

# California Adolescent Health Collaborative Newsletter

Winter 2011

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California Adolescent Health Collaborative (CAHC), a project of Public Health Institute (PHI), is a statewide public-private coalition that works to increase understanding and support of adolescent health and well-being.

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Organization Profile



LYRIC builds community and inspires positive social change through education enhancement, career trainings, health promotion, and leadership development with lesbian, gay, bisexual, transgender, queer, and questioning youth, their families, and allies of all races, classes, genders, and abilities. LYRIC envisions a diverse society where LGBTQ youth are embraced for who they are and encouraged to be who they want to be. By working towards social justice and supporting young leaders, their families and allies, LYRIC is building a world that honors, respects and appreciates LGBTQ youth and their contributions. LYRIC is a recipient of the Janet Shalwitz Adolescent Health Leadership Award, presented October, 2010 at the California Adolescent Health Conference.

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Dear Colleagues and Friends:

Happy New Year! We're looking back on a full and successful 2010 and looking forward to more in 2011.

Highlights from 2010 include a successful Adolescent Health Conference, with over 260 attendees across the state. We had a wealth of wonderful speakers and workshops. Resources from a number of our conference presenters are now available on our [website](#).

CAHC has also put out a host of new materials. Just in the past few months we released a 2010 adolescent health progress report, a California Adolescent Health Data Set, and a behavioral health brief, co-authored by the Adolescent Health Working Group. Check these out below in the [resources section](#). In the coming weeks we will also be releasing a new foster care brief.

We are grateful for all of your support in 2010 and look forward to your continued involvement in 2011.

Sincerely,

California Adolescent Health Collaborative

## In the News

### [CALIFORNIA HEALTH New Minor Consent Mental Health Law to Take Effect January 2011](#)

A new law will make it easier for California youth to obtain needed mental health counseling. Starting January 1, 2011, the law will allow children ages twelve and older to consent to their own mental health care if a mental health professional deems them mature enough to intelligently participate in treatment. National Center for Youth Law's [Teen Health Law website](#) has up-to-date information on this new law.



### [Governor Grants Clemency to Sara Kruzan](#)

Sara Kruzan, who was sentenced to life without parole when she was 16 for killing her former pimp, was recently granted clemency by Governor Schwarzenegger. Sara is now 33 and has spent over 16 years in prison. [View a 2007 interview with Sara Kruzman.](#)

### [Role Modeling, Risk, and Resilience in California Adolescents](#)

This study examined the relationship between role model presence, type of role model, and various health-risk and health-protective behaviors among California adolescents and found that not only role model presence but also the type of role model is an important predictor of adolescent health-related behaviors. These findings have implications for designing youth targeted interventions and policies involving role models.

### [Officials Gear Up for Law on Whooping Cough Vaccination](#)

Officials around the state are working to notify parents and physicians of the law (AB 354) signed in September that requires students in grades seven through twelve at public and private schools to receive the booster shot for pertussis (whooping cough). Officials say some challenges will be educating people that the immunization rule is a state law and not a district policy and how to document the immunization on student records.

### [LGBTQ](#)

#### [Criminal-Justice and School Sanctions Against Non-Heterosexual Youth](#)

This national study found that LGBTQ youth were more likely to receive sanctions in school and in the criminal justice system. This study was also recently reported in the [New York Times](#).

#### [Family Acceptance in Adolescence and the Health of LGBTQ Young Adults](#)

A recent study published in the Journal of Child and Adolescent Psychiatric Nursing found that family acceptance of young LGBTQ adults was associated with greater self-esteem, social support, health status, and was negatively associated with depression, substance abuse, and suicidal ideation and behaviors.

### [SEXUAL AND REPRODUCTIVE HEALTH](#)

#### [U.S. Teen Birth Rate Hits Record Low in 2009](#)

The birth rate for U.S. teens aged 15-19 years fell to a record low, according to a report from the Centers for Disease Control and Prevention. The 2009 birth rate of 39.1 births per 1,000 teens is down six percent from the 2008 rate of 41.5 births per 1,000. This is the lowest ever recorded in seven decades of tracking teenage childbearing. Birth rates for younger and older teens and for all racial and ethnic groups reached historic lows in 2009.

#### [Association Between STDs and Self-Reported Abstinence](#)

In this national study of young adults, findings indicate a discrepancy between positive STD status and self-reported sexual behavior. From a clinical standpoint, the discrepancies between STD positivity and self-reported sexual behavior observed suggest that routine STD screening may be beneficial and necessary to reduce STD morbidity among young adults.

### [MENTAL HEALTH](#)

#### [Mental Health Needs Seen Growing at Colleges](#)

This article profiles the mental health resources at Stony Brook University in New York. Stony Brook is typical of American colleges and universities these days, where national surveys show that nearly half of the students who visit counseling centers are coping with serious mental illness, more than double the rate a decade ago.

## Resources

### THREE NEW RESOURCES FROM CAHC

CAHC is pleased to announce the completion of three excellent resources.

#### [California Adolescent Health Data Set](#)

The California Adolescent Health Data Set is a collection of California-wide and county-specific data about the health status of adolescents. The compiled data is contained in a single Excel spreadsheet, making it easy to access data on adolescent health indicators, such as physical, sexual/reproductive, or mental health. [Download the guide.](#) [Download the data set.](#)

#### [Integrating Behavioral Health and Primary Care for Youth and Young Adults: Recommendations and Resources for Providers in California and Beyond](#)

This recently released policy brief was co-authored by the Adolescent Health Working Group and the California Adolescent Health Collaborative. This brief provides a general outline of available recommendations and resources, in order to assist health providers in their efforts to initiate or advance integrated care for adolescents in California and beyond.

#### [California Adolescent Health Progress Report 2010](#)

This compilation of data presents a state-level, multi-year progress report on the health of adolescents and young adults in California. Designed for providers, policy makers, community leaders, educators, and advocates. This report can be used to demonstrate areas of need by aspects as race/ethnicity, gender, and age, while showing trends in the health of California's youth, and provides sources for further information.

### CALIFORNIA HEALTH

#### [2010 California County Scorecard of Children's Well-Being](#)

This report measures 26 core components of child well-being across California's 58 counties and provides a visual fingerprint for each county's results.

#### [California Report Card 2011: Setting the Agenda for Children](#)

This report card analyzes and grades the key domains of children's wellbeing. This year's grades range from Ds for K-12, Oral Health and Integrated Services to the only B achieved, a B+ for Afterschool, giving the state an overall grade point average of C-. The grades remain so low year-over-year largely due to disproportionate state budget cuts to children: program versus other budgetary items.

### NUTRITION AND PHYSICAL ACTIVITY

#### [Addressing the Intersection: Preventing Violence and Promoting Healthy Eating and Active Living](#)

This report provides an explanation of the inter-relationship between violence and healthy eating and activity. The findings and recommendations offered in this paper can support practitioners and advocates in their work to prevent chronic disease in communities heavily impacted by violence.

#### [Fostering Physical Activity for Children and Youth: Opportunities for a Lifetime of Health](#)

This report provides background research about the current state of physical activity in the nation and highlights organizational practices and public policies to improve physical activity among children and youth.

### MENTAL HEALTH

#### [Preventing the Science of Adolescent Risk-Taking: Workshop Report](#)

Prepared by the Committee on the Science of Adolescence in partnership with the Institute of Medicine and National Research Council, this report includes summaries of presentations and discussion sessions from previous workshops. Focusing on the current theories and research on adolescent risk-taking, the guide focuses on the "contributions from multiple disciplines and different risk behaviors." Specific topics covered include, physical and mental health of adolescents, risk-taking and stages of development, approaches to minimizing risk, and potential avenues for further research.

### SEXUAL AND REPRODUCTIVE HEALTH

#### [Preventing Teen Pregnancy Among Older Teens](#)

Produced by the National Campaign to Prevent Teen and Unplanned Pregnancy, this guide provides information about preventing teen pregnancy in teens ages 18 and 19.

## Policy Updates

#### [New Federal Health Law Expands Medi-Cal Eligibility and Enrollment](#)

The Affordable Care Act (ACA), signed into law in March, will result in the largest expansion of health coverage since Medicare and Medicaid became law in 1965. A new California Budget Project analysis examines the impact of the ACA on California's Medi-Cal Program and what the state can do to maximize the federal funding it receives.



#### [Foster Care Initiative Enacted into Law](#)

With this legislation, youth will receive the support of the foster care system to age 21, providing youth in foster care with the same commonsense assistance provided to children from intact families. Thousands of relative care providers will participate in the new, federally funded subsidized guardianship program, providing much needed support that promotes stability among children.

## Upcoming Events

#### [Teens Tackle Tobacco, Alcohol, Drugs and Youth Wellness Conference, February 10, 2011](#)

This event will be held at the Clark Kerr Conference Center at UC Berkeley.

#### [Confidentiality and Minor Consent Training, March 10, 2011](#)

Sponsored by Alameda County Youth Health Collaborative and CAHC, this event will take place in Oakland. Registration will be available soon on the CAHC website.

#### [8th Annual Teen and Young Adult Provider Gathering, March 11, 2011](#)

Adolescent Health Working Group's annual event will be held in San Francisco and will feature Dr. Liz Miller.

#### [California School Health Centers Association 2011 Regional Conferences](#)

California School Health Centers Association sponsors three regional conferences this spring. Dates are as follows: March 16 (Oakland), April 14 (Los Angeles), May 3 (Fresno).

**Sex::Tech Conference, April 1-2, 2011**

Registration is open for the 4th annual conference on new media, youth, and sexual health.

**A Time of Opportunity, April 12, 2011**

The Center for Health Training's day long conference in Oakland will feature sessions that address reproductive health issues affecting teens as they transition from adolescence to young adulthood.

**4th Annual STD Awareness Training, April 20, 2011**

Sponsored by Alameda County Public Health Department and CAHC, this all-day training will focus on youth civic engagement in the digital age and social media strategies for STD prevention. The training will be held in Oakland. Contact [CAHC](#) for more information.

**National Assembly on School-Based Health Care Convention, June 26-29, 2011**

The 2011 theme, School-based health care and the community: A partnership that works, highlights collaborations between school-based health centers (SBHCs) and community schools. The conference will be held in Chicago.

**National Association of County & City Health Officials (NACCHO) Annual 2011 Conference, July 20-21, 2011**

NACCHO Annual 2011 will take place in Hartford, CT and will provide an interactive setting for local health officials and their public health partners to examine strategies, share ideas, and plan actions necessary for public health leaders to create and build upon a forward-looking vision of local public health.

## Show your support!

If you want to contribute, please contact us at [support@californiateenhealth.org](mailto:support@californiateenhealth.org).

CAHC is proudly supported by [The California Endowment](#); [MCAH Program, California Department of Public Health](#); and [Office of Juvenile Justice and Delinquency Prevention, U.S. Department of Justice](#).

California Adolescent Health Collaborative