

The Minnesota Partnership for Adolescent and Young Adult Health

An action plan to guide adolescent and young adult health in Minnesota

2019, 2023



An Action Plan to Guide Adolescent and Young Adult Health

This collaboratively developed plan was created to motivate, engage, and inspire action. It recognizes the important contributions and amazing ideas that exist across our great state.

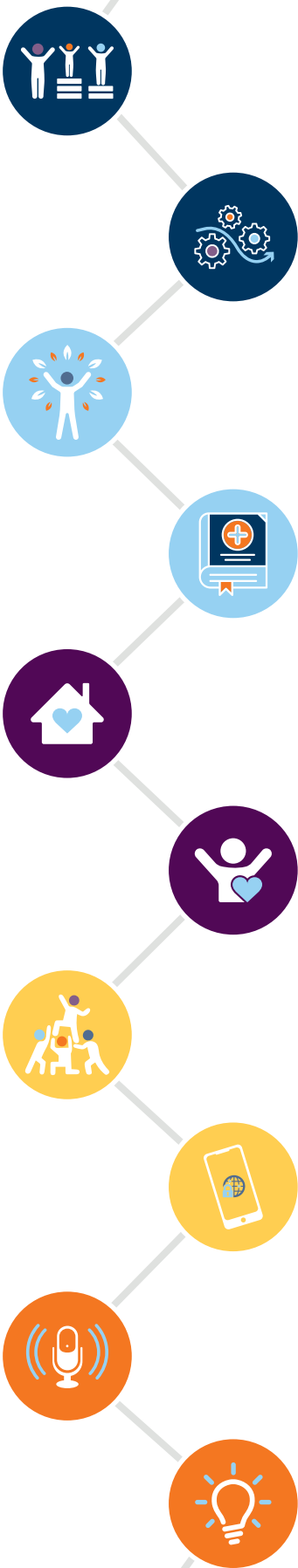
Rather than proposing a formal, rigid set of recommendations, it is designed to support community-based efforts – whether led by health systems, youth-serving organizations, or young people – with a unifying vision, and collectively agreed-upon priorities.

How will YOU support young people to thrive?

Use this plan in whatever way works for your adolescent and young adult programming, policies, and investments. It can be a framework, starting point, planning agenda, needs assessment or simply a set of resources. Visit [The Minnesota Partnership for Adolescent and Young Adult Health website \(www.health.mn.gov/people/adolescent/youth/partnership.html\)](http://www.health.mn.gov/people/adolescent/youth/partnership.html) for more:

- Detailed action steps that inspire action.
- Ideas and solutions from different communities across the state.
- Easy access to local and national resources, programming, research, policies, best practices and more.





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Introduction

The Partnership – convened by the Minnesota Department of Health (MDH) – are stakeholders representing the state, counties, schools, community agencies, and faith groups that work for and with young people.

A small leadership team helped shape our path and process for engaging the diverse, multi-sectoral adolescent health community. Listening sessions were conducted around the state with adults and young people in a variety of settings.

In these listening sessions, we worked towards consensus on our hopes and dreams for the health of Minnesota’s young people. We documented supports for and barriers to that vision, then identified bold steps to build on those supports and move barriers.

Finally, another small leadership team helped MDH frame the recommendations, organize the action steps, and finalize language.

The Process



Health Goals

MDH is grateful to have convened and collaborated with this Partnership. The creation of the plan serves to address overarching adolescent and young adult health goals. MDH is committed to sharing this call-to-action and eager to support the work of communities across Minnesota.

- Improve the health and well-being of all young people (ages 10-25).
- Build and maintain strong partnerships with those interested in supporting the health and well-being of young people.

The Vision

Minnesota is a place where all young people thrive.

The Partnership uses this vision to reflect our values, inspire action, and engage new partners.

While the Partnership consists primarily of professional adults in the field, the perspectives of young people were a formative part of this plan. Throughout this intergenerational process, all parties acknowledged their roles:

- Systems, communities, and youth-serving professionals are responsible for creating opportunities.
- Young people are responsible for acting on opportunities.

“Adolescence is usually described as ‘pre’ or ‘in between’ - a stage between childhood and adulthood. It is seen as a turmoil because one moves from a protected state into a state of independence. I prefer to see adolescence as a significant stage, an ‘adolescenthood’ with new experiences and new strengths, not merely an interim period and a problem.”

— Gisela Konopka, 1985

Adolescence: A Critical Development Stage

Adolescent development is a process that all youth experience as they move through their adolescence toward adulthood. It is second only to early childhood when it comes to the magnitude, significance, and rapidity of physical and cognitive development.

There are specific developmental tasks that all youth need to accomplish to enter adulthood well-prepared, yet young people develop in unique ways as they move through adolescence. Seeing adolescence in stages yields a better understanding of physical and psychological development and potential problems.

Young people who successfully complete these developmental tasks are better prepared to make a successful transition from adolescence into adulthood. Supporting young people as they grapple with the changes and challenges of adolescence contributes to their health and well-being. Young people who are not given healthy outlets for growth are likely to find potentially harmful alternatives.

Developmental Tasks of Adolescence

1. Adjust to new physical sense of self (including body image).
2. Adjust to a sexually maturing body and feelings.
3. Develop and apply abstract thinking skills.
4. Define a personal sense of identity.
5. Adopt a personal value system.
6. Renegotiate relationship with parents and caregivers.
7. Develop stable and productive peer relationships.
8. Meet demands of increasingly mature roles and responsibilities.

Stages of Development



Early Adolescence: 10-14 years, Grades 5-9

A stage in which everything is new! Young people start dealing with all the changes of adolescence with little life experience to make sense of it all.



Middle Adolescence: 15-17 years old, Grades 9-12

In this stage, young people begin testing and refining as a way to take charge of the changes they experience. This testing is purposeful – the developmental changes of adolescence prime them to take risks and try out new things.



Late Adolescence: 18-24 years old, Post high school

In this final stage, young people experience a time of feeling “in between” being an adolescent and adult. What they know, what they’ve come to count on – all changes. And there’s no certificate of completion that lets them know they’ve graduated to adulthood.

Being, Belonging, Becoming: Developmental Approach

The Minnesota Partnership for Adolescent and Young Adult Health (the Partnership or MNPAH) believes that it is our responsibility as Minnesotans to support and guide young people during the developmental process. This requires a focus on wholeness and wellness and seeing our youth as “a promise” rather than “a risk.”

The developmental tasks of adolescence build on the developmental experiences of childhood and lay the foundation for adulthood. The tasks of adolescence are best described by the theme of being, belonging and becoming:

BEING

Refers to “defining who I am” (physical, psychological, spiritual) and includes personal values, attitudes, knowledge, and behaviors. These developmental tasks revolved around defining a clear sense of identity, a positive sense of self-worth and control over one’s life.

BELONGING

Refers to “finding my place in the world” and recognizes a young person’s fit with their environment (physical, social, community). These developmental tasks focus on the ability to form healthy relationships with others, using available support systems, finding a valued place in the world and ways to be useful.

BECOMING

Refers to “achieving my personal goals, hopes and aspirations.” These developmental tasks include mastering social skills, developing lifelong learning habits, developing a sense of curiosity and exploration, seeing a promising future with real opportunities, acquiring skills to participate in our economy and establishing a respect for diversity.

Healthy Youth Development

A cornerstone of our approach, the phrase “healthy youth development” is used in many ways:

- As a goal for the developmental process.
- As a characteristic of effective youth programs.
- As an expression of our values and underlying philosophy.

Healthy youth development is our most basic strategy. It recognizes that young people have fundamental, underlying needs, some of which are unique to adolescence as a time of life. By meeting these needs, we support young people to avoid multiple health problems.

It also ensures that we view young people holistically as multi-dimensional people that live as members of families, schools, and communities. To truly support their development, we must acknowledge and address the strengths and weakness within those contexts.

Five Essential Themes

Essentials to adolescent and young adult health

Equitable and Supportive Systems

Young people and their families need safe communities and environments, shelter, education, healthy food, a livable income, and social justice to be healthy and thrive.

Access to High Quality, Youth-friendly Health Care and Information

Young people benefit from access to high-quality medical, dental, and mental health services and health information.

Positive Connections with Supportive Adults

Young people thrive and flourish when they are surrounded by caring and nurturing relationships with supportive adults.

Safe and Secure Places to Live, Learn, and Play

Schools, communities and digital environments all play a role in supporting health, social interactions, and cognitive growth.

Opportunities for Youth to Engage

Young people grow and thrive best when actively engaged with their community and have meaningful leadership opportunities.

Priorities



Health Equity



Supportive Systems



Physical and Mental Health



Health Literacy



Families and Caregivers



Adults Who Understand



Supportive Schools and Communities



Safe and Balanced Technology Use



Youth Leadership



Out-of-School Time

Equitable and Supportive Systems

Young people and their families need safe communities and environments, shelter, education, healthy food, a livable income, and social justice to be healthy and thrive. Yet these opportunities aren't equally available to everyone, and disparities are clear and persistent in different populations. The systems for providing these elements are often fragmented. A more coherent, integrated approach to fostering health and well-being would benefit all young people.

In Minnesota, health disparities define our adolescent health challenges. The Partnership recognizes the role that structural racism and bias play in these disparities. We embrace the challenge of eliminating personal and structural bias through systems reform while honoring the strengths and assets young people bring to our collective efforts.





Health Equity

Every young person in Minnesota deserves to have the opportunity to thrive.

The resources, experiences, and opportunities we provide to young people must be consistent regardless of:

- Their race, ethnicity, culture, or faith
- The place they live
- The economic status and health of their family
- Their sexual orientation or gender identity
- Their placement in, or experience with, a justice, foster care, or health care system
- Their immigration status

Research continues to document how these factors impact the health and success of young people. Disparities in Minnesota are among some of the highest in the country. The goal of this recommendation is to recognize the impact of structural racism and bias and to expand partnerships – in both systems and communities. Action steps propose adopting a health in all policy lens, changes to our systems that eliminate bias, reforms our work, and diversify our professional community. Health

in All Policies is a collaborative approach to improving the health of all people by incorporating health considerations into decision-making across sectors and policy areas.



Action Steps

- Intentionally recognize and address populations who are marginalized when planning any youth-focused program or policy.
- Support and promote the unique strengths, assets, and social capital of every community.
- Adopt a Health in All Policy perspective, which incorporates health considerations into decision making across sectors and policy areas affecting young people.
- Recognize and address both individual bias and racism as well as structural bias and racism in public health (and all) systems.
- Ensure staff, decision makers and leadership reflect and represent populations served.
- Ensure that basic needs and social environmental factors that negatively impact the health of young people (shelter, food security, safety, education, livable wages, and transportation) are met and promote protective factors that lead to positive health outcomes.
- Use trauma-informed care strategies to provide effective care and support when working with young people and their families.

For examples of Health Equity resources, visit [The Minnesota Partnership for Adolescent and Young Adult website \(www.health.mn.gov/people/adolescent/youth/partnership.html\)](http://www.health.mn.gov/people/adolescent/youth/partnership.html).



Supportive Systems

Strengthen the systems and structures designed to support the health and well-being of young people.

Systems and structures must be well-resourced and coordinated to effectively support young people. The goal of this priority is to ensure that Minnesota has a structure that supports a comprehensive network of adolescent health resources. These action steps focus on strengthening commitment to a common adolescent and young adult health agenda through agency partnerships. These actions move Minnesota from systems that foster a fragmented and siloed approach to health to one that is coordinated and comprehensive.

Action Steps

- Facilitate effective partnerships and collaborations focused on adolescent and young adult health.
- Improve state-level adolescent health data through youth and community involvement.
- Strengthen and align youth health policy.
- Stabilize and sustain funding for youth health initiatives.



The Minnesota Student Survey is one of the nation's longest running **YOUTH surveys.**

Over **130,000** Minnesota students took the survey in 2022.

Learn more at the [Minnesota Student Survey webpage \(www.health.mn.gov/data/mchs/surveys/mss\)](http://www.health.mn.gov/data/mchs/surveys/mss).

For examples of Supportive Systems resources, visit [The Minnesota Partnership for Adolescent and Young Adult website \(www.health.mn.gov/people/adolescent/youth/partnership.html\)](http://www.health.mn.gov/people/adolescent/youth/partnership.html).



Access to High Quality, Youth-Friendly Health Care and Information



Young people benefit from access to high-quality medical, dental, and mental health services and health information. They also benefit from health care providers who understand adolescent and young adult health and development. Young people prefer health services that are youth-friendly, culturally competent, affordable, convenient, confidential, and medically accurate. Health care that is youth-centered, involves parents and caregivers, and allows for increasing autonomy, is critical.

The Partnership believes youth-centered health care is essential to meeting the mental and physical health needs of young people. Young people also deserve to have access to medically accurate health information and guidance on how to care for themselves through adolescence and into young adulthood.



Physical and Mental Health

Improve the responsiveness of health care for young people.

Youth-centered care is needed to truly meet the health care needs of young people. The goal of this recommendation is to strengthen the health care system to better meet the mental and physical health needs of young people. The action steps focus on access to services, increasing the capacity of health care providers to effectively address adolescent health needs, and providing services confidentially while balancing the need to reach out to parents and caregivers of young people.

Action Steps

- Expand and strengthen youth-focused clinics including increasing the number of School-Based Health Clinics (SBHCs).
- Promote teen-centered health care (youth-friendly care).
- Increase focus on the mental wellbeing of young people.
- Increase access to school and community-based health services and supports.
- Ensure confidentiality in health care for adolescents and young adults.
- Enroll adolescents and young adults in health insurance.



Preventative care **declines** by more than **20%** between the ages of 10-19.¹

For examples of Physical and Mental Health resources, visit [The Minnesota Partnership for Adolescent and Young Adult website \(www.health.mn.gov/people/adolescent/youth/partnership.html\)](http://www.health.mn.gov/people/adolescent/youth/partnership.html).



Health Literacy

Ensure young people are provided with and have the tools to seek accurate and age-appropriate health information.

Adolescence offers a unique time for young people to learn health literacy skills due to emerging autonomy, a need for confidentiality, and increasing interactions with technology. Health literacy for young people emphasizes how to use health information rather than just understand it. The goal of this recommendation is to provide young people with the skills to seek accurate and age-appropriate health information which will allow for them to make well-informed decisions about their lives. The action steps focus on the delivery of health information, health education standards, and how young people may access and interact with that health information.

Action Steps

- Direct young people to trusted websites and social media platforms where young people, parents and caregivers, and youth-serving professionals can validate and fact-check health-related information.
- Promote evidence-informed healthy youth development programs.
- Teach young people how to access and use the health care system.
- Develop easily accessed life skill resources for young adults transitioning to adulthood.
- Teach young people how to find medically accurate information in a digital environment.
- Advocate for state-wide comprehensive sex education standards and implementation.



For examples of Health Literacy resources, visit [The Minnesota Partnership for Adolescent and Young Adult website \(www.health.mn.gov/people/adolescent/youth/partnership.html\)](http://www.health.mn.gov/people/adolescent/youth/partnership.html).

Positive Connections with Supportive Adults

Young people thrive and flourish when they are surrounded by caring and nurturing relationships with supportive adults (parents, caregivers, elders, grandparents, neighbors, tribal members, coaches, teachers, mentors, and more). Youth need a circle of people who listen, provide expectations, support, and guidance.

The Partnership recognizes the need to increase the capacity of adults to build supportive relationships with young people and the critical role of families and caregivers.





Families and Caregivers

Strengthen the capacity of families and caregivers to provide the supportive foundation for young people's health and well-being.

The family plays a significant role in nurturing the health and well-being of young people. Yet, the critical supports for parents of adolescents are lacking. The goal of this recommendation is to support strong, stable families and caregivers. The action steps focus on strategies that reach out to parents and other caregivers to develop strong families from birth through adolescence and into young adulthood.

Action Steps

- Provide opportunities for parents and caregivers of young people to sharpen parenting skills and gain support from each other.
- Create an adolescent version of Early Childhood and Family Education (ECFE) program.
- Direct families to medically accurate information and resources on adolescent health and development.
- Include a parent or caregiver component in health programs for young people.
- Support teen parents as both developing young people and parents.
- Advocate and promote family-friendly policies.



Approximately **80%** of 11th graders report that they can talk with a parent or guardian about their problems.²

80%

For examples of Families and Caregivers resources, visit [The Minnesota Partnership for Adolescent and Young Adult website \(www.health.mn.gov/people/adolescent/youth/partnership.html\)](http://www.health.mn.gov/people/adolescent/youth/partnership.html).



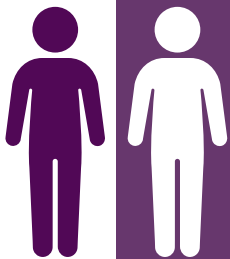
Adults Who Understand

Educate adults about adolescent health and development.

Caring adults who understand young people and their development play an important role in guiding and supporting young people through adolescence. These are the adults who “stick” with young people through thick and thin. The goal of this priority is to support adults who work with or make decisions about youth to routinely create and surround young people with caring relationships. The action steps focus on training these adults in adolescent development, positive youth development and the foundations of health.

Action Steps

- Partner with young people to train adults about adolescent health issues.
- Include adolescent development and the importance of supportive relationships in adult professional education.
- Improve higher education programs for professionals who work with young people to include a focus on adolescent health and development (e.g., health, public health, social work, psychology, education, law enforcement, etc.).
- Make supportive relationships with young people a central goal of youth programs.
- Collect and share best practices on building supportive relationships with young people.



One half of 9th graders report that they have been able to develop trusting relationships with adults outside of the regular school day.

For examples of Adults Who Understand resources, visit [The Minnesota Partnership for Adolescent and Young Adult website \(www.health.mn.gov/people/adolescent/youth/partnership.html\)](http://www.health.mn.gov/people/adolescent/youth/partnership.html).



Safe and Secure Places to Live, Learn, and Play

Schools, neighborhoods, and community settings can foster and support healthy adolescent development across the spectrum, including physical and mental health, social interactions, and cognitive growth. Young people are also spending an increasing amount of time living, learning, and playing in a digital environment.

The Partnership recognizes the need for young people to feel like they belong and are valued. How young people are perceived and supported in these environments plays a significant role in their feelings of connectedness and investment as part of the community. Schools, neighborhoods, and communities can foster this sense of connectedness to support healthy development across the spectrum, including physical and mental health and cognitive growth. We also recognize that the overuse and misuse of technology has impacted young people's health and learning outcomes. Now is the time to provide opportunities for young people to learn about the addictive nature of devices, increase life skills and positive habits that support healthy and balanced use of technology, and discuss digital well-being practices in the community.





Supportive Communities and Schools

Partner with schools and communities to ensure all young people are welcomed, engaged, and connected.

When young people feel connected to school and they feel like adults and peers in the school care about their learning, they are more likely to engage in healthy behaviors and succeed academically. Schools and communities where young people feel like they belong, and matter provide a solid foundation for young people to flourish. The goal of this recommendation is to strengthen and support schools and communities to create safe, engaging, and welcoming opportunities that help young people envision a promising future and are an integral part of the community. The action steps focus on viewing young people as an integral part of their community and collaborating to create environments where young people safely learn, experiment, contribute and thrive.



Action Steps

- Support the adoption of the Whole School, Whole Community, Whole Child model.
- Support positive and safe school climates and communities.
- Bring a youth-centered perspective to school improvement efforts.
- Connect and align youth programs across communities.
- Offer guidance to young people on healthy dating and relationships and ways to identify the signs of intimate partner and dating violence.
- Promote intergenerational community activities that bring together people across the lifespan.

2x

Rates of **depression** and **anxiety** are twice as high among students who **do not feel safe at school** compared with those who do feel safe.²

For examples of Supportive Communities and Schools resources, visit [The Minnesota Partnership for Adolescent and Young Adult website \(www.health.mn.gov/people/adolescent/youth/partnership.html\)](http://www.health.mn.gov/people/adolescent/youth/partnership.html).



Safe and Balanced Technology Use

Encourage safe, balanced, and intentional technology use while promoting digital safety and wellbeing.

Young people are spending an increasing amount of time in a digital environment to live, learn, play, and interact with others. Nearly all young people interact daily with technology, especially social media. A 2023 U.S. Surgeon General report notes that because “adolescence is a vulnerable period of brain development, social media exposure during this period warrants additional scrutiny”. Growing up in a digital environment provides new challenges that previous generations of young people have not seen. The goal of this recommendation is to promote digital wellbeing and safety for young people. The action steps focus on how young people, parents/caregivers, schools, and the community can work together to make online environments safer and promote balanced technology use.



Action Steps

- Equip parents and caregivers to create a family media plan and model balanced technology use.
- Promote digital wellbeing resources so that schools, out of school time organizations, and other youth serving organizations can implement digital wellbeing resources for students and educators.
- Provide professional development opportunities to equip educators, youth workers, and adult youth advocates with tools and resources to facilitate digital wellbeing discussions with young people.
- Support mental and physical health care providers to have conversations with young people about safe, balanced, and intentional technology use.
- Engage and partner with young people in developing ideas and solutions to enhance digital well-being.
- Promote awareness of the need for digital wellbeing through effective health communication strategies.

For examples of Safe and Balanced Technology Use resources, visit [The Minnesota Partnership for Adolescent and Young Adult website \(www.health.mn.gov/people/adolescent/youth/partnership.html\)](http://www.health.mn.gov/people/adolescent/youth/partnership.html).



Opportunities for Youth to Engage

Active youth involvement with people and programs is an essential part of healthy adolescent development. Activities at school, home, or in the community, such as school clubs, sports, music, visual and performing arts, or out-of-school time programs, volunteer, or paid jobs, and activities at places of worship all support key developmental tasks.

The Partnership recognizes that young people grow and thrive best when actively engaged with their community and have meaningful leadership opportunities. Through these experiences, young people learn, have fun, challenge themselves and build relationships. Given a chance to lead, young people gain a stronger sense of self, develop life skills, and connect to the communities in which they grow. When youth voices are heard, policies are more effective, programs are more engaging, and the community is a better place.





Out-of-School Time

Improve the opportunities for young people to engage in activities that support healthy youth development.

All young people need opportunities to engage in activities that support positive and healthy development. To be effective, these opportunities must provide safe spaces and supportive relationships with adults and peers while being responsive to young people's culture and identity. Out-of-School Time programs support development when they focus on social skills, include meaningful community-based activities and offer chances for healthy experimentation and decision making. The goal of this recommendation is to ensure that quality opportunities are available and accessible. The actions steps focus on growing and strengthening opportunities for recreation, community service and civic engagement.



Action Steps

- Assess and strengthen the quality of youth-focused out-of-school programs.
- Create and support a wide variety of recreational activities for young people.
- Ensure communities have accessible youth and recreation centers with transportation for those in need.
- Build strong and sustainable mentoring programs.
- Offer meaningful employment and internship opportunities.

Students who participate in at least 3 or more out-of-school activities per week are more engaged in their education.²

3+

For examples of Out-of-School Time resources, visit [The Minnesota Partnership for Adolescent and Young Adult website \(www.health.mn.gov/people/adolescent/youth/partnership.html\)](http://www.health.mn.gov/people/adolescent/youth/partnership.html).



Youth Leadership

Increase the opportunities for young people to actively influence the issues that affect their health and development.

It is important to increase opportunities for young people that allow them to actively influence issues that affect their health and development. The goal of this recommendation is to engage young people authentically as leaders to address critical issues in their communities. The action steps focus on strengthening and improving these leadership opportunities.

Action Steps

- Support a statewide youth health leadership council.
- Engage young people to assess, plan, and evaluate programs.
- Include youth engagement as part of any grant or funding opportunity.
- Provide opportunities for young people to mentor others.
- Train adults in how to effectively partner with young people.
- Provide opportunities for youth and adult partnership to learn from each other.



Student participation on sports teams²



Student participation in leadership activities²

For examples of Youth Leadership resources, visit [The Minnesota Partnership for Adolescent and Young Adult website \(www.health.mn.gov/people/adolescent/youth/partnership.html\)](http://www.health.mn.gov/people/adolescent/youth/partnership.html).

Partners

We thank everyone who contributed and hope that you see your input, feedback, hopes and goals for supporting the health of young people reflected in these pages. We value your work, passion and dedication to young people and know that together we can support young people to THRIVE.

Aqui Para Ti

Division of Indian Work

Evergreen Youth and Family Services

FamilyMeans Landfall Teen Center

Family Tree – Youth KISS Participants

Forest Lake Area

- Linwood Group
- Timber Bay
- FL Police Department Washington County Public Health Family Pathway
- YMCA Lino Lakes
- Lakes Area Community Television Lakes Area Youth Service Bureau City of Forest Lake
- Allina Health
- Willowbrook Church
- Fairview
- Lakes Life Care Center
- Rapid Press

High School for Recording Arts ISD 2687

Independent School District 15

Leech Lake (LL)

- LL Child Welfare
- LL High School
- LL Behavioral Health
- LL Alcohol and Drug Outpatient Family Preservation
- LLBO
- ICWA
- LLCW Homeless Program
- LL Alcohol and Drug Program Health Division
- Family Violence Prevention LL Tribal Police
- LL Band of Ojibwa – Human Services and Alcohol and Drug Program
- LL Housing

Lutheran Social Services

Meeker County Public Health

Minnesota Fathers and Families Network

MN Organization on Fetal Alcohol Syndrome

Norman-Mahnomen Public Health

Olmstead County Public Health Services

- Boys and Girls Club Community Services
- Olmstead County-Social Worker Winona State
- Fern Brook
- Mayo Clinic
- Rochester Public Schools Olmstead County-Probation Children's Mental Health
- Van Wald Shelter
- Olmstead County – Violence Prevention Specialist

Planned Parenthood

Raices Youth Development Staff at Centro

Red Lake (RL)

- RL High School
- Sexual Assault program
- New Beginnings
- Community Education
- RLES
- RL Community Health Services RL Comp. Health Services

REM Minnesota

Safe Zone

Sauk Rapids-Rice Schools

Sauk Rapids-Rice Middle School Sexual Assault Program

Sherburne County Health and Human Services – Public Health Division

St. Paul-Ramsey County Public Health Stearns County Public Health Stearns County Human Services Todd County Health and Human Services

White Earth (WE)

- WE Child Care Early Childhood WE Behavioral Health
- WE Child Care Early Education WE Indian Child Welfare Circle of Life Academy
- WE Community Health DOVE
- Home Health Agency
- Circle Back Center
- WE Tribal Health

Special Thanks

The MN Partnership for Adolescent Health recognizes and appreciates the vital contributions from the Leadership Teams who brought wisdom, insight, and strength to the preliminary and final stages of the strategic process lead by Julie Neitzel Carr from MDH.

Staff from the Konopka Institute, Glynis Shea (Communications Director) and Kristen Teipel (State Adolescent Health Resource Center Director) facilitated the process, designed, and produced the original strategy document in 2019.

A special thank you to Amy Gower, Ph.D. and Ingie Osman from the Prevention Research Center at the University of Minnesota for providing technical assistance and updated data for the 2023 revision.

Citations

1. Minnesota Department of Human Services (May 2022). CMS-416 FFY 2021 Minnesota Child and Teen Checkups Statewide Participation Report. Accessed 5/2023 from https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=ID_018157
2. Minnesota Department of Health (2022). Minnesota Student Survey: Statewide Tables, 2022. Accessed 5/2023 from <https://www.health.state.mn.us/data/mchs/surveys/mss/index.html>

Reach out

Learn more about how the Minnesota Department of Health and the Partnership can support your work. We are as eager to share our own resources as we are to hear about your work with young people.

Contact the MDH State Adolescent Health Coordinator:

Email: Health.AdolescentHealth@state.mn.us
Phone: 651-201-3650

Minnesota Department of Health
Child and Family Health Division
625 Robert Street North, St. Paul, MN 55155

To obtain this information in a different format, call: 651-201-3650.

Stay Connected

Join the Partnership for Adolescent and Young Adult Health and share how you are helping Minnesota's young people to thrive. We know that by aligning our efforts, we harness our collective knowledge and resources helping our young people to thrive.

To be added to the Minnesota Partnership for Adolescent Health Listserv please email Health.AdolescentHealth@state.mn.us, or visit [The Minnesota Partnership for Adolescent and Young Adult website \(www.health.mn.gov/people/adolescent/youth/partnership.html\)](http://www.health.mn.gov/people/adolescent/youth/partnership.html).

