



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

March 2008

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Research

1. The Mental Health of Adolescents: A National Profile, 2008

The National Adolescent Health Information Center (NAHIC) at UCSF is pleased to announce the release of its first-ever brief on mental health, entitled, "The Mental Health of Adolescents: A National Profile". Adopting a comprehensive approach to mental health, this brief presents national data on measures ranging from well-being to substantial impairment.

This brief aims to inform health professionals, policymakers, educators, administrators, and school-based health centers concerned with the health and well-being of adolescents.

The brief is available on the NAHIC web site at:

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

2. Risk Factors for Death among Older Child and Teenaged Motor Vehicle Passengers

Flaura Koplin Winston, MD, PhD; Michael J. Kallan, MS; Teresa M. Senserrick, PhD; Michael R. Elliott, PhD

Arch Pediatr Adolesc Med. 2008;162(3):253-260.

Objective: To identify and prioritize risk factors for passenger death.

Results: Approximately 424,000 passengers (aged 8-17 years) annually were in tow-away crashes and experienced a fatality rate of 3.9 per 1000. Just more than three-quarters as many passengers (aged 8-17 years) were in crashes with 16- to 19-year-old drivers as with all adult drivers (those aged ≥ 25 years), with double the passenger fatality rate. For drivers aged 16 to 17 years, passenger fatalities doubled between passenger ages 11 to 12 years and increased to a peak at a passenger age of 16 years. Of crashes with child passenger fatality, 21.2% involved alcohol. In crashes with drivers younger than 18 years, the greatest risk factors for death for passengers aged 8 to 17 years were drivers younger than 16 years, restraint nonuse, and high-speed roads (≥ 55 and 45-54 mph).

Conclusions: While passenger risks because of restraint nonuse require continued attention, interventions must be developed to address risk because of travel on high-speed roads and riding with drivers younger than 16 years. For safety, child passengers and their parents should monitor these characteristics of the drive and the driver. Anticipatory guidance about passenger risks should begin by the age of 11 years.

3. Double Jeopardy: Depressive Symptoms and Rapid Subsequent Pregnancy in Adolescent Mothers

Beth Barnet, MD; Jiexin Liu, PhD, MBA, MS; Margo DeVoe, MS

Arch Pediatr Adolesc Med. 2008;162(3):246-252.

Objective: To examine whether depressive symptoms are a risk factor for a subsequent pregnancy in adolescent mothers.

Outcome Measure: Occurrence of and time to subsequent pregnancy by 2 years post partum.

Results: Among teens completing at least 1 follow-up questionnaire, baseline depressive symptoms were present in 46%. A subsequent pregnancy by 2 years post partum was experienced by 49%, with a mean (SD) time to first subsequent pregnancy of 11.4 (5.8) months. Depressive symptoms were associated with increased risk of subsequent pregnancy in both unadjusted models (hazard ratio, 1.44; 95% confidence interval, 1.01-2.03) and adjusted models (hazard ratio, 1.44; 95% confidence interval, 1.00-2.01).

Conclusions: Depressive symptoms may be an independent risk factor for subsequent pregnancy in African American adolescent mothers. Because depression is treatable, future studies should evaluate whether improved recognition and treatment of adolescent depression reduces the risk of rapid subsequent pregnancy.

4. Predictors of Sexual Risk Behaviors among Newly Homeless Youth: A Longitudinal Study

M. Rosa Solorio M.D., M.P.H., Doreen Rosenthal Ph.D., Norweeta G. Milburn Ph.D., Robert E. Weiss Ph.D., Philip J. Batterham M.P.H., Marla Gandara B.A. and Mary Jane Rotheram-Borus Ph.D.

Journal of Adolescent Health Volume 42, Issue 4, April 2008, Pages 401-409

Abstract

Purpose: To longitudinally examine the association between newly homeless youth individual factors (sociodemographic characteristics, depression, substance use), and structural factors, such as living situation (family, institution, nonfamily), with sexual risk behaviors.

Results: At baseline, 77% of youth had been sexually active, increasing to 85% of youth at 24 months of follow-up. For predictors of multiple sexual partners, among male youth, these included living in nonfamily settings and using drugs; among females, living situation was not predictive of having multiple sexual partners but drug use was. For condom use, among females, living in a nonfamily setting and drug use decreased the odds of always using condoms; for males, no factors were found to be predictive of condom use.

Conclusions: Living with nonfamily members and drug use appear to be the most salient in explaining sexual risk among newly homeless youth. Our findings indicate that interventions aimed at reducing sexual risk behaviors, and thereby reducing sexually transmitted diseases and HIV among newly homeless youth, need to help youth in finding housing associated with supervision and social support (family and institutional settings) as well as aim to reduce drug use.

5. Support for Comprehensive Sexuality Education: Perspectives from Parents of School-Age Youth

Journal of Adolescent Health Volume 42, Issue 4, April 2008, Pages 352-359

Marla E. Eisenberg Sc.D., M.P.H., Debra H. Bernat Ph.D., Linda H. Bearinger Ph.D., and Michael D. Resnick Ph.D.

Abstract

Purpose: Controversy about school-based sexuality education in public schools has continued over the past decade, despite mounting evidence that comprehensive sexuality education effectively promotes sexual health and that parents support these programs in public schools. The present study replicates and expands upon previous findings regarding public views on school-based sexuality education.

Methods: One thousand six hundred five parents of school-age children in Minnesota responded to telephone surveys in 2006–2007 (63% participation rate), including items regarding general sexuality education, 12 specific topics, the grade level at which each should be taught, and attitudes toward sexuality education.

Results: The large majority of parents supported teaching about both abstinence and contraception (comprehensive sexuality education [CSE]; 89.3%), and support was high across all demographic categories of parents. All specific sexuality education topics received majority support (63.4%–98.6%), even those often viewed as controversial. Parents believed most topics should first be taught during the middle school years. Parents held slightly more favorable views on the effectiveness of CSE compared to

abstinence-only education, and these views were strongly associated with support for CSE (odds ratio [OR]CSE = 14.3; OR abstinence = 0.11).

Conclusions: This study highlights a mismatch between parents' expressed opinions and preferences, and actual sexuality education content as currently taught in the majority of public schools. In light of broad parental support for education that emphasizes multiple strategies for prevention of pregnancy and sexually transmitted infections (including abstinence), parents should be encouraged to express their opinions on sexuality education to teachers, administrators, and school boards regarding the importance of including a variety of topics and beginning instruction during middle school years or earlier.

[Resources](#)

6. Ways to Promote the Positive Development of Children and Youth

Researchers find that children and adolescents who spend their time in several out-of-school time activities fare better developmentally than do their peers who are not involved at all or who participate in just one activity. This brief discusses the elements that define positive youth development and addresses the critical role that out-of-school time settings can play in supporting adolescents' development.

http://www.childtrends.org/Files//Child_Trends-2008_02_27_PositiveYouthDev.pdf

7. Communicating in Adolescence: Building on Strengths While Addressing Risks

This 90-minute Webcast will help pediatricians, nurse practitioners, internal medicine and family practitioners, nurses and office staff learn how to incorporate a practical, strength-based approach in interviewing and intervening with adolescents. The session features Paula Duncan, MD, FAAP, and Kenneth Ginsburg, MD, MS Ed, FAAP.

<http://www.aap.org/sections/adol/adolescentdiv/YDresources.html>

8. Sexual Assault Awareness Month, April 2008

Designated as Sexual Assault Awareness Month (SAAM), April brings an annual opportunity to focus awareness on sexual violence and its prevention. It is also an opportunity to highlight the efforts of individuals and agencies that provide rape crisis intervention and prevention services while offering support to sexual assault survivors, victims and their families. SAAM raises

awareness of sexual violence and its prevention through special events while highlighting sexual violence as a major public health issue and reinforces the need for prevention efforts. For ideas on how to observe SAAM in your community link to the National Sexual Violence Resource Center: <http://www.nsvrc.org/saam/> and to the Minnesota Coalition Against Sexual Assault, www.mncasa.org (<http://www.mncasa.org/>)

Conferences

9. Youth Work Institute Classes in Moorhead, Mankato, and Rochester MN- See attached flier for the late March class offerings.

10. Urban Youth and Nature conference is April 11:

The University of Minnesota Extension' s Applied Research Collaborative on Youth Development with Minnesota Children and Nature Connections and the Minnesota Recreation and Park Association is co-sponsoring a conference called Urban Youth and Nature: Changing Lives Transforming Communities. Brother Yusuf Burgess, noted Environmental Educator with the New York State Department of Environmental Conservation will present on a topic of growing importance: the fading connection of youth and nature, with implications for youth, adults, families and communities. For complete registration information, visit www.inquirytoimpact.org

11. Every Student Connected: Developing a Language of Connection (With a Focus on Special Education)

Nationally recognized research shows that the health and future success of students is closely linked to how connected they feel to their school. This workshop will show how schools can communicate with respect by building on student and family assets, and strengths.

Friday, April 11, 2008
8:30 a.m. - 12:30 p.m. (Registration at 8 a.m.)
Ridgedale Library
12601 Ridgedale Dr.
Minnetonka, MN 55305

The flier is attached.

12. Prevention Forum!

Please see the attachment for information on the next Prevention Forum, to be held on Tuesday, April 22 at St. Louis Park City Hall at 12:30 p.m.



*Note the time change for this particular forum -- to begin at 12:30 p.m.

Please join us on April 22 for an exciting Prevention Forum with Carol Falkowski!
No registration required.

13. Turning Them Around: Developing Motivation, Responsibility and Self-Discipline in At-Risk Youth with Vicki Phillips to you on April 22, 2008 at the Holiday Inn, Alexandria, MN.

Location: Holiday Inn Alexandria

5637 Hwy 29, Alexandria, MN

Date: April 22, 2008

Time: 8:30-4:00 p.m. (Registration 7:30-8:30 a.m.)

Conference Description

Do you find yourself feeling frustrated when working with at-risk youth? Discover how to narrow this gap between you and at-risk youth by learning how to use their need to feel empowered and "in charge" and channel it in a positive direction - leading to responsibility and self-discipline. Learn how to develop character, resiliency and emotional intelligence in those youth.

Go to their website for more information:

<http://www.mnyipa.org/control.php?ezSID=dce90f5ce227dc52bf1495128fa1f82a&topgroupname=&groupname=education&subgroupname=&contentname=CR08>

14. Minnesota International Health Volunteers presents: Somali Reproductive Health Forum

Wednesday, April 23, 2008

12:30 - 4:30 pm

MIHV will present the results of its qualitative research study about how Somali adolescents learn and communicate about sexuality and reproductive health.

Topics will include:

- Cultural norms in the Somali community about discussing sexuality and reproductive health, including parent/youth communication
- Somali community perspectives on the importance of educating youth about sexuality and reproductive health
- Recommendations for culturally appropriate outreach and education about sexuality and reproductive health for Somali youth

Registration required at www.mihv.org/events . Participation is free of charge, thanks to funding from the Minnesota Department of Health, Family Planning Special Projects. This event will be held at the Minnesota Church Center building, 122 W. Franklin Ave., Minneapolis, MN 55404. Speaker details will follow.

Feel free to forward this announcement to anyone you think may be interested.

15. MOAPPP's 17th Annual Conference: Register Today!!

May 1-2, 2008

Earle Brown Heritage Center – Brooklyn Center, Minnesota

The MOAPPP conference offers two days of dynamic speakers, challenging workshops and multiple opportunities to network with Minnesota professionals committed to teen pregnancy prevention and support for pregnant and parenting teens.

Conference brochures can be downloaded from the MOAPPP website at

<http://www.moappp.org/Documents/events/2008/2008ConferenceBrochure.pdf>

For more information, please contact Marilyn Colby Rivkin – marilyn@moappp.org, 651-644-1447 ext. 15.

Early registration deadline is Friday, April 11th

16. Connecting Youth to Success: Doing Juveniles Justice in Minnesota

Leaders from across Minnesota will learn from national and local experts how to create an effective youth-focused juvenile justice system for Minnesota. Sessions will focus on systems integration, disproportionate minority contact, mental health, family involvement, use of evidence-based practices, after care/reentry, prevention, funding and the role of schools.

When: June 19, 2008

Where: Earle Brown Conference Center, Brooklyn Center, Minnesota

Cost: \$60 per person

For more information: (612) 998-7466 or www.jjcmn.com

Other

17. The Annex Teen Clinic is pleased to announce a job opening for:
Health Educator - Brooklyn Center Specialist.

Grants (Please note: MDH is NOT a contact for the following opportunities)

18. ESA Foundation -- Grants to Support Youth Health and Welfare (Deadline: 4/15/08)

The ESA Foundation is accepting applications for its grant program to support organizations helping youth (ages 7-18 years) in two or more U.S. states through programs focused on skills and personal development, general health and welfare, risk behavior prevention, education, and/or multimedia arts/technology projects and/or applications.

<http://www.theesa.com/foundation/grant.php>

19. Target Corporation Family Violence Prevention Grants

Target Corporation is accepting applications for its Family Violence Prevention Grants to support healthy family relationships and environments. Award amounts are \$1,000-\$3,000. Eligible applicants include 501(C)(3) organizations, schools, libraries, and public agencies. **Deadline: May 31, 2008**

Contact the Target Corporation grant program directly for complete program information and application guidelines:

<http://sites.target.com/site/en/corporate/page.jsp?contentId=PRD03-003409>.

For more information on Adolescent Health at MDH, please contact

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