

Appendix



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KEYWORDS

- Mental health promotion • Access to health care • Child development
- Education programs • Violence prevention • Poverty reduction • Data registry
- Social system improvements

KEY POINTS

- Several programs have been developed that focus on mental and general health promotion and prevention strategies that aim to improve access to care and utilization of services for underserved populations.
- Evidence-based data registries are available that review the quality of social programs and identify promising and model strategies and initiatives for health promotion.
- Currently, many innovative interventions have demonstrated improvements in areas of social capital, such as abuse and violence prevention; poverty reduction; maternal health; child development; obesity reduction; academic success; and community enhancements.

INTRODUCTION

This article is designed to serve as a reference for researchers and clinicians interested in extant evidence-based programs designed to promote healthy youth development. As such, this article begins with a review of 2 freely available online registries of evidence-based youth development programs. Both registries compile information on healthy youth development programs and rate such programs on pre-established criteria. The 2 registries outlined here are

- Blueprints for Healthy Youth Development
- The Social Research Unit

Conflicts of Interest: None.

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This article also outlines several specific model programs, which intervene on a variety of targets to promote healthy youth development. The model programs described here are

- Social Development Research Group
- Nurse-Family Partnership
- Gatehouse Project
- Magnolia Place Community Initiative (MPCI)
- Harlem Children's Zone (HCZ)
- Conditional cash transfer (CCT)
- Live Well San Diego/Healthy Works
- Help Me Grow National Center (HMG)

Lastly, this article outlines emerging youth development programs, namely

- Synchrony Project (SP)
- Harmony Project (HP)
- Vermont Family Based Approach (VFBA)

The model and emerging programs reviewed in this article have resulted in myriad positive outcomes, which include enhancing community engagement, promoting healthy choices, facilitating access to resources, improving academic engagement, improving academic achievement, promoting prenatal health, and fostering social-emotional development. The authors hope this article serves as a useful resource for those interested in evidence-based strategies to promote healthy youth development as well as a source of inspiration for future work.

BLUEPRINTS FOR HEALTHY YOUTH DEVELOPMENT

The Blueprints for Healthy Youth Development provides “a registry of evidence-based youth development programs designed to promote the health and well being of children and teens.”¹ The Blueprints program began in 1996 with funding from the State of Colorado and the US Department of Justice Office of Juvenile Justice and Delinquency Prevention and was designed to prevent youth violence, crime, and drug use.² Currently, Blueprints focuses on a variety of outcomes relating to positive youth development and is funded by the Annie E. Casey Foundation. The Blueprints program was initiated at and continues to be housed at the Center for the Study and Prevention of Violence (CSPV) at the Institute of Behavioral Science, University of Colorado Boulder.¹

The goals of the Blueprints initiative are 4-fold:

- Identify effective, research-based programs
- Provide training and technical assistance to transfer the requisite knowledge and skills to implement these programs
- Monitor the implementation process to provide feedback to sites and ensure that programs are implemented with fidelity to their original intent and design
- Gather and disseminate information regarding factors that enhance the quality and fidelity of implementation³

The Blueprints program has developed and implemented research-based criteria for evaluating program effectiveness. In the Blueprints model, program effectiveness is based on an initial review by CSPV and a final review and recommendation from an advisory board, currently comprised of 7 experts in the field of positive youth development. This review process results in the identification of programs that have been

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