



DRAFT:
Adolescent Health
FY24 Plan

Maternal and Child Health



TEXAS
Health and Human
Services

Texas Department of
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1. Introduction

Maternal and Child Health (MCH) continues to observe adolescent health trends and integrate best practices and community feedback into current programming. In fiscal year (FY) 24, Texas will continue to focus on injury and obesity prevention.

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2. NPM 7.2: Rate of hospitalization for non-fatal injury per 100,000 adolescents, ages 10 through 19.

In FY24, MCH will lead the Adolescent Health Workgroup (AHW) to strengthen Texas adolescent health outcomes through collaboration. MCH will focus on rebuilding workgroup participation and recruiting 3 new community partner stakeholders.

The AHW will meet quarterly to:

- Share adolescent health information, resources, and training opportunities;
- Increase adolescent health programming through stakeholder collaboration;
- Improve adolescent health outcomes by promoting injury reduction best practices; and
- Support partners' programs and initiatives.

In FY24, MCH will maintain the adolescent health webpages, conduct social media campaigns, and disseminate messaging through Granicus (email delivery). MCH will continue to focus on increasing community resource knowledge of adolescent health priorities:

- Mental health;
- Positive youth development (PYD);
- Motor vehicle safety; and
- Violence prevention.

MCH will include 3 new mental health resources on the adolescent health resources webpage to promote adolescent mental health and increase readers' community resource knowledge. In FY24, MCH will create 3 social media campaigns and promote these campaigns through Granicus. To measure reach, MCH will analyze social media post engagements and impressions, webpage views, Granicus subscribers, and document downloads.

MCH supports suicide prevention efforts across Texas. In FY24, MCH will continue to facilitate monthly suicide prevention meetings with:

- Texas Health and Human Services Commission (HHSC) Children’s Mental Health program;
- HHSC Suicide Prevention Program;
- Texas Department of Family and Protective Services (DFPS) Prevention and Early Intervention (PEI); and
- Texas Department of State Health Services (DSHS) Injury Prevention Unit (IPU).

The monthly meetings provide a space to discuss Texas suicide prevention efforts, gather resources, and identify future collaborations and training needs. At each meeting, MCH will share at least 1 resource with attendees for suicide prevention training collaboration.

In FY24, 4 Public Health Regions (PHRs) will focus on:

- Sex trafficking prevention for minors;
- Bike and pedestrian safety;
- Suicide and bullying prevention;
- Water and driving safety; and
- PYD.

In partnership with hospitals, clinics, school districts, school health advisory committees (SHAC), and community partners, PHRs will focus on sex trafficking prevention and awareness activities. PHRs measure effectiveness by tracking the number of presentations, outreach events, and attendees. PHRs will provide prevention education about sex trafficking minors, human trafficker’s grooming techniques, and characteristics of at-risk trafficking populations. The PHRs will also develop clinic processes for:

- Identifying and referring trafficking victims;
- Using the National Educators to Stop Trafficking curriculum to guide trafficking prevention education efforts for teachers and youth leaders in schools, civic groups, church groups, and colleges and universities; and
- Hosting community outreach events that raise community awareness.

In collaboration with the Texas Department of Transportation and Texas A&M AgriLife, 1 PHR will provide bike and pedestrian safety presentations that demonstrate proper helmet use. The PHR will track the number of proper helmet-use demonstrations and the number of safety presentations and participants.

The PHRs will conduct suicide prevention education with local Children Fatality Review Teams (CFRT), SHACs, and community partners. Activities include:

- Certifying staff in Mental Health First Aid for Youth;
- Promoting training to community partners;
- Disseminating suicide data, prevention-related news, and training opportunities to community partners and Save A Life Today coalitions to increase suicide prevention strategy awareness;
- Monitoring the number of adolescents who die by suicide.
- Integrating the PYD framework into suicide prevention activities focusing on supportive school environments and positive social connectedness; and
- Collaborating with the Texas Suicide Prevention Collaboration to implement Ask About Suicide to Save a Life stakeholder training.

Many PHRs included bullying prevention in their FY24 activities. Two PHRs will focus on school-based bullying prevention using evidence-based programs from the Oklahoma State Department of Education and Start with Hello Sandy Hook Promise. One PHR will apply the PYD framework to bullying prevention programming with a focus on social connectedness to prevent middle and high school student suicides.

In FY24, 2 PHRs will implement water safety plans with apartments, marinas, community pools, camps, and child care programs to provide drowning prevention and water and boating safety education presentations. Additionally, 2 PHRs will provide lifejackets and fittings at high drowning incident locations. PHRs will track the number of lifejackets issued and presentation participants.

Lastly, PHRs will focus on driving safety in their areas by collaborating with regional high schools to establish Teens in the Driver Seat chapters. The program uses peer-to-peer traffic safety education to address: distracted driving, drowsy driving, low seatbelt use, speeding, and impaired driving risks.

MCH will fund the 6th year of the Texas Youth Action Network (TYAN). In FY24, TYAN will continue to promote PYD and support youth-adult partnerships (YAPs) by:

- Supporting 24 community partners (CP) who are creating or expanding YAPs;
- Increasing online training completion by 5%;
- Presenting and exhibiting at 3 conferences; and
- Implementing 3 community PYD and YAP initiatives.

In FY24, TYAN plans to engage at least 8 new CPs through social networking, conference exhibiting, and referrals. TYAN will support new CPs with the Youth Development Training Series modules, training, technical assistance, and learning collaboratives.

TYAN will establish 2 new TYAN pods that address adolescent health issues in their communities. Pod participants will support peer organizations with:

- Designing and conducting community needs assessments;
- Administering PYD training; and
- Supporting new CP recruitment efforts.

In FY24, TYAN will also support and fund at least 4 CPs to:

- Lead a TYAN pod;
- Mentor another CP;
- Organize and lead community networking sessions; or
- Implement an innovative PYD project.

In FY24, TYAN plans to continue youth and stakeholder electronic surveying to gather perspectives on youth health topics like mental health and community connectedness. TYAN will compile survey results and update Texas adolescent health data for an internet dashboard resource. TYAN will identify 2 new adolescent health data sources for the dashboard.

In FY24, TYAN will use 2 strategies for promoting PYD and YAPs through their website, newsletters, and social media channels. TYAN will measure online engagement by increasing the number of:

- TYAN website visits by 3%;
- Social media followers by 5%; and
- Email subscribers by 20.

Lastly, TYAN will evaluate overall project effectiveness in FY24 and provide MCH with quality improvement recommendations. Based on evaluation results, TYAN anticipates increasing the number of:

- YAP participants by 3%;
- YAP-informed programs and services by 3%;
- Youth reporting engagement in the YAP process by 2%; and
- Youth reporting positive PYD outcomes by 2%.

TYAN will provide an opportunity for all CPs to share challenges while implementing community-based PYD and YAPs. From the feedback, TYAN will provide MCH with 2 PYD and YAP program quality improvement recommendations.

In FY24, MCH will continue representing Texas as the Principal Investigator for the Centers for Disease Control and Prevention (CDC) Rape Prevention and Education (RPE) program grant. The final year of the current grant cycle will end January 2024 and a new 5-year cycle will begin February 2024. MCH will continue contracting with the Texas Office of the Attorney General (OAG) and collaborating with Texas Association Against Sexual Assault (TAASA), and Texas A&M University Health Science Center (TAMUHSC) to implement and evaluate primary prevention and community-level activities that focus on PYD, healthy relationships, and sexual violence prevention.

MCH will participate in monthly technical assistance (TA) meetings with the CDC RPE project officer and quarterly meetings with CDC evaluation staff. In the meetings, MCH will:

- Provide Texas RPE program updates;
- Receive CDC grant guidance;
- Consult with the CDC on RPE implementing best practices
- Identify program challenges; and
- Develop and improve the RPE evaluation plan.

CDC RPE requirements in the new grant cycle will concentrate on developing prevention programming specific to populations disproportionately impacted by sexual violence. In FY24, MCH and OAG will crosswalk the Texas RPE state action plan, curriculum, and evaluation plan with new 5-year grant cycle guidance and prepare program requirements. At least 85% of Texas rape crisis centers will provide RPE curriculum adaptation feedback to better address sexual violence disproportionalities.

In FY24, TAASA will continue training and technical assistance provision to the rape crisis centers, community stakeholders, and RPE-funded sexual violence prevention staff. TAMUHSC will serve as the external RPE program evaluator.

In FY24, MCH, OAG, TAASA, and TAMUHSC will meet at least monthly as the Primary Prevention Programming Committee (PPPC). The committee will focus on:

- Improving the RPE grant administration process;
- Reviewing and updating the state action plan;
- Monitoring primary prevention program implementation;
- Identifying new stakeholders to participate in the committee; and
- Making data-informed decisions.

The PPPC plans to expand committee membership. By including new stakeholders, the committee will gain new knowledge and perspectives that Texas can apply to RPE implementation and sexual violence prevention. In FY24, MCH will recommend 2 community stakeholders to participate in the PPPC.

MCH will contract for the 6th year with the Texas Juvenile Justice Department (TJJD) to implement the Stronger Than Yesterday (STY) program in 5 Texas juvenile facilities. In FY24, TJJD will continue supporting youth development through:

- Physical and recreational activities;
- Support groups; and
- Team-building activities.

In FY24, TJJD will conduct activities to strengthen youth's social and emotional skills and enhance protective factors to reduce unintentional injuries through:

- Communication;
- Teamwork;
- Problem solving; and
- Stress management.

TJJD plans to increase the number of staff trained in active learning strategies. In FY24, TJJD will proceed with active learning training for all new staff and establish supplemental training opportunities for other staff. TJJD will purchase MCH-approved supplies and equipment for active learning activities like:

- Journal writing;
- Peer-to-peer discussions;
- Case studies;
- Role play; and
- Team-based learning.

In FY24, MCH will meet twice with TJJD to review program successes and challenges. TJJD will:

- Increase the number of youth participating in active learning activities by 2%;
- Increase the number of TJJD staff trained in active learning strategies by 5%;
- Decrease the number of facility rule violations after youth participation in active learning activities by 3%; and
- Increase youth's communication, teamwork, problem-solving, and stress management skills by a combined 5%.

Refer to SPM 2 for more information about STY's physical and recreational activities.

In FY24, MCH will fund and host the Texas Injury Prevention Conference. The conference will enhance injury prevention professionals' understanding of Texas child and adolescent injury and death causes and incidence. Through training and educational sessions, injury prevention professionals will learn strategies for: reducing preventable deaths and injuries, increasing community injury prevention awareness, and improving community support for injury prevention programs. Based on conference evaluations, MCH hopes to see 80% of conference attendees reporting their injury prevention strategy knowledge increased after attending the Texas Injury Prevention Conference. Refer to NPM 7.1 in the Child Health FY24 Plan for more conference information.

In FY24, MCH will continue to partner with the National Network of State Adolescent Health Coordinators (NNSAHC). The NNSAHC serves as a collaboration platform for sharing evidence-based practices and guidance on youth and young adult program implementation barriers. In FY24, MCH will participate in bimonthly meetings with adolescent health coordinators across the nation. By participating in the meeting, MCH will increase adolescent health knowledge, share resources, and participate in network trainings.

MCH will meet with IPU biannually to review adolescent injury data and identify local CFRT injury prevention resources. In FY24, the IPU intends to increase active CFRT numbers. Three PHRs will activate at least 1 new CFRT each. MCH will provide local CFRTs injury prevention resources and training opportunities to increase adolescent unintentional injury knowledge. MCH and IPU will collaborate to disseminate quarterly injury prevention information through an email distribution list of providers, injury prevention professionals, and educators.

Refer to NPM 7.1 in the Child Health FY24 Plan for more CFRT information.

To educate Texans on injury prevention and reduction, MCH will continue collaborating with Texas Health Steps Online Provider Education (THSteps). In FY24, MCH will provide subject matter expertise for adolescent and young-adult injury prevention modules as needed. MCH will continue to promote adolescent injury prevention modules and track the number of completed modules. In FY24, providers will complete at least 29,000 THSteps injury prevention modules.

In FY24, MCH will support *Friday Beat* newsletter dissemination and provide injury prevention content quarterly. Adolescent injury prevention content will cover:

- PYD and YAP framework efforts;
- Texas injury prevention and reduction data; and
- Injury prevention training opportunities.

MCH will also promote newsletter subscription through the AHW and other stakeholder networks to increase readership by 5%.

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3. SPM 2: Percent of overweight and obesity in Texas children ages 2-21.

In FY24, MCH plans to revise the MCH Nutrition Toolkit based on FY23 pilot test results. MCH will add at least 1 supplemental material specific to adolescent nutrition and the challenges young people face in making nutrition-related decisions. MCH and PHRs will continue to collaborate to support nutrition education and develop culturally sensitive materials.

MCH will promote evidence-based nutrition recommendations, strategies, and programs through the adolescent health webpages and Granicus.

Refer to NPM 7.2 for more information about digital dissemination.

MCH will continue to fund the 3rd year of the Texas School Physical Activity and Nutrition (SPAN) contract administered by the University of Texas Health Science Center at Houston (UTHealth). In FY23, UTHealth completed the 6th cycle of data collection.

In FY24, UTHealth will complete the following activities:

- 2021-2022 and 2022-2023 academic years data entry;
- Conduct data analysis;
- Disseminate SPAN results to stakeholders; and
- Revalidate SPAN tools.

UTHealth will update SPAN infographics and 1-pagers with 2021-2023 school year data. UTHealth will use the materials to educate policymakers and school administrators about Texas school children's health. To measure reach UTHealth will track the number of materials downloaded from the website. Topics will cover:

- Child obesity;
- Physical activity;
- Screen time;
- Sleep quality; and
- Sugar-sweetened drinks consumption.

In FY24, UTHealth will update the SPAN Data Explorer with 2021-2023 school year data. UTHealth plans to promote the dashboard in stakeholder

presentations to increase childhood obesity awareness and support data-driven childhood obesity prevention decisions.

In collaboration with MCH, UTHealth plans to develop and disseminate publications and presentations using SPAN data to public health professionals, parents, school administrators, and other community stakeholders. In FY24, UTHealth will present 2021-2023 school year SPAN data to 4 school districts to recruit schools for the next SPAN data collection cycle.

MCH will continue to serve on the SPAN Advisory Committee. In FY24, the advisory committee will meet at least twice to:

- Review SPAN 2021-2023 school year data;
- Revise SPAN survey questions;
- Examine recruitment strategies; and
- Improve implementation efforts.

In FY24, MCH will continue funding TJJD to facilitate the STY physical activity and recreation components. The project's goal is to provide youth with at least 1 hour of recreational time daily. TJJD staff will integrate active learning strategies into physical activities and focus on enhancing team-building and problem-solving skills. TJJD will purchase new and replacement recreational equipment for the 5 juvenile facilities. TJJD will increase the number of youth getting at least an hour of recreation time by 15 youth.

In FY24, TJJD will implement another outdoor youth summer camp at the 5 juvenile facilities. The summer camp intends to increase youth engagement through competitive physical activity. TJJD will bring in community leaders to facilitate different skill-building activities to improve communication, manage emotions, establish self-belief, and increase peer support. TJJD plans to increase the number of youth summer camp participants by 3%.

In FY24, MCH will continue to collaborate with THSteps to review and promote obesity prevention and reduction training modules. MCH will serve as subject matter expertise for FY24 module reviews as needed. MCH will promote the modules related to SPM 2:

- Management of Overweight and Obesity in Children and Adolescents;
- Food and Housing: Screening and Intervention; and
- Diabetes Screening: Diagnosis and Management.

MCH will promote adolescent injury prevention modules and track the number of completed modules. In FY24, providers will complete at least

3,750 THSteps obesity prevention and reduction modules. Refer to NPM 7.2 for more information.

MCH will support obesity prevention content creation for the *Friday Beat* and promote newsletter subscriptions. Refer to NPM 7.2 for more information.

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