

**MCH Leadership Education in Adolescent Health (LEAH)
Training Programs - August 2007**



The seven MCH Leadership Education in Adolescent Health (LEAH) training programs provide interdisciplinary leadership training in 5 Core disciplines (medicine, psychology, nursing, nutrition, and social work). The training prepares health professionals for leadership roles in clinical care, research, training, advocacy, and administration with the goal of improving family- and youth-centered, community-based care for adolescents and enhancing the capacity building with Title V programs. The LEAH faculty and fellows also provide Continuing Education (CE) and Technical Assistance (TA). Although each program has special areas of focus, the LEAH programs work together to improve the health status of adolescents, promote quality care, eliminate health disparities, and achieve the Healthy People 2010 Adolescent Objectives through partnerships with state and local health, educational, social service, and mental health agencies, professional organizations, providers, youth, families, and community organizations.

The grantees 2007-2012 are:

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Some examples of Innovations among the LEAHs:

- **Chronic Illness and Disability Transition from Pediatric to Adult-based Care Conference** - This two-day CE conference, hosted by the Baylor LEAH and now in its eighth year, is applicable to primary and specialty care practices and provides an interdisciplinary perspective on how teams can facilitate the transition from adolescence to adulthood in healthcare.
- **Indiana Coalition to Improve Adolescent Health** – The Indiana LEAH program, in conjunction with the Indiana Department of Health, has taken a leadership position in creating the Indiana Coalition to Improve Adolescent Health which includes representatives from more than 20 organizations and agencies. Their mission is to empower adolescents (10-24) to choose lifestyle behaviors to improve their quality of life and to address their unique health needs. The Coalition has a long-term goal of developing and implementing a state health plan for adolescents.
- **Issues in Adolescent Health** – the Indiana LEAH has developed this 3 hour graduate course in the School of Nursing for all nursing students enrolled in the Pediatric Nurse Practitioner program. It uses a seminar format to survey key issues in adolescent health, such as physical and psychosocial growth and development, teenage pregnancy, HIV/AIDS, substance abuse, and violence and abuse. Findings from evidence-based practice and major theoretical perspectives are employed to formulate recommendations for clinical practice, future research, and policy.
- **High School Student Summer Internship Program in Biomedical and Health Sciences** – The UCSF LEAH sponsors a summer program to increase the number of underrepresented youth who are committed to and well positioned for college, as well as careers in biomedical, behavioral, or health sciences. The specific aims of this eight week program are to provide the interns hands-on exposure to scientific research, connect them with mentors, and help improve applications for successful college admission. The interns are assigned a research project and are involved in every aspect, including defining their research question, designing experiments, collecting and analyzing data, and creating a final presentation.
- **Community Asthma Initiative (CAI)** – The Boston LEAH with funding from philanthropy and a Healthy Tomorrows grant provides services to children and adolescents with asthma from 5 urban, poor neighborhoods. CAI provides nurse case management with an individualized plan, asthma education and teaching, medication management, access to care, connection to primary care providers, allergy evaluation, insurance, housing, and community resources, home visits, environmental assessment, and integrated pest management. Patients have had a significant decrease in ER visits due to asthma, hospital admissions, and missed

school days after 6 months in the program compared to the 6 months prior to enrollment.

- **Center for Young Women's Health** –The Boston LEAH in collaboration with the Division of Gynecology created the Center for Young Women's Health with a goal of empowering girls to learn about their health and to provide resources to teens, families, health professionals, and educators. The website: www.youngwomenshealth.org (140,000 visitors/week) has 150 health guides and monitored chats on many health issues affecting adolescent girls. The peer leaders provide resident training and community outreach and have given over 40 community presentations on health issues.
- **Fellows College** – The UCSF LEAH has provided leadership for a Fellows College, instituted in 2004 to help assure academic success for ACGME fellows at UCSF Department of Pediatrics. The fellows participate in the program with about 60 other subspecialty ACGME fellows. During each year of their three year fellowship, they receive guidance and mentorship to maximize their education, research, and individual professional development. This program includes a three year curriculum with rotating topics and a graduated skill building program.
- **LEAH Process Portfolio** – The Baylor LEAH created a Process Portfolio to trainees help achieve specific clinical, teaching, research, administrative, and public health objectives. The Portfolios are used in on-going and yearly evaluations. More than 95% of the components have been achieved by BCM LEAH trainees in the last 10 years.
- **Texas Children's Hospital Kids Fun Run** - This event promoted by the Baylor LEAH is a 1.8 mile, non-competitive race intended to increase physical activity in elementary and middle school students. In 2007, there were 3,289 participants including families and youth and a race for children and youth with special health care needs. www.texaschildrenshospital.org/funrun
- **Booking It in the Waiting Room** – Many urban youth do not own books and have not made reading a habit. The Boston LEAH created a project two years ago to provide to teens in the waiting room free books which are age appropriate and written by diverse authors. The response has been extraordinarily positive.
- **University of Minnesota Summer Institute** - Under the leadership of the Center for Adolescent Nursing, School of Nursing (and co-sponsored by the UMN Prevention Research Center, the Konopka Institute, and the Minnesota Department of Education), the annual Healthy Youth Development Summer Institute, now in its 13th year, provides a 4-day intensive learning experience focused on effective strategies for promoting healthy youth development. The Institute includes direct application of a variety of teaching-learning strategies that participants can then utilize in their respective settings.

- **Community Adolescent Health Training Initiative**—The Rochester LEAH has created a curriculum to train MCH professionals in community adolescent health, modeled after the Community Pediatrics Training Initiative that originated in Rochester, and is now based at the American Academy of Pediatrics in the Community Pediatrics unit (www.aap.org/commpeds/CPTI/). After being piloted and modified as necessary based on evaluation feedback, this curriculum will be made available to other communities.
- **Assets Coming Together (ACT) for Youth**—For the past seven years, the Rochester LEAH has been involved in positive youth development (PYD) activities in New York State, with special focus on training and evaluation. This collaborative effort, which includes partners at Cornell University and its Cooperative Extension in New York City, the NYS Center for School Safety, the NYS Department of Health, the AIDS Institute, and 12 *Collaboratives for Community Change* statewide, applies PYD as a public health strategy to address the 21 Critical Health Objectives for youth in *Healthy People 2010*. These efforts resulted in the publication of a special supplement to the *Journal of Public Health Management and Practice* (www.health.state.ny.us/community/youth/development/journal_supplement.htm) and a plenary session at the AMCHP (2007).