

Expanding EBP Choices in 2018

CAPP and PREP Webinar
November 20, 2017

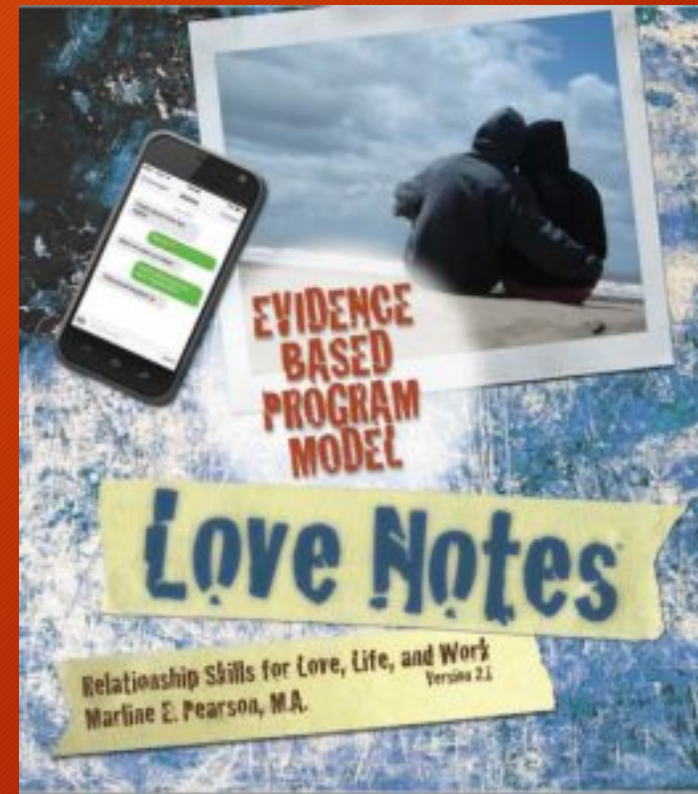
Objectives

- Explore alternate EBPs
 - Loves Notes 2016
 - HIP Teens
 - SHARP
 - TOP
 - Project AIM
- Selection process
- Questions

Love Notes 2016

Focus on relationships skills:

- Relationship efficacy
- Correcting faulty relationship beliefs
- Developing healthy intimate partner connections
- Seeing your life and relationships through the eyes of a child



Love Notes

- 13 lessons (45 minutes each, 2 lessons of 1.5 hours)
- Uses video and music clips
- High risk youth, youth in foster care, teen parents
- Ages 14 - 19 (original curriculum 16-25)
- Small groups
- Community-based settings
- Training by certified master trainers required
- Manual: \$598.00
- Available in Spanish

Dibble Institute:
<https://www.dibbleinstitute.org/love-notes-evidence-based/>

Love Notes - Evidence

Moderate study rating:

Positive effects (6 months) in regards to

- Sexual initiation
- Recent sexual activity
- Contraceptive use
- Pregnancy

Research article:

<http://www.dibbleinstitute.org/ebp-current-research/>

Health Improvement Project for Teens (HIP Teens) 2013

Core Components

- Self-empowerment from goal setting
- Assertive communication/negotiation skills
- Identification of risk communications
- Developing a menu of healthy choices
- Condom use and other risk reduction
- Enhance motivation to change



<http://www.hip4change.com/>

HIP Teens

- 4 sessions of 120 minutes (booster sessions at 3 and 6 months)
- Gender specific - female
- Ages 15 - 19
- All races/ethnicities (studies: AA)
- Settings: community, afterschool, health centers
- Small groups: 8-12
- Training required: 2 day TOE (\$995.00)

Trauma-Informed
LGBTQ inclusive language

HIP Teens - Evidence

High study rating:

Positive effects (6 months) on

- Recent sexual activity
- Number of sexual partners
- Frequency of sexual activity
- Contraceptive use

Research: OAH report

<https://tppevidencereview.aspe.hhs.gov/document.aspx?rid=3&sid=67>

Sexual Health & Adolescent Risk Prevention (SHARP) 2009

Core Components

- STI/HIV Knowledge
- Condom use
- Reduce sexual risks and alcohol use
- Set long-term goals to utilize knowledge and skills learned

SHARP

- One session (3-4 hours); uses videos
- Groups by gender: all female or all male
- Small groups: 3-5, max 10
- Ages: 14-17, 18-19
- All races/ethnicities
- Setting: Residential facilities
- Training: not required, knowledge of motivational interviewing beneficial

Sociometrics

Manual: \$410.00

<https://www.socio.com/products/pasha-sexual-health-and-adolescent-risk-prevention-sharp>

SHARP - Evidence

Moderate Study rating:

Positive effect (12 months) on

- Contraceptive use

Research: OAH Report

<https://tppevidencereview.aspe.hhs.gov/document.aspx?rid=3&sid=205>

Teen Outreach Program[®] (TOP[®])

Core Components

- Educational Peer Group Meetings
- Positive Adult Guidance and Support
- Community Service Learning



<http://teenoutreachprogram.com/>

TOP[©]

- Minimum 25 weekly meetings over 9 months
- Use of TOP[©] Curriculum (Foundational, Intermediate, Advanced)
- Minimum 20 community service learning hours
- Teen to facilitator ratio is no more than 25:1 (smaller groups strongly recommended)
- Disadvantaged and high-risk youth
- Mixed gender groups
- Ages: 12-14, 14-16, 16-19
- All races/ethnicities (studies: AA and white)
- Setting: In school, afterschool, community based organizations
- Curricula: \$595 (also available in Spanish)
- Training: Required 2 ½ day Training of Facilitators

TOP[©] - Evidence

High Study rating:

Positive effect (9 months) on

- Reducing pregnancy or births

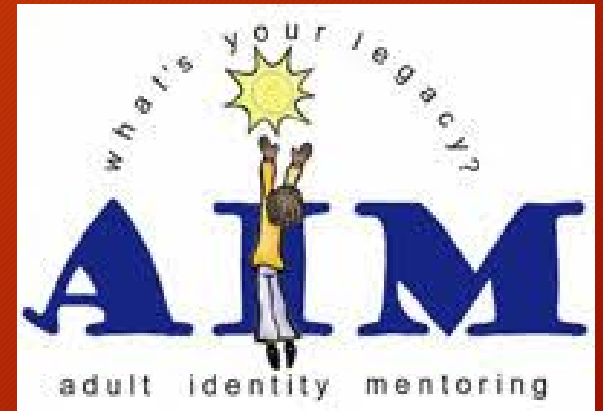
Research: OAH Report

<https://tppevidencereview.aspe.hhs.gov/document.aspx?rid=3&sid=237&mid=1>

Project AIM (Adult Identity Mentoring)

Focus on positive youth development:

- Consider their future in terms of a personal legacy
- See a picture of themselves in the future as successful adults
- Set goals to achieve their desired future selves
- Identify strengths and resources needed for future success
- Build effective communication skills
- Protect their future through reducing risk behaviors today



Children's Hospital Los Angeles

<https://www.chla.org/project-aim>

Project AIM

- 13 50-minute sessions (12 plus 1 CAPP ad hoc session); 2x per week
- In-school or in community based settings
- Disadvantaged youth
- All races/ethnicities (studies: AA)
- Youth ages 11-14
- Small groups (10-18 youth)
- Training: 2 day Training of Facilitators
- Requires 2 trained facilitators
- Curricula: \$850
- Available in Spanish
- \$2,000 annual licensing fee

Project AIM - Evidence

High study rating:

Positive effect (19 week follow-up)

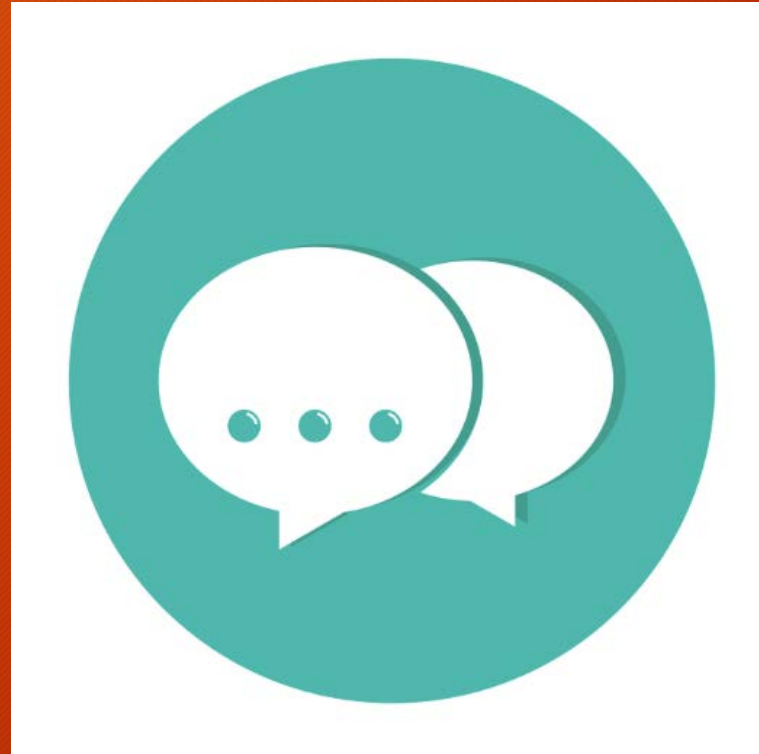
- Recent sexual activity

Research: OAH Report

<https://www.hhs.gov/ash/oah/grant-programs/teen-pregnancy-prevention-program-tpp/evidence-based-programs/project-aim/index.html>

Let's Chat

Any questions
about these EBPs?



Questions to Consider

What is your priority population?

How will this EBP meet the unique needs of this population?

Is implementation of the EBP feasible? (e.g., length, setting)

What are the costs involved?

Selection Process and Timeline

Request Deadline:
12/15/2017

Send EBP
request to your
TA Provider

Template for Selecting Alternate Evidence-based Programs

If you are unable to use an EBP from the approved list to meet the needs of your community, please provide the following information to briefly explain your need and the specifics of your proposed alternative. Use as much space as you need for each answer.

1. Please describe your target population for this EBP.
2. What is the setting in which you plan to deliver this EBP to the youth described above?
3. Please explain why you are proposing an alternative to the existing list of EBPs to best meet the needs of your target population or community setting.

Questions?



References/Resources

OAH EBP Data Base

<https://www.hhs.gov/ash/oah/grant-programs/teen-pregnancy-prevention-program-tpp/evidence-based-programs/index.html>

EBPs at a glance

<https://www.hhs.gov/ash/oah/sites/default/files/ebp-chart1.pdf>



Thank you!