

Intervention: Children's Aid Society - Carrera Program

Finding: Sufficient evidence for effectiveness

Potential partners to undertake the intervention:

- | | |
|---|--|
| <input checked="" type="checkbox"/> Nonprofits or local coalitions | <input type="checkbox"/> Businesses or labor organizations |
| <input checked="" type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input checked="" type="checkbox"/> Health care providers | <input type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments | <input type="checkbox"/> Policymakers |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other: |

Background on the intervention:

Implemented in New York City, this is a multi-component youth development program that provides daily after-school activities for male and female youth aged 13-15. It is recommended primarily for urban, African American and Hispanic, and disadvantaged youth.

Jobs, career exploration, academic tutoring and assistance, sex education, art and sports activities are offered during the school year. During the summer, enrichment activities, such as employment assistance and tutoring, are offered.

Findings from the systematic reviews:

This program assisted female participants in delaying initiation of sex and resisting sexual pressure. Female participants increased their use of dual methods of contraception; females and males increased their use of health care.

The program resulted in reduced rates of teen pregnancy among participants, relative to comparison youth. According to Kirby, "This program has provided the strongest evidence for a three-year impact upon pregnancy."

Limitations/Comments:

There were no positive, significant behavioral changes in participating males relative to comparison males. Evaluator notes: "...the philosophy, structure, and specific staff roles may each contribute to the successful long-term relationships that a large proportion of the young people formed with the program and its staff." The program emphasizes youth development with holistic, comprehensive, integrated case management.

Additional information:

Children's Aid Society - <http://childrensaidsociety.org>
105 East 22nd Street
New York, NY 10010
Phone: (212) 949-4800

References:

Kirby, D. Emerging Answers—Research Findings on Programs to Reduce Teen Pregnancy 2001; Washington, DC: National Campaign to Prevent Teen Pregnancy.

Alford, S. Science and Success: Sex education and other programs that work to prevent teen pregnancy, HIV and sexually transmitted infections; 2003. Available online at:

Health priority: High-risk sexual behavior

Advocates for Youth - <http://www.advocatesforyouth.org/publications/ScienceSuccess.pdf>

Evidence-Based Practices for Healthiest Wisconsin 2010 - Developed by the Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services, in partnership with the University of Wisconsin Population Health Institute (October 2005). Available at: <http://dhfs.wisconsin.gov/statehealthplan/practices/>