

# PROVIDING COMPREHENSIVE SEXUAL HEALTH EDUCATION TO FOSTER YOUTH:

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Lessons Learned from an LA Pilot

September 19, 2018

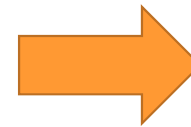


# Information to Participate

Call-in number is (213) 929-4232 and access code is 187-178-877.

Presentation materials and audio will be posted at <http://www.jbaforyouth.org/> under Research & Training / Training Archive.

To submit live questions, click on the "Questions" panel, type your question, and click "Send."



A screenshot of the GoToWebinar interface. The window title is "File View Help". The "Attendee List" panel shows "Attendees (1)" and "Staff (1)". The attendees list is titled "NAMES - ALPHABETICALLY" and contains one entry: "Nick Pav (Me)". Below the list is a search bar. The "Audio" panel shows "Telephone" selected and "Mic &amp; Speakers" unselected. It displays dialing information: "Dial: +1 (480) 297-0020", "Access Code: 653-510-658", and "Audio PIN: 54". A red banner below the audio settings says "If you're already on the call, press #54# now." with a link "Problem dialing in?". The "Questions" panel is empty and has a text input field with the placeholder "[Enter a question for staff]" and a "Send" button. At the bottom, it says "Webinar Webinar ID: 726-486-617" and "GoToWebinar".

# Presenters

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- Amy Lemley, John Burton Advocates for Youth
- Simone Tureck Lee, John Burton Advocates for Youth
- Arlin Alger, AltaMed
- Lizette Caldera, AltaMed
- Rebecca Taylor, Samuel Merritt University Doctorate Student

# Agenda

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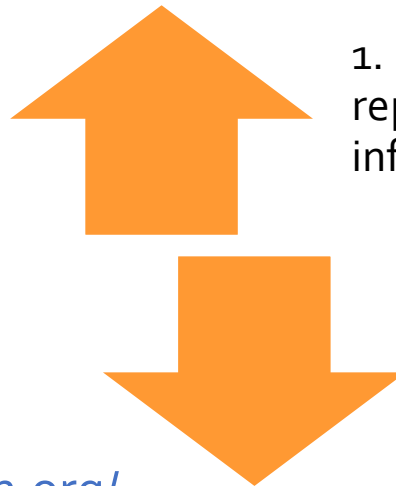
- Background on sexual health of foster youth
- Information about SB 89
- LA Pilot of Making Proud Choices
- How to replicate this in your county

# LA Reproductive Health Equity Project (LA RHEP) for Foster Youth



LA RHEP is a partnership of adult advocates and foster youth working to dismantle systemic barriers in an effort to improve access to sexual and reproductive health care services for youth in care.

Funded by the  
Conrad N. Hilton  
Foundation



1. **Increase** foster youth's access to reproductive & sexual health care & information

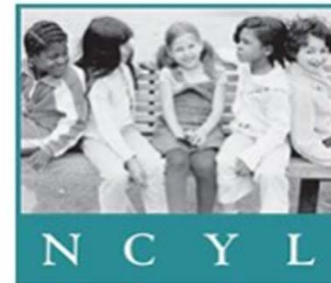
2. Significantly **reduce** the number of unintended pregnancies experienced by foster youth in LA County

<http://www.fosterreprohealth.org/>

JOHN BURTON ADVOCATES FOR YOUTH

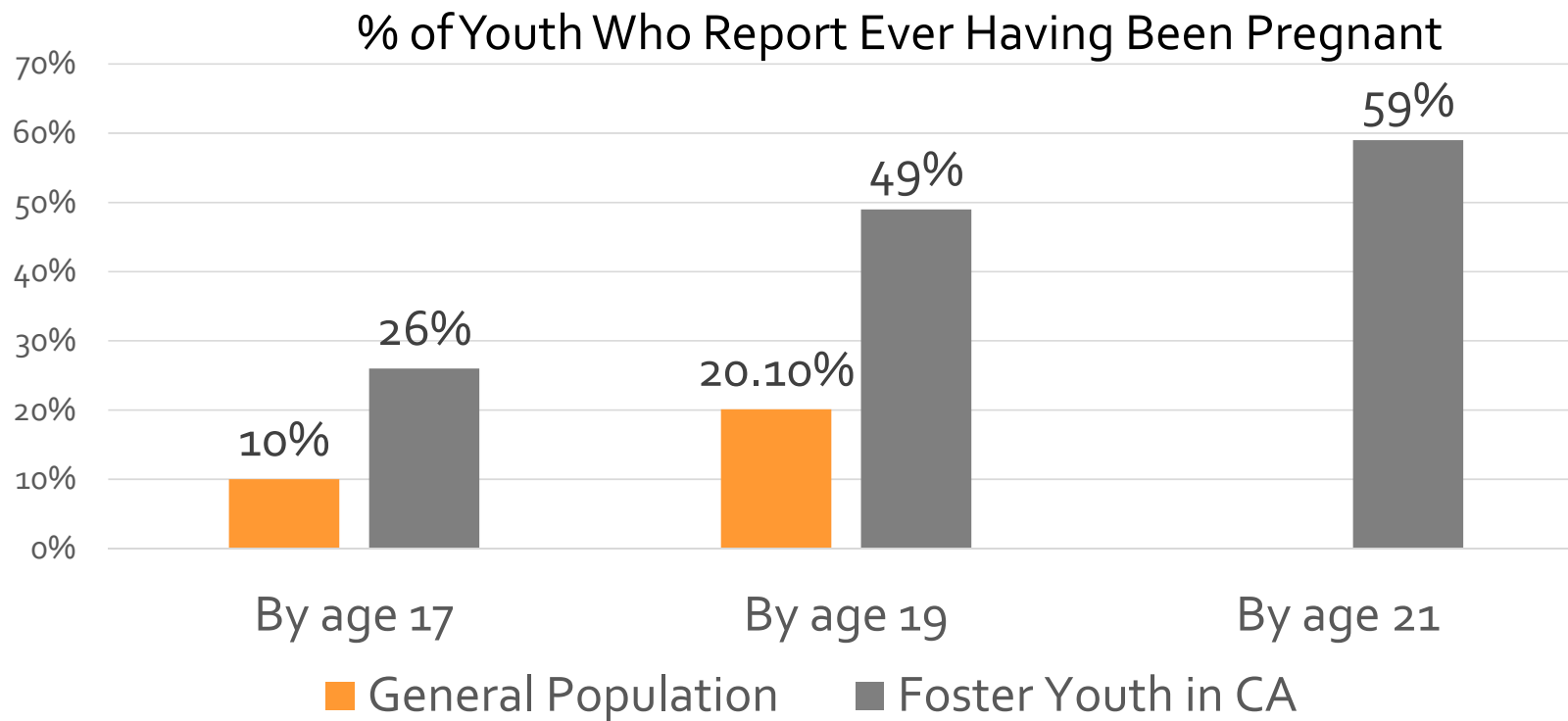
# LA RHEP Leadership Team

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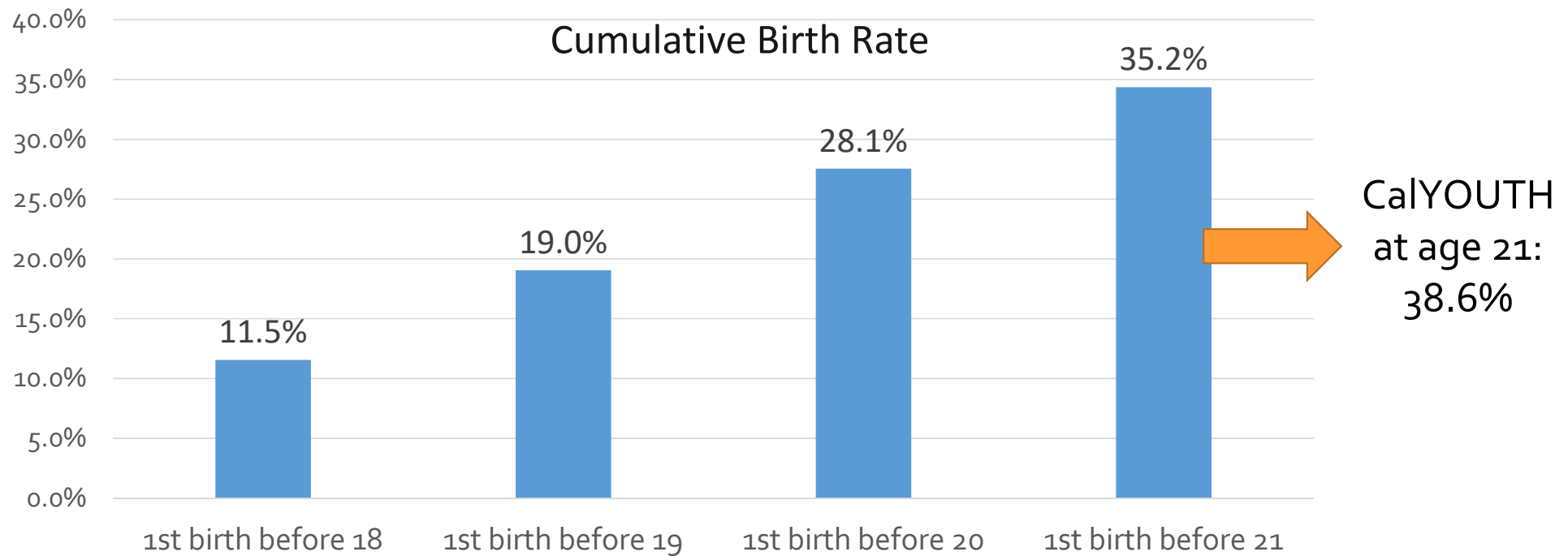
JOHN BURTON ADVOCATES FOR YOUTH

# Pregnancy Rates for Foster Youth are Running Counter to the National Trend



Teen birth rate in CA down **77%** since 1991

# High Rates of Pregnancy Are Resulting in High Birth Rates



California's Most Vulnerable Parents  
By Emily Putnam-Hornstein, November 2013

California Youth Transitions to Adulthood Study  
By Mark Courtney, 2018



# Lack of Access and Understanding Has Implications for Youth

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- At age 21, 50.1% of foster youth cited the need to care for children as a “major” barrier to returning to school.



- At age 24, having a child reduced a woman’s odds of being employed by 30%—even after holding educational attainment constant.



- By age 21, 14.8% of youth who have had sex have had an STD.

# SB 89 Was Adopted to Decrease Unintended Pregnancy and Improve Sexual Health of Foster Youth

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- Originally SB 245 (Leyva)
- Includes case plan provisions and training provision for all social workers, caregivers and judges
- Went into effect 7/1/17
- ACL 18-61 was released on June 20, 2018 - <http://www.cdss.ca.gov/Portals/9/ACL/2018/18-61.pdf?ver=2018-06-29-104513-387>

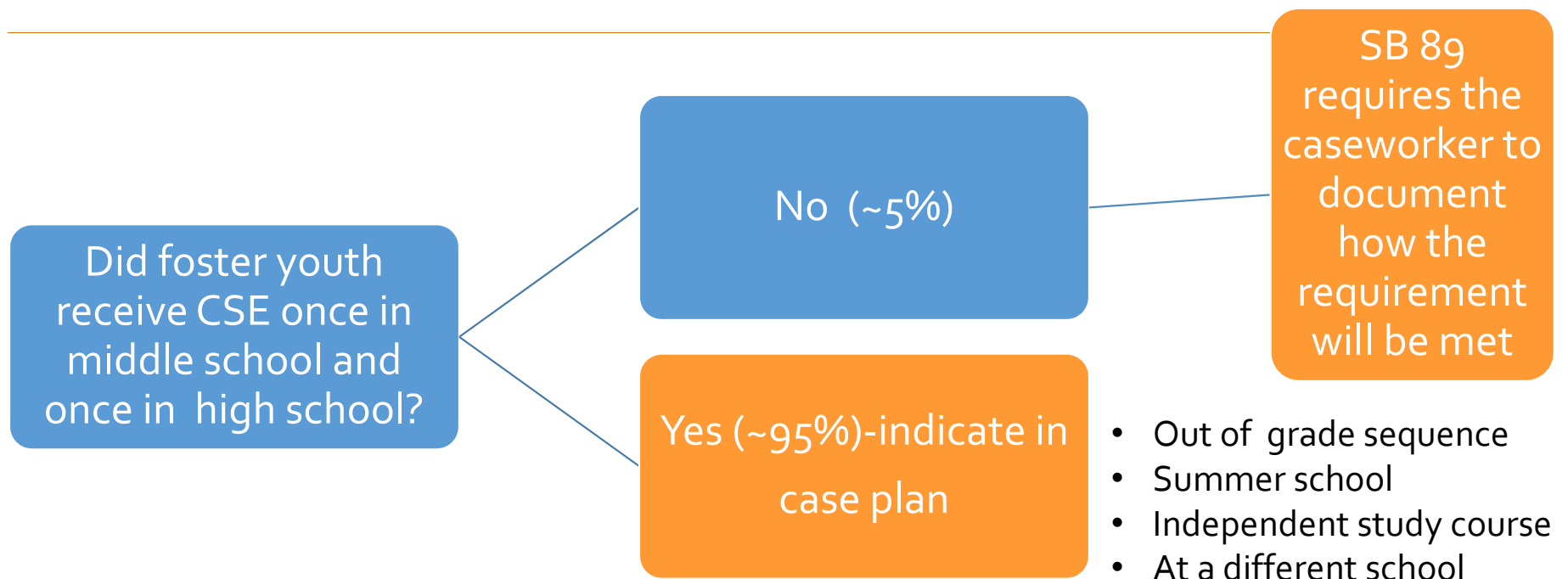
## Since 2016, the California Healthy Youth Act (CHYA) has Required all Students to Receive Comprehensive Sexual Health Education (CSE)

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- Required once in middle school and once in high school
- State law sets forth what must be included
- Rigorous requirements
- Must affirmatively recognize that people have different sexual orientations
- Abstinence may not be discussed in isolation
- Must be age-appropriate & medically accurate and objective
- Districts are meeting this requirement with a range of strategies

California Healthy Youth Act webpage: <https://www.cde.ca.gov/ls/he/se/>

# SB 89 Requires the Case Worker to Ensure Schools Have Fulfilled this Mandate



# Today's Web Seminar Focuses on One Strategy to Meet CSE Requirement When it is Not Fulfilled by the School

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## Information to be provided:

- Curriculum used
- Structure of pilot
- Profile of youth who participated
- Cost
- Lessons learned
- Feedback from youth

# LA Pilot of *Making Proud Choices!*

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# LA County Has Been a Leader in Addressing the Reproductive Needs of Foster Youth

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- Convened working group of advocates and county representatives for over a decade to address this issue
- Expectant & Parenting Youth (EPY) conferences
- Participated in the California Foster Youth Pregnancy Prevention Institute
- Currently piloting infant supplement for parenting foster youth prior to birth
- Leadership team member of LA RHEP
- Assisted with outreach for LA Pilot of *Making Proud Choices!*

# Providing Comprehensive Sexual Education to Foster Youth: Pilot in Los Angeles

John Burton Advocates for Youth contracted with community educators employed by AltaMed to deliver *Making Proud Choices!*

Four workshop series were held from August 2017 to April 2018

Youth were provided up to \$150 for full participation; an additional \$50 for completing a follow-up survey (Seattle Children's Hospital's study)

Lunch/dinner, snacks, & prizes

Some form of transportation support provided



# *Making Proud Choices! An Evidence-Based, Safer-Sex Approach to Teen Pregnancy and HIV/STDs*

## Multiple versions:

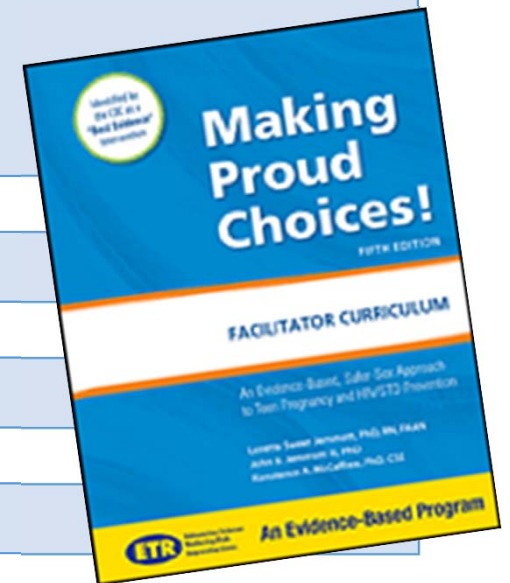
- California edition (CHYA-compliant) includes school and community-based versions (9-9.5 hrs)
- Version for youth in out-of-home care is also available (12.5 hrs)
- Offered in Spanish if using community-based version

Owned & disseminated by ETR: <https://www.etr.org/>

Intended for class sizes of 6-12 participants, but can be delivered in larger groups

Intended for youth ages 12-18

Originally adapted from *Be Proud! Be Responsible!*



# *Making Proud Choices!* Has Four Main Components

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1. Goals, dreams and adolescent sexuality

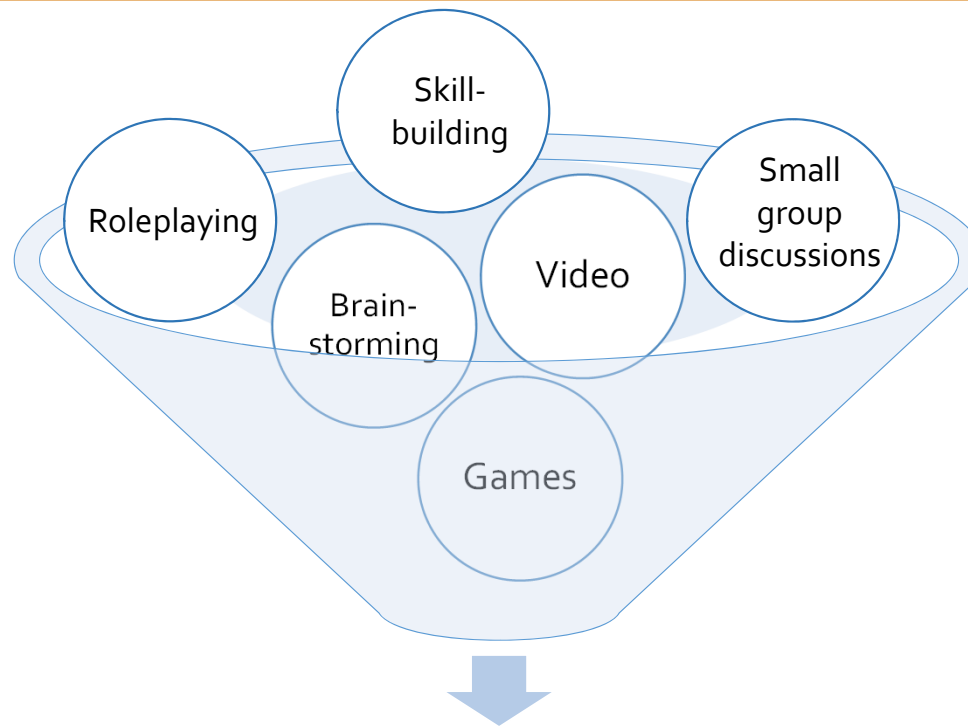
2. Knowledge (etiology, transmission and prevention of HIV, STDs and teenage pregnancy)

3. Beliefs and attitudes

4. Skills and self-efficacy (negotiation-refusal skills and condom use skills; practice reinforcement & support)

# *Making Proud Choices!* Uses A Variety of Modalities to Engage Youth

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**To help adolescents understand how to make healthy decisions to protect themselves**

# *Making Proud Choices!* is Evidence-Based

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## Findings from evaluation of original curriculum:

- Youth were more likely to delay having sex and more likely to use a condom when they did have sex, compared to similar youth who did not receive the curriculum.
- Particularly strong impacts on youth who were sexually active prior to the program.

## Findings from 2013 evaluation of out-of-home version:

- 88% of youth report that the program helped them learn more about preventing pregnancy.
- 89% report that it helped them learn more about STI prevention.
- 84% report they would recommend the class to a friend.

# LA Pilot: Participation Rates

## August

### Provider partnership

- 4 days once/week; 4 hours/day
- Location: David & Margaret Youth & Family Services in LaVerne
- 56% youth attended all 4 days (9 youth total)

## December

### Three-day intensive / winter break

- 3 consecutive days; 5 hours/day
- Location: First Place for Youth in Mid-Wilshire/Koreatown
- 79% youth attended all 3 days (34 youth total)

## February

### Evenings over one month

- 4 days once/week; 4 hours/day
- Location: Children's Law Center in Monterey Park
- 36% youth attended all 4 days (22 youth total)

## April

### Three-day intensive / spring break

- 3 consecutive days; 5 ½ hours/day
- Location: First Place for Youth in South LA
- 58% attended all 3 days (24 youth total)

89 youth participated / 55 youth attended all sessions in their workshop series  
Participants were current and former foster youth in Los Angeles County, ages 18-24

# Cost of Hosting CSE Workshop Series

**Total amount per cohort of 10 youth for 3-day workshop series: \$4,300-6,100**

## **Breakdown:**

**Facilitators: Approx. \$1,800-3,600**

- Assumes pay rate of \$50-100/hr for two educators, 18 hrs total

Remove this cost if being offered by provider with existing funding (i.e. PREP, I&E)

**Youth Stipends: \$1,500**

- Assumes all 10 youth attend all 4 sessions @ \$150 for full attendance (could provide lesser amount)

**Prizes: \$300**

- Assumes one pair of movie tickets & three \$5 gift cards per youth (could provide lesser amount)

**Catering: \$700**

- Includes snacks & meals

**Also factor in county staff time & travel**

# LA Pilot: Key Lessons Learned

## *Location, location, location!*

- Near public transportation
- Parking
- “Youth-friendly” building/space
- Easy to find & get into building
- Comfortable room for class size

## Someone needs to be the convener/organizer

- Counties should consider contracting this role out or doing themselves, but don't rely on educators to:
  - > Conduct outreach
  - > Text reminders
  - > Coordinate transportation
  - > Set-up the room
  - > Order, set-up & distribute food
  - > Distribute incentives and prizes

# LA Pilot: Key Lessons Learned

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**Timing:** Attendance was highest over school breaks, 3 consecutive days



**The curriculum sells itself:** Youth enjoy the curriculum – if you can get them there on the first day, many will return



**Provide transportation support:** A ride or \$



**Provide an incentive:** Youth liked receiving something each day they attend (vs. at completion)



# LA Pilot: Key Lessons Learned

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**Food!** Youth showed up hungry – make sure snacks are adequate if meal is not happening until midway through



**Time management:** Build in time for sign-in, food, breaks, etc.



**Child care:** The classes are long – consider providing childcare for parenting youth



**Acknowledgements/culmination:** Provide some sort of certificate of completion and acknowledge the accomplishment

# Youth had a Positive Response to *Making Proud Choices!*

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- Youth reported getting tested for STDs as a result of participating
- Youth educated friends about what they learned
- Youth felt safe sharing personal information with peers & instructors
- Youth asked lots of questions

Data on how participants' attitudes, knowledge & behavior changed as a result of participating in *Making Proud Choices!* will be shared on a webinar in November sharing findings from the pre-, post- & follow-up surveys.

# When asked “What was most helpful about this training?” youth responded:

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“Talking about STDs”

“The info regarding birth control methods”

“Everything”

“Warning about health & STD prevention”

“Learning about STD’s, safe sex & games”

“The activities & the explanations”

“Every part”

“The supportive energy of everyone although we were just strangers at first”

“Knowing & how to use condoms right”

“Information & instructors”

“The information was interactive & relatable”

“The information & group support”

“The sex ed info”

“Learning how to prevent STDs & STIs & learning to be safe or practice safe sex”

“They let us ask questions & explained a lot”

“Powerpoints & communication”

# How to Replicate in Your County

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# Step 1: Determine if your county has a PREP or Information & Education provider

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## Personal Responsibility Education program (PREP)

Federal funding source administered by the California Department of Public Health

Awards \$5.1 M in funding to 22 local orgs & entities in 20 counties to educate youth on abstinence and contraception to prevent pregnancy & STIs among youth who are:

- Homeless (age 10-19)
- In foster care and juvenile justice centers (age 10-19)
- Living in rural areas or areas with high teen birth rates (age 10-19)
- From minority groups (including sexual minorities) (age 10-19)
- Pregnant youth & mothers under 21

PREP fact sheet:

- <https://www.cdph.ca.gov/Programs/CFH/DMCAH/CDPH%20Document%20Library/Communications/Profile-PREP.pdf>

# Step 1: Determine if your county has a PREP or Information & Education Provider, cont.

## Information & Education (I&E) Program

State funding source administered by the California Department of Public Health

Awards funding to 14 local agencies in 9 counties for education that emphasizes prevention of adolescent pregnancy and STIs among high-needs youth ages 12-19 who:

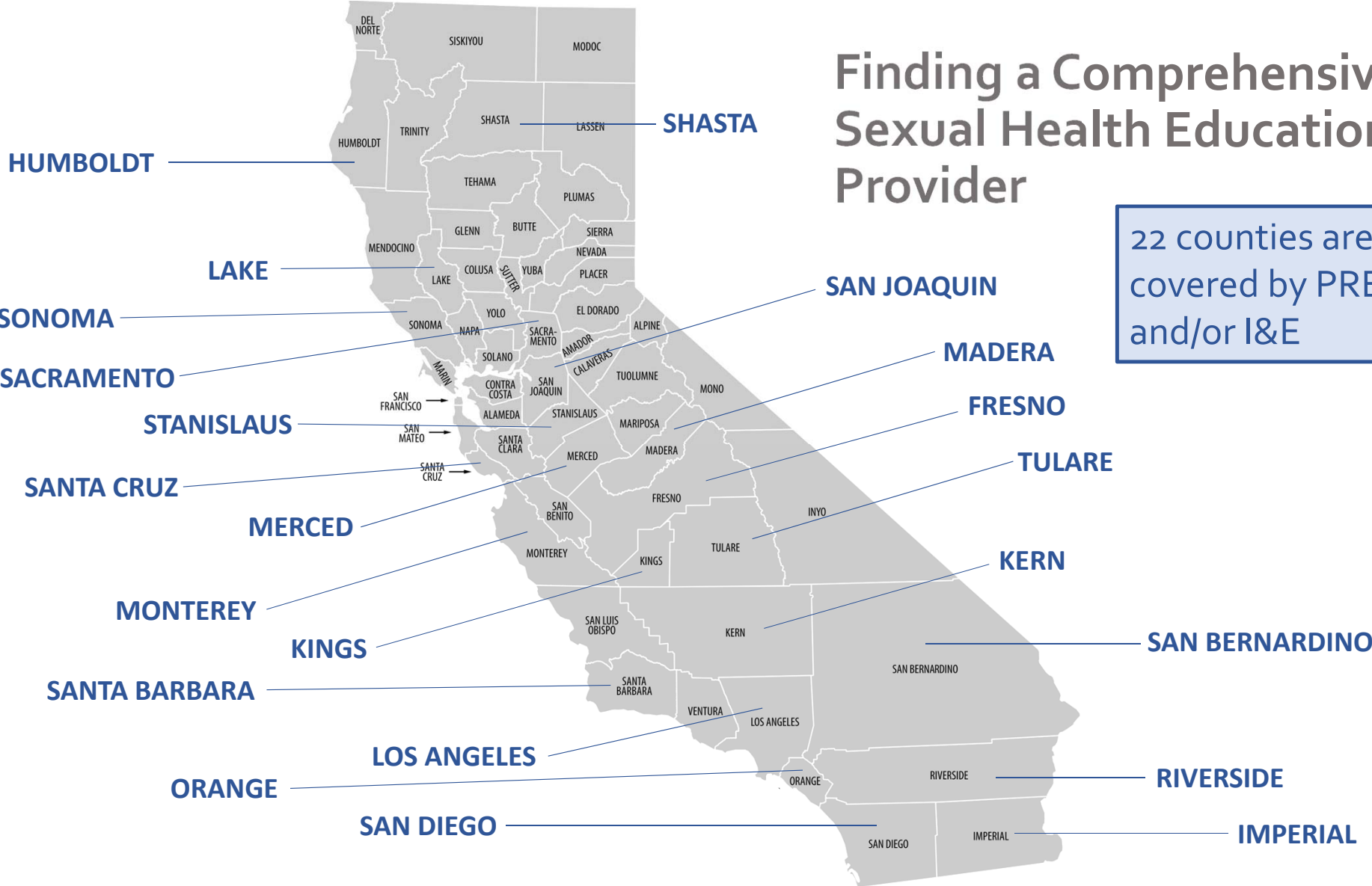
- Reside in a high-need community
- Are homeless/runaway
- Dropped out of school
- Attend an alternative or continuation school
- Are in or emancipated from foster care
- Are in juvenile justice or probation system
- Identify as LGBTQ
- Reside in a migrant farmworker household
- Are in gangs or an ex-gang member

I&E Factsheet:

- <https://www.cdph.ca.gov/Programs/CFH/DMCAH/CDPH%20Document%20Library/Communications/Profile-IE.pdf>

# Finding a Comprehensive Sexual Health Education Provider

22 counties are covered by PREP and/or I&E



# Not all counties have PREP/I&E providers, but they do have Planned Parenthood

Planned Parenthood provides vital reproductive health care, sex education and information to millions of women, men & young people worldwide.

Planned Parenthood affiliates' service areas span across all 58 California counties.

Planned Parenthood affiliates have varying capacities -

- Some provide community education – most offer CHYA-compliant curriculum
- Some may be able to offer education with existing resources; some may require additional resources from county child welfare agency

*Coming soon:*

- Statewide Planned Parenthood roster of who to contact for comprehensive sexual health education in your county

FYI: Many Planned Parenthood affiliates are PREP / I&E grantees



# AltaMed is one of California's 22 PREP-funded providers

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## Under the PREP grant, AltaMed provides:

- Education – delivery of *Making Proud Choices!* (MPC):
  - Relationships with schools to deliver *MPC* to meet CHYA mandate
  - Relationships with community-based organizations to deliver *MPC*
  - In-house case management program refers parenting youth to attend *MPC*
  - Provide youth with incentives upon completion of 75% of program
- Links to clinical care and health care enrollment and information dissemination
  - Teen Center – safe place to hang out, get tested, get information, enroll in health care, birth control and emergency contraception; Teen Center Hotline

# Step 2: Make contact with a provider of CSE (PREP, I&E, Planned Parenthood)

Contact list for PREP & I&E providers available here:

<http://www.jbaforyouth.org/california-foster-youth-sexual-health-education-act-sb89/>

Remember -- if your county does not have a PREP or I&E provider, they do have a Planned Parenthood!  
(Roster coming soon)

Statewide Roster: California PREP Grantees / Information and Education Grantees

County	Agency Name	Agency Contact	E-mail	Phone Number	PREP or I&E	Curriculum Offered
Fresno	Fresno County Economic Opportunities Commission	Jane Thomas, Program Dir.	jane.Thomas@fresnoec.org	(559) 265-5501		
		Ana Hernandez, Program Coord.	ana.hernandez@fresnoec.org	(559) 265-5503	PREP	MPC-CA, SHARP
	Planned Parenthood Mar Monte- Fresno County	Mario Alfaro, Program Dir.	Mario_Alfaro@ppmarmonite.org	(559) 441-2753	I&E	version to meet CHYA; also using PP Mar Monte's CSE Curricula
	Planned Parenthood Northern California	Toni Donovan, Program Dir.	tdonovan@ppnorcal.org	(530) 945-7853		
Humboldt	Planned Parenthood of the Pacific Southwest	Jason Valdez, Program Coord.	jvaldez@ppnorcal.org	(707) 502-3007	PREP	MPC-CA
Imperial	Planned Parenthood of the Pacific Southwest	Alberto Galvan, Program Dir.	agalvan@planned.org	(951) 222-3122	PREP	Curate, MPC-CA, SHARP
Kern	Clinica Sierra Vista, Inc. Community Action Partnership of Kern	Gabriela Borja	gabriela.borja@clincisierravista.org	(661) 324-0293	I&E	MPC-CA
		Angie Nelson	anelson@capk.org	(661) 746-8235	I&E	BP BRI
		Shelley Northrop, Program Dir.	shnorthrop@kern.org	(661) 852-5648		
	Kern County Superintendent of Schools	Esmeralda Victoria-Galez, Program Coord.	esvictoria@kern.org	(661) 852-5658	PREP	MPC-CA, Power Through Choices
Kings	California Health Collaborative	Daisy Lopez, Program Dir.	Dlopez@healthcollaborative.org	(559) 244-4526		
		Monica Gomez-Nordberg, Program Coord.	MGNordberg@healthcollaborative.org	(559) 762-7065	PREP	MPC-CA
Lake	Lake Family Resource Center	Kim Gentle, Program Dir.	king@lakefrc.org	(707) 279-0563 x 209		
		Sharon Maher, Program Coord.	sharonm@lakefrc.org	(707) 279-0563 x 216	PREP	MPC-CA, SHARP
	Planned Parenthood Northern CA Lake	Alex Troast	atroast@ppnorcal.org	(707) 995-4625		
		Sofia Navarro	snavarro@ppnorcal.org	(925) 887-5353	I&E	BP BRI

## Step 3: Share information about SB 89

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- Inform about case planning provision in SB 89 if provider is not already aware
- Refer to California Department of Social Services' Healthy Sexual Development Project webpage:  
<http://www.cdss.ca.gov/inforesources/Foster-Care/Healthy-Sexual-Development-Project>
- Refer to JBAY SB 89 Implementation webpage:  
<http://www.jbaforyouth.org/california-foster-youth-sexual-health-education-act-sb89/>

## Step 4: Discuss strategies to deliver CSE for foster youth who can't receive it in school

### Information for CSE provider to share:

- What CSE training do they provide?
- Could foster youth participate?
- If so, what is the best way to refer?
- If not, what is the constraint?
- Is there a minimum number of participants required?

### Information for county child welfare agency to share:

- How many foster youth will require CSE?
- What is the age of the youth?
- Where will this function live in the county agency?

# Step 5: Determine what entity will serve as the convener

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## Role of the Convener:

- Schedule with the CSE provider
- Coordinate with county child welfare agency, if applicable
- Conduct youth outreach
- Arrange transportation
- Arrange child care
- Order, set-up & distribute food
- Distribute incentives and prizes
- Send reminder texts!!

# Step 6: Consider whether you want to do more for higher risk youth

## Youth in Group Homes or STRTPs

- Young people placed in group homes indicated higher risk taking sexual behavior than youth not in group homes, including lower use of contraception .

## Youth who are custodial parents

- 1 in 3 foster youth who are parents at age 18 will have a second child by age 21

## Youth who are LGBTQ

# Questions?

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