

DID YOU
KNOW?

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Adolescent Health E News

JULY 2010

Large Increase in Youth Experiencing

Homelessness

The Amherst H. Wilder Foundation recently released the report *Homelessness in Minnesota: Key findings*, which is based on their statewide survey of people without permanent shelter in 2009.

The report revealed that the largest increase in homelessness was among youth. In 2009, a single-night count of homeless youth age 12-21 was 1,268, which represents a 46 percent increase from 2006. This increase is a cause for concern for several reasons: 1) The largest increase in turnaways from shelters was also among youth; 2) The number of youth shelter

beds, particularly for youth 17 and under, has remained flat or the same since 2003; 3) Almost one-half (45 percent) of all homeless adults 18 years of age and older experienced homelessness before age 21, and one-quarter (26 percent) before they were 18, indicating the cyclical nature of homelessness. In 2009, several difficulties were faced by homeless youth:

- 24 percent of youth slept outside at least one night in the month of October
- 46 percent reported a serious mental illness
- 45 percent have been

physically or sexually mistreated

- 20 percent left some type of social service placement in the previous 12 months

To learn more about homeless youth, view the following documentary produced by the Amherst H. Wilder Foundation (YouTube), and reach the entire report at <http://www.wilder.org/homelessyouth.0.html>

Youth and Prescription Drug Use

A new report by the Center of Disease Control and Prevention (CDC) found that one in five high school students in the United States has taken a prescription drug without a doctor's prescription, according to the 2009 Youth Risk Behavior Survey (YRBS). The National YRBS is one of three surveys that provide data on substance abuse among youth. The YRBS has been conducted every other year since 1991.

The year 2009 was the first year the YRBS asked high school students about prescription drug use. "The survey asked if they'd

ever taken a prescription drug such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax, without a doctor's prescription. Prescription drug abuse was most common among white students (23 percent), followed by Hispanic students (17 percent) and then Black students (12 percent). Prescription drug abuse was most common among 12th grade students (26 percent) and lowest among 9th grade students (15 percent). There was no difference in prescription drug abuse by gender (20 percent for both male and female students)."

The director of the CDC's Division of Adolescent and School Health, Howell Wechsler, stated, "We are concerned to learn that so many high school students are taking prescription drugs that were not prescribed to them. Some people may falsely believe that prescription drugs are safer than illegal drugs, yet their misuse can cause serious adverse health effects, including addiction and death."

To learn more about the YRBS and the 2009 survey results, visit <http://www.cdc.gov/media/pressrel/2010/r100603.htm>

SAMHSA and Partners Raise Awareness on Adolescent Suicide



The United States Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA) partnered with the Inspire USA Foundation to create a new public service advertising campaign to raise awareness among young people that suicide is preventable and that there are places where they can turn for help.

To create a successful campaign, SAMHSA and partners conducted one-on-one interviews with adolescents aged 13-17. The interviews allowed adolescents to reveal what they looked for when seeking help and support for personal difficulties. Overall, young

people expressed an interest and a willingness to :

- Engage with peers in an anonymous online space
- Hear real stories and hopeful messages from real adolescents who made it through tough times
- Learn ways to cope with tough times

“By listening to teens directly, we discovered an opportunity to use online and digital media to help teens cope with personal and mental health issues,” said SAMHSA’s Mark Weber, Task Lead for the Agency’s Suicide Prevention Work Group and Associate Administrator for Communications. “Our key message to

teens is ‘Relief is closer than you think.’ ”

The desired outcome of the campaign is to convince teens that they are not alone. This is done on the website, ReachOut.com that encourages teens to share their own stories, hear from other teens, and learn from those who have made it through it.

Visit <http://us.reachout.com> to learn more!

“Adolescents need to be surrounded by safe places, challenging experiences and caring people to develop in healthy ways.”
-Minnesota’s Adolescent Health Action Plan



Resources for Youth Violence Prevention

New Child Safety Network (CSN) Online Forum

“CSN is proud to announce CSN Communities, an online forum for support and increasing awareness about the importance of injury and violence prevention. Through CSN Communities, state and territorial Maternal and Child Health (MCH) and Injury and Violence Prevention (IVP) staff can share resources, have ongoing dialogue about their work, and talk to experts in the field of injury prevention.

Visit CSN Communities at <http://csncommunities.ning.com/>

MNCASA (Minnesota Coalition Against Sexual Assault) 2nd Annual PRISM Youth Track

August 9-10, 2010

Oak Ridge Hotel and Conference Center
Chaska MN

“The 2nd Annual MNCASA (Minnesota Coalition Against Sexual Assault) PRISM Youth Track will attract 30+ adolescents from across Minnesota. The Track will be braided through the MNCASA annual meeting, and will involve two days of solving life-size puzzles through experiential learning, workshops, and dialogues that will encourage youth to use their talents, claim their responsibility, and serve the people of their community.

Youth will leave the annual

meeting with a comprehensive understanding of the world that affects them, an awareness of the normalization of sexual harm and what we can do about it, as well as an in-depth experience of what it means to be an agent of change.

The goals of the PRISM Track are to:

- Support youth in igniting the change agent within,
- Learn to work alongside adults to solve critical social concerns, and
- Participate in MNCASA’s state-wide PRISM initiative.

PRISM creates healthy webs of supports where youth can come and practice making positive social change.”

For any questions about PRISM or the upcoming Youth Track, please contact Lindsay at lindsay@mncasa.org or 651.209.9993 x203.



“As young people navigate the changes of adolescence, it is critical that they receive the guidance, support and encouragement that fosters healthy development.”
-Minnesota’s Adolescent Health Action Plan



MOAPPP Trainings

It's That Easy! Parent Educator Training

July 13-14, 2010 - Winona

If you work with parents/caregivers of children aged birth to 18, you are in a unique position to support them in their critical role as sexuality educators for their children. Come learn tools and techniques to engage parents/caregivers in developmentally appropriate approaches to raising sexually healthy children. Participants receive the It's That Easy! resource manual, a comprehensive guide designed to help you work with parents in your community.

For more information and to register, go to <http://www.moappp.org/Documents/events/2010/>

[ITESummerFlyer2010.pdf](#)

Questions? Contact Jocelyn at 651-644-1447 x19,

jocelyn@moappp.org.

Safer Choices: Training of Educators

July 20 & 21, 8:30 a.m. -4:30 p.m. & July 22, 8:30 a.m.—12:00 p.m.

Minnesota Department of Education

Safer Choices is an evidence-based curriculum taught over two consecutive years in 9th grade and 10th grade. *Safer Choices* involves teachers, parents and community members to have a positive influence on adolescents' decision regarding sex and help them feel supported in making healthy choices. In addition to the training, each participant re-

ceives a copy of the curriculum, student workbooks and activity kit.

For more information and to register, view the flyer at <http://www.moappp.org/Documents/events/2010/SaferChoicesTOEFlyer.pdf>

Access to Education for Pregnant or Parenting Teens—Save the Date

September 30, 8:30 a.m.-3:00p.m

This forum will delve into the meaning and scope of Title IX of the Education Amendments of 1972 with respect to the prevention of discrimination against students who are pregnant and/or parenting. There will be content for both administrators and those who work directly with students.

Save the date on your calendar today! More detail information to follow in the near future.

2010 Summer Institute in Adolescent Health

2010 Summer Institute in Adolescent Health: Positive Pathways to Prevent Youth Violence

July 26-28 2010

July 28, 2010 (graduate students only)

St. Paul, Minnesota

Registration Deadline: July 19

The 2010 Summer Institute in Adolescent Health will examine the pathways to prevent violence using a public health lens. Grounded in the evidence, four priorities frame the

institute agenda:

- Connecting young people with adult supports and opportunities.
- Shifting away from a culture of violence.
- Intervening at the first sign of risk.
- Redirecting those on a violent path.

During the institute, strategies will be considered that lay between zero tolerance and complete indifference.

Join to explore means for restorative justice instead of suspension, build a toolbox for supporting effective parenting skills, and delve into the impact of policies that limit access to fire arms and unhealthy expo-

sure to violence on the screen.

Attendees will gather perspectives from young people who teach at the institute, and leaders in community peace-making efforts. The goal? Diffusion of “what works” into grassroots

efforts and policies that, together, create positive pathways for preventing youth violence.

For more information contact:

Jenna Baumgartner at

baum0272@umn.edu or 612-626-0606.

Register online at http://www.nursing.umn.edu/Adolescent_Nursing/Continuing_Education/home.html



Statewide Summit to Address Chlamydia in Minnesota

August 3, 2010: 8:30 a.m.–4:30 p.m.

Minnesota Department of Health, Saint Paul Office Building

Chlamydia rates have doubled in Minnesota over the last 10 years, with 69% of the cases in 2009 in youth ages 15-25. In response, the STD and HIV Section at MDH is organizing a statewide stakeholder group called the Minnesota Chlamydia Partnership (MCP) to call attention to this epidemic.

Save the Date

The MCP is charged with developing a three year action plan that focuses on reducing the rates of chlamydia and preventing new cases.

The Summit will provide an opportunity to call attention to the epidemic of chlamydia in Minnesota among young people and discuss and develop strategies to reduce these rates and their impact on youth in our communities.

For more information visit <http://www.health.state.mn.us/mcp>

Or contact Candy Hadsall, STD Screening Specialist at

the Minnesota Department of Health, STD and HIV Section, by phone at 651-201-4015, or Candy.Hadsall@state.mn.us

“Investment in health during adolescences has long-term benefits.”
-Minnesota’s Adolescent Health Action Plan



Grants

Full Service Community Schools Program

Deadline for notice: June 23

Application due: July 23

“Full-Service Community Schools provide comprehensive academic, social, and health services for students, students’ family members, and community members that will result in improved educational outcomes for children.

For the FY 2010 competition, these services may include: high-quality early learning programs and service; remedial education, aligned with academic supports and other enrichment activities, providing students with a comprehensive academic program; family engagement, including parental involvement, parent leadership, family literacy, and parent edu-

cation programs; mentoring and other youth development programs; community service and service learning opportunities; programs that provide assistance to students who have been chronically absent, truant, suspended, or expelled; job training and career counseling services; nutrition services and physical activities; primary health and dental care; activities that improve access to and use of social service programs and programs that promote family financial stability; mental health services; and adult education, including instruction of adults in English as a second language.

For more information on eligibility and applicant information visit <http://www2.ed.gov/programs/communityschools/index.html>

American Medical Association Foundation– Healthy Living Grant Program

Deadline: July 15

“The American Medical Association Foundation is awarding grants up to \$5,000 to organizations focused on one of the following areas: nutrition/physical fitness; alcohol, substance abuse and smoking prevention; or violence prevention. Eligible applicants must be a nonprofit organization in existence for one year, have an annual budget of \$500,000 or less, and the project target audience must be underserved and/or at-risk and between the ages of 2-21.

For more information visit <http://www.highmarkhealthyhigh5.org/grants/schools.shtml>



Minnesota Department of Health

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A Vision for Healthy Adolescence:

Our responsibility as the community of Minnesota is to support and guide Minnesota youth in the healthy development of being, belonging and becoming. This requires a focus on wholeness and wellness, and seeing Minnesota youth as “at promise” rather than “at risk”.

For more information on Minnesota's Adolescent Health Action Plan, contact Jennifer O'Brien or go to the [Adolescent Health Gateway page](#).

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