

PREGNANCY PREVENTION INTERVENTION IMPLEMENTATION REPORT

Program Name:

Assisting in Rehabilitating Kids

Developer:

Janet S. St. Lawrence, Ph.D.

Program Description and Overview

Assisting in Rehabilitating Kids (ARK) is an intervention designed to increase abstinence, increase safer sex practices, and reduce risky sex behaviors in substance-dependent youth. The intervention is delivered in small groups after the participants' initial detoxification in the drug treatment facilities. Delivery methods include games, group discussion, lectures, practice, and training. *ARK* is adapted from the *Becoming a Responsible Teen (BART)* program.

Core Components

Not available at this time.

Target Population

Target population evaluated

- Substance dependent adolescents
- Average age= 16 years

Program Setting

Program setting evaluated

- Residential drug treatment facilities

Program Duration

- 12 sessions; 90 minute sessions

Curriculum Materials

Materials can be obtained through the developer-
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Adaptations

Not available at this time.

Program Focus

ARK focuses on HIV and STD prevention.

Research Evidence

Study Citation: St. Lawrence, J. S., Crosby, R. A., Brasfield, T. L., & O'Bannon III, R. E. (2002). Reducing STD and HIV risk behavior of substance-dependent adolescents: A randomized controlled trial. *Journal of Consulting and Clinical Psychology, 70*(4), 1010-1021.

Study Setting: Two residential drug treatment facilities in Mississippi

Study Sample: 161 substance-dependent adolescents

- Mean age 16 years
- 75% white, 22% African American, 2% Native American, and 1% Hispanic
- 68% male and 32% female

Study Design: Cluster randomized trial. Eight groups of adolescents were recruited for the study on a rolling basis over a three-year period from 1995 to 1998. Each group was randomly assigned to one of three conditions: (1) a treatment group that received the full *ARK* intervention, (2) an alternative treatment group that received the first 11 sessions of *ARK* but not the 12th session on motivation, or (3) a control group that received a standard health education curriculum. Surveys were administered before the intervention (baseline), immediately after the intervention, and 6 and 12 months after the intervention.

Study Rating: The study met the review criteria for a **high** study rating.

Study Findings: Immediately after the four-week intervention:

- Adolescents participating in the intervention were significantly more likely to report being abstinent, reported having fewer sexual partners and fewer occasions of unprotected vaginal intercourse, and reported more occasions of condom-protected intercourse.

Six months after intervention ended:

- Program impacts on abstinence, unprotected vaginal intercourse, and condom-protected intercourse remained statistically significant.
- Program impacts on the number of sexual partners were no longer statistically significant.

Twelve months after intervention ended:

- Program impacts on abstinence, unprotected vaginal intercourse, and condom-protected intercourse remained statistically significant.
- Program impacts on the number of sexual partners were not statistically significant.

The study also examined program impacts on the percentage of intercourse occasions that were condom protected. Findings for this outcome were not considered for the review because they did not meet the review evidence standards. Specifically, the outcome was measured for a subgroup of youth defined by sexual activity at follow up.

The study also examined program impacts on measures of AIDS knowledge, attitudes toward condoms and HIV prevention, self-efficacy, perceived risk, skill acquisition, and substance use. Findings for these outcomes were not considered for the review because the outcomes fell outside the scope of the review.

Last Updated: 05/31/12