

Top 5 To-Do's for New State Adolescent Health Coordinators

Welcome to your new role as State Adolescent Health Coordinator!

Whether you are new to a dedicated State Adolescent Health Coordinator (SAHC) position, acting in the SAHC role during a vacancy, or supervising the hiring of an existing or new SAHC position, there are extensive resources available to orient you to your state role and the national adolescent health arena. This Top 5 List of To-Do's for New SAHCs will help you connect to state and national resources and partners to support your adolescent health work.

#1 GET CONNECTED TO THE NETWORK

As a designated SAHC or state Title V/MCH adolescent health (AH) contact, you are an honorary "member" of the **National Network of State Adolescent Health Coordinators (NNSAHC or The Network)**, a national leadership network for SAHCs. In collaboration with national resource and technical assistance partners, NNSAHC creates opportunities for SAHCs to connect with each other and with national resources available to them. Connect with the NNSAHC Leadership Team at NNSAHC@gmail.com, or visit www.nnsahc.org / Who We Are.

#2 CONNECT WITH THE NNSAHC LISTSERV

The NNSAHC listserv (Nnsahc-l@lists.umn.edu) is a private forum for SAHCs to stay connected with their counterparts in other states as well as national partners supporting the work. The listserv can be used to share resources and ask questions of other SAHCs. The listserv is maintained by the University of Minnesota. Up to two individuals per state can subscribe to the listserv. For more information and to request additions to the listserv, contact listserv administrator Kristin Teipel at teipe001@umn.edu.

#3 CONNECT WITH OTHER STATE COLLEAGUES

The NNSAHC website provides a wealth of information for SAHCs and others focused on adolescent health in Title V/MCH programs. Visit the website today (and bookmark it for easy access) to find links to other state adolescent health websites, products and best practices, and a roster of SAHCs and other state AH contacts (www.nnsahc.org / About Our Members / Find a SAHC for up-to-date state roster).

#4 GET ORIENTED TO YOUR NEW ROLE

Every 2-3 years an orientation especially for new SAHCs is hosted by national resource partners. Learn more about the history of SAHCS, read "Defining and Refining Your Identity", and access other tools and resources to help orient you to the SAHC role by visiting www.nnsahc.org / For SAHCs / New SAHCs where you can access materials from the most recent SAHC orientation and learn about upcoming orientation opportunities.



#5 GET ACQUAINTED WITH KEY ADOLESCENT HEALTH RESOURCES & FRAMEWORKS

As SAHC, you are now part of an integral state level system for serving the unique health and wellness needs of adolescents. SAHCs come from diverse backgrounds and perspectives – public health, nursing, health education, social work, and wide variety of other disciplines. Each SAHC brings unique skills, expertise and experience to their role. However, there are some key frameworks and tools for thinking about your unique contribution to the role, and how that role will play out in the context of your state. Major adolescent health resources that have been developed specifically for maternal and child health programs and audiences include:

Improving the Health of Youth: A Guide for State-Level Strategic Planning and Action (2011)

State Adolescent Health Resource Center (SAHRC) and National Adolescent Health Information and Innovation Center (NAHIC)

http://nnsahc.org/images/uploads/6-AH_Strat_Plan_Guide.pdf

If you've always wanted a adolescent health strategic plan for your state — or simply want to be more strategic in your efforts, check out this extensive guide and collection of resources that walk you through the entire strategic planning process. Loaded with tips, tools, worksheets, and lessons from the field, this guide was developed with extensive input from SAHCs and Title V/MCH Programs from all over the country.

Making the Case: A Comprehensive Systems Approach to Adolescent Health and Well-Being (March 2010)

Association of Maternal and Child Health Programs

<http://tinyurl.com/bq2nby5>

The goal of this white paper is to raise awareness and stimulate a consensus building dialogue among AMCHP members, Title V programs, and partners around the need for a comprehensive systems approach to adolescent health. The AMCHP Emerging Issues Committee and the Adolescent Health Work Group support the current work and adolescent health achievements of state public health agencies, but also seek to support the advancement of new concepts, values, and practices. The white paper explores the role of the early childhood comprehensive systems (ECCS) approach to forwarding early childhood services, and the application of the ECCS model to adolescent health.

Conceptual Framework for Adolescent Health (2005)

Association of Maternal and Child Health Programs and the National Network of State Adolescent Health Coordinators, with support from The Annie E. Casey Foundation

<http://tinyurl.com/qhxn92p>

Developed collaboratively with national and state experts in the field of adolescent health, this guide provides a theoretical basis for addressing adolescent health as a unique population and specifically within Title V/MCH programs. It includes definitions of adolescence, and concepts and principles around adolescent health and youth development. Although somewhat dated, the concepts and definitions provided were the first ever published collection of references documenting the rationale for defining adolescents as ages 10-24.



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