

**THE NEW MORNING FOUNDATION'S  
TEEN PREGNANCY PREVENTION INITIATIVE  
YEAR-END REPORT FOR THE 2012-13 SCHOOL YEAR**

**EXECUTIVE SUMMARY**

The New Morning Foundation (NMF) has launched an ambitious initiative designed to reduce high rates of teen pregnancy in six schools in Charleston and Columbia, South Carolina. The Foundation has sponsored an integrated approach that uses four main interventions or services: Accessible, Teen-Friendly Reproductive Health Services, Case-Managed or Case Coordinated Care Services, Skill-Based Sexuality Education in the Classroom, and Special Events

2012-13 was the first year for the full application and standardization of these interventions across five of the six targeted schools--Baptist Hill Middle/High School (Hollywood), Septima P. Clark Academy (James Island), North Charleston High School (North Charleston) and R. B. Stall High School (North Charleston), and St. John's High School (Johns Island).<sup>1</sup>

Eight-hundred and twenty-two students received one or more program services in the 2012-13 school year. This includes 197 students who visited the local reproductive health care clinics, 460 students who received Case Management/Case Coordination services, and 363 students who completed *Reducing the Risk (RTR)* an evidence-based, sexuality education program. In addition, this year's special events complemented the programming by educating students on contraception and the availability of reproductive health services.

The clinics provided effective methods of contraception to the vast majority of teens visiting the clinics, case managed students received intense comprehensive guidance and intervention, and there were significant increases in knowledge about sexuality and sexual risk-taking after the receipt of the *Reducing the Risk* curriculum.

A comparison of the students at the targeted schools to Charleston County and national African American youth in grades 9 through 12 shows that students in the targeted schools and especially students receiving program services were more likely to delay the onset of sexual activity, more likely to protect themselves once sexually active, and in turn, were less likely to become pregnant and give birth. These results were especially pronounced in the two schools where the New Morning model has been in place for the longest time.

---

<sup>1</sup> While this summarizes all the schools together, Eau Claire High School located in Columbia, SC has not yet integrated all four interventions into their programming, and thus is not included in this report

**THE NEW MORNING FOUNDATION'S  
TEEN PREGNANCY PREVENTION INITIATIVE  
YEAR-END REPORT FOR THE 2012-13 SCHOOL YEAR**

**INTRODUCTION**

The New Morning Foundation (NMF) has launched an ambitious initiative designed to reduce high rates of teen pregnancy in six schools in Charleston and Columbia, South Carolina. The Foundation has sponsored an integrated approach that uses four main interventions. This multifaceted approach is designed to create a program model with more potential than any single strategy alone.

**PROGRAM INTERVENTIONS**

**Accessible, Teen-Friendly Reproductive Health Services**

Partnerships and supported referrals of students to local reproductive health care clinics

**Case-Managed Care Services**

Case coordination/case management of sexually active or higher risk students

**Skill-Based Sexuality Education in the Classroom**

Use of an evidence-based curriculum Reducing the Risk

**Special Events**

Events designed to create a norm about avoiding teen pregnancy

This past school year, 2012-13, was the first year for the full application, and standardization of the interventions, across five of the six targeted schools--Baptist Hill Middle/High School (Hollywood), Septima P. Clark Academy (James Island), North Charleston High School (North Charleston) and R. B. Stall High School (North Charleston), and St. John's High School (Johns Island).<sup>2</sup> This report reviews the progress in educating the students at the targeted schools, delaying the onset of sexual activity, and promoting increased contraceptive use by sexually active students. We begin by presenting an overview of the program interventions across all five schools and then focus on five indicators of success for adolescent reproductive health service programming. A school-wide survey was administered at the targeted schools twice during the 2012-13 school year to document the Initiative's effectiveness in preventing teen pregnancy and sexual risk behaviors among the students.

---

<sup>2</sup> While this summarizes all the schools together, Eau Claire High School located in Columbia, SC has not yet integrated all four interventions into their programming, and thus is not included in this report

## PROGRAM INTERVENTIONS

**822 STUDENTS RECEIVED ONE OR MORE PROGRAM SERVICES IN  
THE 2012-13 SCHOOL YEAR**

### ACCESSIBLE, TEEN-FRIENDLY REPRODUCTIVE HEALTH SERVICES

Students from the five targeted schools in Charleston can receive free confidential reproductive health care services from any of four clinics:

The Point, Goose Creek  
The Point, Johns Island  
The Point, Northwoods, and  
The Franklin C. Fetter Family Health Center

The Health Centers offer confidential, safe and friendly health care services for teens and provide:

- Education about abstinence
- Birth control methods
- Pregnancy testing
- Sexually transmitted infection screening
- Emergency contraception

This year 197 students from the five targeted schools made 498 visits to these local reproductive health care clinics. Eighty-eight percent of the students visiting the clinics were female. Among these, 93% (154) were using birth control at the end of their clinic visits, and 89% (147) were using an effective method such as Depo-Provera, Nuva Ring, Implanon, an IUD, or birth control pills. All of the males received condoms.

Ninety-eight girls (56%) were given pregnancy tests, and five pregnancies were reported. One-hundred and twenty-six (72%) of the girls, and 17 (74%) of the boys were tested for STIs. Overall, 35 students tested positive and received treatment

| # of Students | Pregnancy Tested* | Pregnancies* | Using BC/<br>Effective Method* | STI Tested | STI Positive | STI Treatment |
|---------------|-------------------|--------------|--------------------------------|------------|--------------|---------------|
| 197           | 98                | 5            | 154/147                        | 143        | 35           | 35            |

\*Females Only

## CASE-MANAGED CARE

At the five targeted schools case management/case coordination includes six service categories. Examples of these services are listed below.

| Case-Managed Services            |   |
|----------------------------------|---|
| <b>Sexually Related Services</b> | Transportation to a medical appointment<br>Pregnancy prevention including appointment reminders, individualized birth control plans, discussion of side effects, etc. |
| <b>Academic Services</b>         | Academic assistance, college/career preparation   |
| <b>Family Services</b>           | Basic needs/resources such as food, and referrals for clothing, shelter, or utilities assistance  |
| <b>Interpersonal Services</b>    | Behavior interventions, supportive guidance   |
| <b>Health Education Services</b> | STD/HIV information, male/female responsibilities, healthy lifestyles - includes all reproductive health group education sessions                                     |
| <b>Other Services</b>            | Community service, enrichment/motivation, professional physical and mental health services  |

This year, 460 students at the targeted schools received case management/case coordination services through 15,000 contacts or an average of 33 contacts per student. Besides “other services,” the largest number of students received interpersonal services (415). Sexually related services were provided to 315 students, academic services were provided to 274 students, health education services were provided to 248 students, and 119 students received family services.

| Number of Students Receiving Case Management Services |                         |               |
|---|-------------------------|---------------|
| <b>Sexually Related</b>                               | <b>Academic</b>         | <b>Family</b> |
| 315   | 274                     | 119           |
| <b>Interpersonal</b>                                  | <b>Health Education</b> | <b>Other</b>  |
| 415   | 248                     | 435           |

## SKILL-BASED SEXUALITY EDUCATION

*Reducing the Risk (RTR)* is a sex education curriculum for students in grades nine through twelve, but especially recommended for grades nine and ten. Lasting 16 class periods and instructor-led, RTR focuses on encouraging youth to avoid unprotected sex by:

- practicing abstinence, or
- using contraception.

Nearly every curriculum activity supports these goals by assisting teens to personalize information on the risks of unprotected sex and by teaching them how to avoid unprotected sex. This year, 363 students at the targeted schools completed both a pre- and post-test measuring changes in knowledge. On the post-test students showed statistically significant gains in all five areas of knowledge measured on the survey (birth control, STDs, HIV, sexual behavior, and protection).

| Matched Pre- and Post-test Results                |      |     |                 |            |
|---|------|-----|-----------------|------------|
| Percentage Increase in Correct Responses About... |      |     |                 |            |
| Birth Control                                     | STDs | HIV | Sexual Behavior | Protection |
| 69%   | 44%  | 24% | 425%            | 22%        |

All increases statistically significant at  $p \leq .001$

## SPECIAL EVENTS

Data for special events this year were provided via narrative submitted by program staff. Next year, in addition to the narrative, data will be submitted using a spread sheet format listing the name of the event, its main theme and total attendance. This year's events included, but were not limited to, the distribution of promotional t-shirts to clinic patients at four target schools (Clark Academy, North Charleston, Stall, and St. John's) to advertise the existence of the Point clinics and the services available and the DHEC health educator conducting clinic tours and facilitating group presentations. Students at Clark, North Charleston, Stall, and St. John's high schools participated in World AIDS Day events. Other events included pre-prom condom distribution for the students at Stall High School, and at St. John's the 5<sup>th</sup> Annual Mother/Daughter Dinner, and Next Steps Luncheon for female graduating seniors.

At the Baptist Hill Middle/High School a Meet and Greet was held for the students and staff to meet the new medical providers at the Franklin C. Fetter Health Center. Also, at Baptist Hill, Dr. Trish Hutchinson provided in-service training on Adolescent Brain Development and Sexuality. In addition, prior program participants were contacted to educate them about program changes and thus reduce anxiety and provide continuity.

## INDICATORS OF SUCCESS

This report now focuses on five indicators of success for adolescent reproductive health service programming. On three of the indicators (the percentage of students having sex, the use of condoms at last intercourse, and the use of effective methods of birth control at last intercourse), African American students from the targeted schools are compared to other African American high school students in South Carolina and the United States.<sup>3</sup> Pregnancy and birth rates are compared to 2011 Charleston County birth rates provided by the South Carolina Department of Health and Environmental Control. Rates among Baptist Hill and St. John’s students are presented separately since these two schools have had services in place for more years than the other schools and thus, might illustrate what is possible over time.

|                            | All Schools      | All Schools Services | Baptist Hill/ St. Johns | Baptist Hill/ St. Johns Services | Comparisons      |
|----------------------------|------------------|----------------------|-------------------------|----------------------------------|------------------|
| <b>Had Sex</b>             | <b>57.3%</b>     | <b>55.8%</b>         | <b>53.8%</b>            | <b>53.4%</b>                     | <b>70.2%</b>     |
| <b>Used Condoms</b>        | <b>77.7%</b>     | <b>79.5%</b>         | <b>80.8%</b>            | <b>79.3%</b>                     | <b>61.1%</b>     |
| <b>Effective Method BC</b> | <b>27.3%</b>     | <b>34.5%</b>         | <b>26.9%</b>            | <b>37.9%</b>                     | <b>21.8%</b>     |
| <b>Pregnancy Rate</b>      | <b>67.7/1000</b> | <b>62.8/1000</b>     | <b>41.4/1000</b>        | <b>54.9/1000</b>                 | <b>67.6/1000</b> |
| <b>Birth Rate</b>          | <b>30.6/1000</b> | <b>37.7/1000</b>     | <b>20.7/1000</b>        | <b>32.9/1000</b>                 | <b>55.7/1000</b> |

Comparison pregnancy and birth rates are per 1000, Charleston County, SC 15 to 19 year old African American women.

Comparisons to other African-American youth in grades 9 through 12 show that students attending the targeted schools are less likely to be sexually active, and more likely to use a condom and/or a more effective method of birth control if they are sexually active. The overall pregnancy rate however, is not lower, but pregnancy rates are lower among students who received program services and among students enrolled in the two schools that have provided the interventions for a longer period of time. Birth rates among students at the target schools are substantially lower than among Charleston County African American teens aged 15-19.

## CONCLUSION

In Charleston County alone the Initiative’s services have been provided to over 800 students at the targeted schools this year. The clinics have provided contraception to the vast majority of high risk teens visiting the clinics and case managed students have received intense comprehensive guidance and intervention. Students receiving the skill-based sexuality education curriculum *Reducing the Risk* show increased knowledge across several sexuality related topics. In addition, the special events appear to have complemented the programming by getting the message out of the existence reproductive health services available at the targeted schools.

---

<sup>3</sup> The comparison data were obtained from the 2011 Youth Risk Behavior Surveillance System (YRBSS). The YRBSS is a national school-based survey conducted by the CDC. When possible, targeted school students were compared to other students in South Carolina (SC). If data were not available for SC students, targeted school students were compared the student population of the United States (US).

Most importantly, a comparison of the students at the targeted schools to county and national African American youth in grades 9 through 12 shows that the targeted students are more likely to delay the onset of sexual activity, more likely to protect themselves when they have sex, and in turn, are less likely to become pregnant and give birth. Data from the two schools that have implemented the New Morning model for the longest period of time suggest that these results should only improve as the newer schools reach more students.