

# Minnesota's Healthy Teen Initiative (HTI)

## AN ABSTINENCE EDUCATION GRANT PROGRAM

### Background

Minnesota's Abstinence Education Grant Program (AEGP) Healthy Teen Initiative (HTI) is federally funded and administered through the [Family Youth Services Bureau \(FYSB\) Title V State Abstinence Education Grant Program](#).

In FY 2016, the federal Title V State AEGP provided \$60,430,707 million in non-competitive grants to 38 States and Territories in mandatory funds from the Patient Protection and Affordable Care Act of 2010 for abstinence education, and where appropriate, mentoring, counseling and adult supervision to promote abstinence from sexual activity.

Title V grantees use evidence-based models to promote abstinence and to delay the onset of sexual activity by strengthening beliefs supporting abstinence, increasing skills to negotiate abstinence and resist peer pressure, and educating young people about HIV/AIDS and other sexually transmitted infections. Title V State Abstinence Education Grant Programs served nearly 300,000 youth in FY 2014.

### About Minnesota's HTI

In 2016, the Minnesota Department of Health (MDH) received \$987,459 in federal State Title V Abstinence funds to support the Healthy Teen Initiative. This program aims to decrease risk factors and increase protective factors associated with teen pregnancy and sexually transmitted infections (STIs) for Minnesota's most vulnerable youth populations.

Risk factors can include living in poverty, early sexual activity, early use of alcohol and drugs, and race and ethnicity. Some protective factors include open communication with parents/or adults about accurate contraception use,

parental support and healthy family dynamics, intent to abstain from sex or limit one's number of partners, positive attitudes towards condom use, and understanding the importance of abstinence and pregnancy.

The HTI targets its AEGP funding to populations experiencing the greatest disparities in teen pregnancies and STIs through the implementation of high quality, medically accurate, evidence-based and informed programs to promote healthy youth development, abstinence, and to delay the onset of sexual activity in youth 10-14. In addition, the HTI implements evidence-informed programs that reach parents of youth 10-19, and adult mentors that interact and/or work with youth 10-19.

The targeted populations in Minnesota include, young people of color and American Indian youth; Lesbian, Gay, Bisexual, Transgender and Questioning/Queer (LGBTQ); youth in foster care or aging out of foster care; and youth in alternative learning centers (ALCs) and youth in the juvenile justice system. Minnesota will continue to target these populations geographically.

This grant opportunity aims to achieve the following long-term goals:

- **GOAL #1:** Decrease teen pregnancies among 15-19 year olds by implementing high quality, medically accurate, evidenced-based and informed programs.
- **GOAL #2:** Decrease the rates of STIs among 15-19 year olds by implementing high quality, medically accurate, evidence-based and informed programs.

## Program Approach

The Healthy Teen Initiative uses the following approaches:

1. Evidenced-based and informed programs that reach youth 10-14 years old (*Teen Outreach Program (TOP)*, *Making a Difference & Adult Identity Mentoring (Project AIM)*, *Live it!*, and *Encuentro*).
2. Evidence-informed programs that reach parents of youth 10-19 years old (*It's that Easy: Guide to Raising Sexually Healthy Children*, *Live It!*, and *Encuentro*); and
3. Evidence-informed programs that reach adult mentors that interact and/or work with youth 10-19 years old (*Making Authentic Connections*).

## Minnesota's HTI Grantees

**Division of Indian Work** provides direct service to American Indian youth in middle schools and community settings through *Live It!* in rural and urban Minnesota tribal communities; and reaches out to parents, families and elders in rural and urban Minnesota tribal communities through the *Live It! Family Component*.

**Hennepin County Human Service and Public Health Department** provides direct service to youth in middle schools through *Project AIM (Adult Identity Mentoring)* programming in Brooklyn Park, Minnesota; and reaches out to parents in Hennepin County through *It's That Easy: Guide to Raising Sexually Healthy Children Parent Education Training*.

**Independent School District #840** provides direct service to youth in middle schools and community settings through *Teen Outreach Program (TOP)* Clubs, *Making a Difference* and (*Adult Identity Mentoring*) programming in Watonwan County; and reaches out to parents in Watonwan County through *It's That Easy: Guide to Raising Sexually Healthy Children Parent Education Training*.

**Saint Paul-Ramsey County Public Health Department** provides direct service to youth in middle schools and community settings through *Teen Outreach Program (TOP)* Clubs in East St. Paul, Maplewood, White Bear Lake, and Oakdale, Minnesota. Reaches out to parents in St. Paul-Ramsey County through *It's That Easy: Guide to Raising Sexually Healthy Children Parent Education Training*; and *Making Authentic Connections*, a way of making authentic connections and relationships with youth in St. Paul-Ramsey County.

**West Side Community Health Services** provides direct service to youth in St. Paul public and charter middle schools through *Project AIM (Adult Identity Mentoring)* programming; and reaches out to parents in St. Paul, Minnesota through *It's That Easy: Guide to Raising Sexually Healthy Children Parent Education Training*.

For more information, visit the AEGP website: [www.health.state.mn.us/divs/cfh/program/mhti/](http://www.health.state.mn.us/divs/cfh/program/mhti/)

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