



Adolescent & Young Adult Health Professional Development Resources Compiled for NNSAHC

Videos	
Understanding Adolescence, SAHRC YouTube Video Series	<ol style="list-style-type: none"> 1. The Basics (21.03 minutes) 2. Development Tasks (Body) (25.04 minutes) 3. Understanding Adolescence (Developmental Tasks, Sense of Self, Relationships) (32.56 minutes) 4. Understanding Adolescence (Now What?)
Young Adults & MCH - SAHRC YouTube Series	<ul style="list-style-type: none"> • Young Adults and MCH - Do you work in MCH? Wonder what your role is in supporting young adults? Check out this video exploring young adult development and the role of MCH programs. (14:10 min) • 10 Things MCH Should Know About Young Adults - Important tips for understanding and working with young adults.(18:49 min)
Adolescent Health Initiative, University of Michigan (video gallery)	Youth driven videos created by AHI's Teen Advisory Council on health care issues that matter most to them (e.g. Teen Self-Advocacy: How to be your own healthcare advocate; Helping Your Teen Navigate Healthcare; Voices of Transgender Adolescents in Health Care; What makes a welcoming clinic). Sample clinic materials: policies, posters, letters to parents, starter guides.
Office of Population Affairs, Adolescent Development Explained modules	Free online videos and accompanying PowerPoints on: <ul style="list-style-type: none"> • Becoming and Adult - how the mind and body change during adolescence. • Emotional changes • Social Connections – the social roles, networks, and relationships of adolescents.
Webinar Archives	
Young Adult Health: What Makes Them Unique SAHRC Webinar Series Archive (2020)	This series hosted by SAHRC and the Adolescent and Young Adult Health National Resource Center explored why young adults are unique and what public health can do to support young adult health and health care needs, with a specific focus on: young adult mental health and suicide, and young adult males.
Framing Adolescent Health SAHRC Webinar Series (20018)	This series provided a macro view of the framing issues that define our communications challenges when it comes to supporting the health of young people. The series also considered: the basics of framing (what is it, what's the difference between framing and marketing / communications, how to craft well framed messages; framing recommendations for communicating about adolescent health in general, and sexual health specifically; and considerations for framing equity, disparities, social determinants.
Developmental Relationships: Insights from FrameWorks Institute 2-Part Series	<ul style="list-style-type: none"> • Communicating about Developmental Relationships: What to Do and Why It Works [Webinar Archive] [Handout] • Communicating Effectively about Developmental Relationships: Digging into the Challenges [Webinar Archive] [Handout]



State Adolescent Health Resource Center

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<p>PYD Network Webinars, Act for Youth, Center of Excellence</p>	<p>ACT for Youth sponsors occasional webinars for people interested in positive youth development. Access recordings and related resources on these topics and more:</p> <ul style="list-style-type: none"> • How is COVID-19 Impacting the Emotional Well-Being of Adolescents? • Youth Voice and Engagement • Engaging Youth, Not Managing Youth! • Building Developmental Relationships • Hidden Biases • Coping with Adolescent Stress
<p>Fact Sheets & Research Compilations</p>	
<p>Teen Years Explained</p>	<p>Written by the Johns Hopkins University PRC and released in 2010, describes state-of-the-art knowledge about cognitive development throughout the teen years and how it influences risk assessment, sexual behavior, identity formation, and other dimensions of individual growth. Available in English and Spanish. An interactive training is also available (for a fee).</p>
<p>Developmental Stages of Adolescence – SAHRC Fact Sheets</p>	<p>Brief and concise research syntheses on the developmental stages and tasks of adolescence. Spanish adaptations available thanks to the Colorado Department of Health and Environment’s Title V/Maternal and Child Health Program.</p> <ul style="list-style-type: none"> • Early Adolescence 10-14 [English] [Spanish] • Middle Adolescence 15-17 [English] [Spanish] • Late Adolescence 18-24 [English] [Spanish]
<p>Youth Need...</p>	<p>A SAHRC compilation of Positive Youth Development strategies, based on research and practice, that help young people thrive and be healthy.</p>
<p>Adolescent Health Development Readings and Resources from Act for Youth, Center of Excellence</p>	<p>Research summaries and related tools such as: narrated presentations, fact sheets and PPT presentations.</p> <ul style="list-style-type: none"> • New approaches to adolescents and risk • Emotional Development: Foundation for a Healthy Life • Developmental Tasks
<p>MIT Young Adult Development Project</p>	<p>Compilation of new research findings that are emerging about young adulthood</p>
<p>Online Courses, Curricula & Training (Free)</p>	
<p>Michigan Public Health Institute online courses for CEU's</p>	<p>Courses.mihealth.org offers Internet-based information and education resources for Michigan’s healthcare providers and consumers. Includes courses on Motivational Interviewing and Risk & Resiliency.</p>
<p>Positive Youth Development (PYD) 101 Training, Act for Youth Center of Excellence</p>	<p>The 10-hour training curriculum Positive Youth Development 101 offers an orientation to positive youth development for new youth work professionals. The curriculum includes five sections:</p> <ul style="list-style-type: none"> • Theoretical Foundation of PYD and Adolescent Development • Positive Youth Development Outcomes



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	<ul style="list-style-type: none"> • Youth Voice and Engagement • Youth Development Programming • Youth Worker Competencies
<u>Positive Youth Development (PYD) 101 Online Courses, Act for Youth Center of Excellence</u>	Series of short, interactive courses intended to introduce PYD to new youth work professionals, volunteers, and advocates. The series can be used independently or to supplement the training curriculum listed above.
<u>Texas Health Steps</u>	Texas Health Steps’ award-winning online program offers FREE CE courses for primary care providers and other health professionals. These courses offer updated clinical, regulatory, and best practice guidelines for a range of preventive health, oral health, mental health, and case management topics. (choose training content by profession: Nurse, social worker, physician, dentist, pharmacist, general.
<u>Adolescent Medicine Resident Curriculum, Society for Adolescent Health and Medicine.</u>	This curriculum is designed both for four-week adolescent medicine rotations and for residents’ longitudinal training. Learning objectives are linked with educational and clinical resources to enhance Adolescent Medicine education, and are divided into ten core content modules. We hope you find these materials helpful in supplementing existing adolescent rotation teaching or as a guideline to develop or revamp adolescent medicine clinical rotations.
<u>EuTEACH adolescent medicine and health online training materials</u>	International provider of training materials and courses in adolescent health. Free online resources include: set of 25 training modules covering adolescent medicine and health and related PowerPoint slides; and videos illustrating how to effectively interview adolescents.
<u>Adolescent Reproductive and Sexual Health Education Program (ARSHEP), Physicians for Reproductive Health</u>	Comprehensive, free evidence-based curriculum (available on flash drive) for residency programs, providers, and other professionals who serve adolescents on critical reproductive and sexual health topics.
Toolkits	
<u>Adolescent Development Toolkit, ACT for Youth, Center of Excellence</u>	Guides, articles, fact sheets, videos, narrated presentations, and related websites. Assembled by the <i>Risk and Thriving in Adolescence Program Work Team</i> , a collaboration of Cornell University, Cornell Cooperative Extension, New York State 4-H Youth Development, and external stakeholders.