

**DID YOU
KNOW?**

- May is National Teen Pregnancy Prevention Month (Page 1)
- New Report Highlights STDs among Young Adults (Page 1)
- Supportive housing for pregnant and parenting adolescents (Page 2)
- Resources for youth in Foster Care (Page 2)
- *It's that Easy* training (Page 3)
- *Safer Choices* curriculum training (Page 3)
- Teenage Pregnancy Prevention: Replication of Evidence-based Program RFP (Page 4)
- If you want to **subscribe** to this newsletter, please email support@govdelivery.com or go to the following website: <http://www.health.state.mn.us/youth/newsletters.html>

Adolescent Health E News

MAY AND JUNE 2010

May is National Teen Pregnancy Prevention Month

May is National Teen Pregnancy Prevention Month and May 5th was the National Day to Prevent Teen Pregnancy. National Teen Pregnancy Month is an educational campaign designed to help communities recognize the effects of unintended teen pregnancy and early childbearing, and to focus teen's attention on the importance of avoiding teen pregnancy and other consequences of sex. The campaign is promoted at the national level by the organizations Advocates for Youth and the National Campaign to Prevent Unplanned and Teen Pregnancy and by the Minnesota Organization on Adolescent Pregnancy, Preven-

tion, and Parenting (MOAPPP) at the state level.

The National Campaign to Prevent Teen and Unplanned Pregnancy provides various ways for teens to participate all month, including a quiz, a teen block party game, and a PSA contest on teen pregnancy prevention.

To view these activities, get additional information, or gather resources visit <http://www.thenationalcampaign.org/national/#news>

Advocates for Youth also provides various resources and information on National Teen Pregnancy Prevention Month.

Visit the following link to view their resources and the National Teen Pregnancy Prevention Month Planning Guidebook.

http://www.advocatesforyouth.org/index.php?option=com_content&task=view&id=1304&Itemid=77

Visit MOAPPP for additional resources for your use at http://www.moapp.org/outreach/teen_pregnancy_prevention_month.html

New Report Highlights STDs among Young Adults

A new research brief from Child Trends analyzed the attitudes and behaviors of young adults related to sexually transmitted infections and found that despite the high incidence of STDs in this population, perceived risk is low, and high risk behaviors continue.

Using the National Longitudinal Study of Adolescent Health (Add Health), they found that more than one in seven young adults had a sexually transmitted disease (STD) at the time of the survey, or within the past year. Populations most at risk according to this study include young women, Black young adults, as

well as those young adults in cohabiting and dating relationships.

The most common STD was chlamydia, followed by trichomoniasis. In fact, 8 percent of those involved in the study tested positive for two or more STDs.

Perhaps more alarming were their findings regarding perceived risk: "Nearly three-quarters of young adults with a positive STD test do not perceive themselves to be at risk of having an STD."

Furthermore, "only 31 percent of male respondents and 25 percent of female respondents who

tested positive for an STD believed that they had any chance of contracting one."

The authors conclude with the recommendation to continue to educate young adults about the risks of STDs, while at the same time increase self-efficacy and problem solving skills. Additionally, health care providers must increase their routine screening for STDs.

(see *Child Trends Research Brief, May 2010, Wildsmith, Schelar, Peterson, and Manlove*)

http://www.childtrends.org/Files/Child_Trends_2010_05_01_RB_STD.pdf

Supportive Housing for Pregnant & Parenting Adolescents



Supportive Housing is an integrated system of living arrangements and professional case management services that provides pregnant and/or parenting adolescents a safe place to live, 24-hour access to caring adults, and connections to community resources. This system is employed to help young parents develop necessary skills and secure resources needed to maintain housing throughout adulthood.

Healthy Teen Network and Child Trends have developed a resource defining and detailing what the core components

of supportive housing for pregnant and parenting adolescents include. “The identification of core components provides guidance for supportive housing programs to meet the needs of pregnant and parenting adolescents by providing supports and recourses needed to help them succeed. Core components of supports and resources include:

1. Promote self-sufficiency
2. Promote housing stability
3. Promote financial stability
4. Promote successful and engaged parenting and attachment

5. Promote healthy relationships

Promoting these 5 components will provide a well-rounded approach to meeting the diverse needs of pregnant and parenting adolescents, helping them transition to independent living.

The full article can be found at http://healthyteennetwork.org/index.asp?Type=B_PR&SEC={2AE1D600-4FC6-4B4D-8822-F1D5F072ED7B}&DE={97475831-0B51-4319-8C3C-D37F9339A975}

“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 in Foster Care

According to the National Campaign to Prevent Unplanned and Teen Pregnancy, adolescent females in foster care are 2.5 times more likely to get pregnant by age 19 than their counterparts outside of the system. Additionally, 50% of young males 21 years of age have reported that they had gotten someone pregnant compared to 19% of young males who were not in the system.

The National Campaign has released new publications and resources for pregnancy prevention among youth in foster care.

1. Briefly: Effective Planning for Child Welfare Leaders to Help Prevent Teen Pregnancy: “This document provides guidance to child welfare agency leaders and their teams

about making decisions and developing effective programs for youth most likely to get pregnant and have children”. Find the document at http://www.thenationalcampaign.org/resources/pdf/Briefly_EffectivePlanning_ChildWelfareLeaders.pdf

2. Briefly– It’s Your Responsibility to Talk to Youth: Pregnancy Prevention for Youth in Foster Care: “This tool is designed for caregivers and service providers to raise awareness; suggest ways to approach sex, pregnancy, and sexually transmitted infections with youth; provide resources”. Find the tool at http://www.thenationalcampaign.org/resources/pdf/Briefly_ItsYourResponsibility.pdf

3. A Crucial Connection:

Working Together to Address Teen Pregnancy Among Youth in Foster Care: “A 9 minute long DVD features teens and young adults speaking candidly about their experiences with the foster care system as well as various professionals discussing why it is important to address teen pregnancy among youth in foster care”. Get more information at <http://www.thenationalcampaign.org/fostercare/crucialconnection.aspx>

4. It’s Your Call: Make the Right Decision for You: “This brochure is for youth in foster care and it is designed to help youth think carefully about sex, health and relationships. Download a copy at <http://www.thenationalcampaign.org/fostercare/crucialconnection.aspx>



“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



Opportunities

To Community Partners,

Greater Twin Cities United Way will be issuing new RFPs in the area of ending of homelessness some time 4th quarter 2010. We plan to run an open, competitive review process for the following service areas and we welcome your input on the design of the RFP:

-Unaccompanied homeless youth services (intervention, shelter and transitional/supportive housing). Note that we are looking to use the following definition for Unaccompanied Homeless Youth/Young Adults: Individuals between 0 and 24 years old who are not in the physical custody of a parent or guardian and are homeless.

-Transitional/Supportive housing for families

-Rapid Re-housing for families and Rapid Re-housing with employment services for singles (integrated models). Note that we are looking to use the following definition for Rapid Re-housing: A program approach that helps people with limited barriers experiencing homelessness quickly locate housing, and receive up to one year of home-based services and supports focused on retaining housing stability for a minimum of one year.

The focus of these community input sessions will be around Core Expectations, Required Outcomes and Definitions. The dates for these three different input sessions are as follows:

1:00 – 2:30 pm, June 15 - Unaccompanied Homeless Youth Services

9:00 – 10:30 am, June 17 - Transitional/Supportive housing for families

10:30 – Noon, June 18 - Rapid Re-housing for families and Rapid Re-housing with Employment Services for singles (integrated models)

All sessions will be held at the International Institute of MN, 1694 Como Avenue, St. Paul. Please RSVP by Thursday, June 10 to CIBN@Unitedtwincities.org.

Trainings

It's That Easy! Parent Educator Training

June 22-23, 2010 - Duluth
 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. However, sexuality is not always easy to discuss. 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.moapp.org/Documents/events/2010/ITESummerFlyer2010.pdf>

Questions? Contact Jocelyn at 651-644-1447 x19, jocelyn@moapp.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

1500 Highway 36 West, Rose-

ville, MN

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

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



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

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 oppor-

Save the Date

tunities.

- 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. Graduate credit and contact hours available

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



Grants

Teenage Pregnancy Prevention: Replication of Evidence-based Program

Due Date: June 1, 2010

Letter of intent: May 3, 2010

The Office of Adolescent Health (OAH) announces the availability of Fiscal Year (FY) 2010 funds to support medically accurate and age appropriate programs that reduce teenage pregnancy. Under this announcement, a total of \$75,000,000 is available on a competitive basis for the purpose of replicating evidence-based programs that have been proven through rigorous evaluation to reduce teenage pregnancy, behavioral risks underlying teenage pregnancy, or other associated risk factors. The full announcement and instructions

are available at http://www.hhs.gov/ophs/oah/prevention/grants/announcements/fund-ing_announcement_04012010.pdf

Liberty Mutual—Responsible Sports Grants

Due Date: May 31, 2010

The Responsible Sports Community Grants program is aimed at helping to defray the costs of running a successful youth sports program.

Awards between \$2,500 and \$5,000 will be awarded to 20 youth sport organizations. Any nonprofit youth sports organization can earn a Responsible Sports Community Grant.

For more information and to apply for this funding visit http://www.responsiblesports.com/community_grants/community_grant_details.aspx



Minnesota Department of Health

Jennifer O'Brien
Adolescent Health Coordinator
Minnesota Department of Health
P.O. Box 64882
St Paul, MN 55164-0882
Phone: 651-201-3627
Fax: 651-201-3590
E-mail: Jennifer.obrien@state.mn.us

<http://www.health.state.mn.us/youth/>

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](#).

To subscribe...

If you want to **subscribe** to this newsletter, please email support@govdelivery.com or go to the following website: <http://www.health.state.mn.us/youth/newsletters.html>