

Adolescent Parenting Program BDI Logic Model

- = These activities are essential for achieving the goals of APP
- * = These essential activities are repeated in more than one section of this logic model because they apply indirectly to more than one goal
- = These activities are recommended supplementary activities but are not required

Goal #1: Increase Self-Sufficiency Outcomes for APP Participants			
Intervention Activities	Determinants	Behaviors	APP Goal
<ul style="list-style-type: none"> ● Provide at least three hours per year of interactive group instruction by a family planning professional to include the following: 1) sexual anatomy, sexual development, reproduction; 2) condoms and contraception including effectiveness, side effects, advantages and disadvantages, demonstration, opportunities to practice using, community resources where they can be obtained, and how to decide which method is best for them; 3) HIV/AIDS and other STIs including symptoms, risk reduction, and prevention; 4) benefits of delaying a subsequent pregnancy, potential negative consequences of a subsequent pregnancy, and importance of birth spacing; 5) information about the risks of unprotected sex and practice saying no to sex or unprotected sex; 6) practice developing and improving negotiation skills for using condoms and contraception with partners; 7) practice in relationship skills, including listening, communication, and conflict resolution ● Provide educational resources on healthy relationships and contraceptives to all participants and their parents/guardians as follow-up to group instruction on these topics ● Conduct at least one group field trip per year to a family planning clinic to learn where it is, what it offers, how much services cost, and how to ask for services ● Make referrals to family planning services for all participants * Provide at least one 60-minute one-on-one session per month (12 per year with 8 in the home) with each participant to reinforce knowledge and skills gained during group instruction or provide make-up instruction if absent from group instruction * Provide ongoing case management services guided by individualized goal plans which are reviewed and updated every six months * Provide opportunities during group sessions or outings for positive social interaction with other teen parents * Provide transportation as needed for education, childcare, and healthcare services * Make referrals as needed to public transportation services if available * Make referrals as needed to counseling and/or other support services for sexual abuse or neglect in family of origin, sexual violence, dating/domestic violence, mental health, and substance abuse * Provide opportunities as appropriate for the father of the baby or the participant's current partner to participate in APP activities * Provide at least one hour per year of interactive group instruction on awareness and prevention of dating/domestic violence and sexual violence ○ Provide opportunities to do community service 	<ul style="list-style-type: none"> ● Improve belief that using contraception is the right choice if having sex ● Improve skills and self-efficacy to obtain and use contraception consistently and correctly ● Improve skills and self-efficacy to say no to sex or unprotected sex and/or insist on using contraception (Improve negotiation skills) ● Increase perceived risk and consequences of becoming pregnant again before completion of high school/GED ● Improve quality relationships with adult mentors ● Increase awareness of interpersonal violence; increase self-efficacy to reduce risks and reject social norms that condone interpersonal violence ● Increase support services or resources for meeting needs and dealing with challenges; improve ability to recognize when assistance is needed; improve knowledge of how to find and access support services or resources 	<ul style="list-style-type: none"> ● Increase correct and consistent use of condoms ● Increase correct and consistent use of contraception ● Decrease unprotected vaginal/penile sex ● Decrease frequency of sex 	<p>Goal 1A: Delay a subsequent pregnancy</p>

Goal #1: Increase Self-Sufficiency Outcomes for APP Participants

Intervention Activities	Determinants	Behaviors	APP Goal
<ul style="list-style-type: none"> ● Provide at least two hours per year of interactive group instruction to include the following: 1) benefits of high school graduation/GED; 2) structured discussions with other teen parents who have faced similar barriers and graduated from high school/earned a GED; 3) study skills (note-taking, test-taking, etc.); 4) practice with goal setting and planning related to school and career; 5) how to develop relationships with school staff to learn about tutoring and ask for help to meet educational requirements when needed ● Conduct meetings between APP staff and school staff at the beginning of each school year to advocate for access to quality education for APP participants, discuss the laws that protect educational rights of pregnant and parenting teens, and communicate the need for support of the APP participants in their goals for post-secondary education ● Advise parent/guardian of APP participant as appropriate and needed on how to communicate with the school to advocate for their teen * Make referrals as needed to academic support services * Provide at least one 60-minute one-on-one session per month (12 per year with 8 in the home) with each participant to reinforce knowledge and skills gained during group instruction or provide make-up instruction if absent from group instruction * Provide ongoing case management services guided by individualized goal plans which are reviewed and updated every six months * Opportunities during group sessions or outings for positive social interaction with other teen parents * Provide transportation as needed for education, childcare, and healthcare services * Make referrals as needed to public transportation services if available * Make referrals as needed to child care assistance programs or quality child care facilities * Make referrals as needed to counseling and/or other support services for sexual abuse or neglect in family of origin, sexual violence, dating/domestic violence, mental health, and substance abuse * Provide opportunities as appropriate for the father of the baby or the participant's current partner to participate in APP activities * Provide at least one hour per year of interactive group instruction on awareness and prevention of dating/domestic violence and sexual violence ○ Provide opportunities to do community service 	<p>Improve connection to school</p> <p>Improve awareness of benefits of completing high school/GED and belief that educational programs benefit long-term goals</p> <p>Improve self-efficacy to graduate from high school or completing a GED</p> <p>Improve effective study skills</p> <p>Improve quality relationships with adult mentors</p> <p>Increase awareness of interpersonal violence; increase self-efficacy to reduce risks and reject social norms that condone interpersonal violence</p> <p>Increase support services or resources for meeting needs and dealing with challenges; improve ability to recognize when assistance is needed; improve knowledge of how to find and access support services or resources</p>	<p>Increase school attendance and progression toward school completion</p>	<p>Goal 1B: Increase graduation from high school with diploma or completion of GED</p>

Goal #1: Increase Self-Sufficiency Outcomes for APP Participants

Intervention Activities	Determinants	Behaviors	APP Goal
<ul style="list-style-type: none"> ● Provide at least four hours per year of interactive group instruction to include the following: 1) benefits of post-secondary education, vocational training, and employment at a livable wage; 2) learning about various careers and salaries; 3) structured discussions with other teen parents who have faced similar barriers and graduated from post-secondary education or vocational training program; 4) high school counselors or college admission counselors to explain the process of enrollment in post-secondary education, vocational program, and/or job training programs; 5) bank representatives or financial planners to explain how to initiate and maintain financial services; 6) opportunities to learn about and practice financial planning skills including how to budget and pay bills; 7) learning about and practicing job readiness skills including writing resumes, cover letters, thank you notes, techniques in finding jobs, interview skills, and the importance of maintaining a job; 8) local housing authority representative to explain the process of enrollment in supportive housing programs ● Conduct one group field trip per year to a university, college, or vocational school ● Arrange a connection to a financial aid resource and help with completion of paperwork ● Provide opportunities to learn about and practice job readiness skills ● Establish connections as needed to financial aid resources and provide help completing financial aid paperwork * Make referrals as needed to academic support services * Provide at least one 60-minute one-on-one session per month (12 per year with 8 in the home) with each participant to reinforce knowledge and skills gained during group instruction or provide make-up instruction if absent from group instruction * Provide ongoing case management services guided by individualized goal plans which are reviewed and updated every six months * Provide opportunities during group sessions or outings for positive social interaction with other teen parents * Provide transportation as needed for education, childcare, and healthcare services * Make referrals as needed to public transportation services if available * Provide referrals as needed to child care assistance programs or quality child care facilities * Provide referrals as needed to transitional or subsidized housing, and other housing supports * Provide referrals as needed to counseling and/or other support services for sexual abuse or neglect in family of origin, sexual violence, dating/domestic violence, mental health, and substance abuse * Provide opportunities as appropriate for the father of the baby or the participant's current partner to participate in APP activities * Provide at least one hour per year of interactive group instruction on awareness and prevention of dating/domestic violence and sexual violence ○ Provide opportunities to develop leadership skills ○ Provide a resource guide for services and resources in the county ○ Provide opportunities to do community service 	<p>Improve awareness of benefits of completing post-secondary education / training and being employed at a livable wage</p> <p>Increase knowledge, skills, and self-efficacy to complete post-secondary education, gain employment at a livable wage, and secure stable housing</p> <p>Improve financial knowledge, responsibility, and self-efficacy to manage a personal budget</p> <p>Improve quality relationships with adult mentors</p> <p>Increase awareness of interpersonal violence; increase self-efficacy to reduce risks and reject social norms that condone interpersonal violence</p> <p>Increase support services or resources for meeting needs and dealing with challenges; improve ability to recognize when assistance is needed; improve knowledge of how to find and access support services or resources</p>	<p>Increase teen parent involvement in planning and preparing for post-high school education and training or employment</p> <p>Create and access safety net of family, community, and professional resources</p> <p>Increase number of APP participants living in safe and stable environments, including supportive housing</p>	<p>Goal 1C: Increase successful transition to adulthood including enrollment in post-secondary education, vocational training, or employment at a livable wage, and living in safe and stable housing after graduation from APP</p>

Goal #2: Improve Developmental Outcomes for Children of APP Participants

Intervention Activities	Determinants	Behaviors	APP Goal
<ul style="list-style-type: none"> ● Provide at least two hours of interactive group instruction to include the following: 1) importance of prenatal care and possible solutions to barriers; 2) importance of nutrition and an exercise routine to a healthy pregnancy; 3) how to plan healthy meals; 4) benefits of delaying a subsequent pregnancy, potential negative consequences of a subsequent pregnancy, and importance of birth spacing (repeated from goal #1a); 5) the importance of going to an Ob/Gyn and learning about the services that are available; 6) the importance of avoiding alcohol, tobacco, and other drugs ● Conduct at least one group field trip per year to a doctor's office, hospital, or clinic to learn where they are, what they offer, how much services cost, and how to ask for services ● Establish a partnership between APP and a child birth education provider to provide these services to pregnant participants * Provide at least one 60-minute one-on-one session per month (12 per year with 8 in the home) with each participant to reinforce knowledge and skills gained during group instruction or provide make-up instruction if absent from group instruction * Provide ongoing case management services guided by individualized goal plans which are reviewed and updated every six months * Provide opportunities during group sessions or outings for positive social interaction with other teen parents * Provide transportation as needed for education, childcare, and healthcare services * Make referrals as needed to counseling and/or other support services for sexual abuse or neglect in family of origin, sexual violence, dating/domestic violence, mental health, and substance abuse * Provide opportunities as appropriate for the father of the baby or the participant's current partner to participate in APP activities ○ Conduct visits to local grocery stores/food co-ops, and food banks to assess which healthy foods are available and best value for healthy food and affordable weekly budget 	<p>Improve knowledge of, belief in, and skills relevant to prenatal care and exercise</p> <p>Improve knowledge of, belief in, and skills relevant to the importance of good nutrition and folic acid in the prenatal period</p> <p>Improve knowledge of the signs and symptoms of preterm labor</p> <p>Improve knowledge of, belief in, and skills relevant to the prevention of harmful prenatal effects of violence, stress, smoking, substance abuse</p> <p>Increase support services or resources for meeting needs and dealing with challenges; improve ability to recognize when assistance is needed; improve knowledge of how to find and access support services or resources</p>	<p>Increase on-time receipt of appropriate prenatal care services</p> <p>Increase healthy eating and exercise as prescribed by a health professional</p> <p>Eliminate use of alcohol, tobacco, or other drugs while pregnant</p>	<p>Goal 2A: Increase healthy births</p>

Goal #2: Improve Developmental Outcomes for Children of APP Participants

Intervention Activities	Determinants	Behaviors	APP Goal
<ul style="list-style-type: none"> • Provide at least four hours of interactive group instruction to include the following: 1) importance of positive parenting, appropriate disciplinary skills, and strategies that work for them; 2) mental health issues and maternal depression among teen parents including prevention and treatment of post-partum depression; 3) importance of age- and ability-appropriate infant and toddler play; 4) legal issues and the law related to child welfare; 5) their own stress points, emotions, and how to articulate what they need from others * Provide opportunities to practice positive parenting skills (behavior management, discipline, and play time) with APP Staff during home visits * Provide at least one 60-minute one-on-one session per month (12 per year with 8 in the home) with each participant to reinforce knowledge and skills gained during group instruction or provide make-up instruction if absent from group instruction * Provide ongoing case management services guided by individualized goal plans which are reviewed and updated every six months * Provide opportunities during group sessions or outings for positive social interaction with other teen parents * Provide transportation as needed for education, childcare, and healthcare services * Make referrals as needed to child care assistance programs or quality child care facilities * Make referrals as needed to counseling and/or other support services for sexual abuse or neglect in family of origin, sexual violence, dating/domestic violence, mental health, and substance abuse * Provide opportunities as appropriate for the father of the baby or the participant's current partner to participate in APP activities ○ Conduct bi-annual parent support groups for young parents where they can share, discuss, and brainstorm positive conflict resolution strategies that work for them 	<p>Improve positive parenting skills, parent-child attachment skills, and self-efficacy to use these skills</p> <p>Improve knowledge about mental health issues</p> <p>Improve knowledge of legal issues and the law</p> <p>Improve listening and communication skills and self-efficacy to use these skills</p> <p>Improve negotiation and conflict resolution skills and self-efficacy to use these skills</p> <p>Increase awareness of own child-rearing histories and understanding of own approach to parenting</p> <p>Improve healing, as appropriate, from depression, abuse and/or neglect, post-traumatic stress syndrome, multiple stressors</p> <p>Increase support services or resources for meeting needs and dealing with challenges; improve ability to recognize when assistance is needed; improve knowledge of how to find and access support services or resources</p>	<p>Increase use of good parenting skills</p>	<p>Goal 2B: Increase incidence of appropriate discipline, of nurturing behavior, and of children who are well cared for</p>

Goal #2: Improve Developmental Outcomes for Children of APP Participants

Intervention Activities	Determinants	Behaviors	APP Goal
<ul style="list-style-type: none"> ● Provide at least nine hours of interactive group instruction to include the following: 1) importance of breastfeeding and how to breastfeed; 2) first aid and certification in infant/child CPR; 3) the importance of medical check-ups, how to discuss concerns with a doctor, and when to call a doctor for injury or illness; 4) developmental milestones; 5) importance of using infant/toddler car seats, how to use them properly, and where the child seat check points are located in the community; 6) safe and developmentally appropriate playground use; 7) baby- and child-proofing and safety practices to prevent unintentional injury or poisoning; 8) how to prepare an emergency plan; 9) their own stress points, emotions, and how to articulate what they need from others (repeated from goal #2b); 10) how they are their child's primary, best teacher; 11) how to build a home library including provision of books and educational toys ● Provide individual consultations with young mother about her capacity emotionally and physically to breastfeed ● Implement a toy and book exchange program for teen parents to share toys and learn from one another the benefit of playtime with their children ● Provide opportunities to observe APP Staff modeling positive interactions with babies/toddlers at group sessions and home visits <ul style="list-style-type: none"> * Provide opportunities to practice positive parenting skills (behavior management, discipline, and play time) with APP Staff during home visits * Provide at least one 60-minute one-on-one session per month (12 per year with 8 in the home) with each participant to reinforce knowledge and skills gained during group instruction or provide make-up instruction if absent from group instruction * Provide ongoing case management services guided by individualized goal plans which are reviewed and updated every six months * Provide opportunities during group sessions or outings for positive social interaction with other teen parents * Provide transportation as needed for education, childcare, and healthcare services * Make referrals as needed to child care assistance programs or quality child care facilities * Make referrals as needed for child developmental evaluations * Make referrals as needed to counseling and/or other support services for sexual abuse or neglect in family of origin, sexual violence, dating/domestic violence, mental health, and substance abuse * Provide opportunities as appropriate for the father of the baby or the participant's current partner to participate in APP activities <ul style="list-style-type: none"> ○ Establish a connection with Motherread, Inc., local library, and/or bookstore to provide age-appropriate literacy education for the child of the APP participant ○ Conduct group field trips to libraries, book mobiles, book fairs, story time at bookstores 	<p>Improve knowledge of, belief in, and skills relevant to breastfeeding</p> <p>Improve knowledge and skills to provide first aid and CPR</p> <p>Improve knowledge of, belief in, and skills relevant to positive parenting, child development, and attachment</p> <p>Improve knowledge of, belief in, and skills relevant to parent-child activities that promote physical, emotional, cognitive, and social development of child</p> <p>Increase knowledge of and skills relevant to the use of car seats</p> <p>Increased knowledge of and skills relevant to preventing housing hazards for fetal/infant/child development</p> <p>Improve knowledge of, belief in, and skills relevant to the importance of family literacy</p> <p>Improve healing, as appropriate, from depression, abuse and/or neglect, post-traumatic stress syndrome, multiple stressors</p> <p>Increase support services or resources for meeting needs and dealing with challenges; improve ability to recognize when assistance is needed; improve knowledge of how to find and access support services or resources</p>	<p>Increase on-time receipt of appropriate health and child development services</p> <p>Increase positive attachment using an infant mental health approach</p> <p>Increase breast-feeding incidence and duration, as appropriate</p> <p>Increase the number of children who reach school age without accidental injury</p> <p>Increase incidence of family reading</p>	<p>Goal 2C: Increase age-appropriate physical, emotional, cognitive, and social development, including readiness for school success</p>