

Ohio PREP Region 6 Quarterly Newsletter

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December 2016

PREP Curriculum Changes

The PREP curriculum has been updated. Reducing the Risk (RTR) has a revised 5th edition and the financial literacy and career building modules have been expanded. Direct care staff already trained in the current PREP curriculum will need to attend a 6 hour "update" training.

If you, or your agency, have any direct care staff currently trained in the PREP curriculum, you need to attend a 6 hour "update" training. Please register for one of the following training dates:

When: Thursday, January 19, 2017, 8:15 am to 4:00 pm
OR
Wednesday, January 25, 2017, 8:15 am to 4:00 pm

Where: Goodwill Industries
408 9th St. SW, Canton, Ohio 44707

Registration: <http://cantonhealth.org/nursing/?pg=352>

If your agency has new staff that need trained, stay tuned! Dates and times for the 2-day (12 hour) training will be forthcoming. For more information, please visit our website at <http://cantonhealth.org/?prep>.

Agencies Implementing Youth Classes August - November 2016

CommQuest Services, Inc.
BRIGHT House

CommQuest Services, Inc.
Smith House

Indian River Juvenile Correctional Facility

Mahoning County Juvenile Justice Center

Pathway Caring for Children

Trumbull County Children Services

Trumbull County Juvenile Court/
Detention Center

Youth Intensive Services

Save the Date!

Trauma Training will be held in Summit County on Tuesday, **March 28, 2017**.
More details will be coming soon!

Interested in learning more about Ohio PREP?

Learn *why* teaching youth about sexuality is important and *how* to talk to youth about sexuality. For more information, contact Frank Catrone at the Canton City Health Department at fcatrone@cantonhealth.org or 330-489-3322.



Ohio PREP is funded by The Department of Health and Human Services, Administration on Children, Youth and Families (ACYF), Family and Youth Service Bureau (FYSB) and administered by the Ohio Department of Health, Bureau of Maternal, Child and Family Health, School and Adolescent Health Program.





Ohio's Personal Responsibility Education Program 2014 to 2016 Trends

PREP

Increase in youths' self-reported executive skills
Decrease in intention to engage in risky behaviors
Increase in life and relationship skills, and health knowledge

Beginning a Legacy of Knowledge

In 2012, The Ohio Department of Health, in collaboration with 10 public and private health service organizations began implementing the Ohio PREP program as part of a larger national initiative supported by a federal competitive grant. The funding was established as part of the 2010 Patient Protection and Affordable Care Act.* At-risk youth in foster care and the adjudicated system across Ohio's 88 counties are eligible to participate in the evidenced-based health and teen pregnancy prevention program.

Training Youth with an Evidence-Based System

PREP aims to help youth build self-esteem and learn healthy human growth and development. Sessions also focus on communication and adult life skills. Financial literacy, self-sufficiency and executive skills are woven into sessions across most topics.

Diverse learning styles include:

- Role play
- Peer learning
- Multimedia actives
- Reading
- Writing
- Discussion

Preparing for Adulthood

After participating in PREP, youth tend to report increased executive function including more self-confidence, and better self-management and decision-making skills. For example, 76% of participants said they were more likely to care about school, 62% of youth reported they were more likely to manage conflict without causing more conflict, and 78% said they were more likely to regularly save money.

The majority of youth indicate they will maintain or work to increase personal responsibility.

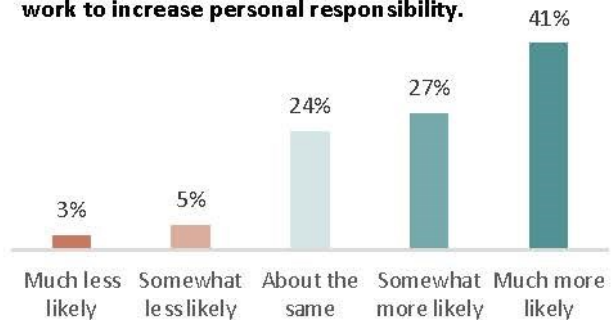


Figure 2. Composite of youth responses for courses in Education and Career Planning, Financial Literacy and Healthy Relationships.+

Youth report they are more likely and much more likely to make positive decisions, be respectful, and manage peer pressure or conflict without accelerating the situation.

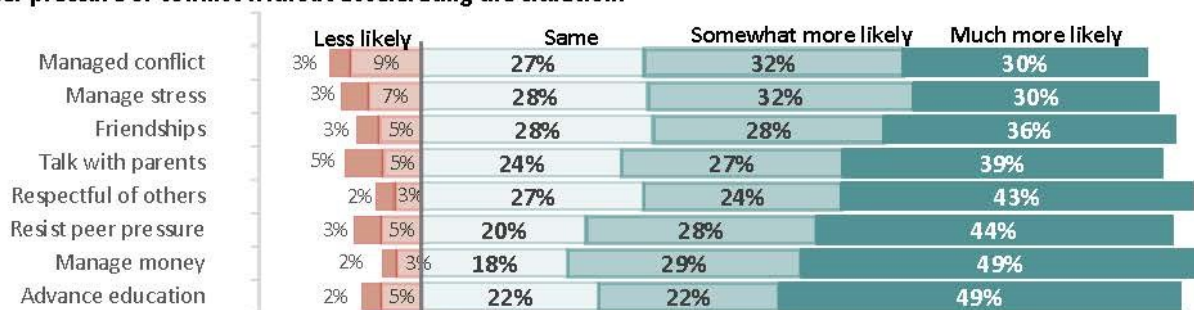


Figure 1. Youth intention to improve self-management and education achievement.

*Ohio's selected curricula, *Reducing the Risk* is one of the 31 programs the U.S. Department of Health and Human Services (HHS) has identified as evidence-based, through a systematic review of teen pregnancy prevention effectiveness evaluations.

+Keith King, Ph.D. and Paula Braverman, M.D. developed Ohio PREP's adult-preparation modules and Ohio's specific use of ETRs "Reducing the Risk".

PREP Participant Demographics and Program Perceptions 2014-2016

Ohio PREP offers comprehensive teen pregnancy prevention to at risk youth.

PREP offered training and education to more than 2,700 youth between 2012 and 2016. ***

Youth exit exams indicate participants are gaining health knowledge and increased confidence in their ability to make decisions or determine activities.

Positive Participant Perceptions

Foster care and adjudicated youth participants evaluated PREP programming as a positive, organized, and informative experience that was presented in a respectful, open, and healthy environment. More than three-quarters of participants (77%) said program materials, activities, and instructors helped them learn the material most or all of the time. Less than 10% of participants reported a negative view of the program presentation and materials.**

Using the comprehensive program, PREP facilitators provide youth facts about the human body, sexual activities and HIV / STD's while addressing mental health and social environmental aspects that may influence youths' thoughts and actions.

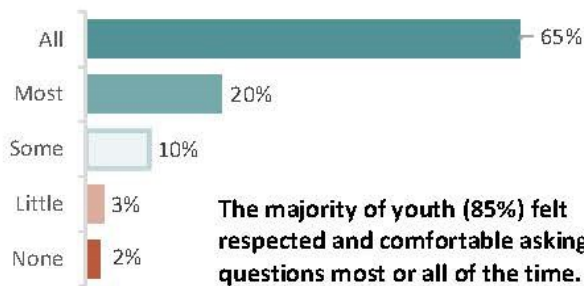


Figure 3. Youth evaluation of PREP's environment.

Youth evaluated PREP as positive, informative and organized most or all of the time.

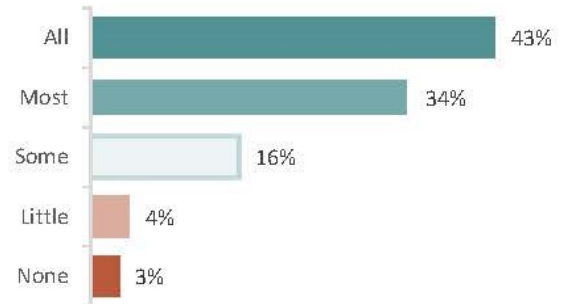


Figure 4 Youth evaluation of PREP's presentation

“The career building part it helped me figure out my future.”
~ Youth participant on what they liked best.

Building Healthy Relationships

Youth correctly identify healthy relationship characteristics 91% of the time upon program exit.^

Throughout PREP, youth build positive relationship skills. Scenarios and discussion help youth identify differences in healthy and unhealthy actions such as partners sharing their feelings versus partners communicating with control or manipulation.

Youth and facilitators agree PREP promotes growth

PREP activities help youth practice listening and reflection, as well as sharing opinions and feelings. Much of the discussion builds other crucial life skills like decision making, planning, and weighing consequences.

Program Parameters

Statewide, 262 agencies participate in PREP
 Ohio PREP has trained more than 1,000 staff facilitators***
 On average, youth attend 15 hours or 94% of the program

Youth Residence Type

34% Foster Care
 66% Adjudicated

Participant Demographics

54% female
 46% male
 Age range 14-19, Average 16



*** Data for number of youth served and number of trained facilitators represents the period April 2014 to January 2016.

** All other data represent participant responses from 901 matched records across youth attendance, and entry and exit surveys.

^ Median and mode of the count of youths' correct healthy relationships responses.