

Table 3b. Impacts of Programs for Older Youths on Health and Safety and Best Bets for Promising Programs

YOUTH OUTCOMES	EXPERIMENTAL EVALUATIONS*			NON-EXPERIMENTAL FINDINGS
	PROGRAMS FOR OLDER YOUTHS WORK	PROGRAMS FOR OLDER YOUTHS DON'T WORK	MIXED REVIEWS	"BEST BETS"
Responsible sexual behavior		<p>In comparison to control group:</p> <ul style="list-style-type: none"> No significant differences in contraception use at the 42-month follow-up.^{NC1} No differences between groups on contraception use.^{SBCU} 		<p>A program whose primary focus includes increased use of contraceptives shows improvements in participants':</p> <ul style="list-style-type: none"> Self-efficacy in talking with casual partners about using condoms. Comfort talking about condoms with partners. Attitude toward using condoms with partners. Beliefs that condom will prevent pregnancy and protect against sexually transmitted diseases.^{SBCU}
Mental health		<p>In comparison to control group, at the 42-month follow-up:</p> <ul style="list-style-type: none"> Program participants are at greater risk of depression (CES-D scores of 16 vs. 15).^{NC1} Program participants are more likely to feel stressed (39 percent vs. 33 percent).^{NC1} Fewer program participants report being satisfied or very satisfied with their standard of living (69.8 percent vs. 73.7 percent).^{NC1} Program participants report significantly more parenting stress (Parenting Stress Scale scores of 26 vs. 25).^{NC1} 		<p>Participants in a program whose primary focus includes postponing subsequent pregnancies and improving parenting skills report a significant decline in overall psychological distress.^{NHV3}</p>

* Program symbols: ASTP Alcohol Skills Training Program JTPA Job Training Partnership Act SADP School Attendance Demonstration Project
 AC AmeriCorps NC New Chance SBCU Skill-Based Intervention on Condom Use
 JC Job Corps NHV Nurse Home Visitation Program TPD Teenage Parent Demonstration
 JS JOBSTART LEAP Ohio Learning, Earning, and Parenting Program YC Youth Corps

	EXPERIMENTAL EVALUATIONS*			NON-EXPERIMENTAL FINDINGS
YOUTH OUTCOMES	PROGRAMS FOR OLDER YOUTHS WORK	PROGRAMS FOR OLDER YOUTHS DON'T WORK	MIXED REVIEWS	"BEST BETS"
Alcohol and drug use	<p>In comparison to control group:</p> <ul style="list-style-type: none"> Program participants report fewer drinks consumed per week (39 percent reduction vs. 16 percent reduction).^{ASTP1} Program participants report fewer drinks per week (8 vs. 15) and fewer drinks per month (32.6 vs. 68.7) at the 12-month follow-up.^{ASTP1} Program participants report lower peak blood alcohol level (47 percent reduction vs. 2 percent reduction).^{ASTP1} Fewer participants report heavy drinking during the follow-up period (40 percent vs. 64 percent).^{ASTP1} Program participants (school dropouts) report significantly lower drug use per person (4.1 vs. 5.8 percent).^{JS2} <p>In comparison to counterparts in control group:</p> <ul style="list-style-type: none"> Children of unmarried, low SES program participants report smoking significantly fewer cigarettes per day at age 15 (1.5 and 1.2 vs. 2.5).^{NHV2} Children of unmarried, low SES program participants report consuming alcohol on fewer days in the last 6 months at age 15 (1.09 and 1.84 vs. 2.49).^{NHV2} Female participants who are smokers show greater drops in cotinine levels, indicating a reduction in smoking (259.00 and 12.32 ng/mL).^{NHV4} 		<p>In comparison to counterparts in control group:</p> <ul style="list-style-type: none"> White female program participants are less likely to consume five or more alcoholic drinks per sitting (3 percent vs. 32 percent).^{YC} Participants are not significantly less likely to use alcohol or illegal drugs.^{JC1, JC2} Other subgroups of participants are not significantly less likely to use alcohol or drugs.^{YC} 	<p>Participants in a program whose primary focus is to lower alcohol use report having fewer drinks per week (13 vs. 9).^{ASTP1}</p> <p>Participants in a program whose primary focus is reduction of alcohol consumption report:</p> <ul style="list-style-type: none"> Lower peak blood alcohol levels from pretest to posttest (.15 percent vs. .10 percent).^{ASTP1} Fewer drinks consumed per month from pretest to posttest (50 vs. 41).^{ASTP1}

* Program symbols:

ASTP Alcohol Skills Training Program
AC AmeriCorps
JC Job Corps
JS JOBSTART

JTPA
NC
NHV
LEAP

Job Training Partnership Act
New Chance
Nurse Home Visitation Program
Ohio Learning, Earning, and Parenting Program

SADP
SBCU
TPD
YC

School Attendance Demonstration Project
Skill-Based Intervention on Condom Use
Teenage Parent Demonstration
Youth Corps

	EXPERIMENTAL EVALUATIONS*			NON-EXPERIMENTAL FINDINGS
YOUTH OUTCOMES	PROGRAMS FOR OLDER YOUTHS WORK	PROGRAMS FOR OLDER YOUTHS DON'T WORK	MIXED REVIEWS	"BEST BETS"
Self-perceived health	In comparison to control group: <ul style="list-style-type: none"> Program participants are less likely to report their health as fair or poor. ^{JC1, JC2} 			

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