The Collaborative HIV Prevention and Adolescent Mental Health Project (CHAMP) Family Program, a community- or school-based program, is designed to postpone adolescent sexual activity, minimize the amount of time youth spend in sexual possibility situations, and decrease youth's risk of contracting HIV.

**TARGET AUDIENCE**

This program is for students who are in 4th and 5th grade and live in urban communities that are economically challenged and their parents.

**SUMMARY**

Participation resulted in improved family decision making, HIV/AIDS knowledge, comfort with communicating sensitive topics, increased decision making by parents, greater likelihood of youth to end a friendship in response to peer pressure, and decreases in youth externalizing behaviors from pre test to post test. Post-test only results indicated that CHAMP participants showed improved family decision making, communication, and parental monitoring; were in situations of sexual possibility less often; and had lower externalizing behavior scores, relative to a comparison group.

**EVIDENCE**

Facilitators initially lead a family meeting by starting a discussion on a topic. Next, separate parent- and child-only groups explore the same topic and consider skills that could be used to handle circumstances introduced in the discussion. The program concludes with a family practice activity. Session topics include the following:

Session 1: Getting to know the CHAMP Family Program: Working together to keep our kids safe!!
Session 2: Where are we going? Paperwork!!
Session 3: Talking and listening to each other;
Session 4: Keeping track of kids-Part I;
Session 5: Keeping track of kids-Part II;
Session 6: Who can help us raise our children?;
Session 7: Rules keep kids safe;
Session 8: Growing up: Talking about puberty;
Session 9: What we need to know about HIV/AIDS;
Session 10: Growing up: Preparing kids for adolescence;
Session 11: Where are we ending up? Paperwork and more paperwork!!; and
Session 12: A celebration!! Where we have been and where we go from here.

CHAMP Collaborative Boards, comprised of parents, school staff, agency representatives from the community, and university researchers, serve as local partners who are involved in developing, delivering, and evaluating the program.

**PREVIOUS USE**

Since first implemented in 1995, the CHAMP Family Program has been used by approximately 750 children and their families in 5 communities in Chicago and New York City. In addition, it has been used in Argentina, South Africa, and Trinidad and Tobago.
Collaborative HIV Prevention and Adolescent Mental Health Project (CHAMP) Family Program

TRAINING

Optional, 2-day, on-site training is available for supervisors and facilitators for $1,500 per day. Weekly training is also provided throughout the intervention to ensure protocol adherence.

CONSIDERATIONS

Considerations for implementing the CHAMP Family Program include recruiting facilitators, who could include one or two mental health interns (i.e., bachelor's or master's level) and one to two community consultant/parent co-facilitators; acquiring participant buy-in; finding time for implementation of sessions; and locating suitable meeting space.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing the CHAMP Family Program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

The CHAMP Family Program is delivered in 12-weekly 90-minute sessions. The required CHAMP facilitator Manual and CHAMP Trainer Manual are free.

EVALUATION PLAN

To move the CHAMP Family Program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation with a strong study design should be performed demonstrating positive effects lasting at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

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