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KNOW?**

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Adolescent Health E News

OCTOBER 2010

School Based Health Centers

In September's issue of the American Journal of Public Health, several articles discussed the role of school health centers (SBHCs) in improving health outcomes for youth. School based health centers are a distinct model of care that includes both school-based (within the walls of a school) and school-linked health centers that create greater access for young people to youth-friendly health care.

In "**The Role of School Health Centers in Health Care Access and Client Outcomes**", the authors concluded that "school health centers increase access to care and improve mental health, resiliency, and contraceptive use".

In "**The Impact of School-Based Health Centers on the Health Outcomes of Middle School and High School Students**", the authors found that "students who used SBHCs were more satisfied with their health and engaged in a greater number of health-promoting behaviors than did students who did not use SBHCs."

In "**Bridging the Gap: Using School-Based Health Services to Improve Chlamydia Screening Among Young Women**", the authors concluded that "chlamydia screening programs implemented in school-based settings have the capacity to identify and treat a significant

amount of asymptomatic infection in a population that otherwise may not be reached."

Soleimanpour S, Geierstanger SP, Kaller S, McCarter V, Brindis CD. The Role of School Health Centers in Health Care Access and Client Outcomes *American Journal of Public Health*. 2010; 100(9) 1597-1603

McNail MA, Lichty LF, Mavis B. The Impact of School-Based Health Centers on the Health Outcomes of Middle School and High School Students *American Journal of Public Health*. 2010; 100(9) 1604-1623

Braun RA, Provost JM. Bridging the Gap: Using School-Based Health Services to Improve Chlamydia Screening Among Young Women. *American Journal of Public Health*. 2010; 100(9) 1624-1629

How does Health Care Reform Help Adolescents and Young Adults?

From MCH Alerts, 9/10/2010
"The Patient Protection and Affordable Care Act of 2010: How Does it Help Adolescents and Young Adults?"
reviews major provisions of the health care reform legislation enacted this year that could either enhance or limit adolescents' and young adults' access to health care services. The issue brief sets forth an analysis of the Patient Protection and Affordable Care Act similar to that presented in an earlier fact sheet, including questions that remain to be answered during implementation at state and federal levels. Both the fact sheet and

the issue brief were published by the Center for Adolescent Health and the Law and the National Adolescent Health Information and Innovation Center at the University of California, San Francisco, with support from the Health Resources and Services Administration's Maternal and Child Health Bureau. The brief begins with a general timeline of implementation requirements of particular significance for adolescents and young adults, followed by more detailed explanations.

Topics include expanding health insurance coverage, improving access to comprehensive benefits, improving training and com-

penensation of providers, increasing emphasis on prevention and wellness, increasing access for vulnerable adolescents and young adults, and implications (actions and challenges). References on statutes, regulations, Society for Adolescent Health and Medicine Principles, and additional resources are included. The issue brief is available at http://nahic.ucsf.edu/downloads/HCR_Issue_Brief_Aug2010_Final_Aug31.pdf."



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



National Latino AIDS Awareness Day (NLAAD), October 15, 2010

The national sponsor for the observance, Latino Commission on AIDS, has announced the theme for NLAAD 2010: Save a Life, It May be your Own. Get Tested for HIV – speaks to the critical role HIV testing and prevention education plays due to the late testing realities faced by Hispanic/Latino communities. A Governor’s Proclamation and corresponding news release on behalf of NLAAD will be developed and distributed by MDH in early October. For more

F.Y.I.... October is...

information, visit the NLAAD web site at: <http://www.nlaad.com>. For state activities and resources, visit the MDH NLAAD web site at: <http://www.health.state.mn.us/divs/idepc/diseases/hiv/worldaidsday/nlaad/index.html>.

October is Let’s Talk Month!

Let’s Talk Month (LTM) is a community campaign during the month of October that supports parents in their efforts to talk to their children openly and honestly about relationships and sexuality.

Here are some resources and information

MOAPPPP:

http://www.moappp.org/outreach/lets_talk_month.html

Advocates for Youth:

<http://>

www.advocatesforyouth.org/index.php?

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Innovative Community Education Websites

The Partnership for a Drug-Free America Launches Innovative Community Education Website Educating Parents and Teens About the Dangers of Drugs and Alcohol

Parents360 (Parents: You Matter) educates parents of teens and tweens about why kids use drugs and alcohol; helps them protect their children, offers tips on communicating with teens and monitoring their activities and teaches parents how to spot drug/alcohol use and what to do if they discover a problem.

Youth360 (wreckED) encourages teens to think more introspectively about their

own and their friends’ behavior regarding alcohol and drugs and to consider the associated consequences of getting involved.

Latino360 (A través del Cristal Meth) encourages Hispanic parents and concerned adults to educate themselves on the dangers of meth, and provides them with tools and resources to protect their children from this dangerous drug.

Padres360 (Padres: Ustedes hacen la Diferencia!) helps Hispanic parents understand, prevent and address drug and alcohol issues with their teens

The website also features a community blog which provides parents the opportunity

to ask hard-hitting questions of law enforcement officials regarding substance abuse and a forum for law enforcement to share their perspectives on prevention with parents and others who care about kids.

If you are an active parent or community member, please consider becoming a champion who will bring these programs to your community, or strengthen existing efforts. If you are a law enforcement, prevention or treatment professional or if you work in the fields of education, social services or health care, we encourage you to consider becoming a presenter or coordinator of a PACT360 program.

For more information and to see all the community education programs and resources, visit drugfree.org/pact360.



“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



36th Annual Program Sharing: Minnesota’s ATOD Prevention Conference

October 13-14, 2010
 St. Cloud Civic Center, St. Cloud, MN

Register online:
www.emprc.org/ps2010

The Program Sharing Conference provides learning, networking and skill-building opportunities to those who work to prevent alcohol and other drug misuse and the recreational use of tobacco (ATOD). The conference agenda also encompasses violence prevention as it relates to ATOD use. By sharing how their programs work, and what is effective prevention, presenters and participants learn from one

another in this exemplary, two-day learning community.

The conference is geared towards ATOD prevention professionals, school chemical health personnel, public health educators, psychologists and counselors, parents and students, law enforcement personnel, school nurses, social service specialists, and anyone interested in ATOD and violence prevention

Boys Adrift and Girls on the Edge with Leonard Sax, Ph.D.

October 26, 2010 8:30-4:00 p.m.

Learning Objectives

-To achieve a better understanding of the factors which motivate boys to achieve in

school and in the workplace.
 -To understand some of the new stresses facing girls, as well as ‘new’ problems such as non-suicidal self-injury.
 -To understand sex differences in the propensity to delinquent behaviors.

Conference Information

University of Minnesota Continuing Education and Conference Center
 1890 Buford Ave
 St. Paul, MN
 Cost: \$125/non-YIPA members, \$93/YIPA members, call for group discount with 5+ from same organization.

More Information & online registration:

www.mnyipa.org

Trainings/ Workshops

¡Cuidate!: Training of Educators October 5-7, 2010

Minnesota Department of Education—1500 Highway 36 West, Roseville

¡Cuidate!—which means “take care of yourself”—is a six-session curriculum for use by school districts, faith communities and community organizations that helps youth develop the knowledge, attitudes and skills to reduce their risk for HIV. This evidence-based curriculum, designed for Latino youth ages 13-18, emphasizes risk reduction while highlighting cultural values that support safer sex,

and reframing cultural values that are perceived as barriers to safer sex. In addition to the two and a half days of highly interactive training, each participant receives a copy of the ¡Cuidate! curriculum and video. Scholarships are available. For more information and to register, see the flyer and registration form <<http://www.moappp.org/Documents/events/2010/CuidateRegistration-Flyer.pdf>> .

The Youth Work Institute presents... Healthy Sexuality, Healthy Youth!

Explore ways in which adults

can effectively communicate with youth to help them learn the facts and components of human sexuality.

Who should attend: Those who work with and on behalf of youth.

Dates: October 14 & 21, 2010 (Two consecutive sessions)

Time: 9 a.m. - 12 noon

Location: Urban Research Outreach Center (UROC) 2001 Plymouth Ave. N. Room 107, Minneapolis

Cost: \$45

Register: <http://www1.extension.umn.edu/youth/Training-Events/healthy-sexuality-healthy-youth.html> (Registration deadline is 10/7/10.)



Underage Alcohol Use is Not a Rite of Passage and Prescription and Over-the-Counter Drug Use and Youth

A two-part training detailing modern challenges youth face

November 9, 2010 * 9:00 a.m. - 12:00 p.m.

CONFERENCE INFORMATION

Country Inn and Suites
1900 Premier Drive
Mankato, MN
Cost: \$45/non-YIPA members, \$35/YIPA members, call

More Trainings

for group discount with 5+ from same organization.

TRAINING DESCRIPTION

Youth substance abuse causes numerous physical, psychological, academic, financial and personal problems for young people, families, schools and communities. Alcohol has been and continues to be the leading drug of abuse among youth and the leading cause of problems. New normative youth drinking involves games and paraphernalia that encourage excessive amounts of alcohol consumption. Two other new trends have arisen in recent

years that have compounded the problems of youth substance abuse. One is the mixing of alcohol with energy drinks and the other is prescription and over-the-counter drug abuse. youth.

For more information, and to register, please go to the following link:

www.mnyipa.org

Youth Intervention Program Association
news@mnyipa.org
888.945.9472

“Investment in health during adolescences has long-term benefits.”

-Minnesota’s Adolescent Health Action Plan



National Gardening Association and Home Depot – 2010 Youth Garden Grants Program

Deadline: November 1, 2010

“NGA awards Youth Garden Grants to schools and community organizations with child-centered garden programs. Priority will be given to programs that emphasize one or more of these elements: educational focus or curricular/program integration, nutrition or plant-to-food connections, environmental awareness/education, entrepreneurship, and social aspects of gardening such as leadership development, team building, community support, or service-learning.

Five programs will receive gift

Grants

cards valued at \$1000 and 95 programs will receive a \$500 gift card to The Home Depot and educational materials. Schools, youth groups, community centers, camps, clubs, treatment facilities, and inter-generational groups throughout the United States are eligible. Applicants must plan to garden with at least 15 children between the ages of 3 and 18 years.”

Please contact National Gardening Association and Home Depot for more information and to apply for this funding:

<http://www.kidsgardening.com/YGG.asp>

The Nathan Cummings Foundation - Health Program Grants

The Nathan Cummings Foundation provides Health Program Grants as part of its commitment to improving people’s health and well-being, especially for those with low- to moderate-socioeconomic status and the disadvantaged. The Foundation defines health as the link between physical health and the economic, social, environmental and psychological factors that affect individuals, families and communities. The Foundation supports projects that address any of their three objectives: health access, environmental health, and capacity building.

Contact The Nathan Cummings Foundation directly for more specific grant information and to apply: <http://www.nathancummings.net/health/index.html>



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](#).

Get Involved...

Wrap-up of Statewide Chlamydia Summit

Nearly 250 people participated with a Summit on chlamydia that was held on August 3, 2010 at Snelling Office Park, St. Paul, and broadcasted to nine other satellite locations statewide to kick-off the “Minnesota Chlamydia Partnership” (MCP) – a new initiative to reduce the incidence of chlamydia in Minnesota. Whether you attended the Summit or not, the next step is to have all partners organize into workgroups to create a statewide plan with strategies to reduce the rising rates of

chlamydia in Minnesota. The statewide plan will be unveiled next spring. If you wish to participate with the workgroups or would just like to be kept informed, sign-up online at: <http://www.health.state.mn.us/divs/idepc/diseases/chlamydia/mcp/arenas.cfm> .