



California Adolescent Health Collaborative

CAHC NEWS

Winter 2010

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California Adolescent Health Collaborative Winter 2010 Newsletter

Planning for CAHC's 2010 Conference is Underway

Mark your calendars for the California Adolescent Health Collaborative 2010 Adolescent Health Conference in collaboration with the University of California San Francisco School of Nursing. "Promoting Healthy Transitions: Tweens, Teens, and Young Adults" will be held on October 28 & 29, 2010 in Oakland at Preservation Park and the First Unitarian Church. Check your email and our [website](#) for upcoming conference information and the Call for Proposals.

Preteen Vaccine Week is January 17-23, 2010!

Spearheaded by The California Department of Public Health, Immunization Branch, this campaign promotes preteen check-up and immunizations for 11 and 12-year-olds including Tdap (tetanus, diphtheria, pertussis), meningococcal, a second chickenpox shot and two flu vaccines (one to protect against seasonal flu and another to prevent 2009 H1N1 flu). The HPV 3- shot series is also recommended for girls, but boys ages 9 to 26 years may also receive the vaccine.

California Adolescent Health Collaborative

National Center for Youth Law

National Adolescent Health Information
Center (NAHIC) at UCSF

Adolescent Health Working Group

[Find out about events this week.](#)

Become Our Facebook Fan

CAHC is transitioning from a Facebook group page to a fan page. While we will temporarily continue to update both pages, we hope you'll switch over so that you can be a part of an even more dynamic online community! The fan page includes breaking news, upcoming events, photos, videos, and on-line discussions. If you're already a Facebook member, simply search under "pages" for the "California Adolescent Health Collaborative" or click [here](#). If you aren't a member of Facebook, you can join by clicking [here](#). We welcome your involvement, as well as suggestions for improving our page.

In The News

LGBTQ

Helping Families Support Their Lesbian, Gay, Bisexual, and Transgender (LGBT) Children

This brief was developed for families, caretakers, advocates, and providers to provide basic information to help families support their lesbian, gay, bisexual, and transgender (LGBT) children; share some of the critical new research from the Family Acceptance Project (FAP) at San Francisco State University; and give families and LGBT youth hope that ethnically, religiously, and socially diverse families, parents, and caregivers can become more supportive of their LGBT children. This practice brief reports on specific findings from FAP research.

[Read brief.](#)

Health Care Delivery

School-Based Telehealth: An Innovative Approach to Meet the Health Care Needs of California's Children

This issue brief outlines how telehealth - the use of technology to provide health services at a distance - is emerging as a valuable way to complement and expand the capacity of schools to meet the health care needs of children, particularly those who are low-income and living in medically underserved areas.

[Read brief.](#)

Who Gets Confidential Care? Disparities in a National Sample of Adolescents

In this study, rates of adolescent time alone with a clinician were examined. The time alone variable was used as a proxy for discussion of confidential issues and delivery of harm reduction counseling. Youths with a preventive visit had higher rates of time alone. These rates increased with age and were higher for males than for females. Rates were lowest among Hispanics. The study concluded that special efforts are needed to increase time alone in these populations.

[Read abstract.](#)

Teenagers Difficult to 'Capture' for Vaccinations; Rates on Rise Overall, But Still Low

More teenagers are being vaccinated against human papillomavirus (HPV), meningococcal meningitis and pertussis (whooping cough), though the rates are still too low, according to recently released government data and a panel of experts convened by the National Foundation for Infectious Diseases (NFID). Last week, the Advisory Committee on Immunization Practices (ACIP) to the Centers for Disease Control and Prevention (CDC) voted for a 'permissive' HPV vaccination strategy for boys.

[Read article.](#)

Economic Evaluation of a Comprehensive Teenage Pregnancy Prevention Program

In this study, the cost-benefit of a comprehensive teenage pregnancy prevention program was examined for cost effectiveness both during program participation and through early adulthood. In an extrapolation analysis, benefits to society exceeded costs by over \$10K per adolescent per year by age 30, with social benefits outweighing total social costs by age 20.

[Read abstract](#)

Youth and the Media

Moving from Us to Them: Challenges in Reframing Violence Among Youth

This paper, released by the Berkeley Media Studies Group (BMSG), analyzes news coverage as well as the implications of how race and government are framed for those working to prevent violence.

[Read paper.](#)

Addressing Food and Beverage Marketing that Targets Kids

This brief analyzes tactics soda companies are using to attract youth, a product of an 18-month collaborative study of soda by a number of California organizations.

[Read brief.](#)

Reproductive and Sexual Health

New Guidelines: Pap Tests Should Start at Age 21

Young women should have their first Pap test no sooner than age 21, regardless of when they become sexually active, say new guidelines from the American College of Obstetricians and Gynecologists. Earlier screening for cervical cancer may lead to unnecessary and possibly harmful treatments for an increasingly rare cancer, according to ACOG, the leading U.S. professional organization for obstetricians and gynecologists.

[Read article.](#)

Relationships Between Perceived STD-Related Stigma, STD-Related Shame and STD Screening

According to this study, young people who think that having an STD would be stigmatizing are less likely than others to undergo testing. STD-related shame, however, did not have the same association with testing. The authors recommend that health care providers be vigilant in asking youth about their sexual behaviors and offer STD screening to all sexually active teens. They also suggest that providers broach the topic with their patients in a way that does not add to perceptions of stigma.

[Read paper.](#)

Detailed Educational Pathways Among Females After Very Early Sexual Intercourse

This study evaluates the extent to which early sex affects educational attainment, and the mediating mechanisms. Programs that target early parenthood and marriage, and that provide hope for future educational opportunities, could lessen the impact of early sex for young women.

[Read study.](#)

CDC: Teen Girls Have Highest STD Rate

The annual report on sexually transmitted diseases released by the Centers for Disease Control and Prevention in Atlanta found that more than 1.5 million cases of chlamydia and gonorrhea were reported in 2008. More than 400,000 of these cases were teen girls ages 15-19.

[Read more.](#)

Half of Teen Girls Have STIs Within 2 Years of Having Sex for the First Time

Within 2 years of having sex for the first time, half of teenage girls may contract at least one of three common sexually transmitted infections (STIs), according to results of a new study. Often, those girls are infected by the age of 15.

[Read article.](#)

[Read abstract.](#)

Parents' Sex Talk: Too Little, Too Late

In a recent study on parent-child talks about sex and sexuality, researchers found that more than 40% of adolescents had had intercourse before talking to their parents about safe sex, birth control or sexually transmitted diseases.

[Read article.](#)

Mental Health

Effectiveness of School-Based Suicide Screening

This study examined follow-up service use by students identified at risk for suicidal behavior in a school-based screening program, and subsequently assessed barriers to seeking services as perceived by youths and parents. The study found that screening seems to be effective in enhancing the likelihood that students at risk for suicidal behavior will get into treatment.

[Read abstract.](#)

Are Teenagers Wired Differently Than Adults?

High emotionality is a characteristic of adolescents. Researchers are trying to understand how "emotional areas" of the brain differ between adults and adolescents.

[Read article.](#)

Family Strengths

Approaching the Adolescent-Headed Family: A Review of Teen Parenting

This review explores psycho-social, environmental, and educational factors in relation to teen parenting as well as describes the limited data available on outcomes of adolescent mothers and their infants. Despite negative social stereotypes regarding adolescent fathers, research suggesting that most fathers desire involvement with their infants and the impact of and factors influencing father involvement is explored.

[Read abstract.](#)

What Works for Parental Involvement Programs for Adolescents

In this Child Trends fact sheet, 47 parent involvement interventions were evaluated. Overall, nearly two-thirds of the programs were found to be effective. Interventions that build parenting skills generally had positive impacts. On the other hand, parent education programs--those that simply offer information, but do not offer parents opportunities to practice related skills--did not tend to work.

[Read paper.](#)

Alcohol and Drug Use

Teen Methamphetamine Use, Cigarette Smoking at Lowest Levels

Methamphetamine use among teens appears to have dropped significantly in recent years, according to NIDA's annual Monitoring the Future (MTF) survey. However, declines in marijuana use have stalled, and prescription drug abuse remains high.

[Read article.](#)

Technology

Survey: 15 Percent of Teens Get Sexual Text Messages

Nearly one-sixth of teens who own cell phones have received nude or nearly nude images via text message from someone they know, according to a new survey on "sexting" from the Pew Internet & American Life Project.

[Read article.](#)

Resources

California Health

Office of Women's Health Announces Release of the California Adolescent Health Report 2009

This report highlights environmental factors that impact adolescent health such as volunteerism, truancy, household literacy, parental involvement, reliance on public programs, food insecurity, and neighborhood safety along with the traditional health indicators. The traditional list of health behaviors has been expanded to provide insight into whether adolescents are on the road to healthy outcomes as adults.

[Read Report.](#)

California's First-Ever Index of Children's Health And Well-Being Reveals Decade of Improvement

Released in December by the Lucile Packard Foundation for Children's Health, this index measures the overall health and well-being of California's children and youth with a composite of 16 key indicators. Data was tracked from 1995 to 2006 and during that period, the overall measure of child health and well-being improved by 16 percent.

[Read article.](#)

[View index.](#)

Adolescent Behavioral Health in Brief, A Short Report from the Office of Applied Studies

This report contains a brief overview of adolescent behavioral health issues within the state of California, with a focus on the differences between girls and boys ages 12 to 17.

[Read report.](#)

New Regional Data Sets from CAHC

CAHC has recently compiled of a wide range of adolescent-specific data. The DataSet includes information ranging from sexual health, education, and resilience. In addition, reports are available that display the data in compelling and engaging ways that can help educate stakeholders, policy makers, healthcare providers and others interested in learning about the health status of adolescents in their community. Please contact Robin Kirkpatrick at robink@californiateenhealth.org to learn more about this product, and how to utilize it in your local area.

Sexual and Reproductive Health

Youth Social Marketing Toolkit

This online resource for youth providers shows how to develop low-budget social marketing campaigns on sexual and reproductive health. This toolkit was created by The California Family Health Council (CFHC) and the California STD/HIV Prevention Training Center (CA PTC).

[Read more.](#)

Homeless Youth

Too Big to Ignore, Youth Homelessness in California

This report focuses on preventing youth from becoming homeless and reducing the number of young people who experience homelessness. The latter includes youth at various stages of homelessness, including children who run away and are episodically homeless; those who have run away from or "aged out" of the child welfare or juvenile probation systems; youth who are transient; and those who have experienced homelessness for longer periods and often live on the street.

Recommendations include a series of short-term strategies to address youth homelessness that draw on existing resources as well as longer-term strategies, which will require new public investment.

[Read report.](#)

Mental Health

Non-Suicidal Self-Injury in Adolescents

In this online presentation, Janis Whitlock offers a brief overview of non-suicidal self-injury (NSSI), and provides starting points for proactively addressing and responding to NSSI among adolescents.

[View presentation.](#)

Foster Youth

Healthy Foster Care America Website

This is a place where professionals and partner organizations can find the latest information, facts, and figures on the health care of children and teens in foster care, including ready-to-use tools and resources. Foster parents or kin may also find these materials helpful in caring for the health needs of children and teens in their care.

[Find out more.](#)

Policy Updates

Healthcare Reform

Three major health care reform bills that are particularly noteworthy for adolescents and young adults are H.R. 3962, the Affordable Health Care for America Act; the America's Health Future Act of 2009; and the Affordable Health Choices Act. These bills are currently active in Congress and contain significant provisions that would expand coverage for uninsured adolescents and young adults, support benefits needed by this age group, and offer important protections for vulnerable populations of youth. The bills also contain provisions that would potentially cause adverse effects for adolescents and young adults, limiting their access to the comprehensive benefits they need. Find out more about these bills in a brief by the Center for Adolescent Health & the Law and the National Adolescent Health Information and Innovation Center (NAHIC), "[Highlights and Hazards: What Do the Current Health Care Reform Bills Do for Adolescents & Young Adults?](#)".

School-Based Health Centers (SBHCs) will be impacted by these bills. The National Assembly on School-Based Health Care (NASBHC) is working specifically to establish a federal authorizing program for SBHCs as well as a mechanism by which SBHCs can be reimbursed for covered services under Medicaid and the Children's Health Insurance Program (CHIP). Follow these bills with respect to SBHCs on the California School Health Centers Association [website](#).

Newly Established Office of Adolescent Health

An Office of Adolescent Health was established in December under the Secretary of Health and Human Services. The office is charged with implementing a new initiative to move federal spending from abstinence-only-until-marriage programs to

comprehensive teen pregnancy prevention and sex education programs as well as focusing on an array of adolescent health issues, including wellness, substance abuse, mental health, and obesity.

Program Profile

The El Cerrito High School Community Project

The El Cerrito High School Community Project (soon to be James Morehouse Project) is a vibrant collaborative among a dozen community based agencies, Contra Costa County, and local universities. The Community Project (CP), a school based health center, serves youth from Richmond, California, many of whom come to school from neighborhoods heavily impacted by community violence. The CP offers young people primary care and mental health services blended with a range of youth development programs both during and after school. CP programs and services create and strengthen the protective factors that support youth to be resilient and to see themselves as powerful agents of change in their own lives.

One program highlight is Da Rainbow Clique, a self-described "positive group of queer youth of color that talk about real situations faced by queer youth". DRC youth speak in high school and middle school classrooms and present at Bay Area conferences. Queer identified and straight ally young people of color build the leadership skills and relationships that support them to become powerful advocates for their own health and safety. This project creates community, visibility and voice for queer youth of color at ECHS and within surrounding communities.

For more information, contact Jennifer Rader, Director, at (510) 231-1437 ext.26459 or via email at jenn@jmhopp.org.

Upcoming Events

Preteen Vaccine Week, January 17-23, 2010

Spearheaded by The California Department of Public Health, Immunization Branch, this campaign promotes preteen check-up and immunizations for 11- and 12- year-olds.

[Find out more.](#)

Sex::Tech 2010, February 26, 27, 2010

Hosted by ISIS, Sex::Tech will be held in San Francisco. Sign up now for early-bird registration.

[Find out more.](#)

CCY Taking Action Conference, March 21-23, 2010

California Coalition for Youth will hold a conference this March in Sacramento.

[Details coming soon.](#)

Adolescent Sexual and Reproductive Health Educator Workshop, April 19, 2010

Challenges & Fortitude, a workshop for adolescent sexual and reproductive health educators, will include a panel presentation, workshops, and a keynote speaker. The event will be held at the California Endowment in downtown Oakland and is hosted by the California Adolescent Health Collaborative and Alameda County Youth Health Collaborative STD's Community Intervention Program of Alameda County & Maternal, Paternal, Child, Adolescent Health. Registration forms will be available [here](#) in early February.

CAHC 2010 Conference, October 28-29, 2010

The 2010 CAHC conference, "Promoting Healthy Transitions: Tweens, Teens and Young Adults", will be held in Oakland, October 28-29, 2010, in partnership with the UCSF School of Nursing.

Funders

The California Adolescent Health Collaborative is funded by the Maternal, Child and Adolescent Health (MCAH) Program, California Department of Public Health, The California Endowment, Compton Foundation, Inc., and the Office of Juvenile Justice and Delinquency Prevention, U. S. Department of Justice.

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

Thanks for reading!

If you have an item you would like included in a future CAHC newsletter, please contact us at newsletter@californiateenhealth.org

California Adolescent Health Collaborative

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