



the campaign to prevent unplanned pregnancy

PREP at a Glance

Through the Personal Responsibility Education Program (PREP) the Administration on Children, Youth, and Families (ACYF) Family and Youth Services Bureau (FYSB) funds evidence-based programs dedicated to educating adolescents on both abstinence and contraception to prevent pregnancy and sexually transmitted infections (STIs). PREP also educates youth on adulthood preparation topics such as healthy relationships, parent-child communication, and financial literacy. The program targets youth age 10–19 who are homeless, in foster care, live in rural areas or in geographic areas with high teen birth rates, or come from racial or ethnic minority groups, as well as pregnant and parenting youth.

PREP is authorized at \$75 million annually through fiscal year (FY) 2023. PREP includes formula grants to states (or competitive grants to organizations in the states that decline the formula grants), grants to tribes and tribal organizations, and grants for research and demonstration projects to implement and evaluate innovative strategies.

Many experts recommend tiered evidence-based policymaking and PREP is a strong example of this approach. Most of the funding is dedicated to projects that replicate effective, evidence-based program models or substantially incorporate elements of projects that have been proven to delay sexual activity, increase condom or contraceptive use for sexually active youth, or reduce pregnancy among youth.¹ A smaller portion is dedicated to developing and rigorously evaluating promising approaches. Below is more information on each component of PREP.

State PREP - All states and U.S. territories are eligible to receive annual formula grants, with allotments based on the number of young people in a state or territory between the ages of 10 and 19. In FY 2020, 45 states as well as D.C., Guam, Puerto Rico, the Republic of Palau, the Virgin Islands, the Northern Mariana Islands and the Federated States of Micronesia chose to accept formula grants, ranging from \$250,000 to \$6.3 million.² In FY 2018, grantees served nearly 77,000 youth.³ States can administer the project directly or make sub-awards to public or private entities. Many states, including Georgia, Ohio, Tennessee, and West Virginia, focus funding toward youth in the foster care and juvenile justice systems, who are at high risk for pregnancy and STIs.

State PREP Grantee: West Virginia Department of Health and Human Resources

The West Virginia Department of Health and Human Resources uses its State PREP funding to implement teen pregnancy prevention programs with teens in out of home care. The agency partners with Children's Home Society of West Virginia, a social services provider, to offer programs at 14 sites across the state. One site, the Mid-Town Family Resource Center (MTFRC), focuses primarily on homeless youth and implements *Making Proud Choices*, an evidence-based curriculum modified for youth in out of home care. Participants meet twice a week and are divided into small groups of 10 to help build comfort and confidence as they share their questions and experiences regarding relationship abuse, risky sexual behaviors, and healthy goals for their future. Staff at MTFRC also use group meetings to introduce youth to local service providers, including agencies that provide pathways to job support and safe housing. Many of the youth who have received support at

Competitive PREP - In states that do not apply for State PREP, organizations are eligible to submit competitive applications for funds originally allocated for the state. Currently, organizations in Florida, Indiana, North Dakota, Texas, Virginia, American Samoa, Guam, the Marshall Islands, and the Northern Mariana Islands are receiving Competitive PREP (CPREP) grants.⁴ In FY 2015, FYSB awarded three-year grants to 21 grantees, and subsequent PREP reauthorizations have continued the grants awarded in FY 2015 and FY 2017. These grants are authorized through FY 2023.⁵ In FY 2017, grantees served approximately 20,512 youth.⁶

CPREP Grantee: Healthy Futures of Texas (HFTX)

HFTX received a three-year CPREP grant in 2015 to fund their program, BAE-B-SAFE. They partner with three community colleges in San Antonio, an area with very high rates of teen and unplanned pregnancy. HFTX and their partners address this issue among college-aged teens on and off campus, to ultimately support educational success and increase graduation rates. BAE-B-SAFE uses two evidence-based programs: *Seventeen Days* for young women and *SHARP* for young men.

Tribal PREP - A portion of PREP funds are set aside for competitive grants to Tribes and Tribal communities to develop and implement culturally appropriate projects that educate American Indian/Alaska Native youth on abstinence and contraception to prevent pregnancy, STIs, and HIV/AIDS.⁷ Since PREP began, 18 Tribes/Tribal entities in 11 states (Alabama, Alaska, Arizona, California, Michigan, New Mexico, North Dakota, Oklahoma, Oregon, South Dakota, and Wisconsin) have received Tribal PREP grants. In FY 2016, FYSB awarded five-year grants to eight

Tribes/Tribal organizations in seven states. Together the grantees will receive a total of \$3.4 million for each year of the project. Tribal PREP grantees served 1,750 youth in FY 2019.⁸

Tribal PREP Grantee: Tewa Women United (TWU)

In 2011, TWU received a five-year Tribal PREP grant to fund their program, A'Gin (Respect) Healthy Sexuality and Body Sovereignty, which sought to engage youth to inspire success and build community. A'Gin serves youth and their families in the six northern Tewa speaking pueblos located in New Mexico. A'Gin teaches youth to respect themselves and others, and about the physical, emotional, and social changes that adolescence brings. By infusing the curriculum with Tewa language, customs, and history, and by incorporating mentorship, experiential learning practices, community-based activities and parental involvement, TWU tackles some of the most pressing challenges for tribal youth in a strengths-based and trauma-informed way.

Personal Responsibility Education Innovative Strategies (PREIS) - These are competitive grants to public and private entities to develop, replicate, refine, and evaluate innovative strategic projects—with a focus on interventions that fill gaps—to reduce teen pregnancy and repeat pregnancies among youth up to age 21. Every PREIS project must conduct a rigorous, independent evaluation supported by federal training and technical assistance. Grantees collect and analyze information related to program delivery and outcomes. In FY 2016, FYSB awarded five-year grants to 13 organizations.⁹ Together the grantees will receive a total of \$10 million for each year of the project.¹⁰ Through high quality evaluation, PREIS projects are contributing to expanding the menu of evidence-based programs and have already yielded several new evidence-based models.

PREIS Grantee: The Oklahoma Institute for Child Advocacy (OICA)

In 2010, OICA received a five-year PREIS grant for the *Power Through Choices (PTC)* Demonstration and Evaluation Project. *PTC* is a curriculum written specifically for youth in out-of-home care, and the challenges that they face. The *PTC* project was conducted with over 1,000 system-involved youth in foster care and juvenile justice from Kern and San Luis Obispo counties in California, seven counties in Maryland, and statewide in Oklahoma, from 2010 - 2015. The evaluation findings provide strong evidence of the program's effectiveness, including significant changes in knowledge, attitude, intention, and behavior. In addition, teens age 17-19 who participated in *PTC* had lower rates of sexual activity, and were both less likely to have sex without effective protection or be involved in a pregnancy compared to teens of the same age in a control group.¹¹

What Can Policymakers Do?

- Ensure that PREP continues to be administered in ways that maintain its high-quality evidence-based approach.
- Support efforts to address the high rates of teen pregnancy and childbearing among youth in foster care and the juvenile justice system, through targeted efforts to build knowledge about effective approaches within the systems that serve these young people and coordination among these efforts. Over half of states with PREP are using some or all of their funds to address the need in these populations.

¹ More than 95% of youth served by State PREP received an evidence-based program from the HHS list evidence-based models, see: www.acf.hhs.gov/sites/default/files/fysb/prep_pm_brief_20151216.pdf.

² See the list of grant awards, see: <https://www.acf.hhs.gov/fysb/grant-funding/state-personal-responsibility-education-program-prep-grantees-fy2020>.

³ See the ACF Congressional Budget Justification FY 2021 for information on PREP: https://www.acf.hhs.gov/sites/default/files/documents/olab/fy_2021_congressional_justification.pdf.

⁴ Kansas chose not to take the funding for FY 2016, FY 2017, and FY 2020.

⁵ The Bipartisan Budget Act of 2018 extended PREP for two years, through FY 2019 at the current funding level of \$75 million annually with two changes: 1) continuing existing competitive PREP grants that were awarded for FY 2015 - 2017 through FY 2019 and 2) adding victims of human trafficking as a priority population. See P.L. 115-123, Sec. 50503.

⁶ See a list of CPREP grantees here: <https://www.acf.hhs.gov/fysb/contact-information/competitive-personal-responsibility-education-program-grantee-profiles>.

⁷ The Tribal set aside is 5% of the funds remaining after grants to PREIS (e.g. 5% of 65,000).

⁸ See the list of current Tribal PREP grantees here: <https://www.acf.hhs.gov/fysb/fact-sheet/tribal-personal-responsibility-education-program-fact-sheet>.

⁹ One of the grantees, Public Health Management Corporation in Philadelphia, PA is no longer participating in PREIS grants.

¹⁰ See a list of current PREIS grantees here: <https://www.acf.hhs.gov/fysb/grant-funding/personal-responsibility-education-innovative-strategies-preis-grantee-profiles>.

¹¹ A 2016 study of *Power Through Choices* was submitted to the HHS Teen Pregnancy Prevention Evidence Review and subsequently added to the list of evidence-based program models for demonstrating evidence of effectiveness on a reproductive health outcome (12 months after the program ended, adolescents in the treatment group were significantly less likely to report ever been pregnant or gotten someone pregnant than the adolescents in the control group). Retrieved from https://tppevidencereview.youth.gov/pdfs/Summary_of_findings_2016-2017.pdf