Family and Youth Services Bureau
Overview of Tribal Research and Evaluation Efforts

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Teen Pregnancy Prevention Research and Evaluation Projects

- PREP Multi-Component Study
- PPA Study- Innovative Strategies
- TPP Evidence Review
- Community Wide Study
Federal Collaborations

- Office of Policy Research and Evaluation
- Office of the Assistant Secretary for Planning and Evaluation
- Centers for Disease Control
- Office of Adolescent Health
- Family and Youth Service Bureau
Research and Evaluation

Effective Federal Research and Evaluation
Incorporate Numerous Aspects

- Assessment
- Intervention
- Technical Assistance
- Monitoring
- Site Recruitment
- Community Collaboration
- Assessing impact or implementation
Cultural Foundation

• For any intervention to work optimally it must be based in the cultural worldview of the population it seeks to serve.

• We are committed to the provision of culturally appropriate teen pregnancy prevention and adulthood preparation programs that meet the unique needs of Tribal youth.
Merging research with....

1. Define the Problem
2. Identify Risk & Protective Factors
3. Develop & Test Interventions
4. Implement & Evaluate Programs
Practice and Service

- Provide Technical Assistance
- Set & Collect Performance Measures
- Monitor Quality of Program Implementation
- Assess Public Health Impact
Linking Research to Action

Maximize Program Impact

Informed Decision Making

Accurate, Consistent & Efficient Data Collection, Reporting and evaluation
Research to Practice

Define the problem through existing research
Identify risk & protective factors
Develop interventions
Implement programs
Set & collect performance measures
Monitor & evaluate program performance
Assess program impact

Provide Technical Assistance

Problems
Response
We essentially have four objectives:

• **Objective 1**: Ascertain the pregnancy prevention and adult preparation needs of Tribal youth
• **Objective 2**: Adapt existing evidence based programs to meet the pregnancy prevention and adult preparation needs of Tribal youth
• **Objective 3**: Identify effective programs that already work to address The pregnancy prevention and adult preparation needs of Tribal youth
• **Objective 4**: Evaluate those programs’ effectiveness at meeting the specific pregnancy prevention and adult preparation needs of Tribal youth
Challenges and Barriers to program success

- Synthesis and translation of research to practice (and practice to research)
- EBP dissemination, selection, and uptake
- Ensuring sufficient implementation quality and fidelity
- Understanding adaptation and preventing program drift
- Measuring and monitoring implementation and outcomes
- Policy, systems, and infrastructure barriers
- Sustainability in the absence of a clearly defined model


I think you should be more explicit here in step two.
Strengthening Families Program: For Parents and Youth 10-14 (ISFP or SFP 10-14)

Program developed for Project Family of the Institute for Social and Behavioral Research at Iowa State University by Virginia Molgaard, Ph.D. under the direction of Richard Spoth, Ph.D.

Logic Model created by the Evidence-based Prevention and Intervention Support Center (EPISCENTER) at Penn State University

Program Components
- Parent Sessions
  Goal: Enhance parenting skills and promote effective parenting styles.
- Youth Sessions
  Goal: Build youth life skills.
- Family Sessions
  Goal: Strengthen family bonds, promote positive communication, and enhance joint problem solving.

Targets
- Decrease Risk Factors
- Increase Protective Factors

Proximal Outcomes
- Improved Parent Skills/Styles
- Improved Youth Skills/Attitudes
- Improved Family Relationships

Distal Outcomes
- Reduced Youth Substance Use
- Reduced Youth Antisocial Behavior
Program Components & Goals

SFP 10-14 is delivered over 7 weeks. Each week, the youth and parents meet separately and then, together. Targeted goals drive the parent, youth, and family sessions.

Program Modalities

Specific strategies, methods, and techniques are used to accomplish the program goals.

Targeted Risk and Protective Factors

Risk factors, which increase the likelihood of drug use, delinquency, school dropout, teen pregnancy, and violent behavior, are targeted for a decrease. Protective factors, which exert a positive influence and buffer against negative outcomes, are targeted for an increase.

Proximal Outcomes

Targeted outcomes that the program is designed to impact immediately following program completion.

Improved Parent Skills/Styles:
- Empathy with youth stressors
- Support youth goals & dreams
- Active listening and effective communication
- Understand youth development
- Clear communication of rules and substance use expectations
- Identify and deliver appropriate consequences calmly
- Reward good behavior
- Monitor youth

Risk Factors:
- Negative youth and family management practices: harsh, inappropriate, or inconsistent discipline, indulgence, poor monitoring, demanding/rejecting behavior, and poor communication of rules
  - Youth aggressive or withdrawn behavior
  - Favorable attitudes toward problem behaviors and substance use
  - Negative peer influences
  - Poor social/stress management skills
  - Family conflict
  - Early initiation and persistent antisocial behavior
  - Poor school performance

Protective Factors:
- Positive youth and family management practices: monitoring, age-appropriate parental expectations, and consistent discipline
  - Effective and empathetic parent-child communication
  - Promotion of healthy beliefs and clear standards
  - Family bonding and supportive family involvement
  - Goals/positive future orientation
  - Positive parent-child affect
  - Emotion management
  - Pro-social family values
  - Peer pressure refusal skills

Improved Youth Skills/Attitudes:
- Healthy coping & stress management
- Peer pressure resistance
- Making good decisions/Setting goals for the future
- Empathy & appreciation of parents
- Understanding the value of rules & responsibilities
- Know qualities of good friends
- Understand the harmful impact of problem behavior & substance use

Improved Family Relationships:
- Family bonding/Affective quality
- Joint problem solving
- Effective communication
- Identify family strengths & values
- Value time together/family fun

Distal Outcomes

Outcomes impacted by the program
- months/years following program completion that have been demonstrated through research.

Reduced Youth Substance Use:
- Less likely to have ever used alcohol
- More likely to delay initiation of alcohol, cigarette, and marijuana use
- Less likely to have misused prescription drugs
- Less likely to report methamphetamine use
- Less likely to show growth in poly-substance use
- Less likely to report drunkenness or illicit drug use

Reduced Youth Antisocial Behavior:
- Less self-reported aggressive & destructive behavior
- More likely to delay onset of problematic behaviors
- Less likely to show growth in internalizing symptoms
Performance Measurement

- Program Accountability
- Program Implementation
- Program Improvement
Program Accountability

- Reporting to Congress
- Reporting to ACF/ACYF/FYSB leadership
- Grantees
Program Implementation

- Cost of implementation
- Identifying factors associated with greater implementation success
- Adulthood preparation
Program Improvement

- Setting clear and appropriate benchmarks
- Providing T & TA to identified programs
- Find balance between evidence-based practices and practice-based evidence
What’s involved in performance measurement

- Domain development
- Testing
- Data collection and reporting frequency and method
- Benchmark setting
- Technical assistance
- Feedback
Performance measurement (tentative list, subject to change)

- Sexual Activity: % of youth that report having had sexual activity

- Condom use: % of sexually-active youth that report not using a condom at any time in last three months

- Contraceptive use: % of sexually-active youth that report not using contraception at any time in last three months
Performance measurement (tentative list, subject to change)

- Intention to have sex: % of youth that report they intend to have sex in the next year
- Intention to use a condom: % of youth that report they intend to use a condom
- Intention to use contraception: % of youth that report they intend to use a contraceptive method
- Pregnancy: % of youth that report pregnancy
Performance measurement (tentative list subject to change)

- Perceived impact of program on sex: % of youth who report that they are either less likely or much less likely to have sex in the next year due to the program

- Perceived impact of program on condom use: % of youth who report that they are either more likely or much more likely to use a condom due to the program

- Perceived impact of program on contraceptive use: % of youth who report that they are either more likely or much more likely to use contraception due to the program
HHS List of Evidence-Based Program Models

- PPRER (Pregnancy Prevention Research Evidence Review)
  - [http://www.hhs.gov/ash/oah/oah-initiatives/tpp/programs.html](http://www.hhs.gov/ash/oah/oah-initiatives/tpp/programs.html)
  - An independent systematic review of the evidence base for programs that have shown evidence of preventing teen pregnancy, reducing the rates of sexually transmitted infections, and impacting rates of associated sexual risk behaviors.

- This review process was approved by a workgroup comprised of representatives from HHS, including the Administration for Children and Families (ACF), the Centers for Disease Control and Prevention (CDC), the Office of Adolescent Health (OAH), and the Office of the Assistant Secretary for Planning and Evaluation (ASPE).

- The results of this review have been used to produce the HHS List of Evidence-Based Teen Pregnancy Prevention Program Models.

- These programs reflect a range of approaches that exist in the field (e.g., youth development, comprehensive sex education, abstinence, HIV/STI).
Federal Evaluation Plan (Preliminary)

Impact and Implementation Study
- The purpose of the Impact and Implementation Study is to track and document the program operations of one (1) PREP program, and to assess its effectiveness in positively affecting the behavior and related outcomes of Tribal youth. This study offers a Tribal PREP program the opportunity to tell their unique story via a national-level evaluation. This will enable the selected program to directly contribute to future efforts to design and implement programs to reduce teen pregnancy.
Federal evaluation: Research Design (Preliminary)

- Randomized assignment of participants
- Baseline and 2 follow-ups
- Sufficient number of youth per site
- In-depth documentation of selected program’s implementation
Federal Evaluation: Inclusion criteria (Preliminary)

- Sufficient number of youth (sample)
- Experience with impact evaluations
- Capacity to participate within an impact evaluation
- Willingness to participate within a federal evaluation
Planning + Collaboration = Success

Federal Government

Local and Federal Research and Evaluation

Grantees & Community

T & TA Providers
Community Collaboration

Community participation is key to the success of the Tribal PREP program

- Planning Year (strategic planning)
- Capacity Building
- Evaluation Framework
- Barriers
- Data Collection
- Assessment
- Communication and Marketing
Mechanisms

- Adverse Childhood Experiences
- Social, Emotional, & Cognitive Impairment
- Adoption of Health-risk Behaviors
- Disease, Disability, and Social Problems
- Early Death
- Death

Scientific Gaps
Quote:

“The ultimate function of education is to secure the survival and prosperity of a people.”
- Amos Wilson
Thank You!

Questions?