Welcome to the Collaborative Quarterly!

I am excited to share with you the first edition of the California Adolescent Health Collaborative’s newsletter, the Collaborative Quarterly. We will be using the Collaborative Quarterly to regularly share program updates, resources, opportunities, and promote good work being done with and by youth!

We invite you to also check out our revamped website. It’s got a new look and feel, but it’s still a great place to learn more about the California Adolescent Health Collaborative, find upcoming youth-focused events, and updates from the field. Take a look and tell us what you think and/or share any information you’d like us to promote.

I hope you enjoy this first issue of the Collaborative Quarterly!

Susan Watson
Program Director
California Adolescent Health Collaborative (CAHC) & CA4Health

Updates from CAHC Programs

Healthy Relationships & Economic Pathways (H-REP)

CAHC, along with community partners in Stanislaus and Merced counties, is implementing the Healthy Relationships and Economic Pathways (H-REP)

Community Health Equity Academy (CHEA)

Castlemont High School teachers, in partnership with Oakland Unified School District’s Linked Learning office, officially launched Castlemont’s Community Health Equity Academy (CHEA)
H-REP provides Healthy Relationships Education using the Fourth R curriculum. The Fourth R is an evidence-based curriculum that provides opportunities for students to engage in developing healthy relationships and decision-making skills.

CAHC has adapted the curriculum to be CA Healthy Youth Act compliant by including comprehensive sex education requirements.

Currently, we are in Year 4 of our five-year grant and are serving over 1,700 participants across the Central Valley.

Here’s what some of our participants have said about the program so far...

- "It was very informative. I feel like I learned so much about healthy relationships and I think everyone should take this class."
- "It was interesting, even though there were some parts that I felt uncomfortable, I got through it, and now I am aware of what’s going on, and how I can save myself, or do the right thing that won’t cause problems."
- "I feel like this program helped me with coping skills, new ways to have a healthy conversation with family, friends, and how to talk to coworkers as well in certain situations."

Select upcoming program activities include...

- **Leadership/Wellness Retreat at Joaquin Miller Park.** During the retreat, 11th grade CHEA students will learn self-care techniques, the principles of youth leadership, and what it means to promote community health.
- **Experiential Learning Trip on Human Trafficking.** 10th grade CHEA students will learn from, discuss with, and propose recommendations to Oakland-based organizations tackling this complex and delicate public health issue.
- **A Day of Community Service.** All CHEA students will offer their services in support of Castlemont High School and the East Oakland area. Activities may range from mentoring elementary school students, assisting senior citizens, serving the homeless, and even cleaning up litter in vacant lots.

February is **Teen Dating Violence Awareness Month**. CAHC wants you to know that there’s a lot you can do as a parent to prevent teen dating violence and abuse. Go [HERE](#) for ways to get involved.

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**Resources & Opportunities**

[Five Tips for Teaching Healthy Marriage and Relationship Education in Schools](#). Brief published October 2018 provides five practical tips for HMRE practitioners in high schools.
FACES Summer Medical Academy (FSMA). Application Deadline: April 12, 2019. Tuition-based, intensive summer day experience designed to expose high school students to the fields of medicine, nursing, and allied health professions. Seeking applicants for both the FSMA and for FSMA Student Advisor positions.

Understanding positive youth development in sport through the voices of Indigenous youth. December 2018 article by University of Manitoba on recent paper co-authored by Dr. Leisha Strachan. “Self-confidence and cultural relevancy may be the biggest drivers of successful participation for Indigenous youth in sports.”

Youth + Tech + Health Conference - May 5 & 6, 2019 - San Francisco, CA. For young leaders, tech professionals, health professionals, parents, teachers, advocates, designers, and researchers.

December 2018 Children’s Defense Fund – California (CDF-CA) fact sheet, Unhidden Figures: Examining the Characteristics of Justice-Involved Students in Los Angeles County.

CDF-CA also released Juvenile Justice Crime Prevention Act in Los Angeles: A Case Study on Advocacy & Collaborative Reform.

Gang Prevention & Intervention Conference - May 13 & 14, 2019 - Carson, CA. Convenes experts with common goal of eliminating gang violence, etc. from their communities.

Conference on Adolescent Health - April 11 & 12, 2019 - Detroit, MI. Multidisciplinary health professionals throughout the nation convene for two days of Breakout Sessions, Oral Presentations, Poster Presentations, and networking events.

Celebrating Youth Leadership

Teen’s data shows air quality is worse in south Fresno. He’s taking his work to schools.

Check out the December 2018 article by the Fresno Bee on 18 year old Kieshaun White who is "setting up PurpleAir air quality monitors on Fresno Unified high school campuses, funded by grant money." Kieshaun presented his findings on air quality disparity in Fresno at APHA 2018.

Learn more on his website here: http://healthyfresnoair.com/

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CAHC, a program of the Public Health Institute, has been a leader in adolescent health and wellness for over 20 years.