Updates from CAHC Programs

Castlemont's Community Health Equity Academy attends ENACT Day

On April 30th, four Youth Advisory Council (YAC) members from Castlemont High School’s Community Health Equity Academy (CHEA) attended the 15th annual ENACT Day in Sacramento, California, accompanied by CAHC staff member Robert Lee.

As representatives of East Oakland advocating for policies that build healthy communities, they went to the state capital to inform their legislative representatives of their community’s need for access to healthy food and for the prevention of violence and trauma in their community. Seeking to build new relationships to support East Oakland, they discussed these issues with State Senator Nancy Skinner (Senate District 9) and State Assembly Member Rob Bonta (Assembly District 18) and left the meeting having established new community allies in their legislative representatives.

One student left the event saying, "Enact Day was a very informational event because you get educated on different topics while being a part of changing things for the better."

University of California, Berkeley MCAH course features CAHC

CAHC and CA4Health Program Director Susan Watson, MPH will be representing the California Adolescent Health
Collaborative in one of two upcoming webinars hosted by the University of California, Berkeley Public Health department’s Center of Excellence in Maternal, Child and Adolescent Health (MCAH) for their recently launched free online course “Life Course Perspective, Practice, & Leadership.”

The webinars are centered on the “Early Programming and Cumulative Exposure to Risk and Protective Factors across the Lifespan: Opportunities for Intervention” training module of the course and are meant to bring in perspectives directly from the field for course participants to consider and learn from.

The webinar featuring CAHC will take place Tuesday, May 28th from 12 to 1 pm. Join us and register today!

Visit www.californiateenhealth.org for more information on all CAHC programs.

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Special highlights…

May is Mental Health Awareness Month, so CAHC invites you to take a look at TeenMentalHealth.org's Mental Health & High School Curriculum Guide (a.k.a. “the Guide”), an evidence-based mental health literacy curriculum resource designed for use in schools, grades 7-10.

Vaping is a hot topic when it comes to adolescent tobacco use. June is National No Smoking Month, so brush up on the subject and how it adversely impacts adolescent health by reviewing these articles and studies on the topic:

1) Your Teen is Underestimating the Health Risks of Vaping from Yale Medicine.

2) Why it’s so hard to talk about e-cigarette risks from The Verge.

3) Changing Perceptions of Harm of e-Cigarette vs Cigarette Use, an original public health investigation by Jidong Huang, PhD; Bo Feng, PhD; Scott R. Weaver, PhD; et al.

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Resources & Opportunities

New report “The Promise of Adolescents: Realizing Opportunity for All Youth” released this month by the National Academies of Sciences, Engineering, and Medicine presents “ample evidence that changes in brain structure and connectivity that happen in adolescence present young people with unique opportunities for positive, life-shaping development, and for recovery from past adversity” and provides multiple recommendations for policy and practice that capitalize on these developmental opportunities, while also addressing several inequities that undermine adolescent well-being.

VOLT20 website by Healthy Teen Network – With a “20 questions” health survey and youth-centric videos, Volt20 is an interactive resource center targeted towards adolescents. Healthy Teen Network says: “Volt20 helpsadolescents [...] create a written ‘game plan’ for establishing, maintaining, or sustaining a life of health and well-being.”
Gender Spectrum’s new guide, **Principles of Gender-Inclusive Puberty and Health Education**, released in March 2019, is a primer for health educators on how to acknowledge, include, and affirm the identity and experience of every student when delivering comprehensive sexual health education to adolescents.

Gender Spectrum is also hosting a **Professionals’ Symposium and Conference** July 19th through the 21st in Moraga, CA. The Symposium is for youth-serving professionals to come together to discuss the most up-to-date and best practices for serving gender-expansive children and youth. The Conference is an all-ages event exclusively for families with transgender, non-binary, and gender-expansive children and youth. *Registration for both closes June 30th.*

New research report, “**Promoting a New Direction for Youth Justice: Strategies to Fund a Community-Based Continuum of Care and Opportunity**” from the Urban Institute.

**Starter Guides from the University of Michigan's Adolescent Health Initiative** – AHI says, “Our Starter Guides are mini-toolkits that offer concrete, actionable steps to improve adolescent care.” Kit topics include subjects such as “Adolescent Risk Screening,” “School and School Based Health Center (SBHC) Collaboration,” “Strategies for Providing Youth-Friendly Services,” and “Engaging with Youth on Social Media.”

**Youth Leadership Opportunity! - It’s On Us** is a campus-driven national movement to end sexual assault. Their website includes tools and videos about sexual assault prevention, fostering culture of consent, etc. They are looking for Regional Advisors and Campus Organizers for the 2019-2020 school year. Chosen leaders will attend the It’s On Us National Student Leadership Summit from August 1st through 5th. Interested young leaders should check out the [application online](#).

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**Celebrating Youth Leadership**

“**Youth Advocates Hope for Sports Program Vouchers In Merced**” – Article from We’Ced Youth Media shares how members of **Youth Leadership Institute’s Rise and Lift program** have been attending town hall meetings to advocate for setting up a sports voucher program for youth in Merced to be able to participate in various group sports at little to no cost.

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**Stay Connected!**

If you **have an opportunity or resource you'd like us to share** out in our next newsletter, [e-mail us at cahc@phi.org](mailto:cahc@phi.org)!

Follow [@TeenHealthCA](https://twitter.com/TeenHealthCA) on Twitter for where we regularly share out news and resources related to adolescent health.

If you’d like to support CAHC and its programs, [check out our website](#) to see how you can help.
CAHC, a program of the Public Health Institute, has been a leader in adolescent health and wellness for over 20 years.