

Healthy Teen Initiative (HTI) Grantee

SAINT PAUL - RAMSEY COUNTY PUBLIC HEALTH DEPARTMENT

The overall goal of the Healthy Teen Initiative is to target populations experiencing the greatest disparities in teen pregnancies and sexually transmitted infections (STIs) through the implementation of high quality, medically accurate, evidence-based and informed programs to promote healthy youth development, risk avoidance, abstinence, and to delay the onset of sexual activity.

Saint Paul - Ramsey County Public Health Department (SPRCPH) and its partners implement the following curricula with youth 10-19, and parents and caring adults of youth 10-19 in Saint Paul-Ramsey County.

Teen Outreach Program (TOP)

TOP is a nationally recognized, evidence-based, healthy youth development program. TOP has been shown to reduce teen pregnancy and sexually transmitted infection risk by engaging 12-14 year old boys and girls in positive peer groups (TOP Clubs) that meet weekly for 9 months. TOP Clubs focus on developing relationships with peers & adult facilitators, as well as community service learning and health education. TOP is implemented by two SPRCPH sub-contractors that includes, the Northeast YMCA facilitates TOP clubs in middle schools and after-school settings, and the Neighborhood House facilitates TOP clubs in community settings.

Making Authentic Connections

Making Authentic Connections (MAC) was developed in partnership with the Minnesota Department of Health. MAC helps adults learn the “why” and “how” to make positive connections with adolescents. Increasing social connections with caring adults helps adolescents feel better about themselves and make better choices impacting health and safety. MAC is based on The Wakanheza Project, a nationally recognized initiative developed by Saint Paul-Ramsey County Public Health to create more welcoming places and public environments for families, children and young people. MAC is implemented by SPRCPH staff in the Twin Cities.

“It’s That Easy!” A guide to Raising Sexually Healthy Children

It’s That Easy (ITE) was created to help parents and other primary caregivers talk with their children of all ages about healthy sexuality and healthy relationships. ITE was developed by a collaborative partnership of community experts and is an evidence informed approach. Neighborhood House (NH) has approximately 10 Parent educators who deliver ITE with parents of youth 10-19 throughout Saint Paul - Ramsey County.

The Healthy Teen Initiative (HTI) is funded by the U.S. Office of Health and Human Services, Administration for Children and Families, Title V State Sexual Risk Avoidance Education Program. The funds are allocated to Saint Paul - Ramsey County Public Health Department through the Minnesota Department of Health. Please contact Grit with questions regarding HTI's implementation in Saint Paul - Ramsey County.

Grit Youngquist, HTI Coordinator | grit.youngquist@co.ramsey.mn.us

For more information: [Minnesota Department of Health - Healthy Teen Initiatives Website](#)

To obtain this information in a different format, call: 651-201-3623. Printed on recycled paper.