

Funding Opportunity: Optimally Changing the Map for Teen Pregnancy Prevention (Tier 1) | Office of Population Affairs

Teen Outreach Program® (TOP)® Alignment

The goal of the funding opportunity announcement (FOA) is to have a significant impact on improving the optimal health of adolescents and reducing teen pregnancy and sexually transmitted infections (STIs) through saturation of communities with the greatest needs and disparities using a systems thinking approach to replicate effective programs with fidelity.

To realize this goal applicants must demonstrate their proposed application:

- a. Ensures areas of greatest need are targeted in an effort to promote equity and in reaching optimal health and preventing teen pregnancy and STIs.
- b. Utilizes a systems thinking approach to identify multiple leverage points to maximize impact on promoting optimal health and preventing teen pregnancy and STIs.
- c. Replicates with fidelity effective programs and supportive services that are culturally appropriate, age appropriate, medically accurate, and trauma-informed.
- d. Applies the power of youth and community voice to ensure the project is of the highest quality and best fit for the community(ies) and population(s) to be served.
- e. Has systems and processes in place to monitor, evaluate and improve the project, using key performance measures to document the project.
- f. Communicate and disseminate information, successes, lessons learned and knowledge gained.

Below is a helpful guide in determining how Wyman’s Teen Outreach Program can fulfill the areas that must be demonstrated to write a winning grant application. *Please note:* this document is intended to help support those individuals applying for the opportunity, but is not designed or intended to be submitted as a complete Project Narrative. Wyman is not available to write or review grant submissions on behalf of applying organizations, but can refer services of grant writers if requested.

| Funding Opportunity Details | |
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| “Effective Program(s)” refer to program proved effective through rigorous evaluation to reduce teenage pregnancy, behavior risks factors underlying teenage pregnancy, or other associated risk facts and eligible for replication. | Wyman’s Teen Outreach Program (TOP) promotes the positive development of adolescents through curriculum-guided, interactive group discussions; positive adult guidance and support; and community service learning. Rigorous research, using randomized control and quasi-experimental methods, shows that TOP works, resulting in lower likelihood of pregnancy, risky sexual behavior, course failure, school suspension and skipping school. |
| Ensures areas of greatest need are targeted in an effort to promote equity and in reaching optimal health and preventing teen pregnancy and STIs. | TOP is delivered by trained adult facilitators across a nine month period to groups of teens (called “TOP Clubs”). TOP is designed to meet the developmental needs of middle and high school teens and can be implemented in a variety of settings, including in-school, after-school, through community-based organizations or in systems and institutional settings, |

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| | <p>including residential facilities. The TOP Curriculum is focused on key topics related to adolescent health and development, including building social, emotional, and life skills; developing a positive sense of self; and connecting with others. Wyman’s Teen Outreach Program (TOP) has been implemented successfully with diverse communities and in both urban and rural environments. Independent research reviews by federal agencies and organizations have recognized TOP for its evidence-base.</p> |
| <p>Utilizes a systems thinking approach to identify multiple leverage points to maximize impact on promoting optimal health and preventing teen pregnancy and STIs.</p> | <p>Partners utilizing Wyman’s Teen Outreach Program are able to replicate the program across a large geographical area through collaboration with provider organizations. Providers can implement the program in their own communities, serving a variety of settings. Additionally, providers, and/or stakeholders within a partner network who are not able to successfully implement TOP may still take full advantage of the positive youth development and social and emotional trainings that are available to partner networks from Wyman. These trainings are designed to support youth development professionals in maximizing supports and opportunities for young people regards of the program intervention they are using. These trainings strengthen and help expand upon knowledge needed to promote optimal health among teens in a variety of settings.</p> |
| <p>Replicates with fidelity effective programs and supportive services that are culturally appropriate, age appropriate, medically accurate, and trauma-informed.</p> | <p>To ensure fidelity, Wyman utilizes a comprehensive replication partnership approach with organizations implementing TOP, which is framed in an implementation science approach that advances programs effectiveness through impactful training, monitoring, evaluation and coaching for quality program implementation.</p> <p>TOP has a strong history of successful implementation with youth from diverse cultural, ethnic and racial identity backgrounds. The TOP Curriculum was designed to be culturally competent, and the curriculum’s Facilitation Guide includes content on “Cultural and Human Diversity in Facilitation.”</p> <p>The TOP Curriculum is designed to meet the developmental needs of middle and high school aged teens. Each content area of the curriculum (Decision Making, Relationships, Self Awareness, etc.) includes lessons across three developmental levels- Foundational, Intermediate and Advanced. Foundational lessons introduce basic concepts and ideas. Foundational lessons are generally most</p> |

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| | <p>appropriate for youth in 6th-8th grade. Intermediate lessons build upon basic concepts and ideas and include opportunities to explore these more deeply. Intermediate lessons are generally most appropriate for youth in 8th-10th grade. Advanced lessons include discussions of advanced concepts and content, including content and scenarios specific to the transition to adulthood. Advanced lessons are generally most appropriate for youth in 10th- 12th grade. It is not necessary to begin TOP at the Foundational level; all three levels are written to be accessible to youth without prior TOP experience. The TOP Curriculum set includes all three levels, so partners can select lessons as appropriate for participants.</p> <p>Wyman is committed to the medical accuracy of the TOP Curriculum. The curriculum undergoes regular medical reviews, and as necessary, edits are made to ensure the curriculum continues to be medically accurate. When edits are made, partners are informed and edits are posted on Wyman Connect, Wyman’s permission-based web portal for partners, for download. The most recent medical accuracy edits responded to a 2019 medical review by the federal Family and Youth Services Bureau.</p> <p>The TOP Curriculum is written from a trauma-informed perspective, utilizing the Office of Adolescent Health’s “A Checklist for Integrating a Trauma-Informed Approach into Teen Pregnancy Prevention Programs,” among other resources. TOP facilitator training includes content on creating safe space and building supportive relationships. The curriculum’s introductory lessons include youth setting group guidelines to create physical and emotional safety in TOP Club. Lessons with content that may be triggering include acknowledgement of the lesson’s sensitivity during the lesson introduction, as well as prompts for facilitators to consider the potential sensitivity, to be available to participants for additional support and to connect participants to additional resources as necessary. Wyman is also available to provide additional trauma awareness training.</p> |
| <p>Applies the power of youth and community voice to ensure the project is of the highest quality and best fit for the community(ies) and population(s) to be served.</p> | <p>One of the core components to Teen Outreach Program is Community Service Learning. CSL allows the youth in the program to have a voice in choosing service projects that are meaningful to them and their communities. Youth choose, plan, and reflect on their</p> |

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| | <p>service experiences throughout the program year. Each lesson in the curriculum includes time for teens to reflect on the experience of the lesson. Teens are also surveyed annually to provide feedback on program quality. Partners use this feedback to make changes as needed.</p> |
| <p>Has systems and processes in place to monitor, evaluate and improve the project, using key performance measures to document the project.</p> | <p>Wyman’s fidelity with flexibility model helps our partners adapt TOP to a variety of environments while achieving impressive outcomes. Fidelity requirements for implementation:</p> <ul style="list-style-type: none"> • The Partner creates and uses a written Quality Assurance Plan (QAP), which is updated annually. • Ensure clubs are guided by facilitators who have completed TOP training. • Maintain a ratio of at least one TOP facilitator per 25 teens (1:25). Many facilitators prefer a ratio of 1:10, 1:15 or 2:25. • TOP Clubs are planned to include weekly peer group meetings throughout the program cycle. • Club Program Cycle should be no less than 32 weeks. • 100% of Clubs deliver a minimum of 25 meetings during a club program cycle. • TOP Clubs are planned to include sufficient support and opportunities for teens to achieve the required 20 hours of Community Service Learning. • 75% of teens who have completed TOP complete at least 20 hours of CSL during the club program cycle. • TOP Clubs are planned to include at least 12 lessons from the TOP Curriculum. <p>Partners are required to undergo an annual certification process that evaluates and supports the partner in maintaining fidelity to the program model. As a result of this certification process, partners are either certified or placed on an action plan for the next program year that addresses low-performing areas.</p> |
| <p>Communicate and disseminate information, successes, lessons learned and knowledge gained.</p> | <p>Use of the proprietary data collection system, Wyman Connect, enables partners with the ability to easily monitor program progress, to generate instant reports that can be used for program evaluation and quality monitoring, grant writing, as well as disseminating information, celebrating successes, and brainstorming through lessons learned.</p> |

| <p>When selecting program(s) for replication under this FOA, the following research and evaluation criteria must be met:</p> <ul style="list-style-type: none"> • The program model has been proven effective through a rigorous experimental or quasi-experimental evaluation study to reduce teenage pregnancy, behavioral risk factors underlying teenage pregnancy, or associated risks; • Rigorous evaluation of the program model demonstrates at least one statistically significant positive outcome on a relevant behavioral outcome, and no statistically significant negative outcomes, from a study (or studies) that meets the definition of rigorous evaluation; • The research has been published in a peer reviewed medium such as an academic journal, published Federal Government report, published evidence review clearinghouse, or a National Institutes of Medicine report; • The research was conducted by an independent evaluator who was/is neither part of the publishing team, nor an author of the curriculum; and • The research is no older than twenty (20) years. | <p>Rigorous research, using randomized control and quasi-experimental methods, shows that TOP works, resulting in lower likelihood of pregnancy, risky sexual behavior, course failure, school suspension and skipping school. The program is supported by historical research conducted in the late 1990s as well as current research conducted within the last 20 years. TOP has two studies that meet the definition of rigorous evaluation as stated in the current Tier 1 FOA—a quasi-experimental study with results showing that TOP teens had lower risk of course failure, school suspension and pregnancy compared to teens in the comparison group (Allen & Philliber, 2001), and a randomized controlled trial (RCT) that demonstrated statistically significant behavioral impacts on pregnancy, on sexual activity rates, and on risky sexual activity (Daley et al., 2015; Walsh-Buhi et al., 2016). Additional analyses conducted for one cohort of the RCT showed sustained impact on pregnancy at the 1-year follow-up (Daley et al., 2019). These studies have been published in peer-reviewed, academic journals (Allen & Philliber, 2001; Walsh-Buhi et al., 2016; Daley et al., 2019) and a technical report submitted to the Office of Adolescent Health, U.S. Department of Health and Human Services (Daley et al., 2015). Both rigorous studies were conducted by independent evaluators who were neither part of the publishing team, nor an author of TOP.</p> |
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| Additional Resources | |
| Exploring TOP Implementation | Click to Access this Resource |
| Budget Guidance | Click to Access this Resource |
| TOP Logic Model & Research | Click to Access this Resource |
| TOP Fidelity Criteria | Click to Access this Resource |
| TOP Curriculum Overview | Click to Access this Resource |
| TOP Evidence-Base & Best Practice Listings | Click to Access this Resource |
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Questions? Please Contact:

Tori Gale | Director, Partnerships & Administration | Wyman's National Network
tori.gale@wymancenter.org