The specific objectives of this phase of the feasibility study were threefold: 1. What is the acceptability (determined by satisfaction with program content and delivery) of the HRP-E for this population and setting, according to participants and facilitators? 2. To what extent is successful implementation of the HRP-E feasible with this population, and what factors promote or hinder high quality implementation? 3. Do facilitators and participants believe the program is beneficial for youth at increasing knowledge, developing healthy skills, reducing risk behaviours and/or promoting overall wellbeing?

METHODS

Participants
Youth
• 14 female youth enrolled in an alternative high school program for pregnant and/or parenting students completed at least one session of the HRP-E program. Approximately two-thirds of these youth (n=9) completed at least 50% of the HRP-E program.
• 6 youth participated in semi-structured interviews. All interview participants completed at least 50% of HRP-E program sessions.

Facilitators
• Two female psychology graduate students (including the first author) delivered both HRP-E groups. Both facilitators completed a one-day, in-person training prior to program implementation.

Measures
Implementation Survey: Completed by facilitators following each program completion to identify successes and challenges of the overall program, modifications made, and perceived benefits for youth.

Procedure
1. Implementation: Two HRP-E groups were delivered concurrently in spring of 2018.
2. Data Collection:
   • Facilitator data: Session and attendance tracking sheets were completed on an ongoing basis, and collected at the end of the program.
   • Youth data: Semi-structured interviews were completed one to two weeks following program completion.
3. Data Analysis:
   • Qualitative data was analyzed using a deductive approach to thematic analysis (Braun & Clarke, 2006).

Research Question 3: Reported Benefits for Youth
Youth and facilitators described a number of perceived benefits for participants. The data from youth interviews was categorized into three themes: Intrapersonal, interpersonal, and benefits associated with group process (Figure 3).

Research Question #1: Acceptability of HRP-E
Overall, both youth and facilitators reported a high degree of satisfaction with the HRP-E Program. Topics covered in the HRP-E were perceived as informative and applicable. Activities (skills practice in particular) eﬀectively engaged youth.

“i liked that about the group, how they always made it relatable, like everything we did.”
“i think it helps, like practice the skills so then it was easier for doing it like in your actual life.”

Research Question #2: Feasibility of Successful Implementation
Program facilitators identified implementation successes and challenges, as well as modifications made during pilot implementation (Figure 2).

Research Question #3: Reported Benefits for Youth
Youth and facilitators described a number of perceived benefits for participants. The data from youth interviews was categorized into three themes: Intrapersonal, interpersonal, and benefits associated with group process (Figure 3).