impact on reducing teen pregnancy rates and disparities by using a multi-component, community-wide strategy. The strategy integrated EBPs into multiple safe and supportive settings, mobilized stakeholders around a shared vision, and increased access to youth-friendly services. While implementation approaches varied, all grantees were required to include four key elements:¹



Deliver EBPs with fidelity in at least three types of settings.



Engage the community around a shared vision to increase the community's ability to prevent teen pregnancy and improve adolescent health.



Recruit a network of youth-friendly, accessible service providers, develop a referral system, and connect youth to needed services.



Ensure programs are implemented in safe and supportive environments.

Project Ntarupt

The North Texas Alliance to Reduce Unintended Pregnancies in Teens (the Alliance) implements *Project Ntarupt* in community settings in five Dallas, Texas ZIP codes.² *Project Ntarupt's* goals are to provide evidence-based TPP programs to youth and parents, build public engagement in TPP, and increase access to youth-friendly services. Key partners are El Concilio, Parkland Health and Hospital System, Planned Parenthood of Greater Texas (PPGT), and the University of Texas Southwestern (UTSW). With strategies aimed at individual, organizational, community, and systems levels, *Project Ntarupt* is laying the foundation to address community norms in a challenging environment. **This case describes a strategy for reaching youth and parents across the highest need ZIP codes solely in community-based settings in a major city.** The Alliance began the project in summer 2015; the case study is based on phone interviews and a site visit conducted in the grantee's second grant year.

¹ See the Funding Opportunity Announcement for details: <https://www.hhs.gov/ash/oah/sites/default/files/tier1b-foafile.pdf>.

² The grantee is The Dallas Foundation, fiscal sponsor of the Alliance.

Lessons in Scaling Up Evidence-Based Teen Pregnancy Prevention

Project Ntarupt strategically identified settings and partnership opportunities. Implementation of *Project Ntarupt* in out-of-home care, transitional living, and juvenile detention settings was successful, due in part to the support of a key partner (PPGT) whose years of experience with these settings provided a base of trust and cooperation. The project was also strategic in selecting the UTSW and El Concilio, a local Hispanic-focused community agency, as partners, tapping their experience in grassroots public health outreach and trusting relationships in the Hispanic community.

Recruiting and retaining youth in out-of-school settings was a challenge. Identifying opportunities in which small groups of youth would be available for multiple sessions of an EBP was the main challenge for out of school implementation. To address this, *Project Ntarupt* found several opportunities among its community partners to offer *Be Proud! Be Responsible!* and created others by convening youth conferences and summer day camp events.

Grassroots strategies facilitated parent participation. *Project Ntarupt's* health educators were especially enterprising and persistent in finding community locations where parents congregated naturally. The flexibility of the *Families Talking Together* curriculum enabled them to deliver the program to groups of parents without requiring parents to come to an event. Health educators' resourcefulness and perseverance were the key qualities that made this effort promising.

Sustained outreach focused on addressing community norms. Building a base of support for implementing programs and policies focused on reducing teen pregnancy was central to *Project Ntarupt*. The project calibrated its strategies to address different community questions and concerns across the five ZIP codes. Project leadership regularly placed messages in local media and cultivated champions among local decision-makers and parents to build public support.

A dedicated teen referral line held promise for increasing access to health services. An early accomplishment was to establish a dedicated phone line to field requests for referrals from youth. Many clinics in Dallas could potentially be youth friendly; formally assessing them, providing technical assistance to enhance capacity, and increasing use of the phone referral system were planned for after the second grant year.

Mid-course adjustments to the YLC focused on positive youth development. The pilot Youth Leadership Council (YLC) struggled to retain an active group of youth, so the project re-designed the approach to ensure it was driven by youth development principles. They planned to use parents to recruit a small group of youth to lead the YLC with staff. Youth would be peer educators and project decision makers, and learn to effect change in their communities.

The complete case study includes greater detail on the community and organizational context, the project's structure, and how *Project Ntarupt* implemented the four key program elements.