



California Adolescent Health Collaborative

AHC NEWS

SPRING 2008

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California Adolescent Health Collaborative Spring 2008 Newsletter

AHC 2008 Conference--Save the Date!

Youth Issues 2008: Transforming Services, Transforming Community

The California AHC 2008 Conference will be held on Thursday and Friday, September, 18-19, 2008 in Los Angeles. The theme of the conference is "Youth Issues 2008: Transforming Services, Transforming Community." Be sure to check the [website](#) for updates. Registration will begin in late March and you will be able to register on-line.

For more information, please contact Sharon Kosch, Conference Coordinator at skosch@californiateenhealth.org

New AHC Staff

Joining us this Spring are two new AHC staff members, Virginia Duplessis and Liz

Worthy.

Virginia Duplessis, MSW, joins the AHC staff as an Adolescent Health Analyst. She has worked in adolescent health settings in both school-based and county public health programs. Her main focus at AHC is behavioral health, including providing technical assistance, training, and data analysis on the Mental Health Services Act's Prevention and Early Intervention component. She will be assisting in the development and implementation of training for foster care providers. She can be reached at virginiad@californiateenhealth.org.

Liz Worthy, our Program Assistant, will be monitoring and updating the AHC web site and coordinating the quarterly newsletter in addition to other activities such as handling training logistics and formatting data for reports. She can be reached at lizw@californiateenhealth.org.

Both new staff will be working to implement the new Maternal, Child, and Adolescent Health (MCAH) contract.

In The News

Dropout Data Show Most Kids Stay in School

About 80 percent of dropouts come from just 20 percent of high schools, according to the California Dropout Research Project, which recently released a report of dropout data for the 2005-06 school year.

[Read more...](#)

Risky Sexual Behavior of Newly Homeless Youth Varies

A new UCLA AIDS Institute study has found that newly homeless youth are more likely to engage in risky sexual behavior if they stay in non-family settings -- such as friends' homes, abandoned buildings or the streets -- because in these settings they lack supervision and social support. Drug use also factored into this behavior, according to the study. This study differs from others in that it focuses on the impact of structural factors such as living situations, rather than on individual risk behavior.

[Read more...](#)

Sense of Personal Control Influences Latinas' Decisions About Sexual Debut

According to researchers from the University of Chicago Medical Center, a sense of personal control over sexual behaviors strongly influences Latinas' decisions about when to first engage in sex.

[Read more...](#)

Overweight Adolescents Projected to Have Higher Rates of Heart Disease in Young Adulthood

A new study investigating the health effects of being overweight during adolescence projects alarming increases in the rates of heart disease and premature death by the time today's teenagers reach young adulthood. Based on the numbers of overweight adolescents in 2000, the study found that up to 37 percent of males and 44 percent of females will be obese by the time these teenagers turn 35 years old in 2020. As a consequence of this obesity, these young adults are expected to have more heart attacks, more chronic chest pain and more deaths before they reach age 50.

[Read more...](#)

Teens Find the Benefits of Not Having Sex Decline with Age

According to a new study by scientists at the University of California, the percentage of teens who report solely positive benefits from not having sex declines precipitously with age.

[Read more...](#)

Survey Finds Declines in Cigarette Smoking and Drugs Use at Eighth Grade

This year's *Monitoring the Future* survey found encouraging declines in both smoking and illicit drug use by eighth graders. The director of the National Institutes of Health (NIH) credited the declines to "a large science-based effort throughout the public health community to drive down the rates of smoking, illicit drug, and alcohol use among teens."

[Read more...](#)

Sex Education Linked to Abstinence, Later Initiation of First Sex

Adolescents who receive sex education prior to the initiation of sexual activity are more likely to abstain from sex and postpone the initiation of sexual activity. In addition, males were more likely to use contraception the first time they had sex in response to sex education, according to an article published in the January 2008 issue of the *Journal of Adolescent Health*.

[Read more...](#)

Teenage Birth Rate Rises for First Time Since 1991

The birth rate among teenagers ages 15 to 19 in the United States rose 3 percent in 2006, the first such increase since 1991, according to a recent report by the Centers for Disease Control and Prevention.

[Read more...](#)

Resources

The Behavioral Health Adolescent Provider Toolkit

Developed by the Adolescent Health Working Group (AHWG) for health care providers, this toolkit takes a closer look at common adolescent mental health and substance use issues and includes:

- Screening and assessment tools
- Twelve mental health and substance use issue briefs
- Evaluation and treatment algorithms for general behavioral health concerns, depression, and Attention-Deficit Hyperactivity Disorder
- Brief office interventions and counseling guidelines
- Health education materials for teens and their parents/adult caregivers
- Online resources and hotlines

You can download a FREE copy or purchase a hard copy of the Behavioral Health Toolkit by visiting the [AHWG website](#). The Adolescent Provider Toolkit series and other AHWG publications are useful tools for improving young people's health.

Asian Pacific Islander American Health Forum Youth Report

Prepared by the Asian Pacific Islander American Health Forum, this youth report appraises the health status of Asian American, Native Hawaiian, and Pacific Islander youth in the San Francisco Bay Area by identifying some critical health care concerns, programmatic and policy issues that affect the health needs of these youth.

[Download the report.](#)

Ways to Promote the Positive Development of Children and Youth

Researchers find that children and adolescents who spend time in several out-of-school activities fare better developmentally than do their peers who are not involved at all or who participate in just one activity. The brief discusses the elements that

define positive youth development and addresses the critical role that out-of-school settings can play in supporting adolescents' development.

[Read the brief.](#)

Good Health Counts Report

Good Health Counts: A 21st Century Approach to Health and Community for California synthesizes findings from nearly 100 community report cards and indicator reports from throughout the country and broadens understanding of all the elements that contribute to community health. The report, prepared by the Prevention Institute with funding from The California Endowment, helps make the connection between factors in the environment -- including equitable opportunities, strong social ties, the ability to buy healthy foods, perceptions of safety to walk or play in the park, and affordable, quality medical services -- and their impact on health.

[Download the full report.](#)

Focus Groups? Computer Surveys? Pencil and Paper? The Best Ways to Collect Data from Preteens

If you work with youth in the 9-13 age range - whether in community, school, research, or other settings - you have probably needed to ask them questions about their feelings, behaviors, or other issues at some point. But what's the best way to get good information from this age group? The Preteen Alliance set out to answer that question by commissioning Education Training Research (ETR) to review eight common methods used to collect data from children ages 9 to 13, including surveys (computer-based, PDAs, paper and pencil), diaries, interviews (phone, in-person, focus groups), and observational methods. The full report includes briefs on each data collection method and a synopsis of existing local surveys.

[Read more...](#)

[Learn more about the Preteen Alliance.](#)

Resources for Substance Abuse in Adolescent Females

The California Women, Children and Families (CalWCF) team has updated the Publication & Tools page with a new issue under their "Tools for Women's Treatment Newsletter" series. In it, you will find resources including websites, research reports, journal articles and curricula around meeting the substance abuse prevention and treatment needs of female adolescents.

[Download the "Tools for Women's Treatment Newsletter".](#)

Research Brief Explores Sexual Experience Among Young Adolescents

The Sexual Behavior of Young Adolescents provides new data on the sexual behavior of adolescents ages 14 and younger and offers recommendations to parents, policymakers, and those working with young adolescents. The research brief, part of a series published by The National Campaign to Prevent Teen Pregnancy's Putting What Works to Work project, presents data and information on young adolescents' sexual experience, pregnancy and births, contraceptive use, oral sex, pressure, dating, number of partners, and parents. The authors also present information on science and evidence-based programs to delay sexual initiation and conclude with a discussion of the following topics: (1) the proportion of young adolescents who report having sex before age 13; (2) reasons to be concerned about early sexual activity and dating; (3) parent-adolescent communication about sex, love, relationships, and values; (4) teaching young adolescents how to resist and manage sexual pressure; (5) pregnancy-prevention programs for young adolescents; and (6) future needs.

[Read more...](#)

What Works: Teen Pregnancy Prevention

The National Campaign to Prevent Teen and Unplanned Pregnancy has released the 2008 edition of *What Works: Curriculum-Based Programs that Prevent Teen Pregnancy*. This pamphlet presents a succinct overview of what is known about carefully evaluated interventions that help prevent teen pregnancy.

[Download the pamphlet.](#)

[Order hard copies.](#)

Parenting Teens Online

Parenting Teens Online (www.parentingteensonline.com) is a free monthly publication for parents of teens that offers information on topics from risk-taking behaviors to teen wellness care and more.

[Read more...](#)

Youth Today

Youth Today, the newspaper of youth work, is now on the web at www.youthtoday.org.

[Read the newspaper.](#)

Effects of Childhood Stress on Health Across the Lifespan

The Centers for Disease Control and Prevention (CDC) is pleased to announce the availability of *The Effects of Childhood Stress on Health Across the Lifespan*. This document summarizes the available research on childhood stress and its long-term consequences. It strives to provide practitioners, especially those working in violence prevention, with ideas about how to incorporate this important information into their work.

[Read the publication.](#)

Policy Briefs

CDC Review of School Laws and Policies Concerning Child and Adolescent Health

Using a Coordinated School Health Program model as a framework, the report is intended to help practitioners and policymakers in public health and education at the federal, state, and local levels enhance their knowledge of relevant laws and policies.

[Read more...](#)

SB 1470, Homeless Youth Prevention Act of 2008

SB 1470, introduced February 21, 2008, would require the State Department of Mental Health and the State Department of Housing and Community Development to adopt and distribute a statewide strategic homeless youth prevention plan. This plan will establish and distribute guidelines to county mental health departments and address the Children's Mental Health Services Act, and the Housing and Emergency Shelter Trust Fund Act of 2006.

[View the bill.](#)

Law Introduced Adding Pertussis to Required Immunizations

AB 2580, Health Immunizations amends Sections 120325 and 120335 of the Health and Safety Code, relating to vaccinations. Existing law prohibits the governing authority of a school or other institution from unconditionally admitting any person as a pupil of any private or public elementary or secondary school, child care center, day nursery, nursery school, family day care home, or development center, unless prior to his or her first admission to that institution he or she has been fully immunized against various diseases. This bill would recast those provisions to remove age and date restrictions and, after July 1, 2009, would prohibit the governing authority from admitting or advancing any pupil to the 7th grade unless immunized against pertussis (Whooping cough).

[View the bill.](#)

Youth Development Tips

California Youth Advisory Council Under Development

Two of California's leading youth development organizations, Youth Leadership Institute and California Friday Night Live Program, are working together to create California's first statewide representative group of young people. The proposed California Youth Advisory Council (CYAC) would be a permanent body serving as official advisors to the governor, the state legislature and all state systems or organizations that impact young people in California. The CYAC would:

- Provide input on the state budget, making sure that young people get their fair share of the pie;
- Convene public hearings to gather information; and
- Weigh in on all major youth policy changes being considered by the state.

The California Youth Advisory Council would be the representative youth voice to California state government for the entire population of people under the age of 23. For more information, including the CYAC action packet, contact these organizations.

[Youth Leadership Institute](#)

[California Friday Night Live Program](#)

Upcoming Events

Pharmacy Access Partnership's Annual Gala Event, March 20, 2008

Pharmacy Access Partnership invites you to their third annual Gala event, "Milestones in Reproductive Health," March 20, 2008, from 7:00 pm to 9:00 pm at the San Francisco City Club, located at 155 Sansome Street (at Pine). Entertainment will include young poets from Youth Speaks.

[Find out more.](#)

Reproductive Freedom Day!, March 25, 2008

Join the California Coalition for Reproductive Freedom (CCRF) for their 6th Annual Reproductive Freedom Day. Come to Sacramento to learn about current reproductive health and justice issues, meet other activists from around the state, and tell legislators why reproductive rights are important to your community.

Tuesday, March 25, 2008

Sacramento Convention Center

8:00 am to 4:00 pm

[Register here.](#)

CCY Taking Action Conference, March 30 - April 1, 2008

Taking Action 2008, Youth Creating Change will be held March 30-April 1 in Sacramento, CA.

[Find out more.](#)

California Immunization Coalition Summit, April 28-29, 2008

The 2008 California Immunization Coalition Summit: Emerging Issues and New Directions will be held April 28-29 in Sacramento, CA.

[Find out more.](#)

Adolescent Provider Behavioral Health Toolkit Training, May 2, 2008

The Behavioral Health Toolkit Training will be held in San Leandro on May 2, 10:00-noon.

Erica Montesario, Clinical Professor of Pediatrics and Nursing at UCSF will present The Behavioral Health Toolkit (see the Resources section of this newsletter). The Adolescent Provider Behavioral Health Toolkit Training takes a closer look at the challenging and sometimes vexing issues associated with the screening, assessment, referral and treatment of adolescent

mental health and substance use risks and problems. Each training participant will receive interactive instruction on how to most effectively utilize the newly released Behavioral Health Toolkit, geared for busy front-line health providers that work in offices, clinics and schools. The training will take place at the Every Child Counts (ECC) Conference Center located at 1100 San Leandro Blvd., Suite 130 in San Leandro. Cost is \$25 and registration is limited to 50 participants. Contact Virginia Duplessis at virginiad@californiateenhealth.org for more information.

Youth Development and Outcomes Conference May 28-30, 2008

The Youth Development and Outcomes Conference will be held May 28-30, 2008, in Arlington, VA.

[Find out more.](#)

National Healthy Schools Day, Monday, April 28, 2008

Plan or participate in a Healthy Schools Day event.

[Find out more.](#)

California Mental Health Advocates for Children and Youth (CMHACY), May 7-9, 2008

The 2008 California Mental Health Advocates for Children and Youth Conference, Promoting Wellbeing Through Partnerships, will be held May 7-9 in Pacific Grove, CA.

[Find out more.](#)

The California Wellness Foundation Conference on Teenage Pregnancy Prevention, May 22, 2008

The California Wellness Foundation Conference on Teenage Pregnancy Prevention will take place May 22 in San Francisco, CA.

[Register here.](#)

[California Wellness Foundation](#)

California Family Health Council, Inc., Breaking the Cycle of Teen Intimate Partner Violence, June 17, 2008

The California Family Health Council, Inc., Breaking the Cycle of Teen Intimate Partner Violence (IPV) will be held June 17, 2008 in Los Angeles, CA.

[Find out more.](#)

National School-Based Health Care Convention, June 25-28, 2008

The National School-Based Health Care Convention will be held June 25-28 in Los Angeles, CA.

[Find out more.](#)

FACES Summer Medical Academy, July 7-18, 2008

FACES Summer Medical Academy at Children's Hospital & Research Center Oakland will be held July 7-18, 2008. The fourth annual Summer Medical Academy will provide participants with two weeks of exciting educational opportunities and engaging, hands-on activities that allow students to experience what it's like to be a medical student and doctor.

[Find out more.](#)

California Adolescent Health Conference 2008, September 18-19, 2008

The 2008 Adolescent Health Conference, "Youth Issues 2008: Transforming Services, Transforming Communities," will be held September 18-19 in Los Angeles, CA. The conference is coordinated by the Adolescent Health Collaborative and will provide opportunities to challenge your thinking, collaborate with your colleagues, and join in creative problem solving to address the issues of youth. This is a conference for doctors, nurses, social workers, program staff, peer educators, health educators,

advocates, youth development staff, parents, youth and behavioral health professionals who work with and support youth. A youth track is being planned by youth for youth health educators.

[Find out more.](#)

Funding

The California Adolescent Health Collaborative is funded by The California Wellness Foundation, The California Endowment, the McKesson Foundation, and the Maternal, Child and Adolescent Health (MCAH) Program, California Department of Public Health.

The AHC would like to thank these foundations for their commitment and generous contributions to improving adolescent health.

If you have an item you would like to include in AHC's newsletter, please contact us at lizw@californiateenhealth.org

Sincerely,

AHC
California Adolescent Health Collaborative

email: robink@californiateenhealth.org

phone: 510.285.5632

web: <http://www.californiateenhealth.org>

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