



Pregnant and Parenting Teen Services

Definition:

Pregnant and Parenting Teen Services are defined by the CEBC as services that are designed to support pregnant and parenting adolescents and/or transition-age youth/young adults. The topic area consists of a range of services that includes pregnancy and prenatal services, and parenting and postpartum services. Pregnant and Parenting Teen services are of particular interest to child welfare systems, as studies have shown that adolescent females in foster care are more than twice as likely as their peers not in foster care to become pregnant by age 19, and 21-year-old males aging out of foster care are more than twice as likely to report they had gotten someone pregnant, compared to their peers who were not in the system. In addition, the children born to teen mothers are at elevated risk for participating in the foster care system. Pregnant and parenting foster youth are challenged by the importance of maintaining a safe prenatal environment, learning how to avoid a subsequent closely spaced pregnancy, learning the skills to effectively meet the physical needs of a newborn, and learning how to be a responsive, safe, and nurturing parent. In addition, caregivers of pregnant and parenting foster youth may need assistance with clarifying their role and help in providing support to their youth as the youth develop parenting skills.

Topic Area Criteria:

- **Target population:** Adolescents and/or transition-age youth/young adults who are pregnant or are parenting young children
- **Services/types that fit:** Physical and mental health services, case management, assessment, and support services
- **Delivered by:** Caseworkers, mental health professionals, or trained paraprofessionals
- **In order to be included in this topic area on the CEBC:** Program must specifically provide services for adolescents and/or transition-age youth/young adults who are pregnant or are parenting young children
- **In order to be rated in this topic area by the CEBC:** There must be research evidence (as specified by the [Scientific Rating Scale](#)) that examines outcomes of the services, such as a change in time between repeat pregnancies or change in well-being for the parent or child

Programs

The table below provides a summary of the rated programs currently listed in the **Pregnant and Parenting Teen Services** topic area. More detailed information can be found on the [CEBC website](#).

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
Nurse-Family Partnership (NFP)	First time, low-income mothers (adolescents and adults, with no set maximum age) and their infants ages birth-2 years	1	Medium
Adolescent Parenting Program (APP)	First-time pregnant and parenting youth aged 12 to 19 years old, and who must be enrolled in school or a GED-completion program and their children ages birth to 5 years old	3	Medium
Computer-Assisted Motivational Intervention (CAMI)	Pregnant and/or parenting adolescents ages 18 and younger	3	Medium
The Family Growth Center (FGC)	Adolescent mothers ages 13-17 years and their infants ages birth-2 years in high-risk neighborhoods	3	Medium
Teen Options to Prevent Pregnancy (TOPP)	Young women between the ages of 10 and 19 who are pregnant (at least 28 weeks into their pregnancy) or have given birth (up to 8 weeks postpartum) and who are on Medicaid or eligible for it	3	Medium
Young Parenthood Program (YPP)	Adolescents and/or transition-age youth/young adults in the child welfare system who are pregnant or are parenting young children	3	Medium