

SECTION 5: PROGRAM PLANNING AND EVALUATION



FACILITATOR



Description

To effectively plan, implement and evaluate adolescent health initiatives, MCH programs should have in place:

- Systematic assessment and identification of adolescent health issues and needs;
- Collaborative structures through which key stakeholders, including youth and their families, are routinely involved in all planning and evaluation activities; and
- Established indicators of success that are tracked for continual quality improvement.

While planning and evaluation are two distinctly different functions, they are intricately related and both should be considered throughout a project from the inception of an idea to action.

This capacity area explores 3 Sections or Elements:

- Program Planning Process
- Program Fit to Population
- Program Evaluation



Element #1: Program Planning Process

GOAL:

Document and assess the process by which adolescent health programs are planned

Activity 1A:

Assess program planning methods

Select a representative sample of programs within the agency that address adolescent health issues. Document their use of following program planning steps:

1. **Conducting a needs assessment**
2. **Mapping resources**
3. **Developing priorities**
4. **Developing program objectives/outcomes**
5. **Identifying and selecting best practices/strategies**
6. **Developing evaluation process**
7. **Developing methods for quality assurance/control**

DISCUSSION:

- Other important criteria to consider?
- Culture promotes?
- What issues arise?
- Areas of particular strength or weakness?
- Can any broad characterizations be made?
- Do any opportunities exist (any models to emulate)?

RATING:

- Develop consensus rating for Element 1



Element #2: Program Fit to Population

GOAL:

Document and assess how well program planning addresses the health needs of adolescents. Use the handout, “*Program Fit to Population*.”

Activity 2A:

Assess how well key stakeholders are involved in planning adolescent programs

Continue to document information about the key adolescent health programs. For each, assess the *participants involved in program planning*. Consider both who is included and how they are involved:

- Stakeholders
- Diversity
- Adolescent expertise
- Topical expertise
- Systems areas expertise
- External partners
- Youth and families

Activity 2B:

Assess how well program planning results in culturally competent programs

Continue to document information about the key adolescent health programs. For each, assess how cultural competence is addressed:

- Racial/ethnic
- Gender
- Family composition
- Economic
- Geographic
- Other special populations

Activity 2C:

Assess how well program planning results in programs that “fits” the adolescent population

Continue to document information about the key adolescent health programs. For each, assess how *adolescence as a unique stage of development* is addressed:

- Focus on broad determinants or just disease, problem specific
- Use of youth development principles
 - Assets and protective factors
 - Address developmental tasks and needs
 - Build skills, promote connection
- Considers ecological framework: multiple levels including individual, family, community, environment and systems that serve youth.
- Acknowledges/addresses transitional nature

Activity 2D:

Assess how well programs are planned that incorporate prevention, health promotion and youth development strategies or frameworks

Continue to document information about the key adolescent health programs. For each, assess how *prevention, health promotion and youth development strategies* are incorporated.

DISCUSSION:

- Consider these programs representative? Outliers? Models?
- Culture promotes?
- Areas of particular strength or weakness?
- Can any broad characterizations be made?
- Do any opportunities exist?

RATING:

- Develop consensus rating for Element 2



Element #3: Evaluation Strategies

GOAL:

Document and assess how well adolescent health programs use evaluation strategies

Activity 3A:

Assess evaluation of adolescent health program

Continue to document information about the key adolescent health programs. For each, assess how evaluation strategies are incorporated.

- Goals and objectives are clearly defined and tracked
- Percent of time allocated to evaluation
- Funding and source
- Methods (how)
 - Formative, process, outcomes, impact
 - Frameworks used (e.g. CDC, stated standards)
- Review, reporting and use of evaluation results
- Quality assurance/control

DISCUSSION:

- Other important criteria to consider?
- Culture promotes?
- Areas of particular strength or weakness?
- Can any broad characterizations be made?
- Do any opportunities exist (any models to emulate)?

RATING:

- Develop consensus rating for Element 3



Overview of Capacity Area

CONDUCT OVERALL ANALYSIS:

- Strengths
- Challenges
- Opportunities

IDENTIFY TOP ISSUES:

- Brainstorm top issues – remind that these are the issues that need to be addressed
- Develop consensus on top 3-5 issues

Identify the overall rating for the capacity area
(i.e. average the Element scores)

PARTICIPANT



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Element #1: Program Planning Process

GOAL:

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RATING:

- Develop consensus rating for Element 1

PARTICIPANT



Element #2: Program Fit to Population

GOAL:

Document and assess how well program planning addresses the health needs of adolescents. Use the handout, “*Program Fit to Population*.”

Activity 2A:

Assess how well key stakeholders are involved in planning adolescent programs

Activity 2B:

Assess how well program planning results in culturally competent programs

Activity 2C:

Assess how well program planning results in programs that “fits” the adolescent population

Activity 2D:

Assess how well programs are planned that incorporate prevention, health promotion and youth development strategies or frameworks

DISCUSSION:

- Consider these programs representative? Outliers? Models?
- Culture promotes?
- Areas of particular strength or weakness?
- Can any broad characterizations be made?
- Do any opportunities exist?

RATING:

- Develop consensus rating for Element 2



Element #3: Evaluation Strategies

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Assess evaluation of adolescent health program

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Program Fit to the Adolescent Population

Name of Program(s): _____

1. How well are *people who understand adolescents and their needs* involved in program planning?

Who should be involved

Check all that apply

- "Experts" in adolescence
- "Experts" in specific health issues (e.g. tobacco use, injury, mental health)
- "Experts" in "systems" that support youth health programs
- "Experts" in the diversity of youth in the state (e.g. race/ethnicity, geographic, gender, socioeconomic. Other)
- Internal people
- External people
- Youth
- Families
- Other

Who is involved

Check all that apply

- "Experts" in adolescence
- "Experts" in specific health issues (e.g. tobacco use, injury, mental health)
- "Experts" in "systems" that support youth health programs
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- Internal people
- External people
- Youth
- Families
- Other

Level of Involvement

Check one

- Very good** at involving the right types of people in program planning
- Somewhat good** at involving the right types of people in program planning
- Limited** at involving the right types of people in program planning

Strengths and Challenges: _____

2. How well are programs planned that are *culturally appropriate* for the youth in your state?

Criteria

Consider cultural issues such as:

- Race/ethnicity
- Gender
- Family composition
- Socioeconomic issues
- Geographic (urban, suburban, rural, frontier)
- Other

Level of cultural appropriateness

Check one

- Programs are **very** culturally appropriate
- Programs are **somewhat** culturally appropriate
- Programs are **limited** in cultural appropriateness

Strengths and Challenges: _____

HANDOUT



Program Fit to the Adolescent Population (Continued)

3. How well are programs planned using a *variety of methodologies and approaches*?

Methodologies

Check all that apply

- Prevention approaches
- Health Promotion approaches
- Youth Development approaches**

Use of an Ecological Approach:

Check all that apply

- Focus on youth
- Focus on families
- Address issues at a school level
- Address issues at a community level
- Address issues at a policy level

Strengths and Challenges: _____

** Youth Development approaches include strategies such as:

- View young people positively and holistically
- Focus on helping young people succeed (as compared to “fixing” the young person)
- Help young people build connections with caring, supportive adults
- Provide opportunities for youth to learn new skills and try them out
- Provide opportunities for young people to lead and contribute

4. How well are programs planned to be developmentally appropriate for adolescents (e.g. programs developed with adolescents in mind)?

Examples

- Consider growth and development (e.g. cognitive, physical, emotional, social development)
- Address developmental tasks
- Addresses transitional times in adolescence
- Use experiential approaches
- Use of adults who are skilled in working with teens
- Other

Level of Adolescent Appropriateness

Check one

- Very** appropriate for adolescents
- Somewhat** appropriate for adolescents
- Limited** in appropriateness for adolescents

Strengths and Challenges: _____
