



Carrera Adolescent Pregnancy Prevention Program



CAS-Carrera, 21st Century Community Learning Centers and ASPIRA of NJ: A Natural Partnership

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Carrera Adolescent Pregnancy Prevention Program



Presentation Overview

- A history and overview of CAS-Carrera
 - *Cathy Motamed, MPH* - Children's Aid Society

- An overview of the ASPIRA-Carrera program and Best Practices
 - *Reinaldo Santiago, MSA* - ASPIRA of New Jersey
 - *Alex Sanchez* - ASPIRA of New Jersey

- Questions

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CAS-Carrera Overview

- Founded in 1984 by Dr. Michael A. Carrera and The Children's Aid Society (CAS)
- A holistic approach to help youth build skill sets to achieve personal goals for a productive future
- “Above the waist contraception”
 - ▣ Developing sexual literacy and educating about the consequences of sexual decision-making
- The program is held daily year round, including summers and most vacations



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CAS-Carrera Overview

- See under-served youth as “at promise” not “at risk”
- A holistic, longitudinal, youth development model
 - ▣ Work with boys and girls
 - ▣ Starting at 11-12 years old and follow them through high school
- Began in New York City as an after-school program
 - ▣ Expanded after-school programs around NYC and the country
 - ▣ A program based on close replication and fidelity

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CAS-Carrera Overview

- In 2005 began implementing the in- school model
- Currently serving over 3,435 young people in 12 states doing both after-school and in-school programs
- After 28 years of almost exclusively being private funded, became a recipient of Social Innovation Funding from DHHS OAH

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Program Components

- Program components include:
 - ▣ Education
 - ▣ Job Club
 - ▣ Lifetime Individual Sports
 - ▣ Mental Health
 - ▣ Medical, Dental and Vision Services
 - ▣ Self Expression
 - ▣ Family Life and Sexuality Education (FLSE)



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Education

- The Education component offers:
 - Tutoring and enrichment activities
 - Homework assistance
 - Test prep
 - Remediation, as needed
 - Individual Academic Plans (IAP)
 - Monitoring of grades and standardized scores
 - Summertime maintenance
- Dosage: At least one period four times a week



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Job Club

- ❑ Partnership with Junior Achievement for curricula and other resources
- ❑ Opening and maintaining a personal bank account
- ❑ Receiving a stipend for all Job Club activities
- ❑ Dedicated staff for all Job Club activities
- ❑ Summer internships for many high-school students later in the program

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Job Club

- Job Club includes:
 - ▣ Learning about the world of work
 - ▣ Developing basic work-related skills
 - ▣ Learning principles behind banking and savings
 - ▣ Participating in business activities
 - ▣ Organizing and doing entrepreneurial activities
 - ▣ Conducting community service
- Dosage: At least one period a week per young person

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Lifetime Individual Sports

- Sports that can be played throughout life and require discipline and focus
 - ▣ Golf, squash, tennis, martial arts, horseback riding, fencing, boxing, yoga, swimming
- Dosage: At least one period a week per young person





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Mental Health/Power Group

- Participants are involved in weekly discussion groups called 'Power Group' led by social workers
- Power Groups focus on group activities and theme-based discussion
 - ▣ Healthy communication, anger management, goal setting, resisting peer pressure, etc.



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Mental Health/Power Group

- ❑ Social workers also provide individual clinical therapy and counseling, as needed
- ❑ The social worker engages in short-term and crisis intervention with families, as needed
- ❑ Dosage: At least one period a week per young person

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Medical, Dental and Vision Services

- Participants have access to annual, low-cost comprehensive medical, dental and vision services, including:
 - ▣ Comprehensive physical and oral exams
 - ▣ Their own primary health care provider
 - ▣ Specialty follow-up as needed
 - ▣ Urgent care visits
 - ▣ Skills building in personal health advocacy

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Self Expression

- Exposure to various creative opportunities that allow young people to express thoughts and feelings through art and expression. Activities include:
 - ▣ Music, dance, theatre, acting, public speaking, pottery, collage, painting, spoken word, and drawing
- Dosage: At least one period a week per young person

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Family Life and Sexuality Education

- Weekly education sessions throughout the year
- Curriculum-based, age and stage appropriate instruction
- Emphasis on abstinence throughout curriculum
- Encourages young people to talk with their parents about sexuality
- Includes Parent Family Life and Sexuality Education sessions

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Family Life and Sexuality Education

- Individual and small group discussions and follow up, as needed
- Referral for reproductive health services, as needed
- Referral for mental health services, as needed
- Dosage: At least one period a week per young person

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Family Life and Sexuality Education

- A holistic view of FLSE
 - Social
 - Emotional
 - Physical
 - Intellectual
- Why FLSE and youth development?
- Sample FLSE Lesson and Table of Contents



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CAS-Carrera Evaluation

- CAS-Carrera is the only adolescent pregnancy prevention program that has been proven effective
- The Coalition for Evidence Based Policy, a non-profit, non-partisan organization based in DC identified CAS-Carrera as meeting its “Top Tier” evidence of effectiveness

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CAS-Carrera External Evaluation

- A randomized controlled trial evaluation and follow-up surveys by PRA showed statistically significant outcomes
 - Female participants were
 - 40% less likely to have ever been pregnant
 - 50% less likely to have ever given birth
 - Male participants showed
 - Substantial knowledge gains
 - Higher rates of visits to reproductive health-care clinics and vaccination for Hep B

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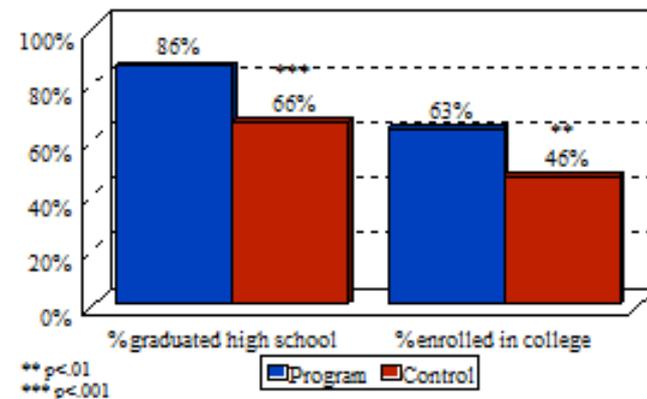


CAS-Carrera External Evaluation

- A randomized controlled trial evaluation and follow-up surveys by PRA showed statistically significant outcomes
 - Males and female participants were
 - 16% more likely to have had some work experience
 - 30% more likely to have graduated high school or obtained a G.E.D
 - 37% more likely to be enrolled college

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Education-Related Outcomes - High School Graduation & College Enrollment





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CAS-Carrera External Evaluation

- ❑ Program teens delayed the initiation of sexual intercourse
- ❑ Program teens have more employment experience over 3 years
- ❑ Program teens used contraception more conscientiously
- ❑ Program males and females had higher sexuality knowledge scores
- ❑ Program females were more able to resist coercive sexual pressure
- ❑ Program teens had more bank accounts
- ❑ Program teens had higher PSAT scores

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CAS-Carrera Process Evaluation

- ❑ CAS-Carrera utilizes a robust and fully integrated internal performance management system (Salesforce.com)
- ❑ Collect data at all program sites across all seven components, some examples of data:
 - ❑ Attendance by component
 - ❑ FLSE knowledge gains
 - ❑ Bank accounts
 - ❑ Academic and test scores
 - ❑ Confidential case notes and referral information



ASPIRA Overview

- Founded in 1968 to assist under served, inner-city Puerto Rican/Latino and other minority youth at risk of dropping out of school
- The ASPIRA Association is the second largest national Hispanic organization in the United States
 - ▣ Serving over 5,000 communities
- Core belief is that the path out of poverty must be through education



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ASPIRA Overview

- Serve approximately 2,800 youth annually
- Over the past 42 years has assisted more than 60,000 at-risk, minority students in urban middle schools and high schools
 - ▣ 90% remained in school and obtained their high school diplomas
 - ▣ 80% continued their studies at a college or other post-secondary institution

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Site Overview

- Located at the Luis Muñoz Marin Elementary School in the North Ward in the City of Newark, NJ
- School statistical and demographic information
 - 79% of Latino
 - 22% African-American/Black
 - 1% Asian
 - 99% Eligible for free lunch program
 - 39% are LEP students
- Underscoring the need: Presently there are three pregnant eighth graders attending the school

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The ASPIRA Program

- ASPIRA is implementing the program for the first year as a full replication at Luis Muñoz Marin Elementary School
- This is a partnership between ASPIRA of New Jersey, 21st CCLC, Prudential Foundation and First Book
- Started with a cohort open to the entire incoming fifth grade
- Core commitments of the ASPIRA program include:
 - ▣ An increasing value for education
 - ▣ A positive self-identity
 - ▣ Development of leadership skills
 - ▣ Parents involvement in and out of school

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The ASPIRA Program

- ASPIRA's program emphasizes the following activities:
 - College and career exploration
 - Counseling
 - Mentoring
 - Tutoring
 - Enrichment
 - Leadership development workshops
 - ASPIRA Club Federation (ACF) and Student Advisory Board
 - Cultural awareness activities
 - Summer programming

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Best Practices – Year One

- Strengths and opportunities
 - Overlap of CAS-Carrera, ASPIRA and 21st CCLC commitments and core values
 - Including thematic area of career awareness and exploration
 - Variety of recreational and academic resources
 - Dedicated and creative staff
 - Strong parental involvement
 - Holding parent workshops
 - Ability to organize and involve parents as partners, as needed
 - Consistently high attendance



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Best Practices – Year One

- Strengths and opportunities
 - ▣ Innovative programming and resources to meet student need
 - E.g. Power Group, ESL teacher, FLSE for participants and parents, Job Club and stipend and savings account
 - ▣ Strong community network and connections Close alliance with school administration and faculty
 - Several school teachers on our team
 - Partnerships with community resources
 - Engaging and educational trips for students
 - ▣ Students represented on our advisory counsel

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Best Practices – Year One

□ Challenges

- Engaging the students who regularly do not attend after-school programming
- Compensating for any gaps and challenges in participant lives
- Intense competition for local and state resources
- Gang influence in the neighborhood
- Participant safety coming to and from program

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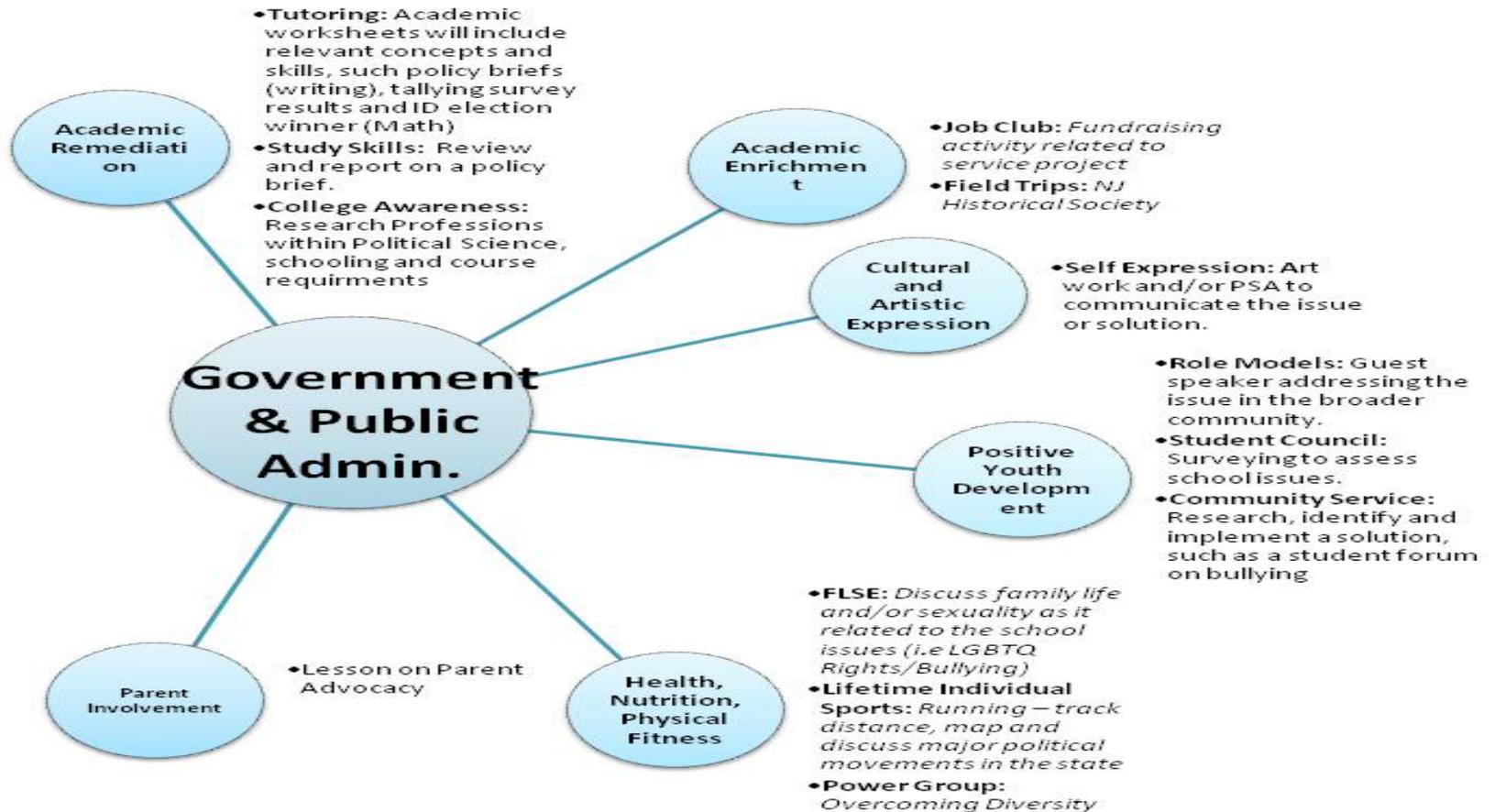
Best Practices – Year One

- Challenges
 - ▣ Finding qualified staff with adequate cultural and linguistic awareness
 - ▣ Multiple data collection and evaluation requirements
 - 21st CCLC, CAS-Carrera, Prudential Foundation

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Questions?

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