



**Adolescent Family Life Program (AFLP) is a strengths-based case management program designed to support and empower expectant and parenting youth.** The program emphasizes building resilience to help youth thrive during and after they exit the program. Case managers meet one-on-one with youth to establish a caring relationship, identify the youth's needs and interests, and offer support with accessing services, setting goals and planning for the future. The California Department of Public Health, Maternal Child and Adolescent Health Division developed a youth-centered, strength-based approach for

the program called the AFLP Positive Youth Development (PYD) Model. This approach recognizes that all youth have strengths, benefit from high expectations and supportive relationships, and are able to make meaningful contributions to their lives, families and communities. The AFLP PYD Model turns these values into activities so youth develop and use their strengths and skills to help navigate life's challenges, build healthy and supportive connections, and identify and work toward personal goals. All of this leads to healthier, happier lives for youth and their children.

**Our Goals:** Increase social and emotional support, build resiliency, improve pregnancy planning and spacing, increase educational attainment and employability, and increase access to needed services.

**We Serve:** Young people up to 21 years of age (at the time of enrollment) who are expectant and/or parenting, including partners in pregnancy and parenting.

**Service Delivery:** Services are provided by county health departments, hospitals and community-based organizations.

**Outcomes:** A formative evaluation of the AFLP evidence-informed PYD Model was completed by UC San Francisco in 2014. The revised program model was evaluated by Mathematica from 2014-2018 as part of a federal evaluation of the Office of Population Affairs, Pregnancy Assistance Fund. Results are anticipated in 2021.

**Funding:** Federal Title V MCH Block Grant Funds and Federal Title XIX (Medicaid) Funds.

## The AFLP PYD Model

### *A Closer Look at the AFLP Positive Youth Development (PYD) Model*

The AFLP PYD Model helps youth use their strengths to reach their goals and be resilient in the face of life's challenges.

AFLP PYD case managers meet with participants twice per month, providing guidance in a supportive setting. Youth are partners in the program. They are given meaningful opportunities to contribute and practice problem solving skills, build a positive identity and sense of purpose, and strengthen relationships and supports that will help them thrive.

### **Living with Purpose**

Working through the AFLP PYD Model, 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 themes such as:

- ▶ strengths, emotions, relationships, values, hopes and dreams;
- ▶ goal setting and life planning;
- ▶ taking care of me;
- ▶ taking care of my baby;
- ▶ family planning and safer sex;
- ▶ healthy relationships; and
- ▶ education and work.

### Where We Are

- ▶ Butte
- ▶ Fresno
- ▶ Kern
- ▶ Los Angeles
- ▶ Madera
- ▶ Merced
- ▶ Orange
- ▶ Riverside
- ▶ Sacramento
- ▶ San Diego
- ▶ Santa Barbara
- ▶ Shasta
- ▶ Stanislaus
- ▶ Ventura

### AFLP PYD adheres to guiding principles that:

- ✓ are strengths-based;
- ✓ encourage youth voice and engagement;
- ✓ foster a caring case manager-participant relationship;
- ✓ create supportive networks and community involvement;
- ✓ focus on being goal-oriented;
- ✓ provide empowerment and opportunity;
- ✓ strive to be culturally responsive and inclusive;
- ✓ are developmentally appropriate; and
- ✓ are long-term and sustainable.



**12,442 visits**  
(in-person and remote)



**1,357 youth served\***  
(1,200 female, 157 male)



**76% Hispanic ethnicity**



**86%**  
of youth either graduated high school or were in school

Of those who finished high school,



**40% higher education**

**33% employed**



**92%** of youth received an annual medical check up



**91%** of pregnant youth received prenatal care



**40% LARC** of sexually-active non-pregnant youth were using a long acting reversible contraceptive (LARC) (such as IUD – intrauterine device – or implant)

\*Among youth that received two or more visits

Data Source: AFLP Annual Data Summary FY 19-20. Data extracted from AFLP management information system (MIS) Penelope on 8/08/2020.



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