

NEW MEXICO TEEN PREGNANCY COALITION

NEWS FLASH

February 2005

Welcome to the February issue of the New Mexico Teen Pregnancy Coalition's
NEWS FLASH

If you would like to be removed from the **NEWS FLASH** list, please use the connection at the end of this issue to communicate with us.

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NATIONAL RESOURCES

1. New from the National Campaign to Prevent Teen Pregnancy

A. Great Week for Parents and Teens

Talking about sex, love, and relationships is never easy. Over the course of the last week of January there were three terrific opportunities for parents and teens to break the ice as The WB, People magazine, and NBC all deal with teens, sex, and relationships.

"Smallville" on The WB, Wednesday, Jan. 26, 8pm Eastern

Now in its fourth season on The WB, this new interpretation of the enduring Superman mythology and its classic characters blends realism and adventure into an exciting action series. See what happens when Alicia (guest star Sarah Carter) comes to Smallville to rekindle her relationship with Clark (Tom Welling). Initially skeptical, Clark enjoys a relationship with someone who knows his secret, but when she pushes for more he hesitates. .Meanwhile, Lana (Kristin Kreuk) decides to have sex with Jason (Jensen Ackles) to win him back. Find out how Clark and Lana both struggle with one of the biggest decisions any teen can make.

Did you know that 2 out of 3 teens who have sex by age 18 wish they had waited longer? If you missed it, watch for the rerun. If you saw it, tell us what you thought: www.teenpregnancy.org

People magazine unveils findings from a new national survey of teens aged 13-16 and their parents. Conducted in partnership with NBC, the results of the poll may surprise you. On the newsstands January 21, the magazine also features an in-depth look at what young teens from around the country have to say about sex and relationships.

On January 25 at 10pm EST, NBC aired The 411: Teens & Sex, a special with Katie Couric. The one-hour special focuses on a group of teens from across the country and their candid beliefs about sex, abstinence, contraception, and other topics.

B. Two New Science Says Briefs Now Available

Two new Science Says research briefs are now available---part of the National Campaign's "Putting What Works to Work" project. The first Science Says examines teen pregnancy among older teens. The second research brief details younger siblings of teen parents and why they are at increased risk of teen pregnancy. Click below to read the research briefs.

[Science Says: Teen Pregnancy Among Older Teens](#)

[Science Says: Younger Siblings of Teen Parents](#)

2. New from Advocates for Youth

A. Emergency Contraception: A Puppet Parable of Politics & Polemics

Miss Piggy fought for the right to love a frog, Pinocchio for his right to be real, Cookie Monster fought for his right to eat cookies, while Oscar the Grouch fought for the right to be left alone! Bert and Ernie---well, they are still fighting!

Who's fighting for young people's rights? Did you know that young women, regardless of age, in more than 30 countries around the world have access to emergency contraception (EC) without a doctor's prescription? But, not here in the United States!

Why not? Because, ultra conservatives in the U.S. Congress have pressured the FDA to keep EC---also known as the morning after pill---difficult to obtain, especially for young women. They argue without basis that widespread availability of EC would promote promiscuity!

Here's our try at puppet activism. To see our short film and to make your voice count, visit

<http://www.advocatesforyouth.org/ec/>

B. From Research to Practice

From Research to Practice is Advocates' easy-to-read series that explores science-based practices in preventing teen pregnancy, HIV, and other sexually transmitted infections. Three new briefs are now available in this series:

- Building an Effective Board of Directors: Selected Annotated Bibliography---provides a selected list of sources and materials to help nonprofit organizations build effective boards of directors. Online at <http://www.advocatesforyouth.org/publications/frtp/board.htm>
- Building Leadership for an Effective Organization: Selected Annotated Bibliography---provides a selected list of sources and materials to help nonprofit organizations build leaders. Online at <http://www.advocatesforyouth.org/publications/frtp/leadership.htm>

- Integrating Efforts to Prevent HIV, Other Sexually Transmitted Infections, and Pregnancy among Teens—Discusses the what, why, and how, the benefits, and the challenges of approaching youth holistically and of integrating the sexual health information and services they receive. Online at <http://www.advocatesforyouth.org/publications/frtp/integrating.htm>

C. HIV Vaccine Research: Creating Support Among Communities of Color

Discusses how a successful preventive vaccine candidate can add a powerful new tool in the fight to prevent HIV and, moreover, how a successful preventive vaccine may be our best hope for ending the epidemic among communities of color across the United States. Specifically, the document includes information on:

Communities of Color—Underrepresented in HIV Vaccine Trials

Barriers to the Participation of People of Color

The Facts—Understanding HIV Vaccine Research

Community Support and Participation—Overcoming the Barriers

Involving Youth of Color in Vaccine Trials

Resources on HIV Vaccine Research

Online in English at <http://www.advocatesforyouth.org/publications/iag/vaccine.htm>

Online in Spanish at http://www.advocatesforyouth.org/publications/iag/vaccine_sp.htm

D. Advocating for Adolescent Reproductive Health in Eastern Europe and Central Asia

Provides in-depth information on how to improve adolescent reproductive health and sexual health programs and policies in Eastern Europe and Central Asia. Includes case studies that highlight successful Eastern European and Central Asian programs.

Online at http://www.advocatesforyouth.org/publications/advocate_eeca.pdf

3. New from Children's Aid Society

CHILDREN'S AID SOCIETY'S TEEN PREGNANCY PREVENTION PROGRAM IS RECIPIENT OF LARGEST SINGLE GRANT IN PROGRAM'S HISTORY

Atlantic Philanthropies and Edna McConnell Clark Foundation Join in \$10.5 Million Gift to Help Expand Proven, Effective Program

NEW YORK, January 31, 2005 – The Children's Aid Society's highly regarded Adolescent Pregnancy Prevention and Human Sexuality program has been awarded a five-year, \$10 million grant from The Atlantic Philanthropies, the agency has announced. The grant was approved concurrent with a 12-month, \$500,000 grant from The Edna McConnell Clark Foundation to help develop a plan to expand the program. The \$10.5 million combined grant is the largest the Adolescent Pregnancy Prevention and Human Sexuality Program has ever received.

"These grants are a strong endorsement of our approach to the endemic problem of teen pregnancy, HIV, and sexually transmitted infections in our communities," said Philip Coltoff, CEO of The Children's Aid Society (CAS). "We are deeply grateful to The Atlantic Philanthropies and The Edna McConnell Clark Foundation for the support these grants represent. These funds will enable us to increase the impact of the program significantly."

Youth opportunities and supports = pregnancy prevention

Developed two decades ago and still led by Dr. Michael A. Carrera, the CAS teen pregnancy prevention program is a comprehensive “above-the-waist” model that helps adolescents focus their energies and outlook on a future that does not include becoming a teen parent. Through daily participation and support, teens in low-income families and communities are given opportunities and encouragement in many areas of their lives, including education, health care, and the working world. In contrast to some other pregnancy prevention programs, the focus is not just on their sexual behavior. Teens are approached holistically and with care and affection and are seen as “at promise” rather than “at risk.”

Evidence from a three-year random assignment evaluation indicates that this program reduced pregnancy and birth rates by 50 percent among participating teen females from six New York City communities and significantly delayed the start of sexual activity among young people in the program. For more information on the evaluation, please visit:

www.childrensaidsociety.org/media/file/cas-full_12-site_report1.pdf.

The program integrates seven critical components: Education, Employment, Family Life and Sexuality Education, Self-Expression, Lifetime Individual Sports, Medical and Dental Health Services and Mental Health Services.

Program expansion

Both foundations are hopeful that the grants will ultimately enable the Children’s Aid Society to expand the program to five additional sites in New York City, for a total of 15 locations. Similarly, Carrera will explore how to expand further outside of New York City—from 9 to 17 sites. CAS will also invest in strengthening the infrastructure of the Stern National Training Center (NTC), the leadership-training center for the program. Strengthening the NTC will lead to the development of a long-term sustainability plan and ensure the formation of a strong leadership team going forward. Other investments include the development of a new data collection and information management system.

“Strengthening the leadership team, creating a succession plan, and building robust infrastructure for our program ensure that it will endure and continue to meet the critical national need for our services for many years to come,” said Dr. Michael A. Carrera. “The problem of teen pregnancy has not been solved. The U.S. still leads the industrialized world in teen pregnancies and births and we’re seeing the age at which U.S. teens engage in sexual activity drop lower and lower. These grants will enable us to reach more adolescents with our caring supports.”

Advocacy also to increase

Nationally, current public funding supports only groups that fulfill the “abstinence-only” approach to sexuality education. The principle objective of the CAS approach is sexual literacy, which, when combined with in-depth learning about all of the other aspects of life, delays the early initiation of sexual intercourse and decreases risk taking. The grant from Atlantic Philanthropies will enable CAS to increase and coordinate advocacy efforts at all levels of government to advance the public policy components of the program. The program will raise the awareness of local and state officials regarding the issues of adolescent sexuality and pregnancy prevention, focusing on the fiscal and social costs of not adopting evidence-based approaches like the CAS model.

“We are committed to helping kids stay in school, stay healthy, and stay connected to the communities in which they live. The Carrera program makes this happen and exemplifies the kinds of investments we look for in helping disadvantaged children. It’s a straight-talk program grounded in the

often-harsh realities of kids' lives. But it's really about unlocking kids' incredible potential," said Charles Roussel, Director of the Disadvantaged Children and Youth program at the Atlantic Philanthropies.

"Our grant is intended to help the CAS-Carrera program put together a strong plan for its intended growth," said Michael A. Bailin, president of the Edna McConnell Clark Foundation. "We were attracted to the program because of evidence pointing to its effectiveness, including findings that it lowers pregnancy and birth rates dramatically, the latter by as much as 50 percent. We are hopeful that the combined support from The Atlantic Philanthropies and from the Edna McConnell Clark Foundation will help strengthen its core operations and create the means to ensure a successful replication of the program to other communities where its services are badly needed."

The Atlantic Philanthropies are a group of Bermuda-based charitable foundations whose grant investments are focused internationally in four program fields: Aging, Disadvantaged Children and Youth, Population Health and Reconciliation and Human Rights.

The Edna McConnell Clark Foundation helps high-performing nonprofit organizations increase their capacity to serve more young people from low-income backgrounds (ages 9 to 24) with quality programs.

For additional information on The Children's Aid Society's teen pregnancy prevention program, please visit www.childrensaidsociety.org/locations_services/healthservices/teenpregnancy for more information, or visit www.stopteenpregnancy.com, the program's own website.

The Children's Aid Society was founded in 1853. It is one of the nation's oldest and largest non-sectarian agencies, serving more than 150,000 of New York's neediest children and their families with a network of services that includes community schools, neighborhood centers, camps, adoption and foster care services, teen pregnancy prevention, education, health and recreation.

[4. New from the Alan Guttmacher Institute](#)

New Insights Into Teens' Risk Of Pregnancy, Sexually Transmitted Disease Now Available

- National Survey Findings Could Inform Prevention and Health Promotion Efforts

Despite a plethora of programs and policies designed to protect teenagers' sexual and reproductive health, the debate continues over what actually influences teenagers' behavior, and what types of programs can most effectively prevent unintended pregnancy and sexually transmitted diseases. The November/December 2004 issue of Perspectives on Sexual and Reproductive Health contains seven analyses-based on data from the National Longitudinal Study of Adolescent Health (Add Health), a large, nationally representative study of teens and young adults in the United States-that begin to address these questions.

Seven percent of middle and high school-aged adolescents have ever been forced into sexual intercourse, and eight percent of those are re-victimized by their early 20s. A number of risk factors, including early sexual intercourse, emotional distress and use of alcohol or drugs, work together to increase teens' vulnerability and the chances that they will be victimized or re-victimized, according to "Sexual Victimization Among a National Probability Sample of Adolescent Women," by Ramesh Raghavan et al. Identifying the behaviors and circumstances that put teens at increased risk for sexual victimization can be useful in developing early interventions and can aid service providers in reaching those teens in need of attention. www.guttmacher.org/pubs/journals/3622504.html

In the mid-1990s, only one in five sexually experienced teens received screening for sexually transmitted diseases as recommended by medical experts, even if they had received a routine physical exam; teens with private insurance coverage were less likely to report testing than teens receiving publicly funded care, according to "Infrequency of Sexually Transmitted Disease Screening Among Sexually Experienced U.S. Female Adolescents," by Lynne C. Fiscus et al. This study suggests a need to ensure that health care providers understand the importance of screening, and to encourage teens to get screened annually. www.guttmacher.org/pubs/journals/3623304.html

Surprisingly, teens who take the greatest sexual risks are not necessarily the most likely to contract a sexually transmitted disease, according to "Implications of Racial and Gender Differences in Patterns of Adolescent Risk Behavior for HIV and Other Sexually Transmitted Diseases," by Carolyn Tucker Halpern et al. Instead, the authors report, black females are the least likely of all groups to engage in high-risk behavior, yet the most likely to acquire sexually transmitted diseases. This finding highlights the need to investigate relationship patterns and sexual networks to better understand how Sexually transmitted diseases are spread. www.guttmacher.org/pubs/journals/3623904.html

The more positive teens' attitudes toward contraception, the more likely they are to use it. In contrast, teens' attitudes toward becoming pregnant—whether positive or negative—do not impact their risk of pregnancy or their likelihood of using contraception, according to "Ambivalence and Pregnancy: Adolescents' Attitudes, Contraceptive Use and Pregnancy," by Hannah Bruckner et al. The authors suggest that pregnancy interventions that focus on attitude change should emphasize positive attitudes toward contraception rather than negative attitudes about pregnancy. www.guttmacher.org/pubs/journals/3624804.html

Only a minority of sexually experienced young adults in the United States think that they are at risk of acquiring a sexually transmitted disease, even if they engage in high-risk behaviors or already have an infection, according to "Perceived Risk of Chlamydial and Gonococcal Infection Among Sexually Experienced Young Adults in the United States," by Carol A. Ford et al. This analysis suggests a need to help young adults gauge their risk more accurately, and to raise awareness of the importance of routine testing and treatment among all sexually experienced young men and women. www.guttmacher.org/pubs/journals/3625804.html

The characteristics of teens' partners influence whether they use contraception and how consistently. For example, teen girls who did not know their partners before they began dating are less likely to use contraceptives or use them consistently than teens who met their partner through school, friends or church, according to "Contraceptive Use and Consistency in U.S. Teenagers' Most Recent Sexual Relationships," by Jennifer Manlove et al. Understanding the circumstances that influence teens' decisions to use contraception is crucial to developing pregnancy prevention programs that will teach teens to negotiate consistent contraceptive use in each relationship. www.guttmacher.org/pubs/journals/3626504.html

Teens, who delay first sex are less likely to acquire sexually transmitted diseases than teens who are younger than 14 at first intercourse, but the effect is complicated by social contexts, including Family, neighborhood and school characteristics, according to "Social and Behavioral Determinants of Self-Reported STD Among Adolescents," by Dawn M. Upchurch et al. To effectively reduce risk, programs that attempt to delay first sex must also take the social and cultural context into consideration. www.guttmacher.org/pubs/journals/3627604.html

All current and archived articles from Perspectives on Sexual and Reproductive Health can be

downloaded from The Alan Guttmacher Institute's Web site, www.guttmacher.org. To subscribe to Perspectives, visit our Web site and choose "buy," or call 800-765-7514.

Teens With Positive Attitudes Toward Contraception More Likely To Use It

- Scare Tactics and Negative Sex Ed Messages Less Effective at Reducing Unplanned Pregnancy Than Positive Focus on Contraception

Programs that promote positive attitudes toward contraceptive use rather than focusing solely on the negative consequences of becoming pregnant may be most effective at reducing teen pregnancies, according to a study published today in *Perspectives on Sexual and Reproductive Health*. The authors report that sexually experienced teens with positive attitudes toward contraception are more likely than others to use contraceptives; the more positive their attitudes, the more likely they are to use them, further reducing their risk of pregnancy.

Sexually experienced teens' attitudes toward pregnancy, on the other hand, are not associated with whether they become pregnant. These findings highlight the need for pregnancy prevention programs that discuss contraception in a positive light, since it is these attitudes that are most likely to influence effective contraceptive use and are strongly associated with a reduction of pregnancy risk. Yet sex education programs that discuss contraceptives only in the context of their failure rates are increasingly prevalent in the United States.

"The scare tactics and negative messaging used by today's abstinence-only sex education programs put young people in harm's way," says coauthor Dr. Peter Bearman of Columbia University. "It's truly shocking how little medically accurate information teens are getting about how to protect themselves from pregnancy and disease. We should be preparing teens to make informed decisions about how to protect themselves and how to eventually become sexually healthy adults."

"Ambivalence and Pregnancy: Adolescents' Attitudes, Contraceptive Use and Pregnancy," by Hannah Brückner, Anne Martin and Peter S. Bearman, published in the current issue of *Perspectives on Sexual and Reproductive Health*, is based on data from the National Longitudinal Study of Adolescent Health (Add Health).

[5. New from SAMHSA's Hispanic/Latino ¡Soy Unica! ¡Soy Latina Initiative](#)

*****Free Training Call on Stigma and Discrimination in Secondary Schools*****

You are invited to participate in the free training teleconference -- "Debunking the Myths: Overcoming Stigma and Discrimination Toward Students with Mental Illnesses in Secondary School Settings." This training telephone call is sponsored by the SAMHSA Resource Center to Address Discrimination and Stigma (ADS Center), a project of the Center for Mental Health Services of the Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services. The session is free to participants. The training will be provided by William Scott, Tim O'Leary, J.D., and Dr. Penny Frese.

*****Date: Wednesday, February 9, 2005**

Time: 3:00 p.m. to 4:30 p.m. (Eastern Time)***

William Scott, Trainer

Mr. Scott has been a trainer for the Massachusetts Department of Mental Health since 1992. He has worked as a Creative Arts therapist for the Department's Psychosocial Rehabilitation programs and Director of Volunteers for a State operated hospital. Mr. Scott became involved in the Elimination of Barriers Initiative and conducts training to help teachers and staff make a difference in the lives of

students and in the learning climate of their classrooms. Massachusetts is one of the eight States in the pilot SAMHSA anti-stigma program. California, Florida, Massachusetts, North Carolina, Ohio, Pennsylvania, Texas and Wisconsin also are pilot States.

Tim O'Leary, J.D. -Massachusetts Association for Mental Health, Inc. (MAMH)

Mr. O'Leary is responsible for the management and coordination of public policy initiatives and for educational outreach activities to increase knowledge about mental illness and the effectiveness of treatment, including the Changing Minds campaign, and the Elimination of Barriers Initiative (EBI). He has coordinated legislative advocacy efforts and is responsible for grant development and writing of all MAMH newsletters, reports, policy statements, and press releases. Mr. O'Leary coordinates the training efforts in Massachusetts with Mr. Scott.

Penny Frese

Dr. Frese has a doctoral degree in Fine Arts. When her children started developing mental illnesses, she found a second career in education. Along with her daughter, Claire, she developed Claire's Story, A Child's Perspective of Childhood Depression, a video-based curriculum about adolescent depression. That curriculum served as the basis for Red Flags, a school-based awareness and intervention program that helps counter stigma and discrimination. It was developed for the Mental Health Association of Summit County and funded by the Ohio Department of Mental Health to help students, parents, and school personnel recognize and respond to signs of depression and related mental illness. The three-pronged program includes an in-service training for school personnel; the video, Claire's Story, for students; and informational material for parents and other community members.

The presentations will take approximately 60 minutes, to be followed by a 30-minute period of discussion between the participants and the presenters. All participants will receive confirmation by e-mail after responding to this invitation. Before the call, participants will receive an online link to presentation materials and log-in instructions for the call. The session is free to participants. To register for this teleconference, please fill out the form at stopstigma.samhsa.gov/regpage.cfm. Please also feel free to pass this invitation on to others who might be interested. For more information, please contact Iris Daza by email: stopstigma@samhsa.gov or by telephone at 1-800-540-0320. The SAMHSA ADS Center is a program of the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services.

Each month the New Mexico Teen Pregnancy Coalition provides a review of the research and policy reports distributed by National Resources for your information only. The information, and comments expressed in this newsflash as well as any of the information distributed do not necessarily reflect the position of the NMTPC or its funders. Therefore, NMTPC assumes no responsibility for the concepts expressed in this NEWS FLASH.

TRAINING OPPORTUNITIES

* At the 2004 New Mexico Teen Pregnancy Coalition conference, **Teen Pregnancy Prevention: Reaching Out to Reach Up**, held **December 3, 2004 in Albuquerque**, an enormous amount of valuable information was presented by Andrea Kane, the senior director of policy and partnerships of the National Campaign to Prevent Teen Pregnancy during her keynote address on effective strategies to reduce teen pregnancy.

In this issue of the [NEWS FLASH](#) we offer the second part of the data on the part Attitudes and Values play in pregnancy prevention. Next month - What Works: Effective Programs.

Attitudes and Values:

- 85% of teens say sex should only occur in a long term, committed relationship.
- 84% of teens believe that teen pregnancy prevention programs should teach young people to be married before they have a child.
- Teens own morals, values and/or religious beliefs (34% – as well as concerns for the future (34%) – influence their decisions about sex far more than concerns about pregnancy (17%) or STDs (15%)
- 67% of sexually experienced teens say they wish they had waited longer before having sexual intercourse.
- 94% of adults and 92% of teens believe that it is important for teens to be given a strong message from society that they should not have sex at least until they are out of high school
- 71% of adults and 59% of teens believe that teens should not be sexually active, but teens who are should have access to birth control
- 75% of adults and 60% of teens wish that teens were getting more information about abstinence and contraception, rather than just one or the other.
- 87% of adults and 88% of teens wish the media showed more or talked more about the consequences of sex.
- 45% of teens and 58% of their parents say the media has sparked a recent conversation about the consequences of sex.

[SHINING STARS](#)

The New Mexico Teen Pregnancy Coalition has been providing support services to pregnant and parenting teens since its inception in 1989. Scholarships have been given to teen parents to help them continue their education since the early 1990s. Each month one or two teens will be spotlighted as ***Shining Stars*** who have made the most of opportunities made available to them.

Lucas D. has a four-year-old son with whom he has had minimal contact. He has been extremely persistent in making appropriate life changes and is working diligently to improve his parenting capabilities. Typically working two jobs, Lucas has vigorously pursued the legal remedies available to him to allow him visitation with his son. Despite numerous obstacles to securing visitation, Lucas maintains a positive attitude and during the 19 month involvement with the New Mexico Young Fathers Project has made contributions as a peer mentor/educator and has served on panels for the project at local conferences. Currently he is being trained as a milieu counselor where he can share some of his life experiences with youth and act as a model of an individual who can make positive changes in his life as a young father.

We invite you to come and meet some of our [Shining Stars](#) on February 15 at the Roundhouse in Santa Fe at the Adolescent Pregnancy Prevention Day Event.

[Message from the New Mexico Young Fathers' Project](#)

The Young Fathers staff and many of the young fathers will be at the Roundhouse in Santa Fe on Tuesday, February 15. Please come and meet our young men, get answers to any of your questions about our program and see why we are so proud of our young Dads. I'm sure they will have some pictures of their children, which they will share.

Please call YFP at: (505) 254-8737 for more information.

[Message from Sylvia Ruiz, Executive Director](#)

The New Mexico Legislature will host Adolescent Pregnancy Prevention Day at the Roundhouse on Tuesday, February 15th during the morning hours. A Press Conference will start the day at 8:00AM in the Rotunda hosted by Senator Linda Lopez. Tables will be set up with information about some of the programs for pregnant and parenting teens, and programs to prevent teen pregnancy for information sharing. There are a number of bills supporting the teen pregnancy prevention initiatives coming before the Legislature. Please take every available opportunity to talk to your Legislators and ask for their support of the programs. New Mexico is making progress in reducing the numbers of teen pregnancies in part because of the information and support programs and we need to make sure they continue.

Mil Gracias!
Sylvia Ruiz, Executive Director
director@nmtpc.org

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