

**TITLE:** State public health strategies for adolescent mental and reproductive health promotion

**AUTHOR(S):** Kate O'Donnell, MPH; Jamie Smith, MPH, BSN, RN, NCSN; Shelagh Johnson, A.A., B.S; Wes Rivers (moderator), MPAff; all from the Oregon Health Authority Public Health Division, Adolescent and School Health Unit

**PRESENTER(S):** Kate O'Donnell, MPH; Jamie Smith, MPH, BSN, RN, NCSN; Shelagh Johnson, A.A., B.S; Wes Rivers (moderator), MPAff; all from the Oregon Health Authority Public Health Division, Adolescent and School Health Unit

**STUDENT SUBMISSION:** No

**TOPIC/TARGET AUDIENCE:** Policy makers, health care providers, program developers, educators, researchers, public health professionals.

**ABSTRACT:** The Adolescent and School Health Unit (A&SH) is comprised of four program areas: School Nursing, School-Based Health Centers, Youth Sexual Health, and Policy and Assessment. The unit focuses on population-based programming that emphasizes positive youth development, health promotion and access to clinical preventive services. Adolescence is a critical phase of development in which health issues can shape adult health outcomes. Yet, this population is often overlooked in prevention and clinical intervention strategies. The unit has utilized youth health survey data, listening sessions, and school-based clinical encounter data to shape priorities, programming, and partnerships to address unmet health needs of Oregon adolescents and school-aged youth.

In this panel discussion, the group will discuss the current state of school nursing, school-based health centers, and youth sexual health programs and the impact that these public health programs have on reproductive and mental health of Oregon's youth. The panel will also explore the potential of these programs with better integration, collaboration and/or expansion.

Overall, these strategies are based in the strengths-based framework of Positive Youth Development, and seek to foster strong youth voice and youth-adult partnerships in creating more effective mental and reproductive health policy and programming.

**OBJECTIVE(S):** 1. Participants will be able to describe some of the mental and reproductive health needs of the adolescent population.

2. Participants will be able to describe state programs that address adolescent reproductive and mental health needs.

3. Participants will be able to recognize the important role of cross-sector partnerships and collaboration to this type of work.

**PANEL MODERATOR:** Wes Rivers, MPAff, Policy and Assessment Specialist, Oregon Health Authority Public Health Division, Adolescent and School Health Unit

**PANEL ABSTRACT 1:** School-based health centers (SBHCs) are a unique access model for comprehensive physical, mental and oral health services for youth in a school setting. SBHCs reduce barriers such as cost, transportation, and concerns surrounding confidentiality that often keep youth from seeking the health services they need.

In this panel discussion, the group will discuss the current state of school nursing, school-based health centers, and youth sexual health programs and the impact that these public health programs have on reproductive and mental health of Oregon's youth. The panel will also explore the potential of these programs with better integration, collaboration and/or expansion.

Kate's presentation will focus on the role of SBHCs in meeting the mental and reproductive health needs of Oregon adolescents. The panelist will share recent research from the Prevention Research Center,

which has demonstrated an association between SBHCs and healthy sexual behavior, increased contraceptive use, and decreased likelihood of depression, suicidal ideation and suicide attempts.

**PRESENTER 1:** Kate O'Donnell, MPH, School Mental Health Specialist Oregon Health Authority Public Health Division, Adolescent and School Health Unit

**PANEL ABSTRACT 2:** Oregon is upheld nationally as a leader in youth sexual health policy and partnerships. Developed in 2009, the Oregon Youth Sexual Health Plan addressed teen pregnancy prevention in a more holistic manner – shifting youth sexual health from a risk-focused paradigm to a youth-development model of sexual health and well-being. In this panel discussion, the group will discuss the current state of school nursing, school-based health centers, and youth sexual health programs and the impact that these public health programs have on reproductive and mental health of Oregon's youth. The panel will also explore the potential of these programs with better integration, collaboration and/or expansion. Shelagh will focus on sharing Oregon's current approaches, successes, and challenges specific to reproductive and mental health through the Youth Sexual Health Plan's five overarching goals. 1. Youth use accurate information and well-developed skills to make thoughtful choices about relationships and sexual health. 2. Rates of unintended teen pregnancy are reduced. 3. Rates of sexually transmitted infections are reduced. 4. Non-consensual sexual behaviors are reduced. 5. Sexual health inequities are eliminated.

**PRESENTER 2:** Shelagh Johnson, A.A., B.S., Youth Sexual Health Coordinator Oregon Health Authority Public Health Division, Adolescent and School Health Unit

**PANEL ABSTRACT 3:** Registered Nurses practicing in the school setting (school nurses) can fulfill all of the Public Health foundational capabilities for the adolescent and school-aged population when given sufficient capacity to function at the top of their licensure. School nursing in Oregon has been drastically underfunded for many years. School nurses' role as a piece of the public health structure has been a missed opportunity. In this panel discussion, the group will discuss the current state of school nursing, school-based health centers, and youth sexual health programs and the impact that these public health programs have on reproductive and mental health of Oregon's youth. The panel will also explore the potential of these programs with better integration, collaboration and/or expansion. Jamie will focus on the current state of school nursing in Oregon and the role that the school nurse can play in providing health education, assessing student needs, making appropriate referrals, and truly being the bridge between the health and education sectors in the context of reproductive and mental health.

**PRESENTER 3:** Jamie Smith MPH, BSN, RN, NCSN, State School Nurse Consultant Oregon Health Authority Public Health Division, Adolescent and School Health Unit

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