

NEED

- Pitt County has a growing number of **adolescent pregnancies**.
- Adolescent Parenting Program (APP) is a **government funded program** shown to improve child welfare and adolescent self-sufficiency, but it is **not** offered in Pitt County.
- Modeling after APP, we designed the **Adolescent Pregnancy Experience (APEx)** to teach and improve confidence in caretaking and self-care skills in pregnant adolescents.
- **A Pitt County school** asked us to complete the program for 5 pregnant students.

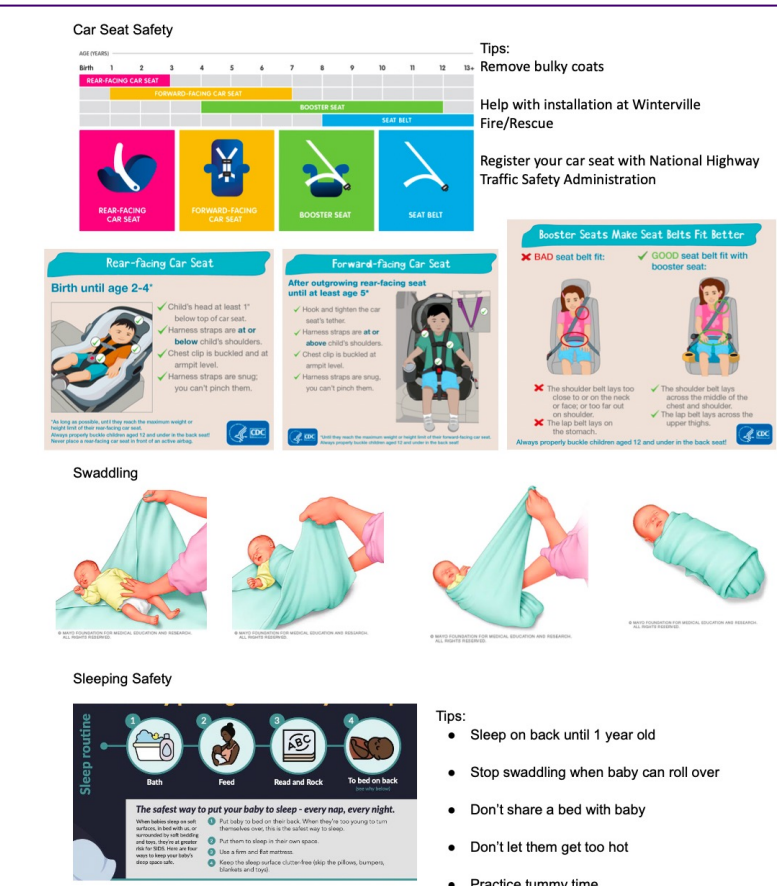
METHODS

- APEx was held as 5 sessions over 5 weeks at a Pitt County School.
- APEx provided **education and resources** for pregnant and postpartum adolescents.
- The school **social worker** attended the course to educate herself for the benefit of future students.
- The **Health Department** provided an additional session on general resources in Pitt County.
- Pregnant or post-partum adolescents took 2 pre- and post-course **surveys** to address feelings of **loneliness, depression, and confidence**.

In 2018, Pitt County reported **174 teen pregnancies**, an **increase of 16%** from 2017. Despite this growing number, there are **no programs** specifically for adolescent parents in Pitt County.

DESCRIPTION

Session 1:
Car Seat Safety, Sleeping Safety, & Swaddling



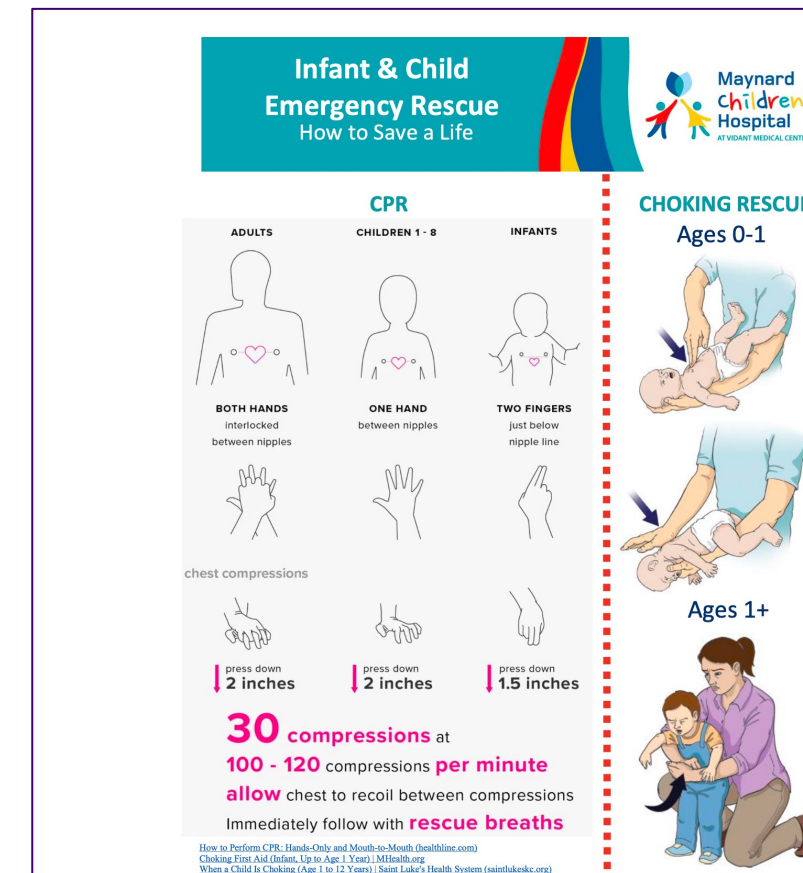
Session 2: Positive Parenting, Postpartum Care, & Domestic Violence



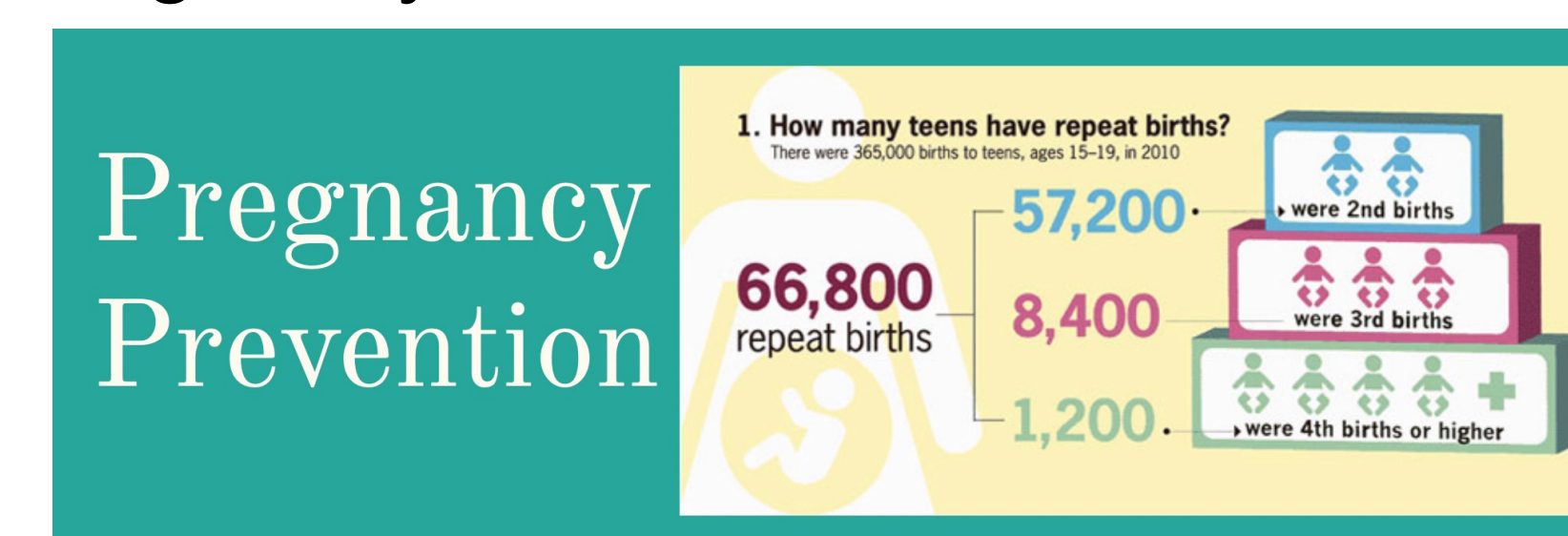
Session 3:
Feeding, Breastfeeding, Burping, & Changing



Session 4:
Infant & Child CPR/Choking Rescue & Basic Illness



Session 5: Completing Education & Pregnancy Prevention.



Every session:

- PowerPoint Presentations for content explanation
- Prompted questions to facilitate discussion amongst students.
- Interactive, hands-on content.

EVALUATION PLAN

The surveys:

- Center for Epidemiologic Studies Depression Scale Revised (CESD-R-20)
- Karitane Parenting Confidence Scale

CONCLUSION

- Although we lack statistical evidence, both the student and social worker commented on APEx's usefulness.
- We noted an increase in **comfort** and **confidence** of the student.

IMPACT

- There is a need for programs like APEx in Pitt County, although funding is required to create a successful course.
- APEx offered a potential benefit for pregnant adolescents in building their **confidence** in parenting practices, **selfcare**, and **continuing education**
- This program could be widely successful with **further support** from the county system.

LIMITATIONS

Lost Contact

- Some students were unable to attend all APEx courses or complete their education.
- 1 student consistently attended, but fell sick for our last session and could not complete the post-survey.
- We could not use the survey to evaluate the effectiveness of the course

Lack of Funding

- Without funding, we were limited to assisting one school.

ACKNOWLEDGEMENTS

We'd like to thank the principal and social workers of the Pitt County Schools for their assistance and support.

We'd also like to thank the Pitt County Health Department and the Adolescent Parenting Program (APP) for providing great insight!