

FREE
NO REGISTRATION FEE!

NM SHARE SUMMIT 2007

May 2 & 3, 2007

Albuquerque Marriott
Pyramid North

Offering Special Conference Rates

*Experience the Power of a
Collaborative Approach in Bringing
Effective Principles of Prevention
Education to New Mexico*

Information on promising approaches to reduce risky sexual behavior among teens from a nationally recognized professional and New Mexico professionals

Featuring:

- **Jacquelyn G. Sowers, M.Ed.** – *Nationally Renowned Keynote Speaker and Facilitator in Health Promotion and Education*
- Opportunity to collaborate on finding a “common ground” in prevention principles
- Opportunity to network with adults involved in similar programs around the state

This Summit is designed to provide support and training for any organization, school, or individual working to reduce risky sexual behavior in school-age youth. This includes:

- Youth Workers & Advocates
- Human Service Professionals
- School Health Professionals
- Administrators
- Health Practitioners
- Public Health Professionals
- Policy Makers
- Counselors

The Summit is APPLYING FOR CEUs for Social Workers, Nurses, Counselors, and Certified Health Education Specialists.

Contact:

Linda Brooks, NM SHARE
Collaborative Coordinator
llbrooksgent@msn.com
505-286-5366
Website: www.nmshare.org

MSHARE

(Sexual Health And Risk Education) Collaborative

NEWSLETTER

Editor – Linda Brooks, NM SHARE Collaborative Coordinator

FALL/WINTER 2006

Plain Talk Initiative

South Valley Neighbors Given Skills & Tools to Change Norms

The South Valley community of Albuquerque has the highest teen pregnancy rates in New Mexico. This statistic was reported by Veronica Plaza, Health Promotion Specialist with the NM Department of Health (NMDOH) and Director of the South Valley Plain Talk Initiative.

In an October 17th Plain Talk Community meeting, Director Plaza showed that the South Valley quadrant of Albuquerque is home to a 70 percent Hispanic population. The national average is 12 percent.

Studies show that Hispanic teens are much more likely to become pregnant than non-Hispanics due to a combination of different social indicators. The South Valley community was targeted in a 2004-2005 study conducted by the NM Department of Health to explore these social indicators. The study looked at the area's education level, race and ethnicity, access to health care and reproductive health services, the school dropout rate and the poverty level. All of these indicators were found to be high.

To decrease these high teen pregnancy rates the NMDOH looked to the Annie E. Casey Foundation, one of the nation's largest philanthropic organizations dedicated exclusively to disadvantaged children. This foundation has taken on the challenge of helping rebuild distressed communities.

One of the Foundation's initiatives is the “Plain Talk” program. Plain Talk is a neigh-

borhood-based initiative aimed at helping adults, parents, and community leaders develop the skills and tools they need to communicate effectively with young people about reducing adolescent sexual risk-taking.

Plain Talk is publicized as one of the few programs that is proven effective in reducing teen pregnancy. There are 17 Plain Talk sites around the nation including Puerto Rico. Each site develops its own plan with the guidance of the Annie E. Casey Foundation. The foundation discovered that each community's approach needed to be tailored to the unique personality and history

of its residents. While each Plain Talk plan looks different, they are all connected to four basic principles:

- Community residents should be central to the decision-making process because they have the biggest stake in changing community behavior and norms.
- Residents should come to a consensus about what changes are necessary.
- Communities should have access to, or the means to obtain, reliable information about the problems and practices they are trying to address.
- Adults should not deny the reality that some youth are sexually active.

“The basic premise is the same for all (the Plain Talk sites). It's really important that parents and kids share the information, get educated, become empowered (and) get organized in their communities...and if they do, they can make a difference.”

Melba Hill Paschal,
Plain Talk Atlanta Advisory Council



Plain Talk In New Mexico

Named "Plain Talk Hablando Claro," the Department of Health South Valley program was initiated last year. Funding and support for the initiative come from: Annie E. Casey Foundation; Public/Private Ventures (data collection and analysis); NMDOH, Family Planning Program; Office of School Health and Health Promotions; NM Human Services Department, Medical Assistance Division; and New Mexico Teen Pregnancy Coalition.

The Annie E. Casey Foundation provided the community with resources and tools to get their own program started.

There are five basic components to the Plain Talk initiative:

- Community Mapping
- Creating a Resident Network
- Education and Skill Building
- Reinforcing Key Messages
- Sustaining Resident Involvement and Leadership.

These components are used in the exploration of the root causes of the Valley's teen pregnancy rate and other factors that might be involved in its adolescent sexual risk-taking behaviors.

The South Valley residents have just completed their first two strategic steps, which are the Community Mapping and the Resident Network components. Community mapping began with the development of a survey instrument which was then implemented by trained residents who conducted a door-to-door survey of 349 adult parents this summer. (See page 3 for South Valley Mapping Survey highlights) The network of resident leaders and spokespeople were then chosen. These partners are the South Valley Growers Market and Los Compadres Restaurant, who offered gift certificates to the South Valley residents who took the survey. The market and restaurant are also helping with the promotion, recruitment, planning, and facilitation of the Plain Talk home health parties.

While the initiative comes from the South Valley community members, the work comes from the promotoras, community lay health workers who serve as messengers for the project. The South Valley promotoras are being trained to share information and skills that will help protect sexually active youth in the community. This sharing of information, called "walking and talking," is taken to the streets and homes. Home health parties are hosted by the adults for the adults.

A major goal is that the messages delivered to the community be consistent, clear, accurate, and supportive. The messages will come out of a consensus that the adults need to protect sexually active youth by encouraging early and consistent use of contraceptives. The adults in the kid's life will then be their primary sexual health educator with the ability and skill to communicate how to reduce risky sexual behaviors.

South Valley Plain Talk Initiative Community Mapping Survey Highlights

The South Valley Plain Talk Initiative presented their Community Mapping Survey results in a community meeting on October 17, 2006. Presenting was Sarabeth Shreffler, Program Officer of Data Collection & Analysis with *Public/Private Ventures*.

The importance of community mapping was addressed in that it:

- Gives insight to what the community thinks
- Gives the community ownership of the teen pregnancy issues by addressing their own attitudes, beliefs and values about sexual behavior of teens
- (Survey results) help build consensus in the community around teen reproductive health
- Is performed BY the community FOR the community

More than 600 South Valley housing units (349 adults and 147 teens) were selected at random to participate in the Community Mapping Project. Adults and Teens were given separate surveys.

You Are Invited to Attend the Next Quarterly **YIPESHARE MEETING**

YIPES – (Youth Intervention Prevention Education in Schools)
NM SHARE (Sexual Health And Risk Education) Collaborative

We invite any individual or organization working to reduce risky sexual behaviors among school-age youth

Friday, December 15, 2006
10:00 AM – 12:00 Noon
Cooperative Education Services
4216 Balloon Park Road

(Exit 229 off of I-25 onto Jefferson. Turn left (west) one block north of Singer)
Please bring information on your projects to share with other members

**Communicate, Cooperate, Collaborate
& Draw Strength from One Another**

Contact:

Linda Brooks, NM SHARE Collaborative Coordinator
llbrooksagent@msn.com, or 505-286-5366

MARK YOUR CALENDARS

Albuquerque Area Indian Health Board, Inc.
Presents 8th Annual Circle of Harmony
HIV/AIDS Wellness Conference

25 Years of HIV/AIDS: Don't Stop Now-A New Day, A New Dawn

March 19-22, 2007 • Albuquerque Marriott
Contact Marie R. Kirk, HIV/AIDS Program Manager
505-764-0036 x 116 • mkirk@aaihb.org • 1-800-658-6707

South Valley Community Mapping Survey Highlights*

ADULTS SURVEYED

Male	31%
Female	69%
Hispanic/Latino/Mexican descent	95%
Unemployed	30%
Did not complete High School	55%
Below 6th grade education	12%

TEENS SURVEYED

Male	44%
Female	56%
Hispanic/Latino	99%
Average age	14.8 yrs

QUESTION: “By the time teenagers graduate from high school in this community, about what percent do you think have had sexual intercourse?”

ADULTS SURVEYED

Most prevalent answer	80%
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TEENS SURVEYED

Most prevalent answer	50%
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QUESTION: “About what percent of girls in this community would you say become pregnant before age 20?”

Most prevalent answer	50%
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Most prevalent answer	50%
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QUESTION: “Should teens that have intercourse be able to get birth control without anyone’s permission?”

YES (around)	75%
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YES (around)	55%
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The survey showed that the adult females are more comfortable than the adult males when their children come to them with questions about sex. The same is true for birth control, STD, HIV/AIDS, and pregnancy.

QUESTION: “If your son or daughter said he/she needed protection or birth control because he/she was having sex, what would you do?”

ADULTS SURVEYED

Talk to teen	45%
Take their sons to get birth control	30%
Take their daughters to get birth control	25%

TEENS SURVEYED

Teens who say they have sex	19.2%
Average age of first time (Nationally 16.5 yrs)	15.3 yrs
Parents of sexually active teen who know	57%
Have used some form of protection or birth control everytime they have sex	61%
Parents would disapprove of them using birth control	52%
Say they can talk to their parents about sexual matters	80%
Have been pregnant or caused a pregnancy	26%
Agree that two people having sex should use some form of birth control if they aren’t ready for a child	88%
Have had at least one live birth	7%
Say that a sexual relationship at this point in their life could interfere with future goals and plans	84%
Say that sexual abstinence is the best choice for teens	79%
Have talked to either one of their parents about sex	58.5%

The South Valley Survey asked for teens’ opinions and got the following:

- 11% say if a girl has sex only once in awhile, she really doesn’t need birth control
- 17% say people should never take “no” for an answer when they want to have sex (more girls than boys).
- 12% disagreed or didn’t know whether one should pressure another person into sexual activity
- 43% say it’s alright for two people to have sex before marriage if they are in love
- 69% say sexual relationships make life too difficult when you are young

FACT: In New Mexico all minors can consent to contraceptive services and to the diagnosis and treatment of sexually transmitted infections.

*To request full survey results contact Veronica Plaza at 505-873-7448 – Veronica.Plaza@state.nm.us

NM SHARE SUMMIT 2006 – HIGHLIGHTS



Sylvia Ruiz, NMTPC Executive Director and Mary-Dale Bolson, outgoing CYFD Cabinet Secretary

The 4th annual NM SHARE Summit 2006 was held at the Marriott Albuquerque Pyramid North, May 3 – 5, and it was seen as one of the most successful Summits thus far. One attendee wrote...

“Far above my expectations... A super variety of speakers & activities... This is my second conference and they just get better. The networking is very helpful and they continue building relationships through the year.”

Jacquelyn G. Sowers, nationally renowned speaker in health promotion and education, joined us again for her third year as keynote speaker and facilitator. The Summit’s theme was “Kids in the Middle III: What Caring Adults Cannot Ignore.” Jacquelyn guided us through an update of national trends, studies, statistics, and “Tipping Points” that pertained to risky sexual behaviors and their consequences.

The Summit opened with a “kick off” to New Mexico’s participation in the National Teen Pregnancy Day. Sylvia Ruiz, NMTPC Executive Director, presented a Proclamation from Governor Richardson, stating that May will be recognized as Teen Pregnancy Prevention month in New Mexico.

Susan Lovett of the NMDOH Family Planning Program then joined Sylvia in presenting the Challenge 2010: to “Reduce Teen Births in New Mexico by 15% between 2006 and 2010.” They provided the information that NM counties will need in order to accomplish this challenge.

The Summit 2006 notebook* provided each participant with:

- National Day to Prevent Teen Pregnancy Information
- Background Readings on Adolescent Sexual Health
- Diverse Needs, Diverse Answers, Common Purposes
- Selected Teaching and Counseling Tools and Techniques
- Action Planning Worksheets

**There are a few notebooks left over for anyone who would like to share the information and tools used at the Summit.*

Jacquelyn Sowers received an excellent rating in the Summit evaluations, with a high score of 100% on keynote and facilitation. The attendees felt that she did an “awesome” job in guiding them through the hands-on activities and providing the information and tools to be used to reduce risky sexual behaviors. Through her professionalism and knowledge, Jacquelyn

has helped take New Mexico to a higher level of collaboration and a better understanding of what it will take to make a difference.

An **F.Y.I. – What’s Happening Around NM** forum provided information regarding:

- Public Education Department Standards
- NM Youth Risk and Resiliency Survey
- Economic Impact of Teen Childbearing in NM
- DOH Medical Review Committee
- NM Pharmacists Training program on Emergency Contraception
 - Socorro Abstinence Projects
 - Juvenile Justice Programs for Youth
 - Internet Safety Precautions for Children

Jacquelyn Sowers presented a section entitled *Diverse Needs, Diverse Answers and Common Purposes* which included *Gathering ‘Round the Trampoline, Universal Answers, Key Messages, What One Needs to Avoid Harmful Consequences, and Defining Emotional*

Intelligence. She also presented tools and techniques for teaching and counseling students about sexuality.

After more networking, Francisco Ronquillo presented the South Valley Male Involvement Project and *Project M*, a group of entertainers who perform, in rap form, their own messages on respect and safety.



“This conference... is helping to bridge the gap between the different ideals, curricul(a), and beliefs.”

Summit 2006 Attendee

Francisco Ronquillo and Jacquelyn Sowers



Youth Panel

We then celebrated *Cinco de Mayo* with a fiesta luncheon buffet, serenaded by Spanish guitar music in an outdoor pavilion. The youth were invited to join us. This time was well received as it provided an opportunity for more networking.

After the luncheon, Jacquelyn facilitated an open forum on emerging issues. The Summit ended with action planning, which has become a crucial segment of the Summit.

SUMMIT 2006 OBJECTIVES AND RATINGS

OBJECTIVES

EVALUATION RATING

<i>Provide information on what caring adults can do to reduce risky sexual behavior among teens from a nationally recognized professional.</i>	100%
<i>Provide an opportunity to explore and collaborate on a "common ground" on reducing risky sexual behaviors.</i>	97%
<i>Provide an opportunity to network with adults involved in similar programs around the state.</i>	97%

The evaluations showed that the objectives of Summit 2006 were met with ratings which exceed those of previous years. There were many thoughts and comments shared both on the evaluations and in the open forum that will be very helpful in formatting and developing the objectives for Summit 2007.

The NM SHARE Summit has evolved into a productive and informative resource for those working to reduce risky sexual behaviors among school-age youth. The goal for Summit 2007 is to continue to use the collaborative approach in bringing effective principles of prevention to New Mexico.

To find out how to get more newsletters and/or the NM SHARE Summit materials contact:

Linda Brooks, NM SHARE Collaborative Coordinator
(505) 286-5366

Email: share@nmtpc.org or lbrooksagent@msn.com

FROM THE EDITOR: *The NM SHARE Collaborative is approaching its 5th year! The Collaborative commitment, to provide a safe and equitable environment for communication and collaboration on principles of prevention related to reducing risky sexual behavior among school-age youth, stands strong. This strength is a reflection of the dedication and support each of you has offered, and for this I say Thank You! I hope to see you at the Summit 2007 in May.*

Congratulations Jackie!



The announcement was made this month of Jacquelyn Sowers' position as the new Program Administrator for Coordinated School Health Programs (CSHP). Jackie will serve as project director for the CSHP CDC Cooperative Agreement for Coordinated School Health Programs. Jackie is looking forward to joining us next May at the NM SHARE Summit 2007.

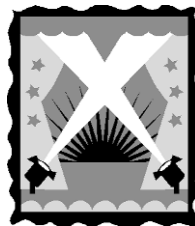
COLLABORATION at WORK in NEW MEXICO - SPOTLIGHT

New Doña Ana County Coalition to Assist School District with Sex Ed

A new teen pregnancy prevention coalition called the *Teen Pregnancy Prevention Working Group* is being initiated in New Mexico's Doña Ana County. The new Coalition is funded by the NM Community Foundation and is chaired by Dr. Earl Nissen, professor of Human Development at the Doña Ana Branch Community College, NM State University.

Dr. Nissen said that the Coalition's main goal is to assist the county's school district with the implementation of a comprehensive sex education program in the schools. The proposed implementation comes out of compliance with the *NM Public Education Department's Health Education Content Standards with Benchmarks and Performance Standards*. This document requires abstinence education in grades K-12, and risk reduction sexuality education in grades 7-12.

The Coalition was set in motion in October, 2005, and is



currently collaborating with 25 different county organizations working in the field of teen pregnancy prevention. These community organizations are diverse and include members of the religious community as well as the health community.

The Coalition is working to present its goals and objectives to the Las Cruces schools and the district's public school board. Dr. Nissen said that The *Teen Pregnancy Prevention Working Group* will develop Coalition bylaws and will continue to build the community based organization.

For more information on the *Teen Pregnancy Prevention Working Group* contact Dr. Earl Nissen at canern@huntleigh.net.

For more information on the *NM Public Education Department's Health Education Content Standards with Benchmarks and Performance Standards* go to www.ped.state.nm.us.



FYI

Call for Nominees

Know a young New Mexican who's made a difference in their community through community service or volunteerism? Nominate him or her for the 2007 Amy Biehl Youth Spirit Award. The award honors New Mexico youths in two age groups (13-18 and 19-26) for their work. Nominations are evaluated on evidence of the nominee's vision, initiative and dedication.

The deadline for nominations is 3pm, Friday, Feb. 9, 2007. If you'd like a nomination packet mailed to you call 505-244-9505, ext. 10. You can also download the forms: www.nmvoices.org/abysa.htm. The awards ceremony will be Friday, April 20, 2007, in Albuquerque.

SAMHSA Announces Availability of a New Brochure: Drugs, Alcohol and HIV/AIDS: A Consumer Guide

The Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment recently released English- and Spanish-language versions of a new brochure, *Drugs, Alcohol and HIV/AIDS: A Consumer Guide*. The brochure is for substance abuse treatment program clients who may be involved in risky behaviors associated with HIV/AIDS. The information in the brochure is based on Treatment Improvement Protocol 37, Substance Abuse Treatment for Persons With HIV/AIDS.

To order FREE

Phone: 800-729-6686

Web: www.ncadi.samhsa.gov

News from Child Trends: October 6, 2006

Child Trends launches a new resource for designing, expanding, refining, improving, and evaluating out-of-school time programs — a must-read for program providers, policy makers, funders, and the media.

Fact sheets, research briefs, and practitioner insight reports provide critical information on new research, promising evaluation and practice techniques, and basic information to help service providers and others use research and evaluation to improve programs for youth. The first materials in the series include:

- Research Brief – *Defining the Term "At Risk"*
- Fact Sheet – *Measuring Outcomes for Children and Youth in Out-of-School Time Programs: Moving Beyond Measuring Academics*
- Research Brief – *Cumulative Risks Among American Children*

A new indicator shows racial/ethnic differences in school absenteeism: American Indian students are more likely than children in other racial/ethnic groups to miss three or more days of school a month. Child Trends' newest DataBank Indicator, *Student Absenteeism*, reports the findings for fourth and eighth grade students by race/ethnicity and explains why school attendance is important to a child's school performance. For press release go to: www.childtrends.com



BOOK CORNER

The Real Truth about Teens and Sex

Sabrina Weill

(New York: The Berkley Publishing Group, Penguin Group, 2005).

Written by the former Editor-in-Chief of *Seventeen*, this book tells us what teens are thinking, doing, and talking about, and how to help them make smart choices. It also contains exclusive results from a nationwide survey with The National Campaign to Prevent Teen Pregnancy.

Healthy Teen Network Launches New Website

On March 1, 2006, Healthy Teen Network launched its NEW website which not only provides the public with a comprehensive array of resources and research, but also offers its members exclusive access to current and archived publications, electronic newsletters, recent funding opportunity announcements, workshop and other presentation materials, special promotions and *more*. Healthy Teen Network is a national membership network that serves as a leader, a national voice, and an educational resource to professionals working in the area of adolescent reproductive health – specifically teen pregnancy prevention, pregnancy and parenting. www.healthyteennetwork.org.

Publication Summarizes Evaluated Adolescent Pregnancy-Prevention Programs

What Works: Curriculum-Based Programs that Prevent Teen Pregnancy presents an overview of what is known about carefully evaluated interventions that help prevent adolescent pregnancy. The 19-page brochure, published by the National Campaign to Prevent Teen Pregnancy, summarizes program reviews contained in a number of detailed reports and publications produced and disseminated over the years. Available at: http://www.teenpregnancy.org/resources/reading/pdf/What_Works.pdf.

Estimating the Cost of Effective Teen Pregnancy Prevention Programs

A publication that provides guidance for program operators and others who want to estimate the cost of serving a client in a teen pregnancy prevention program. It features a costing worksheet that can be used to calculate per-client cost for any program, as well as examples of cost estimates for selected programs. <http://www.jointcenter.org/publications1/publication-PDFs/tp/full-TTP-report.pdf>

State/Local Costs of Teen Pregnancy and Teen Pregnancy Prevention

More than 750,000 teens in the U.S. become pregnant each year, a rate that is higher than that of any other industrialized nation. These pregnancies and the resultant births come at a high financial cost, both to the teen mothers concerned and to taxpayers. <http://www.jointcenter.org/publications1/PublicationsDetail.php?recordID=19>

The Cost of Teenage Pregnancy in New Mexico: New Estimates

New estimates on the cost of teenage pregnancy in New Mexico show how the problem continues to impact everyone living in this state.

The Economic Cost of Teenage Childbearing and Parenting in New Mexico: New Estimates, published this year by the NM Department of Health, Family Planning Program, comes from analysis of a 2003 NM study. The report shows the costs of teenage childbearing and parenting to: teenage mothers, children born to teens, taxpayers, and society.

In the final results we learn that there are about 4,400 children born to teenagers per year in New Mexico. These children are more likely to be in the welfare system, receive more medical assistance, and are more likely to be less productive as an adult in the form of lower earnings.

In brief:

- Delaying all teen births in New Mexico each year could save New Mexican taxpayers nearly \$75 million annually.
- The total economic burden on society from all teenage mothers in New Mexico is over \$1 billion

For report summary contact Susan Lovett, susan.lovett@state.nm.us, NM Department of Health, Public Health Division-Family Planning Program, 2006.

New Mexico 2006 Youth Risk & Resiliency Survey (YRRS) State Report

The 2006 NM YRRS fact sheet, media report, and full report are available online at: www.health.state.nm.us

NM Department of Health Data Reports

To access the latest health data reports go to: <http://www.health.state.nm.us/hdata.html>
You'll find the NEW HIV Annual Surveillance Report: 2005

The National Day to Prevent Teen Pregnancy – 2006 National Day Summary

This summary highlights key issues, feelings, and beliefs about teen pregnancy. Approximately 800,000 people took the National Day Quiz – up from 75,000 in 2002. The National Day helps teens understand that it can happen to them and that they need to think seriously about what they would do in the moment. Available at: www.teenpregnancy.org

2006 New Mexico Comprehensive Strategic Health Plan Now Available

<http://www.health.state.nm.us/pdf/strategicplanfy07.pdf>

State Policies in Brief: Minors' Access to STD Services, from the Guttmacher Institute

to access go to: www.guttmacher.org

Register Now!

New Mexico Teen Pregnancy Coalition Conference Friday, December 8, 2006 Albuquerque

A Look At What Works In Reducing Teen Pregnancy In New Mexico

Hear from some of the counties that met the Challenge 2005, and find out what worked for them. Hear more about Challenge 2010.

TOPICS

- Effective Interventions
- Service Learning
- Wrap Around Services
- Male Involvement
- Strong Connections between Parents and Teens
- Reducing Risk-Taking Behaviors
- Involvement of the Faith Community

Conference will include a Silent Auction!

For more information go to the New Mexico Teen Pregnancy Coalition web site – www.nmtpc.org



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(Sexual Health And Risk Education) Collaborative

*Strengthening Communication, Coordination, and
Collaboration Throughout New Mexico*



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- **SHARE** is a NM Collaborative providing support for organizations and individuals working to reduce risky sexual behavior among school-age youth.
- **SHARE** provides opportunities for networking, collaboration, and continuing education.
- **SHARE** activities are designed to improve members' ability to successfully impact the youth in their programs.
- **SHARE** has a newsletter, listserv and website access to support the collaborative.

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Directed by the

**NM PED HIV Program Administration and
the New Mexico Teen Pregnancy Coalition**

NEW MEXICO
TEEN PREGNANCY COALITION
PREVENTION • PARENTING

