

IN·clued – Inclusive Healthcare: Youth & Providers Empowered

The Office of Population Affairs (OPA) funded the development and rigorous evaluation of the IN·clued program to determine if it is an effective innovative approach to prevent sexual risk behaviors and promote access to sexual health services for lesbian, gay, bisexual, transgender, and queer and questioning (LGBTQ+) youth. This program joins the ranks of Teen Pregnancy Prevention (TPP) programs that have experienced positive outcomes when evaluated for effectiveness. OPA's TPP Tier 2 grantees develop, replicate, refine, and rigorously evaluate additional models and innovative strategies to reduce teen pregnancy. The TPP programs that experience favorable impacts are then considered evidence-based and become eligible to replicate in communities across the country.

Program Overview

The IN·clued program consists of two workshops: one for clinics and one for LGBTQ+ youth. The program is delivered by adult facilitators and teen peer educators trained to deliver IN·clued to both LGBTQ+ youth ages 15 to 19 and the health center staff and providers who work with them. Trained facilitators have the option to deliver the youth workshop with or without peer educators.

The IN·clued program for LGBTQ+ youth consists of a three-hour in-person workshop about safer sex for LGBTQ+ youth, how to access sexual health services, and practice advocating for yourself with a provider. Youth receive a clinic card with details about local healthcare providers in their communities that have participated in the IN·clued healthcare provider workshop. Participating youth can also opt-in to receive text messages of health tips and reminders to visit a health center for three months following the workshop. The IN·clued program for health center staff and providers is a three-hour workshop—delivered in two 1.5-hour segments—that covers best practices for working with LGBTQ+ youth.

Evaluation Study Design and Results

The evaluation design was a cluster randomized controlled trial in which evaluators randomly assigned entire peer groups at each site to receive the IN·clued intervention or the comparison condition. The comparison condition was an alternate activity unrelated to sexual and reproductive health composed of activities on LGBTQ+ identity and relationship

Program/Intervention Name

IN·clued: Inclusive Healthcare: Youth & Providers Empowered

Program Overview

A program for healthcare providers and LGBTQ+ youth that addresses the sexual health disparities impacting lesbian, gay, bisexual, transgender, and queer and questioning (LGBTQ+) youth.

Setting

Suburban, urban

Population

LGBTQ+ youth; health center staff and providers

Type/Mode

In-person educational workshops facilitated by trained adult sex educators and youth peer educators

Length/Duration

The IN·clued health center workshop is 3 hours and is split into 1.5-hour sections.

building for three-hours, and the same list of local healthcare providers. For the intervention for health center staff and providers, at the start of the evaluation, evaluators randomly selected which clinics would have all staff receive IN·clued training.

The youth workshop evaluation included two follow-up surveys. Post-intervention surveys were collected three months after the workshop and at the end of the text message service. Nine-month follow-up surveys were collected one year after the workshop and nine months after the text message service. In addition, a post-workshop evaluation occurred for both the youth and healthcare provider portions immediately after the workshop. The health center workshop evaluation included the post-workshop survey as well as a follow-up survey one year after the workshop.

IN·clued was found to be effective at decreasing sexual risk behaviors, knowledge of sexual health in LGBTQ+ youth, and self-efficacy. Compared to the control group, adolescents receiving IN·clued workshops reported lower likelihood and incidence of having recent vaginal sex without condoms, greater sexual health knowledge, and greater self-efficacy to advocate for own sexual health needs when seeking healthcare. Adolescents receiving the workshops also had greater likelihood of having been to a doctor or clinic for (and received) contraception or birth control compared to adolescents in the control group. These favorable impacts were found among all youth in the program, but youth of color and non-cisgender and gender expansive youth had the most positive outcomes.



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