



Adolescent Family Life Program

AFLP



PROFILE

Adolescent Family Life Program (AFLP) addresses the social, health, educational and economic challenges of adolescent pregnancy by providing comprehensive case management services to expectant and parenting teens and their children. The program emphasizes building upon an adolescent's strengths and resources. Case managers work closely with youth to improve the health and well-being of themselves and their children. The California Department of Public Health, Maternal, Child and Adolescent Health Division has developed

an affirming and prevention-based approach to the program called Positive Youth Development (PYD). This approach to working with adolescents aims to develop their resilience by strengthening their developmental assets. Through PYD, young people become empowered to pursue life goals. Youth are provided with ongoing support and opportunities to develop the resilience and skills that will help them thrive during and after they exit the program.

OUR GOAL: To reduce repeat births, increase educational or vocational advancement, improve parent and child health, and create networks of support for expectant and parenting youth.

WHO WE SERVE: Expectant and parenting adolescents up to age 19 who have custody of the child or are co-parenting with a custodial parent.

SERVICE DELIVERY: Services are provided by county health departments, county departments of social services, hospitals, schools and community-based organizations.

OUTCOMES: A formative evaluation of the AFLP evidence-informed Positive Youth Development approach was recently completed by UC San Francisco. The revised AFLP-PYD program is currently being evaluated by Mathematica Policy Research as part of the federal evaluation of the Office of Adolescent Health, Pregnancy Assistance Funds.

FINANCING: Federal Title V MCH Block Grant Funds, Federal Title XIX (Medicaid) Funds and U.S. Department of Health and Human Services, Office of Adolescent Health, Pregnancy Assistance Funds.

WHERE WE ARE

- ◆ Alameda
- ◆ Butte
- ◆ Contra Costa
- ◆ Fresno
- ◆ Imperial
- ◆ Kern
- ◆ Kings
- ◆ Lake
- ◆ Los Angeles
- ◆ Madera
- ◆ Merced
- ◆ Napa
- ◆ Nevada
- ◆ Orange
- ◆ Placer
- ◆ Sacramento
- ◆ San Benito
- ◆ San Diego
- ◆ San Francisco
- ◆ San Joaquin
- ◆ San Luis Obispo
- ◆ Santa Barbara
- ◆ Santa Clara
- ◆ Shasta
- ◆ Solano
- ◆ Sonoma
- ◆ Stanislaus
- ◆ Tulare
- ◆ Ventura
- ◆ Yolo

RESOURCES:

Adolescent Family Life Program:
www.cdph.ca.gov/programs/AFLP/Pages/default.aspx

Office of Adolescent Health:
www.hhs.gov/ash/oah/oah-initiatives/paf

National Campaign to Prevent Teen and Unplanned Pregnancy
<http://thenationalcampaign.org/>

THE PYD APPROACH

A Closer look at Positive Youth Development

All young people have strengths. The AFLP PYD approach helps youth develop these strengths. Through PYD, adolescents learn to use their voice. PYD strengthens young people's ability to identify, build on and enhance their capabilities, knowledge, skills and assets.

AFLP PYD case managers meet with clients twice per month, providing guidance in a non-judgmental and supportive setting. Youth are partners in the program. They are given meaningful opportunities to contribute and practice skills.

Living with Purpose

Working through the PYD intervention, young people engage in life planning and learn how to set and achieve goals based on their own strengths and values. Discussions and activities focus on these themes:

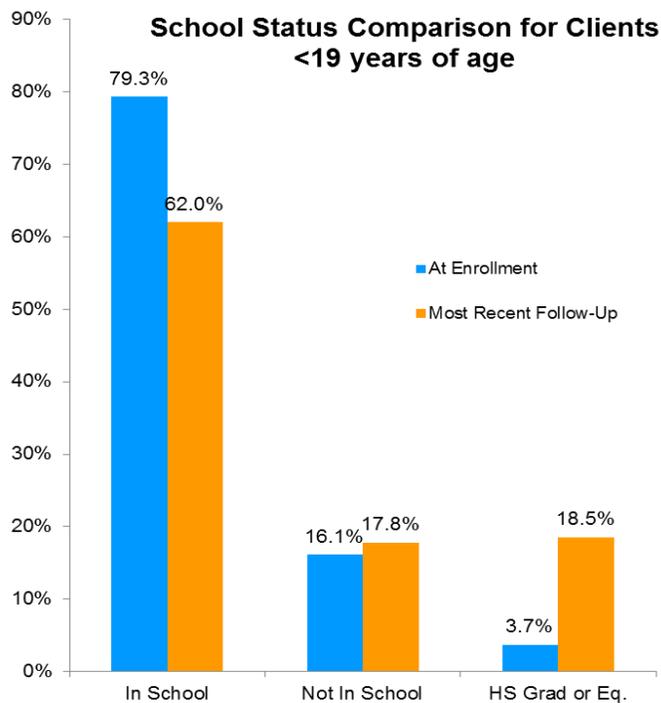
- ◆ *My Life and Me Activities*
- ◆ *My Goal Sheet and Care Plan*
- ◆ *Taking Care of Me*
- ◆ *Taking Care of My Baby*
- ◆ *Family Planning and Safer Sex*
- ◆ *Healthy Relationships*
- ◆ *Education and Work*



AFLP PYD's Guiding Principles

- ◆ *Strengths-based*
- ◆ *Youth voice and engagement*
- ◆ *Caring case manager-client relationship*
- ◆ *Supportive networks and community involvement*
- ◆ *Goal-oriented*
- ◆ *Empowerment and opportunity*
- ◆ *Culturally responsive and inclusive*
- ◆ *Developmentally appropriate*
- ◆ *Long-term and sustainable*

AFLP CLIENTS ARE EDUCATION-FOCUSED



Source: AFLP client data—AFLP MIS data submitted as March 1, 2014.

Over 80% of AFLP clients are in school, graduated high school or received a diploma equivalent at most recent follow-up.

WHO TO CONTACT IN YOUR AREA:



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