

MOAPPP Annual Conference - May 1, 2003



A Work in Progress: Building a Minnesota State Plan for Teen Pregnancy Prevention

Examples from Saint Paul - Ramsey County

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MOAPPP

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Saint Paul - Ramsey
County Department of
Public Health



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Minnesota State Plan to Prevent Teen Pregnancy

- State Plan Task Force
- *A Work in Progress: Minnesota's Plan for Teen Pregnancy Prevention and Teen Parenting*
- Centers for Disease Control and Prevention Grant
 - ◆ MOAPPP
 - ◆ State Plan Task Force
 - ◆ University of Minnesota National Teen Pregnancy Prevention Research Center (PRC)



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8 State Plan Recommendations

ONE

Use data and evaluation to inform program planning & continuous improvement



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How to use Evidence-based Strategies

1. Replicate scientifically evaluated programs with fidelity and with appropriate audience.
2. Incorporate the characteristics of scientifically evaluated programs.
3. Develop programs to address known antecedents (risk and protective factors) related to teen pregnancy, and using logic models to show how interventions affect selected antecedents, which in turn create desired outcomes.

10 Characteristics of Effective Sex & HIV Education Programs

The most effective education programs share 10 common characteristics.

These programs:

- 1 Focus on reducing one or more sexual behaviors that lead to unintended pregnancy or HIV/STD infection.
- 2 Are based on theoretical approaches that have been demonstrated to influence other health-related behaviors & target specific sexual antecedents.
- 3 Deliver & consistently reinforce a clear message about abstaining from sexual activity and /or using condoms or other forms on contraception.
- 4 Provide basic, accurate information about the risks of teen sexual activity & about ways to avoid intercourse or use methods of protection against pregnancy & STDs.
- 5 Include activities that address social pressures that influence sexual behavior.
- 6 Provide examples of & practice with communication, negotiation & refusal skills.
- 7 Employ teaching methods designed to involve participants & have them personalize the information.
- 8 Incorporate behavioral goals, teaching methods, & materials that are appropriate to the age, sexual experience & culture of the students.
- 9 Last a sufficient length of time (i.e., more than a few hours).
- 10 Select teachers or peer leaders who believe in the program & provide adequate training.

State Plan Recommendations

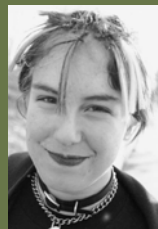
TWO

Ground the program in a youth development approach

“Prevention is an inadequate goal.
‘Problem-free’ is not fully prepared.”

Karen Pittman

The Forum for Youth Investment



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State Plan Recommendations

THREE

Eliminate health disparities

Minnesota 2000 Teen Pregnancy Rates

Rates per 1,000 15-19 Year Olds

Race/Ethnicity	Pregnancy Rate
White	30
Asian	71
Hispanic	123
Native American	131
African American	162



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State Plan Recommendations

FOUR

Support and coordinate resources and services for teen parented families



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State Plan Recommendations

FIVE

Assure community partnerships



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State Plan Recommendations

SIX

Involve parents and other caring adults

“Adolescents often do a very good job of conveying that their parents are irrelevant. Their parents too often make the mistake of believing them.”

Michael Resnick

*National Teen Pregnancy Prevention Research Center,
University of Minnesota*



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State Plan Recommendations

SEVEN

Include males in pregnancy preventing efforts and teen parenting programs



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State Plan Recommendations

EIGHT

Support comprehensive sexuality education

“Sexuality education provides a broad approach, addressing all aspects of being a sexual, gendered person including biological, psychological and social perspectives. The main objectives of such comprehensive sexuality education are to help people feel good about themselves and their bodies, remain healthy & build positive, equitable loving relationships - to be ‘sexually healthy’.”

Evonne Hedgepeth & Joan Helmich

Principles and Methods for Effective Education: Teaching About Sexuality and HIV




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Name That Recommendation!



1. Use data & evaluation to plan & improve programs
2. Ground the program in a youth development approach
3. Eliminate health disparities
4. Support & coordinate resources & services for teen parents.
5. Assure community partnerships
6. Involve parents and other caring adults
7. Include males in programming efforts
8. Support comprehensive sexuality education

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Saint Paul - Ramsey
County Teen Pregnancy
Project (SPRCTPP)
Teen Advocate Program

SPRCTPP Background

Minnesota Organization on Adolescent Pregnancy, Prevention and Parenting (MOAPPP)
Nancy Nelson, Executive Director

Saint Paul-Ramsey County Department of Public Health (SPRCDPH)
Jane Berg, Healthy Communities, Section Manager

Saint Paul-Ramsey County Teen Pregnancy Project (SPRCTPP)
To coordinate a county-wide effort and work with a coalition of community organizations to address the disparities of teen pregnancy and prevent and reduce the incidence of teen pregnancies.

<p>MOAPPP Staff Joy R. Miciano Brenda M. Felling</p>	<p>SPRCDPH Staff Grit Youngquist</p>	<p>Key Advisors Vern Xiong, Lao Family Community Judy Ojeda, MOAPPP Dorisicile Everett-O'Neal, Summit U Teen Center Carrie Morris, Ain Dah Yung</p>
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Community Awareness
Strengthen best practices among populations with the highest rates of teen pregnancy during Teen Pregnancy Awareness Month (May) and Let's Talk Month (October)

- MOAPPP Staff
- SPRCDPH Staff
- Key Advisors
- Community agencies

Coalition
Coordinate advocacy and service organizations working to prevent teen pregnancies

- MOAPPP Staff
- SPRCDPH Staff
- Key Advisors
- Community agencies

RC Assessment
Analysis of population-based efforts of teen pregnancy prevention

- Laurie L. Meschke, Ph.D.
- MOAPPP Staff
- SPRCDPH Staff

Youth Health Services
Promote access to and use of school-based and community clinic health services among youth.

- MOAPPP Staff
- Family Tree Clinic Staff
- Health Start Clinic Staff

School Sex Ed
Develop strategies to encourage the five school districts in Ramsey County to implement comprehensive sexuality education for students based on best practices

- MOAPPP Staff
- SPRCDPH Staff
- CFL Staff
- Health Teachers
- Community Health Educators

Teen Advocates
Develop a team of adolescents to work with policy makers about teen pregnancy prevention issues

- MOAPPP Staff
- Key Advisors
- Leadership St. Paul Volunteers

Reasons to Train Youth Advocates

Youth Benefits

- Improved self-discipline and schedule management
- Opportunity to create real community change
- Increased knowledge and skills
- Enhanced self-concept
- Increased connectedness and stature in community
- Feeling of accomplishment, contribution
- Greater appreciation of the multiple roles of adults

Adapted from Advocates for Youth (2001); Kaiser Foundation (2002) & Harvard Family Research Project (2002)

Reasons to Train Youth Advocates

Adult Benefits

- Contributions to organizational development and capacity building
- Positive view of youth
- Enhanced commitment and energy
- Increased confidence working with youth
- Better understanding of youth needs
- Increased community connectedness
- Fresh ideas

Adapted from Advocates for Youth (2001); Kaiser Foundation (2002)

SPRCTPP Teen Advocates

Goal:

Develop a team of adolescent males and females to work with policy makers about teen pregnancy prevention issues.

SPRCTPP Teen Advocates

Objective:

Recruit and train 20 youth (ages 14-18 years) advocates in the area of health disparities and teen pregnancy prevention.

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Program Timeline

November 2002 - June 2003

(8 months)

Program Coordination

- **Program Staff:**

MOAPPP staff

Key Advisors

- **Adult Volunteers:**

Leadership Saint Paul

Recruiting Teen Advocates

- Partnering Organizations / Key Advisors
- Applications
- Selection
- Stipend

Recruitment Highlights

- 31 Applications received
- 20 Teen advocates representing each community
- 12 Females:
 - 2 American Indian, 2 Latina, 3 African American, 4 Asian and 1 Caucasian
- 8 Males (including 1 teen father):
 - 3 Latino, 3 African American, 2 Asian

Training Topics

- Leadership
- Advocacy
- Teen Pregnancy Prevention

Training Topics

- Leadership Skills:

(team building, contacting & meeting people)

- * Methods: ice-breakers, speakers and role-play scenarios

Training Topics

- **Advocacy Skills:**

(Identifying and communicating with policy makers)

- * Methods: speakers and role-play scenarios

- **Advocacy Skills:**

(Increasing community awareness)

- * Methods: speakers, letters to the editor, and media campaign

Training Topics

- Teen Pregnancy Prevention:

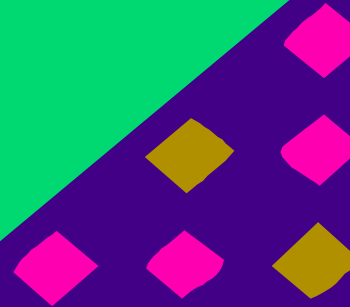
- comprehensive sexuality education
- minor's consent
- parent and adult involvement
- community collaboration and support

* Methods: speakers, Web resources, and written materials



Teen Advocate Trainings

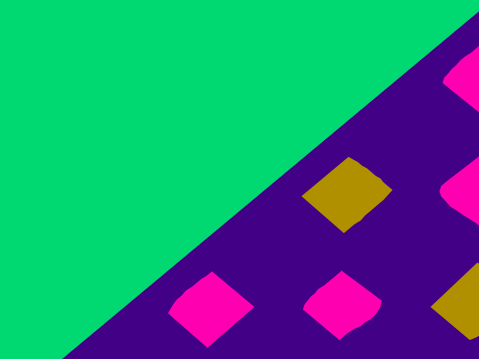
- Special Events:
 - Capitol Lab
 - Media Campaign
 - Computer Lab Visit
 - End-of-year Event





Special Events:

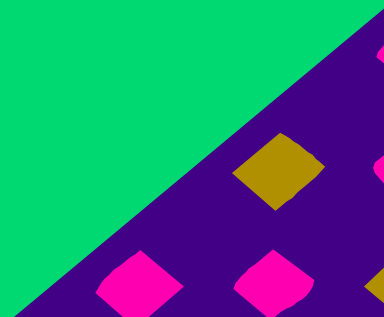
- Capitol Lab

- Sex Ed for Life Coalition Sponsor
 - December 9, 2002
 - 50+ metro youth attended
 - Presentation on government and advocacy
 - Capitol tour
- 



Special Events:

- Comprehensive Sex Ed. Media Campaign
 - May 2003
 - Communications
 - Marketing and Design
 - Public Service Announcement





Special Events:

- End-of-Year Event
 - Invite parents, caregivers, and policy makers
 - Youth led showcase of advocacy activities



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Maintaining Teen Advocates

- Teen feedback
- Frequent meeting reminders
- Payment of stipend
- Adult Involvement

Web Addresses Youth Advocacy

- Activism 2000:
www.youthactivism.com
- Center for Youth Development and Policy Research:
www.cyd.aed.org
- National Clearinghouse for Families and Youth:
www.ncfy.com
- National Network for Youth:
www.NN4youth.org

Web Addresses

Teen Pregnancy Advocacy

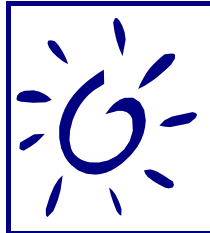
- Minnesota Organization on Adolescent Pregnancy, Prevention and Parenting (MOAPPP):
www.moappp.org
- Advocates for Youth:
www.advocatesforyouth.org
- National Campaign to Prevent Teen Pregnancy:
www.teenpregnancy.org
- Sexuality Information and Education Council of the US (SIECUS): www.siecus.org

Name That Recommendation!



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2. Ground the program in a youth development approach
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Let's Talk Month

- ☀️ Let's Talk Month Poster
- ☀️ Let's Talk Month Toolkit
- ☀️ Youth and Family Event
- ☀️ Let's Talk About "It"

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