

applying the 10 essential public health services to adolescent health

The following is a list of adolescent health strategies organized by the *Ten Essential Public Health Services*. It can be used to assess the strategies you currently use to address adolescent health or those you'd like to use. These strategies can be related to a specific program you're involved in or lead (e.g. teen pregnancy prevention, abstinence education, suicide prevention), or for your broad work as an Adolescent Health Coordinator.

#1: Monitor and assess adolescent health status

Conduct needs assessments.

- Conduct an adolescent health and development needs and assets assessment (as a stand-alone activity or as part of a larger project such as the Title V Block Grant 5-year needs assessment).
- Conduct a resource assessment (e.g. assess if existing resources in state “fit” the adolescent health issues identified in the needs and assets assessment).
- Develop a matrix of youth-focused resources (in state, within state agencies, at local level).
- Work with youth to analyze youth health data for “take home messages.”

Create and distribute reports on needs assessments.

- Develop and distribute a Youth Data Report.
- Develop and distribute other types of print or electronic reports on youth data (e.g factsheets, discussion guides).

Strengthen data and surveillance systems.

- Assess the fit between the types of data collected and needs for youth data.
- Add new questions or revise existing questions (e.g. positive youth development) used in existing youth surveys.
- Weave together or integrate multiple youth surveys.
- Advocate or help others to advocate for youth surveys such as YRBSS.
- Build connections between professionals who collect and analyze data and those who address youth health issues.
- Educate data professionals about adolescent health issues.
- Create mechanisms to share data across agencies and programs (e.g. Electronic data warehouse).

#2: Diagnose and investigate health problems affecting adolescents

Assess and Address.

- Gather information on newly emerging youth health issues.
- Participate on committees or task forces addressing newly emerging health issues (e.g. new types of drugs being used by youth, changes in STIs amongst teens and young adults).

#3: Inform and educate about adolescent health and development

Educate.

- Provide trainings and workshops about adolescent health and positive youth development.
- Provide or develop resources to other professionals who provide education on adolescent health and youth development.
- Participate in projects in which youth issues are addressed and “educate” about youth needs.
- Conduct media campaigns that raise visibility of youth health issues (e.g. healthy youth development or parents of adolescents media campaigns).



Provide access to information.

- Create and sustain a healthy youth website that provides access to educational resources about adolescent health and development.
- Distribute a monthly electronic “newsletter” that provides up-to-date information about youth health and development issues.

Advocate for youth issues.

- Advocate within state health agency about the importance of adolescent health and youth issues.
- Provide talking points and resources for others who advocate for youth issues within your state agency.
- Teach advocacy skills to people at the local level to encourage them to advocate with policy leaders.
- Work with community collaboratives to build their capacity to collectively advocate for youth issues.
- Alert key stakeholders and advocates to youth issues that require advocacy.
- Conduct background research and provide timely information to advocates.

#4: Mobilize partnerships to address adolescent health issues

Lead partnerships.

- Facilitate or participate on adolescent health committees, task forces, or collaboratives focused broadly on adolescent health, positive youth development or specific health issues. This partnership can focus on all youth or a population of youth. It can also focus within your agency, across state agencies or across the state.

Build and strengthen partnerships.

- Build personal relationships with key people.
- Strengthen partnerships with key state agencies (e.g. Education, Juvenile Justice, Human Services, Public Safety, Transportation).
- Teach leaders how to develop, manage and sustain a collaborative (e.g. meeting facilitation, running meetings, building relationships, group process, visioning).
- Advocate for adequate resources for collaborative groups (including both time and human resources).

Engage youth as partners.

- Develop or facilitate a Youth Advisory Committees.
- Bring in and support youth as members of an existing collaborative group.
- Bring youth voice into an adolescent-health initiative.
- Teach youth leadership skills.
- Teach adults how to partner with youth.

#5: Provide leadership for priority setting, planning, and policy development

Provide leadership.

- Volunteer to lead an adolescent health initiative.
- Volunteer to take a leadership role in an adolescent health initiative.
- Teach leadership skills to others.

Conduct, facilitate or participate strategic planning.

- Conduct an adolescent health strategic planning and implementation initiative (adolescent health plan; plan focused on specific health issues; or plan for specific populations of youth, such as homeless youth, youth in foster care, youth with special health needs, etc.).
- Implement a strategic plan and assist others in implementing strategic plan.
- Conduct an assessment on your organization’s (or portion of your organization) capacity to address adolescent health.



- Implement a quality improvement plan to build your organization's (or portion of your organization) capacity to address adolescent health.
- Advocate for the importance of adolescent health strategic planning.
- Provide assistance to local professionals to conduct strategic planning around youth issues.

Promote policy development.

- Participate in or lead an initiative to develop youth policy.
- Review the literature for use in policy development and policy makers.
- Provide testimony at a public hearing or forum on youth issues.
- Teach others how to develop or influence youth policy.

#6: Promote legal requirements that protect the health and safety of youth

- Review policies and laws for their impact on youth issues (e.g. minor consent, HIPPA, graduated license, school health standards, school nursing).
- Teach others about the implications and application of youth policies and laws (e.g. health care providers and minor consent).
- Participate in initiatives focused on implementing youth policies and laws (e.g. campaigns to address drinking and driving, graduated driver's license, seat belt laws).

#7: Link youth and their families to health services

Address systematic issues in youth access to services.

- Health care services (e.g. access to health care services, access to preventive health care services, protecting confidentiality of care for sensitive health services, health insurance coverage for adolescents, school-based health care, access to mental health services, access to oral health services).
- Positive youth development services (e.g. after-school/out-of-school services).
- Culturally appropriate services.
- Services for populations of youth (e.g. homeless youth, youth in foster care, GLBT youth, teen parents, youth with special health care needs, youth of color).
- Assist local communities to work with youth to assess and address youth access to services.

Address funding.

- Seek funding for youth health services and programs.
- Assist others to seek funding for youth health services and programs.
- Provide routine updates on funding opportunities for people addressing youth issues at the local-level.
- Fund youth health and development programs.
- Educate funders about youth health and development issues.

#8: Assure a competent workforce able to effectively address adolescent health

Conduct trainings.

- Conduct trainings and workshops on adolescent health and development issues.
- Conduct skill-building sessions at conferences.
- Coordinate statewide or regional youth conferences.
- Support youth to conduct youth conferences.

Develop education resources.

- Develop, revise, update or adapt a youth-focused curriculum.
- Translate and adapt training curriculum and materials for non-English speaking communities.
- Develop and conduct distance education trainings (e.g. web-based trainings, audio conferences).



- Provide or develop resources for other professionals who provide education on adolescent health and youth development.
- Create and sustain a healthy youth website that provides access to educational resources about adolescent health and development.
- Distribute a monthly electronic “newsletter” that provides up-to-date information about youth health and development issues.

Create a training system.

- Develop a system of trainers who can conduct adolescent health trainings within their own settings.
- Develop a system of positive youth development training across state.
- Develop collaborations between trainers and training systems to increase access to training resources.
- Distribute information about adolescent health training opportunities to those who address youth issues.

Provide technical assistance.

- Provide technical assistance to professionals in local communities addressing youth issues (e.g. phone consultation, regional meetings or conference calls).

#9: Evaluate accessibility, quality, effectiveness of adolescent health services

Evaluate.

- Conduct evaluations.
- Develop protocol for program evaluation when funding adolescent health projects.

Build evaluation capacity.

- Conduct trainings on program evaluation.
- Teach program evaluators about adolescent health and positive youth development.
- Distribute “lessons learned” about program evaluation to others involved in similar work.
- Advocate for adequate resources to support evaluation of adolescent health and development programs.

#10: Support research that develops new insights and approaches towards adolescent health and development

Conduct research.

- Partner with researchers to conduct research on adolescent health issues.
- Advocate with researchers for research that contributes to public health practice.

Utilize research findings.

- Include researchers in adolescent health collaborations.
- Work with researchers to translate research for practice.
- Work with researchers to distribute practical research findings to decision-makers and people who address youth issues.
- Gather information on adolescent health best practices and make it available to those who address youth issues.

