

*Your Life. Your Choice!*

# **Hartford Teen Pregnancy Prevention Initiative**

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## **Year Three Non-technical Report**



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# History of the Project



## What is the project?

The City of Hartford's teen pregnancy prevention initiative is a 5 year project that was created to educate youth about teen pregnancy prevention using community wide initiatives. The project aims to reach 800 youth each year for four years for a total of 3200 youth. Youth served in this project range from 15-19 years old and reside in the City of Hartford.

## How is it Funded?

The City of Hartford's teen pregnancy prevention initiative was made possible by *Integrating Services, Programs, and Strategies through Community-wide Initiatives* grant from the Office of Adolescent Health and Centers for Disease Control and Prevention. As part of the requirements of this project, the Core Partners provided trainings and technical assistance to youth-serving organizations to implement the key components (below) that are used to evaluate the effectiveness of the program.

## Components

**Component I:** Increase youth access to evidence based or evidence informed programs to prevent teen pregnancy, STI's and HIV.

**Component II:** Link Teens to Quality Health Services; to increase the linkages between community partners using Evidence Based Programs with community based clinical services.

**Component III:** Educate Key Stakeholders; Hartford will have a sustainable community wide teen pregnancy prevention initiative that is sustainable and active.

**Component IV:** Engage the community through a Community Mobilization and Sustainability plan led by the Core Partners Group, Youth Leadership Team and Community Action Team.

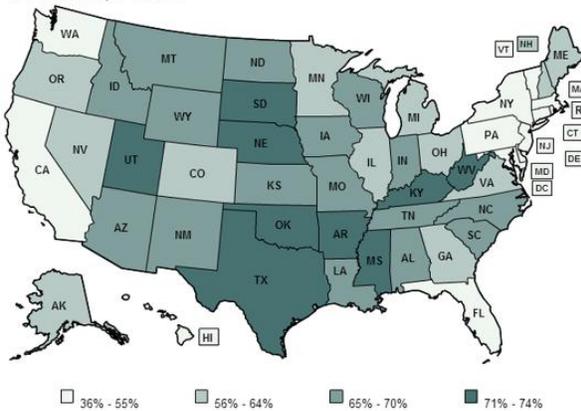
**Component V:** Work within the context of a Diverse Community; all work on this grant will include training on social determinants, cultural competence and working with diverse populations.

# Establishing a Need

## What is the need for a coordinated, comprehensive teen pregnancy prevention initiative?

Despite significant declines in the teen birth rate since the early 1990s, the current teen birth rate in Hartford continues to be a concern because it is **two to three times higher** than the rates in Connecticut and the nation. Additionally, the rate of teen births among African American and Latina girls remains disproportionately higher than that of Caucasian girls. Among all teens in the city, 15-17 year old girls have the highest teen birth rate.

**Percentage of teen pregnancies ending in birth, 2008**



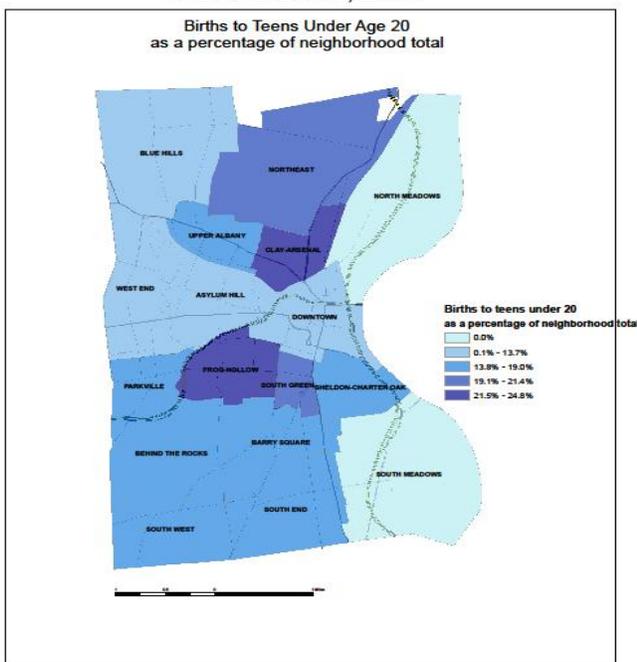
Source: Kostik and Henshaw's, U.S. Teenage Pregnancies, Births and Abortions, 2008: State Trends by Age, Race and Ethnicity, New York: Guttmacher Institute, 2013, <http://www.guttmacher.org/pubs/STP/index23.pdf>



### In the Nation...

- ◆ There are approximately 34.2 births per 1000 of the population that belong to teens between the ages of 15 and 19.
- ◆ In 2010, over 44% of Latina teens reported having been pregnant at least once before age 20.
- ◆ In 2010, the pregnancy rate of Latina girls is twice as high in comparison to Non-Hispanic White teen girls.
- ◆ In 2010, over 48% of Non-Hispanic Black teen girls reported being pregnant at least once before age 20.

**Hartford Births, 2010**



Prepared by HartfordInfo.org 3/7/12

### In Hartford...

- ◆ Birth rates also vary by city neighborhood, with highest rates in the **Clay Arsenal** and **Frog Hollow** neighborhoods, where 21.5% to 24.8% of all births were to teen mothers.
- ◆ In the **Northeast** and **South Green** neighborhoods, 19.1% to 21.4% of all births were to teen mothers.
- ◆ In addition, 13.8% to 19% of all births were to teen mothers in **Parkville**, **Behind the Rocks**, **Barry Square**, **South End**, **Southwest** and the **Sheldon-Charter Oak** neighborhoods.

## What does teen pregnancy cost the community?



Teen pregnancy has a significant financial impact. It is estimated that in 2008, at least **\$137 million** in Connecticut was spent on public costs related to teenage pregnancy; nationally, the cost was **\$10.9 billion**.

In Hartford alone, that number is nearly

**\$17 million.**

Despite recent declines in the teen birth rates, teen pregnancy remains a significant public health issue in the city.

Teen births lead increased risk to mother and child for a number of health outcomes. Some of these including anemia, pregnancy-induced hypertension, low birth weight, prematurity, intra-uterine growth retardation, and infant mortality.

Additionally, teen pregnancies and births are associated with lower educational levels, higher rates of poverty, living in crowded housing, and poorer life outcomes for both mother and child.

### Year one: The Planning Year

In the first year, partners began planning how they would collaborate with the community on putting theory and technical assistance into practice. Members of the Core Partner Leadership Team (CPLT), led by the Department of Health and Human Services, met with community organizations, reached out to schools and churches, wrote work plans and came up with ways to measure progress. The planning year allowed the CPLT to thoughtfully collect data and information that could inform the work and make new connections and reinforce existing collaborations in the city. Because while the short-term goal was to get programs up and running, the long-term goal was to be able to sustain and enhance the prevention work long after the federal funding ends.

### Year two: Implementation

In the second year, project activities began. By the end of the second grant year (September 2012), **334 youth** at seven community-based organizations completed sexual health curricula that were based in research. Three additional sites – one, the Second Chance Academy, based at Bulkeley High School; and the others, Our Piece of the Pie; and the Blue Hills Civic Association – opened their doors to a health educator from PPSNE who was able to provide training for youth involved in their school-day and summer programs. In addition, all of the educators responsible for delivering the curricula to youth were trained on four different curricula:

- **Making a Difference!**
- **Be Proud! Be Responsible!**
- **¡Cuidate!**
- **Making Proud Choices!**

## Year three: Implementation

In the third year, project activities continued with an increased focus on community mobilization activities. Within the third grant year, **393 youth** from seven continuing partners received evidence based curricula. Three additional organizations – COMPASS Youth Collaborative, Blue Hills Civic Association, and Our Piece of the Pie – recruited teens receive an EBI from a PPSNE health educator. Educators responsible for delivering curricula received training in four curricula chosen during year two (see above).

## Who are the Community Partners?

Table 1 illustrates programs implemented in Year 2 by partner.

Partner	Program	Youth Served: Year 2	Youth Served: Year 3
Artists' Collective	Making Proud Choices!	21	37
Connecticut Children's Medical Center/UCONN Health Center	Making Proud Choices!	23	45
Community Renewal Team	Be Proud! Be Responsible!	26	20
Family Life Education	¡Cuidate!, Be Proud! Be Responsible!	39	21
Lawson Chapel	Making a Difference!	55	56
Mi Casa	Making a Difference!	24	25
Catholic Charities	Making a Difference!	18	38
* Second Chance Academy	Be Proud! Be Responsible!	9	
COMPASS Youth Collaborative	Be Proud! Be Responsible!, Making Proud Choices!		21
* Our Piece of the Pie	Be Proud! Be Responsible!	95	82
* Blue Hills Civic Association	Be Proud! Be Responsible!	24	48

*\* implemented by PPSNE staff*

## Who are the Clinical Partners?

Clinical Partner	Neighborhood
Hartford Hospital Women's Ambulatory Clinic	Barry Square/South Green
Planned Parenthood of Southern New England North	Upper Albany
Planned Parenthood of Southern New England West Hartford	Behind the Rocks

## Process Data and Outcomes achieved

Between September 30, 2012 and September 30, 2013, 393 youth were served in EBIs in the sites found in Table 1.

The following data reflect the findings of demographic, pre-post, and satisfaction surveys.

## Demographics of Hartford's Youth

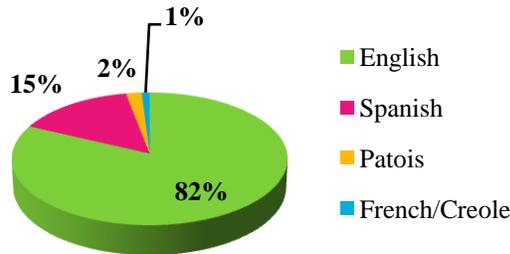
Gender: 60% identified as female; 40% identified as male

Age Range: 10 – 19 years (most between 13 and 17 years old)

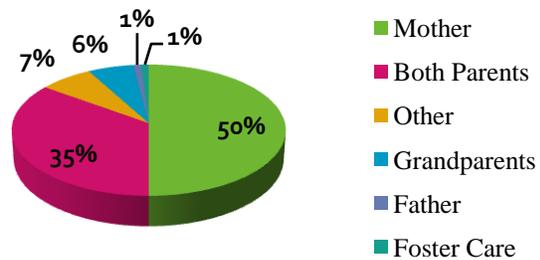
Median age: 14.43 years

Median grade: 8.77

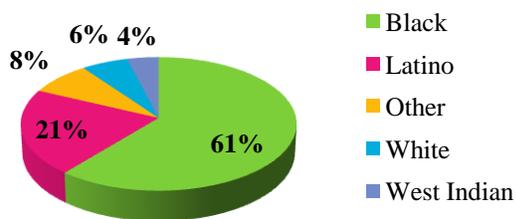
### Home Language



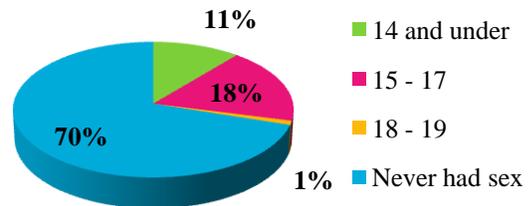
### Lives With



### Race / Ethnicity



### Age First Sex



**About one in five teens who had sexual intercourse used**

**NO protection the last time that they had sex.**

## Year Three Pre and Post Test data

Pre Test Data  $\Longrightarrow$  Post Test Data

### Confidence in Condom Use

81% -----89%

### Knowledge of Proper Condom Use

73% -----79%

### Knowledge of Sexual Health Services

43% -----60%

### Abstain from unwanted sex

82% -----90%

### Youth Participant Satisfaction



Statement	Strongly Agree or Agree
I could say what I want	94%
People showed respect	90%
Leaders understood people like me	96%
Leaders showed they cared	98%
Leader addressed questions	96%
Leaders know a lot about sexual health	94%
Activities were fun	95%
Easy to understand	98%
Learned something	99%
Would recommend program to a friend	94%

### Program Implications

Observations and findings from facilitator fidelity logs and youth data suggest that programs may need:

- More specific information about STIs;
- Provide support to facilitators who are uncomfortable and inexperienced with curriculum; and
- Additional modules on fertility and clinical care.

## **How were each of the components accomplished in year three?**

**Component I:** Increase youth access to evidence based or evidence informed programs to prevent teen pregnancy, STI's and HIV.

- Almost four hundred teens, ranging from ages 13-19, received evidence-based interventions in the past year through partnership with 10 community organizations. Teens who took the program had increased confidence with negotiating sexual activity and condom use and increased knowledge of STI and pregnancy.
- Planned Parenthood provided over 100 hours of training and technical assistance to staff at eleven implementing agency partners tasked with facilitating evidence-based interventions with teens.
- Planned Parenthood implemented their parent program, "Let's Talk" to 61 parents.

**Component II:** Link Teens to Quality Health Services; to increase the linkages between community partners using Evidence Based Programs with community based clinical services.

- The clinical team supported clinics to make changes promoting teen clinical visits by providing training on clinical best practices, providing clinics teen-friendly materials for their waiting rooms, and working with clinics to address areas to improve teen friendliness.
- Clinical partners yielded 50% more teen visits (compared to year 2) by offering free services, increasing the number of operation hours, and partnering with local high schools.

**Component III:** Educate Key Stakeholders; Hartford will have a sustainable community wide teen pregnancy prevention initiative that is sustainable and active.

- The initiative was featured in a variety of media including: several newspapers (i.e., Hartford Business.com, The Hartford News), radio stations (i.e., KISS 95.7, HOT 93.7), television stations (i.e., Fox Morning Show), and social media sites (i.e., initiative website, Facebook, Twitter).
- 13 Billboards displaying information about the initiative were placed throughout the city.
- The Youth Leadership Team held a mural showcase displaying a mural that they worked on in collaboration with a local artist addressing teen pregnancy.

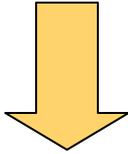
**Component IV:** Engage the community through a Community Mobilization and Sustainability plan led by the Core Partners Group, Youth Leadership Team and Community Action Team.

- The Youth Leadership Team (YLT), a group of Hartford youth who promote the initiative, reached approximately 1,000 Hartford residents by hosting community events, presenting the project to key community stakeholders, and social media promotion.
- Members of the Community Action Team (CAT), represented by a variety of community organizations, reached 975 people through sexual health workshops and other services, and distributed sexual health education materials to 3,850 Hartford residents.

**Component V:** Work within the context of a Diverse Community; all work on this grant will include training on social determinants, cultural competence and working with diverse populations.

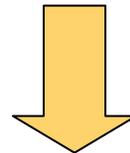
## Next steps of the journey

As the project progresses into its fourth year, the following are planned strategies to move us closer to our anticipated outcomes.



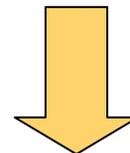
“This program most importantly taught me how to be a positive role model and how to be a leader to my young ones and to show my parents that I have the power to break the cycle and make it out strong and independent.” - **Annesa Skinner, YLT member**

- Continue incentivizing community partners through mini grants aimed at increasing visibility, discussion and action in Hartford regarding Teen Pregnancy Prevention efforts.
- Continue YLT involvement in the community.
- Align overall project goals and objectives including the CAT’s and the YLT’s activities to contribute to larger scale goals to promote sustainability.



"No matter how many times we run MPC, we always see the need for it (MPC) with each new set of youth"- **Tyrone Waterman, one of the MPC co-facilitators.**

- Apply evaluation measures and tools/resources for documenting progress in the area of working with diverse communities.
- Hold a second youth summit involving partners in Massachusetts and other Northern states.



- Implement EBIs to an additional 800 youth in the City of Hartford
- Develop new relationships with an additional two clinical partners in the community and continue relationships with current clinical partners.
- Increase the number of trained individuals to provide EBIs in schools and community based organizations