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News You Can Use

❖ May is Mental Health Month and Teen Pregnancy Prevention Month! To view general events and activities on Mental Health Month, [click here](#). To view general events and activities on Teen Pregnancy Prevention Month, [click here](#). For related resources from AYAH Center partners, [click here](#).

Save The Date

❖ Check out SAMHSA's 2016 National Children's Mental Health Awareness Day Event [here](#).

Quick Links

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Greetings from the Adolescent and Young Adult Health-National Resource Center (AYAH Center)

Your friends and colleagues are pleased to share the first of our monthly newsletters with you. Throughout the year, we will use this newsletter to:

- Provide information about trending topics in adolescent and young adult health and health care
- Share our resources, including resources from the Collaborative Improvement and Innovation Network (CoIIN)
- Keep you up-to-date about upcoming events related to adolescent and young adult health and health care

We welcome your ideas and feedback, and you are free to unsubscribe at any time.

Why Does the AYAH Center exist?

The Adolescent and Young Adult Health-National Resource Center (AYAH Center) aims to promote the health of adolescents and young adults (ages 10-25) by strengthening State Title V/MCH Programs, and their partners in public health and clinical delivery systems, to better serve adolescents and young adults. Our focus is increasing adolescents and young adults' receipt of quality preventive care. The AYAH Center was created in September 2014 with funding from the Maternal and Child Health Bureau. We play a key role in helping state Title V Programs achieve National Performance Measure #10: "the percent of adolescent (ages 12-17) with a past-year preventive visit."

More broadly, we aim to support youth and help them thrive as they traverse these critical periods of the lifecourse. Adolescence entails major changes in multiple areas—we often talk about "biopsychosocial changes." The public health field has long known that adolescence is a key period for interventions to promote well-being and prevent health problems in areas such as diet, sexual behavior, and substance use—habits and behaviors in these areas are linked to health problems during youth and across the lifespan.



The problems of adolescence extend and often worsen in young adulthood, showing a need for preventive interventions for this age group. Mental health disorders and other conditions may also emerge during these periods.

Clinical preventive services can help youth enter adulthood with a healthy start and gain skills in managing their health care. These services complement interventions outside the clinic that help youth thrive and avoid preventable problems. Through screening, anticipatory guidance, and counseling, preventive services allow for early identification and intervention.

AYAH Center Partners

NAHIC

The University of California, San Francisco (UCSF) is the lead organization for the AYAH Center. UCSF houses the National Adolescent and Young Adult Health Information Center (NAHIC). Established in 1994, NAHIC is a national leader in conducting and synthesizing research across a broad range of topics in adolescent and young adult health, health care, and health policy. Our goal is to improve adolescent and young adult health by linking our research and syntheses to public health, systems of care, and clinical practice, through dissemination, and partnering. Please visit our [website](#) for easy-to-read resources on a range of topics in multiple formats. You'll find fact sheets, reports, online tools, clinical tools, and ready-to-use PowerPoint presentations. You'll also find resources on topics related to adolescents and young adults such as: trends in health and health care outcomes; the Affordable Care Act, including reports focused on special populations (e.g., former foster youth and immigrant youth); confidential care; evidence-based resources on clinical preventive services; infographics summarizing our journal articles; effective prevention programs; key data sources for adolescent and young adult health, health care, and more!



The Association of Maternal & Child Health Programs (AMCHP) was founded in 1987 to protect and promote the optimal health of women, children, and families, including those with special health care needs. AMCHP's members include leaders from state governments such as directors of maternal and child health (MCH) programs, directors of programs for children with special health care needs, and other public health leaders who work with and support state MCH initiatives. AMCHP builds successful programs by disseminating best practices; advocating on our member's behalf in Washington; convening leaders to share experiences and ideas; and providing technical assistance to states to reach our common goal of healthy children, healthy families, and healthy communities.



The National Improvement Partnership Network (NIPN) was established in 2009 to pool resources and share lessons learned among and across developing and existing state Improvement Partnership (IP) programs. IPs are durable state or regional collaborations of public and private partners that use

measurement-based efforts and a systems approach to improve child health outcomes and the quality of their health care. IPs within NIPN typically partner with their local chapter of the American Academy of Pediatrics, their state Medicaid agency, health department, and a health care delivery institution. NIPN currently has more than 20 IPs across the U.S. that have demonstrated their ability to substantially improve the quality of care and health outcomes for children and adolescents through continuous improvement within and across states, transcending institutional and state boundaries.



The State Adolescent Health Resource Center (SAHRC) at the University of Minnesota has supported Title V staff across the U.S. with applied technical assistance, consultation, and training for 16 years. SAHRC's focus is how to translate and plan strategies to

meet the unique needs of adolescents and young adults. We help state colleagues align, partner, and move good ideas to action. We also build capacity to communicate and frame health issues in ways that create support for youth. In addition, SAHRC partners work with the National Network of State Adolescent Health Coordinators to strengthen the capacity of public health staff to effectively address the needs with and for youth and young adults. SAHRC's work is grounded in principles of public health and a strengths-based, developmental approach to adolescent and young adult wellness.

What Is the AYAH Center Doing?

AYAH Collaborative Improvement and Innovation Network (CoIIN)

The current CoIIN participants are implementing state projects to improve adolescent and young adult health care access and quality. Each of the five states (Iowa, Mississippi, New Mexico, Texas, and Vermont) have engaged youth and identified pilot sites to test their programs. CoIIN state team participants are also contributing to the work of three National Strategy Teams (NSTs). The NSTs have defined aims and measures in three areas for which all state teams will submit data: 1) access, 2) quality, and 3) state systems. Stay tuned for announcements about the second CoIIN cohort by checking the AYAH Center [website](#).





To learn more about the work each state is doing, check out AMCHP's infographic [here](#).

To access more information about the NSTs, [click here](#).

Technical Assistance



Another important role of the AYAH Center is to help state MCH staff and their partners assess, plan, and refine strategies to shift the health care system to be youth and young adult-centered. Through a relational and partnership model, staff work with individual states to learn about their unique needs, challenges, and opportunities. With this information, we help plan evidence-informed strategies such as partnering on clinic Quality Improvement (QI) efforts, training clinicians, and raising awareness. One example is work with the Louisiana Title V staff to plan and facilitate an in-state planning process with statewide partners to refine and align health care improvement efforts. We'd love to hear about your work, challenges, and ideas, as well as provide support as you move evidence-informed ideas to action! Please contact Kristin Teipel (SAHRC-UMN) at teipe001@umn.edu.

Tools and Resources

To support states working on National Performance Measure #10, the AYAH Center offers a wealth of tools and resources:

- Evidence for Adolescent and Young Adult Preventive Services: This one-page [fact sheet](#) summarizes the evidence base for adolescent and young adult clinical preventive services, showing services with the strongest evidence and those with promising research.
- Clinician Tools: Two "cheat sheets" are available for clinicians on recommended guidelines for clinical preventive services for [adolescents](#) and [young adults](#).
- Adolescent and Young Adult Health Care Measures: A comprehensive [set of measures](#) to assess and track quality improvement in clinical settings.
- Health Insurance Enrollment Best Practices: *Coming Soon!* A compendium of promising practices from your colleagues around the country that promote adolescent and young adult health insurance enrollment. Available soon on the AYAH Center [website](#).



Plus, check out some AYAH Center resources on teen pregnancy prevention and mental health [here!](#)



Looking Forward: Upcoming Newsletter Issues

The AYAH Center is excited to bring trending topics in adolescent and young adult health to you throughout the year. Future newsletter issues will feature the following sections:

- **From the Experts:** AYAH Center staff and/or guest authors providing information and perspectives about relevant adolescent and young adult health topics, current research, and emerging projects in the field.
- **Latest Resources from the AYAH Center:** Tools to aid in your state or community adolescent and young adult health care initiatives.
- **CoIIN Corner:** Updates and tools developed from the AYAH CoIIN to encourage new ideas to state and community leadership.
- **From the MCH Community:** Additional tools, research, and initiatives to keep you informed about current efforts from the MCH field.



Stay tuned for our upcoming issues: *Engaging Youth in Health Care Improvement Efforts* and *Improving Systems of Care for Youth and Young Adults through the ACA*.