



This is a monthly publication from Jennifer O'Brien, the Adolescent Health Coordinator at the Minnesota Department of Health (see contact information at the end of this publication). This E-Newsletter will cover adolescent health/ youth development related research, data, resources, learning and funding opportunities for interested professionals.

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## **RESEARCH**

### **1. Offending during Late Adolescence: How do Youth Aging Out of Care Compare with Their Peers?**

From Chapin Hall Center for Children at the University of Chicago,  
[http://www.chapinhall.org/article\\_abstract.aspx?ar=1443](http://www.chapinhall.org/article_abstract.aspx?ar=1443)

Youth aging out of foster care were more likely to have committed a crime than their peers of the same age, according to this Chapin Hall issue brief. Foster youth were more likely to report offenses such as damaging property, stealing something worth more than \$50, participating in a group fight, and pulling a knife or gun on someone. The researchers did find that the criminal behaviors of youth aging out of care decreased over time.

Read the issue brief, [Offending During Late Adolescence: How do Youth Aging Out of Care Compare with Their Peers?](#) by Gretchen R. Cusick and Mark E. Courtney.

Lynne S, Graber J, Nichols T, Brooks-Gunn J, Botvin G. 2007. Links between Pubertal Timing, Peer Influences, and Externalizing Behaviors among Urban Students Followed Through Middle School  
Journal of Adolescent Health 40 (2007) 181.e7–181.e13

### **2. Authors Assess the Contribution of Abstinence and Improved Contraceptive Use to Recent Declines in Adolescent Pregnancy**

From MCH Alert Maternal and Child Health Library

"Our data suggest that declining adolescent pregnancy rates in the United States between 1995 and 2002 were primarily attributable to improved contraception use," state the authors of an article published in the January 2007 issue of the American Journal of Public Health. Adolescent pregnancy rates in the United States declined by 27% from 1991 to 2000. In a previous analysis of nationally representative data from samples of U.S. high-school students, the authors of the article found significant increases in use of contraception among adolescents ages 15-17 between 1991 and 2001 and estimated that improved

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contraceptive use and delay in initiation of intercourse contributed equally to declining pregnancy rates. The article presents findings from an effort to update the study using data from the National Survey of Family Growth (NSFG), a nationally representative household survey that, relative to school surveys, provides more data on older adolescents and those who have left school and collects more detailed information about contraceptive use. The current analysis examined the roles of increased contraceptive use and delayed initiation of sexual activity in explaining changes in pregnancy risk over the period 1995-2002 among adolescents ages 15-19.

Santelli JS, Lindberg LD, Finer LB, et al. 2007. Explaining recent declines in adolescent pregnancy in the United States: The contribution of abstinence and improved contraceptive use. *American Journal of Public Health* 97(1): 150-156. abstract available at <http://www.ajph.org/cgi/content/abstract/97/1/150?etoc>.

### ***3. The National Survey of Children's Health***

The National Survey of Children's Health (NSCH) conducted in 2003 provides researchers with reliable and representative State- and national-level data on factors influencing the health of children throughout the United States. Funded by the Federal Maternal and Child Health Bureau in partnership with the National Center for Health Statistics, the survey's 301 variables empower researchers to conduct new quantitative research on a wide array of topics regarding the relationship among children's health status, their access to care, and the influence of their families and communities. Building upon a DataSpeak conducted in 2005 which provided an overview of initial findings from the survey (<http://www.mchb.hrsa.gov/mchirc/dataspeak/pastevent.htm>), this program will present findings from three indepth studies that will be featured in a special February 2007 issue of *Pediatrics*. These studies demonstrate just a few of the potential uses of this data source and will highlight the analysis of NSCH data regarding:

- Insufficient sleep and the health and well-being of children and adolescents
- The prevalence of violent disagreements and associations with residence, race/ethnicity, and parental stress

- The relationship between economic and social context and stage of adolescence on physical activity and body mass index

#### ***4. Survey: Teens driving distracted, not buckling up***

From the Children's Safety Network

According to a State Farm Insurance/Children's Hospital of Philadelphia survey, thousands of teenagers nationwide are multitasking while driving and failing to wear seat belts. The survey, which polled high school students on their driving habits, found that 75 percent of teen drivers reported driving while fatigued, 90 percent reported being distracted by passenger behavior and 20 percent of 11-graders reported being involved in a crash while driving during the past year. However, the survey also indicated that parents have a strong influence over their teens' driving habits. 66 percent of respondents said they cared about their parents' attitudes toward using a cell phone while driving and 56 percent said they relied on their parents to teach them how to drive.

[http://stokes.chop.edu/programs/injury/files/PCPS\\_Reports/1289teen.pdf](http://stokes.chop.edu/programs/injury/files/PCPS_Reports/1289teen.pdf)

### **RESOURCES**

#### ***5. Shoulder to Shoulder Blog***

Shoulder to Shoulder is a project developed by a collaboration of public health and educational agencies to share practical, evidence-based information and tools to support parents of teens and other caring adults. Through a web site, parent book clubs and educational materials, Shoulder to Shoulder helps parents and other involved adults find support and gain confidence to raise healthy teens through love, limits and respect.

Shoulder to Shoulder is launching a new effort to connect parents of teens to information and each other using technology. The Shoulder to Shoulder blog is now available so parents can pose questions, provide their ideas on topics of concern and learn about teen culture in our communities.

To see the latest blog postings, visit <http://www.shouldertoshoulderminnesota.org/>. An archive of past topics is also available.

You can read the blog, take the current poll and pose your own questions about raising teens. This is a moderated blog, with a panel of experts in the area of adolescent development available to respond. You can also sign up for the Shoulder to Shoulder monthly E-newsletter.

Promotion pieces, available on the project's website, include: tips for promoting the blog, a newsletter article, a flyer in .pdf format and language that can accompany a link the blog on your school's website.

Shoulder to Shoulder is a project of the Minnesota Institute of Public Health (<http://www.miph.org>), a non-profit organization founded in 1972.

## ***6. Terms of Engagement***

*From the National Campaign to Prevent Teen Pregnancy*

**Terms of Engagement** offers practical advice on how to involve parents in programs to prevent teen pregnancy.

The publication identifies four common challenges for programs ---

1. reaching parents in the first place
2. motivating parents to participate and keeping them involved
3. knowing what to say to parents and how to say it
4. paying for programs

--- and provides corresponding strategies for addressing them.

To download a free copy or to purchase a copy, please go to

<http://www.teenpregnancy.org/>

## ***7. A Portrait of "Generation Next" How Young People View Their Lives, Futures and Politics***

A new report from Pew Research Center describes the lives, beliefs, and aspirations of young Americans. The report is drawn from polling data conducted by the Pew Research Center. The report compares the four existing generations (Generation Next, Generation X, Baby Boomers, and Seniors). To learn more, visit [http://www.pewtrusts.org/ideas/ideas\\_item.cfm?content\\_item\\_id=3919&content\\_type\\_id=18&issue\\_name=Public%20opinion%20and%20polls&issue\\_id=11&page\\_id=18&name\\_id=&WT.mc\\_id=01/22/2007](http://www.pewtrusts.org/ideas/ideas_item.cfm?content_item_id=3919&content_type_id=18&issue_name=Public%20opinion%20and%20polls&issue_id=11&page_id=18&name_id=&WT.mc_id=01/22/2007)

## **CONFERENCES/TRAININGS**

### ***8. Surprising Trends in Drug Abuse: What Parents Need to Know***

Carol Falkowski from Hazelden will be presenting on "Surprising Trends in Drug Abuse: What Parents Need to Know" on February 22 from 7-9 pm at the Maplewood Community Center. This is a revised version of her meth presentation. Please post or pass this notice and flyer on to others.

### ***9. The Statewide Collaborative Conference will be held on March 1st and 2nd at the Maple Grove Community Center***

Keynote Speakers:

David Walsh, Ph.D. President National Institute on Media and the Family

Arthur Rolnick, Ph.D. Senior Vice President and Director of Research at the Federal Reserve Bank of Minneapolis

Megan Gunnar, Ph.D. Professor of Child Development at the Institute of Child Development

Scott Hippert, Ready 4K Vice President and Chief Operating Officer

Breakout Sessions:

A Guide to the Teenage Brain - Dr. David Walsh

Gambling - Choices and Guidelines

Nutrition/Obesity

Drug Awareness/Teen and Parent Panel

Mobilizing Communities around the Issue of Meth  
Preventing Sexual Harm of Youth  
Community Resource Mapping  
Your Family in a My Space World  
Fetal Alcohol Spectrum Disorder  
Culturally Competent Systems of Care  
Early Childhood Panel  
Quality Out-of-school Time Panel  
Parent Leadership/Participation Panel

#### Registration and Cost:

The cost of the conference is \$85 for both days, includes meals. Limited parent scholarships are available. Program brochure and registration are attached. For more information, contact Melodie Hanson at 763-504-4981 or email [Melodie\\_hanson@rdale.k12.mn.us](mailto:Melodie_hanson@rdale.k12.mn.us).

Please forward to parents, social workers, teachers, nurses, school administrators, mental health practitioners, early childhood educators, and others who might be interested. CEU credits will be available at the end of each day. The Board of Social Work has approved 13 credits for attendance at this conference.

#### *10. School Climate Forum*

Hennepin County, the Initiative for Violence-Free Families, and the Hennepin County Attorney's Office are cosponsoring the seventh annual School Climate forum. It should be a fantastic forum! Scott Staska, superintendent of the Rocori School District, is our keynote speaker. CLIMB Theatre will perform and there are over a dozen breakout sessions! The brochure is attached. (See attached file)

#### *11. Minnesota Youth Work Institute Workshop: Healthy Sexuality-Healthy Youth, March 8 and March 15, 2007*

Healthy Sexuality-Healthy Youth

Young people desperately need adults to be comfortable in talking with them openly and honestly about sex and sexuality so that they receive accurate information. Research tells us that youth who are able to talk with trusted and caring adults are more likely to delay sex, avoid unplanned pregnancy and sexually transmitted infections, and pursue healthy relationships. In this interactive and lively workshop we will discuss:

- Components of human sexuality ("sexuality" is not just "sex")
- Normative adolescent sexual development
- Communication strategies for discussing sexual health topics with youth

2 Thursdays, March 8 & 15

For more information on this course and others link to:

[www.youthworkinstitute.org](http://www.youthworkinstitute.org)

***12. 114th Annual MSSA Training Conference & Expo, Times They Are a Changing, March 20-23, 2007***

The MN Social Services Association 114th Annual Conference will be held on March 20-23 at the Sheraton Bloomington Hotel, Bloomington, MN.

Topics include:

-Assessing and Treating Sexual Abuse, Eating Disorders and Substance Abuse in Adolescent Females (Karen Duncan, The Right to be Safe, Inc.)

-Minnesota Youth Involved in Prostitution (Joy Friedman, Breaking Free)

-Teen Dating Violence (Karen Duncan, the Right to be Safe, Inc.)

-Preventing Sexual Harm of Youth (Grit Youngquist, St. Paul Ramsey County Public Health, Jeanne Martin, Olmsted County Victim Services)

-Overview of Juvenile and Adult Sex Offender Treatment (Dr. Amanda Powers, DHS)

-The Short and Long Term Impact of Child Abuse and Neglect: The Argument for Prevention (Connie Skillingstad, Prevent Child Abuse MN)

And much, much more! Link to [www.mssaconference.org](http://www.mssaconference.org) for registration information.

**GRANT OPPORTUNITIES** (Please note: MDH is NOT a contact for the following opportunities)

***13. 3M Foundation - Community Giving Grants***

The 3M Foundation is accepting letters of inquiry for its Community Giving Grants program. The Foundation's goal is to positively impact communities by investing in youth and families. Current priorities include health and human services and K-12 education.

For more information, visit [solutions.3m.com](http://solutions.3m.com).

***14. Programs for Latino Youth Supported***

Youth Venture: Tu Voz My Venture Contest  
Youth Venture's Tu Voz My Venture Contest, supported by the Gates Foundation and MTV Tr3s Voces, challenges youth to take action by forming teams to conceptualize and implement projects aimed at encouraging Latinos to graduate from high school and prepare for college and careers. Teams of two or more youth, ages 13-20, will be selected every week through June 29, 2007, to receive grants of up to \$1,000 to create their ventures. In addition, the top five teams will receive scholarships of up to \$5,000 to be divided among the team members. Visit the website listed above for contest rules and application guidelines. -

<http://www.youthventure.org/index.php?tg=articles&topics=388&new=0&newc=0&PHPSESSID=5af03eab765d50f869ec0d129393d763>

***15. From Delta Dental of Minnesota & the Minnesota Alliance With Youth: 4<sup>th</sup> Annual Serve a Smile Program in Support of National & Global Youth Service Day***

Mini-grants from \$100-\$1000 Available for "Making a Healthy Difference" Projects

Application Materials Attached – Due Friday, March 16<sup>th</sup>

For more information, contact Mike Minks at [mlminks@gmail.com](mailto:mlminks@gmail.com) or visit [www.mnyouth.net](http://www.mnyouth.net)

Delta Dental of Minnesota is excited to team up with Minnesota Alliance with Youth to present the 4th annual *Serve a Smile* program in support of *National & Global Youth Service Day* (N & GYSD) on April 20-22, 2007. We are also to partner with Minnesota Family, Career and Community Leaders of America (FCCLA) in supporting this annual event in Minnesota, the largest in the state, nation and world.

The *Serve a Smile* mini grant program offers young people start up funds as they envision ways to create healthier schools and communities through youth service. *Serve a Smile* is based on the belief that when engaged, creative and resourceful youth volunteers are given the opportunity to work on public service initiatives with their family, school, friends, and neighbors, that they can help solve community problems.

Delta Dental of Minnesota is offering mini grants from \$100 to \$1,000 that supports the theme of *"Making a Healthy Difference."* Up to \$25,000 (cash and/or in-kind) will be awarded through competitive grants and outreach. These mini grants are available to Minnesota youth organizations to implement a new, youth-led service project that addresses an oral health or health issue. Projects could include an initiative that improves the health status of children and adolescents from families with low income and educates a population of color about an oral health need for children or adolescents.

The *Serve a Smile* application can also be found on the Delta Dental of Minnesota Web site at [www.deltadentalmn.org](http://www.deltadentalmn.org) and at the Minnesota Alliance With Youth Website at [www.mnyouth.net](http://www.mnyouth.net)

Please follow the guidelines and submit an application by Friday, March 16th.

#### *16. Public Welfare Foundation - Disadvantaged Population Empowerment Grants*

Awards ranging from \$10,000-\$50,000 are available to support organizations that work for lasting improvements in the delivery of services that meet basic human needs in disadvantaged populations, including youth development.

For more information, visit [www.publicwelfare.org/index.asp](http://www.publicwelfare.org/index.asp).

### *17. YSA Youth Venture now accepting applications*

The Youth Service America/Youth Venture Program is a unique partnership between Youth Service America and Youth Venture that helps youth engage in community service and develop as young social entrepreneurs. YSA Youth Venture provides funding and support to young people (ages 12-20) who want to create new, sustainable, civic-minded organizations, clubs, or businesses called Ventures. For an application, applications tools, and more information about the YSA Youth Venture Partnership Program, visit <http://www.youthventure.org/ysa>

### *18. SAMHSA Adolescents at Risk for Suicide Grants*

SAMHSA Will Fund Up to 7 Grants in 2007 for Adolescents at Risk for Suicide

The Substance Abuse and Mental Health Services Administration (SAMHSA) is soliciting applications for the FY 2007 Adolescents at Risk for Suicide grant program to evaluate voluntary school-based programs that focus on identification and referral of high school youth who are at risk for suicide or suicide attempts.

It is expected that up to 7 awards will be funded. Annual awards are expected to continue for up to two years. The actual awards may vary, depending on the availability of funds. Grant funds may not be used to pay for direct treatment services. These grants will be awarded by SAMHSA's Center for Mental Health Services.

**WHO CAN APPLY:** Eligibility is limited to local educational agencies and domestic, public and private nonprofit entities working in conjunction with local educational agencies.

**HOW TO APPLY:** Applications for No. SM-07-006 are available by calling SAMHSA's Clearinghouse at 1-877-SAMHSA7, or by downloading from [www.samhsa.gov/grants/index.aspx](http://www.samhsa.gov/grants/index.aspx) or [www.grants.gov](http://www.grants.gov). Applicants are encouraged to apply on line using [www.grants.gov](http://www.grants.gov).

**APPLICATIONS DUE DATE:** Must be received by April 6, 2007

ADDITIONAL INFORMATION: Applicants with questions on program issues should contact Cynthia K. Hansen at 240-276-1869 or e-mail [Cynthia.Hansen@samhsa.hhs.gov](mailto:Cynthia.Hansen@samhsa.hhs.gov). For questions on grants management issues, contact Kimberly Pendleton at 240-276-1421 or [Kimberly.Pendleton@samhsa.hhs.gov](mailto:Kimberly.Pendleton@samhsa.hhs.gov).

This program is being announced prior to the FY 2007 appropriation for SAMHSA's programs, with funding estimates based on the President's budget request for FY 2007. Applications are invited based on the assumption that sufficient funds will be appropriated for 2007 to permit funding of a reasonable number of applications solicited. All applicants are reminded however, that we cannot guarantee that sufficient funds will be appropriated to permit SAMHSA to fund any applications.

SAMHSA is a public health agency within the U.S. Department of Health and Human Services. The agency is responsible for improving the accountability, capacity, and effectiveness of the nation's substance abuse prevention, addictions treatment and mental health service delivery system.

For more information on Adolescent Health at MDH, please contact

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