



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.

March 2007

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Research

1. Teens and Prescription Drugs: An Analysis of Recent Trends on the Emerging Drug Threat

Office of National Drug Control Policy/National Youth Anti-Drug Media Campaign

<http://www.mediacampaign.org/teens/>

ONDCP released a new federal report that shows alarming trends in teen abuse of prescription drugs and cough and cold medicines to get high. Although overall drug use is down over the last five years, new users of prescription drugs have now caught up with new users of marijuana. There are troubling signs that teens wrongly view abusing prescription and over-the-counter drugs as "safer" than illegal drugs and parents are unaware of the problem. Additional resources available at the site include parent-focused documents: Rx – A New Intentional High for Teens and A Prescription for Parents: Preventing Prescription and Over-the-Counter Drug Abuse Among Teens

2. Title: The Availability and Accessibility of Transition-to-Adulthood Services for Youth with Serious Mental Health Conditions

Portland Data Trends

Topic: This article assesses the availability and nature of transition-to-adulthood service programs in child and adult state mental health systems across the United States. Results from this research emphasize that transition-to-adulthood service programs are lacking in both availability and accessibility, signaling the need for increased awareness and funding to best assist young people with mental illness undergo this transition.

3. More Thoughts on Teen Motor Crashes *From* www.Healthinschools.org

Closely following a report on teens' attitudes about driving published in February in *Health and Health Care in Schools*, the National Academy of Sciences last month released the findings of a workshop that met last year to discuss ways of preventing teen motor crashes.

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The workshop report leaves no doubt that “Driving is dangerous, and especially so for new drivers.” And since most Americans learn to drive before they become adults, the report concentrates on what it is about adolescent new drivers that makes them especially prone to accidents.

<http://www.healthinschools.org/ejournal/2007/march2.htm>

4. Forgone Health Care among U.S. Adolescents: Associations between Risk Characteristics and Confidentiality Concern

Jocelyn A. Lehrer, Sc. D., Robert Pantel, M.D., Kathleen Tebb, Ph.D., and Mary-Ann Shafer, M.D.

Journal of Adolescent Health 40 (2007) 218-226

From Abstract:

“Purpose: To examine risk characteristics associated with citing confidentiality concern as a reason for forgone health care, among a sample of U.S. adolescents who reported having forgone health care they believed was necessary in the last year.

Conclusion: The population of U.S. adolescents who forgo health care due to confidentiality concern is particularly vulnerable and in need of health care services. Adolescents who report health risk behaviors, psychological distress and/or unsatisfactory communication with parents have an increased likelihood of citing confidentiality concern as a reason for forgone health care, as compared with adolescents who do not report these factors. Findings of this study suggest that if restrictions to confidentiality are increased, health care use may decrease among adolescents at high risk of adverse health outcomes.”

Resources

5. Bright Futures

National Technical Assistance Center for Children’s Mental Health/Georgetown University

These popular developmental tools for parents and providers are now available in Spanish language.

<http://www.brightfutures.org/tools/index.html#tools>

6. Unintentional Injury and Violence Fact Sheets – Adolescents and Young Adults

NIIAH Partner: The National Adolescent Health Information Center (NAHIC)

These Fact Sheets provide the latest data on adolescent/young adult unintentional injury and violence, with breakdowns by age, gender, and race/ethnicity, as well as trends. Explore the site for a wealth of adolescent health data and policy information.

http://nahic.ucsf.edu/index.php/data/article/briefs_fact_sheets/

7. The VISCAT: A Tool for Measuring Sexual Consent Capacity in People with Developmental Disabilities.

William Taverner (co-editor of the *American Journal of Sexuality Education*) and Dr. Christopher DeMarco,
Email request to taverner@ptd.net

An assessment tool for measuring informed sexual consent in people with developmental disabilities. No website available, request tool via email above.

8. HPV Vaccine

National Conference of State Legislatures

NCSL provides overview and resources on HPV vaccination for legislators. This website includes state HPV legislation introduced in 2007.

<http://www.ncsl.org/programs/health/HPVvaccine.htm>

9. New Resource for Parent Involvement "Terms of Engagement"

The National Campaign released "*Terms of Engagement*", a publication outlining strategies for professionals to involve parents in teen pregnancy prevention programs. The report identifies four common challenges for programs - reaching parents in the first place; motivating parents to participate and keeping them involved; knowing what to say to parents and how to say it; and paying for programs. This report is available for download and purchase at the [Parent Portal of the National Campaign's website](#).

10. A Tool to Assess the Characteristics of Effective Sex and STD/HIV Education Programs (TAC)

The Tool to Assess the Characteristics of Effective Sex and STD/HIV Education Programs (TAC) gives communities the tools they need to

select and implement the most effective pregnancy and STD prevention programs for youth.

The TAC is designed to help practitioners assess whether curriculum-based programs have incorporated the common characteristics of effective programs. Knowing which curriculum-based programs have incorporated the common characteristics of effective programs and which have not can help practitioners select, adapt, develop and implement more effective pregnancy, STD and HIV prevention programs in their communities. [The Tool to Assess the Characteristics of Effective Sex and STD/HIV Education Programs](#)

11. Assessing the Mental Health Of Adolescents: A Guide for Out-Of-School Time Program Practitioners

Child Trends

Publication #2007-07

March 2007

Mental health problems can develop at any point in life and may be influenced by a variety of factors, including genetics or family history of a disorder, chemical imbalances in the brain, or stressors in the environment. Adolescence is a time of great change and transition, when youth are starting to make decisions about career paths, further schooling, and living on their own. These stressors, coupled with changing peer and family interactions, may lead in some cases to mental health problems, such as depression, suicidal thoughts, and anxiety disorders, particularly if the adolescent has a family history of mental illness. It is important for out-of-school time programs to be aware of these problems and to recognize their symptoms since mental health problems during adolescence can lead to other difficulties including substance use, school dropout, and antisocial behavior.¹ This brief summarizes the signs and symptoms of depression, suicide risk, and anxiety disorders, and suggests research questions that can help screen or monitor mental health issues. It also provides resources for out-of-school time program practitioners on these topics.

http://www.childtrends.org/Files//Child_Trends-2007_03_14_RB_TeenMentalHealthandOST.pdf

12. Announcing a Program for Young Women

The Program: The Minnesota Department of Health (MDH) is proud to introduce a new, educational, harm reduction program for young women called ***Smart Women Smart Choices*** (SWSC). SWSC is a self-guided change program based on motivational interviewing techniques for women between the ages of 18 and 24 who are sexually active and drink alcohol. The program helps women explore their alcohol and birth control use because these two behaviors can have serious immediate and long term consequences. Check out the program Web site at iPartySmarter.com

For more information and additional free program materials, call 1-888-702-9971 or email AEPP@health.state.mn.us. Sheran McNiff, RN, MPH, CHES. See attachments.

Conferences

13. Healthy Girls: A Canvas for Life April 17-18, 2007

U of MN Continuing Education and Conference Center, St. Paul

The Minnesota Conference on Adolescent Females offers a variety of educational and creative learning opportunities for women and men who work with adolescent girls. The conference offers a variety of workshops, panels featuring girls speaking for themselves, creative arts performances and a book and resource fair. The conference is designed to enlighten, support and inspire all professionals who are concerned about the future of adolescent girls. For more information about applying, submitting a workshop proposal, conference sponsorship or registration, go to www.mngirls.org.

14. Every Student Connected: Developing Healthier, Happier, and More Productive Students Through Social Emotional Learning

Friday, April 13, 2007

8:30-11:30 a.m. (registration at 8 a.m.)

Oak Grove Presbyterian Church

2200 W. Old Shakopee Rd.

Bloomington, MN 55431

[Grants \(Please note: MDH is NOT a contact for the following opportunities\)](#)

15. Take Action: Healthy People, Places, And Practices In Communities Project *From the U.S. Department of Health and Human Services*

Funding Will Be Available to Community-Based Organizations and Others

Deadline for RFP Submissions: March 30, 2007

The Department of Health and Human Services (HHS) Office of Public Health and Science, Office of Disease Prevention and Health Promotion and the Regional Health Administrators are requesting proposals from community-based organizations and others to evaluate the impact of a unique set of healthy lifestyles activities in local settings that support the President's HealthierUS initiative. As part of the ***Take Action: Healthy People, Places and Practices in Communities Project***, the proposed activities should address one or more of the four parts of the President's HealthierUS initiative: 1) Be physically active. 2) Eat a nutritious diet. 3) Get preventive screenings. 4) Make healthy choices/avoid risky behaviors.

Not-for-profit, community-based organizations including faith-based groups, after-school programs, coalitions, and others are encouraged to submit proposals. The one-year project period will run from July 1, 2007 through June 30, 2008. Funding for these activities will be between \$2,000 and \$5,000 and a national evaluation of the project will be conducted. The deadline for receipt of proposals is March 30, 2007. Background information on the project, proposal instructions and forms are attached and also available at <http://www.osophs.dhhs.gov/ophs/HealthyPeople> .

FOR MORE INFORMATION: If you have questions or need more information about the Take Action: Healthy People, Places and Practices in Communities Project, please call **1-866-224-3815** or e-mail your questions to answers@JSI.com.

16. Target Store Grants Focus on Reading, Arts and Family Violence Prevention

Each year local Target stores provide thousands of dollars in grants to their local communities. The Target store grants focus on three areas:

- **Reading** – Reading grants are awarded to schools, libraries and nonprofit organizations to support programs such as weekend book clubs, after-school reading programs and events encouraging family reading time.
- **Arts** – Arts grants are given to programs that bring the arts to schools or make it affordable for families to participate in cultural experiences, such as school touring programs, field trips to the theater or the symphony or artist residencies and workshops in schools.
- **Family Violence Prevention** – Family violence prevention grants support groups working to make individual homes and entire communities safer, such as funding child abuse counseling programs and shelters.

Applications for Target Store grants are available at either your local Target store or online at <http://sites.target.com/site/en/corporate/page.jsp?contentId=PRD03-001818> Organizations may be eligible for awards up to \$3,000. Applications for 2007 will be accepted beginning **March 1 through May 31, 2007**

For more information on Adolescent Health at MDH, please contact

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Past issues of the newsletter are available online at:
<http://www.health.state.mn.us/youth/>