



Program Abstract

Summary

Prime Time is an 18-month multicomponent program that seeks to reduce sexual risk behaviors, violence involvement, and school disconnection among sexually active female adolescents at increased risk for early pregnancy and sexually transmitted diseases. The program is grounded in a Positive Youth Development framework that views young people as resources to be developed, not problems to be fixed. *Prime Time* aims to build adolescents' skills and competencies, confidence, character, connections, and contributions through program activities.

Prime Time consists of two core components. The first is one-on-one case management, which addresses social and emotional skills, responsible behaviors, healthy relationships, and positive involvement with family, school and the community. The second core component is a 16-session peer educator program called *Just In Time*, which addresses communication, stress management and conflict resolution skills, responsible sexual behaviors, sexual decision-making, and contraceptive use. Through a combination of case management and the peer educator program, *Prime Time* targets outcomes including fewer sexual partners; consistent condom and hormonal contraceptive use; reduced interpersonal aggression and violence; and reduced school misbehavior and dropout.

An evaluation of *Prime Time* showed that receiving the intervention increased abstinence, as well as more consistent use of condoms, hormonal contraception, and dual-method contraception. Intervention participants also reported improvements in family connectedness and self-efficacy to refuse unwanted sex, and reductions in the perceived importance of having sex.

Focus	<input checked="" type="checkbox"/> Primary pregnancy prevention	<input type="checkbox"/> Secondary pregnancy prevention	<input checked="" type="checkbox"/> STI & HIV/AIDS prevention
Original Site	<input type="checkbox"/> Home-based	<input checked="" type="checkbox"/> Community-based	<input checked="" type="checkbox"/> Clinic-based

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Suitable for Use In	The program is suitable for use in health clinics in community and school settings that work with sexually active adolescent girls ages 13-18.
Approach	<ul style="list-style-type: none"><input type="checkbox"/> Abstinence<input checked="" type="checkbox"/> Behavioral Skills Development<input checked="" type="checkbox"/> Community Outreach<input type="checkbox"/> Contraceptive Access<input checked="" type="checkbox"/> Contraceptive Education<input type="checkbox"/> Life Option Enhancement<input checked="" type="checkbox"/> Motivational Interviewing<input checked="" type="checkbox"/> Self-Efficacy/Self-Esteem<input checked="" type="checkbox"/> Sexuality/HIV/AIDS/STI Education
Original Intervention Sample	The original implementation of <i>Prime Time</i> involved 253 adolescent females ages 13-17 (mean 16). The sample was 41% black or African American, 21% mixed/multiple races, 12% Hispanic/Latino, 12% Asian/Pacific Islander, 11% white, and 3% Native American. The sample was recruited from community- and school-based primary care clinics in Minneapolis-St. Paul, Minnesota.
Program Components	<ul style="list-style-type: none"><input type="checkbox"/> Adult Involvement<input checked="" type="checkbox"/> Case Management<input checked="" type="checkbox"/> Group Discussion<input checked="" type="checkbox"/> Lectures<input checked="" type="checkbox"/> Peer Counseling/Instruction<input type="checkbox"/> Public Service Announcements<input type="checkbox"/> Role Play<input type="checkbox"/> Video
Program Length	<i>Prime Time</i> is an 18 month program, consisting of monthly case management sessions and 16 peer educator training sessions, followed by an optional 7-session group teaching practicum.
Staffing Requirements / Training	The <i>Prime Time</i> program should ideally be staffed by a team including a program coordinator and case managers. The program coordinator should set up the program, ensure case managers are trained, plan and oversee youth enrollment, provide ongoing clinical supervision and support to case managers, act as a liaison between <i>Prime Time</i> case

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managers and other clinic staff, manage program logistics, and monitor program implementation.

Case managers can be health educators, social workers, or other youth workers experienced in working with urban teens from diverse cultural backgrounds. They should implement the *Prime Time* case management and *Just In Time* peer educator programs.

Use of *Prime Time* requires pre-service training and ongoing support for program implementation, to ensure that groups receive training in core principles and components of the *Prime Time* model, and are sufficiently supported to skillfully implement *Prime Time* programs. Pre-service training and structured ongoing support are offered by program developers at the University of Minnesota on a fee-for-service basis.

Program Materials

This PASHA program contains one complete set of materials needed to implement the *Prime Time* program. In addition to this User's Guide, the program includes:

- The *Prime Time* Case Management Toolkit
- The *Just In Time* Curriculum
- The complete set of *Prime Time* Case Management appendices
- The complete set of *Just In Time* handouts

Notes about Evaluation

Resources for evaluation are also included in the program package:

1. Evaluation Instruments used in the original implementation of *Prime Time*:
 - a. Health Screening Survey and Scoring Tool
 - b. Baseline Survey
 - c. Follow-Up Survey
 - d. Peer Educator Group Session Report
2. *Prevention Minimum Evaluation Data Set (PMEDS)*, a generic questionnaire that can be adapted to suit most prevention programs
3. *Local Evaluator Consultant Network Directory*

These evaluation materials are included as a starting point for evaluating your program, should you choose to do so. Before using these or any other survey instruments with your participants, it is very important that approval is received from the appropriate people in your community (e.g., school officials, parents, etc.). Most programs can benefit from outside help in designing and carrying out an evaluation. Your local university may be a good place to look for outside help—or you may refer to the *Local Evaluator Consultant Network Directory*.

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Program Acquisition & Implementation Cost

The cost of this PASHA program package includes one complete set of materials needed to implement this program, the resources for evaluation described above, as well as telephone technical support on program implementation and evaluation for one year (call PASHA staff; see below).

Contact Information

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