

# Healthy Montana Teen Parent Program

## Quarterly Newsletter

Spring 2016 - Volume 5, Issue 2

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## HMTTP Staff Update

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### HMTTP Coordinator Transition

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A.C. Rothenbuecher has accepted the position of Early Childhood Systems Collaboration Manager in the Early Childhood Services Bureau, effective April 4<sup>th</sup>. This position provides oversight and management on a statewide level to the early childhood system. This position also supervises the Healthy Montana Teen Parent Program (HMTTP) Coordinator and two staff in Montana Project LAUNCH.

A.C. Rothenbuecher will continue as the Project Director for the HMTTP Program until this position is filled.

### New Staff?

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Do you have a new staff member supporting pregnant and parenting teens? Email A.C. Rothenbuecher with a brief biography and an optional photograph for the next newsletter, [arothernbuecher@mt.gov](mailto:arothernbuecher@mt.gov).

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## HMTTP Grant Updates

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### Year 4 Budgets

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Budgets and work plans for the final year (August 1, 2016-July 31, 2017) of the current HMTTP grant will be **due June 15, 2016**. More information will be sent out by the end of April.

### Travel Funds Available

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Part of the Year 3 Carryover request to the Office of Adolescent Health included a request for travel funds to support HMTTP sub-awardee staff to attend in-state or out-of-state trainings and conferences. These travel funds will remain at DPHHS.

Travel must be conducted before **7/31/16** and be for trainings or conferences applicable to serving expectant or parenting teens. The only exception in terms of timeframe is the Great Beginnings,

Great Families Conference in Helena, August 23-25. Current available funds will support approximately 10 in-state and 5 out of state trips.

If you or any of your HMTTP staff are interested in a training or conference, please email A.C. Rothenbuecher with your request and estimated cost. Please only send a request if you do not have travel funds in your current year's budget.

## Website Input

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The HMTTP Coordinator has made some updates to the [HMTTP DPHHS website](#). Have suggestions? Resources to add? Please email A.C. at [arothenbuecher@mt.gov](mailto:arothenbuecher@mt.gov) with your ideas. Thank you for your input!

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## Hot Topics

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### [Moving Parents and Children out of Poverty: A Two-Generation Approach](#)

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Two-generation approaches to social welfare are those that engage parents and their children jointly rather than in separate programs. This blog post explores the growing interest in two-generation approaches to poverty alleviation. [Learn more](#)

### [A Blueprint for Early Care and Education Quality Improvement Initiatives](#)

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Looking to improve early care and education? So were other readers in 2015. Join them in reading this report, featuring recommended foundational elements, implementation efforts, and improvement activities for quality improvement initiatives. These recommendations are based on existing research and input from national experts. [Learn more](#)

### [The Developing Brain: Implications for Youth Programs](#)

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The brain, with more than 100 billion neurons, is our body's most complex organ. There is increasing global attention to the growing field of brain research, but what are we learning today that may inform programs that serve children? How do environment and life experiences impact brain development? What can be done to mitigate the negative effects of trauma on the brain? [Learn more](#)

### [Bullies in the Block Area: The Early Childhood Origins of "Mean" Behavior](#)

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This report examines what we know about behaviors in young children that appear related to later bullying, and what can buffer factors that may link to bullying. Even watching non-violent TV, for example, may be connected. The report is accompanied by a short practitioners' guide highlighting promising strategies and evidence-based interventions. [Learn more](#)

### [Key "Soft Skills" that Foster Youth Workforce Success: Toward a Consensus across Fields](#)

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Soft skills are skills, competencies, behaviors, attitudes, and personal qualities that enable youth to navigate their environment, work with others, perform well, and achieve their goals. Child

Trends has identified five key soft skills that — according to researchers, employers, youth, and program implementers — most enable youth (15-29) worldwide to be successful in the workplace. [Learn more](#)

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### [A Troubling Combination: Depression, Poverty, and Parenting](#)

Other research has noted that low-income parents, especially single mothers, have higher rates of depression than their higher-income peers. Child Trends found this to be the case for more than half of a group of low-income mothers in Maryland, contrasted with an estimated fewer than 7 percent of all adults nationally. This blog explores what states are doing to help these families. [Learn more](#)

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### [Five Things to Know About Boys](#)

What's the matter with boys and young men?" is a question that's been raised more frequently in recent months, in connection with a number of issues: President Obama's "[My Brother's Keeper](#)" initiative (focusing on young men of color), persistent concerns about absent fathers, and high-profile (though statistically very rare) incidents of mass violence where the shooter (nearly always) is a severely disturbed young man.

Child Trends takes a closer look at what we know about boys' development, their well-being, advantages and disadvantages relative to females, the roles of race and ethnicity in outcomes for males, and what might be done to maximize the prospects for optimal development for both boys and girls. There is no logical reason for gender equity to be a zero-sum game. [Learn more](#)

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### [Promoting Protective Factors for Pregnant and Parenting Teens: A Guide for Practitioners](#)

The Child Welfare Information Gateway has developed a factsheet that presents information from a review of current research on specific protective factors that carry moderate or strong association with improved well-being for pregnant and parenting teens. Topics include individual skills and capacities that can improve the well-being of teens that are pregnant and/or parenting; how parents, guardians, friends, and others can contribute to the well-being of these teens; creating supportive communities; and strategies for practitioners. This publication is part of a series of five factsheets for practitioners exploring the importance of protective factors in working with in-risk populations served by the Administration on Children, Youth and Families. [Check it out here](#)

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### [Early Childhood: Getting to Quality](#)

Only 15 percent of the nearly 100,000 early care and education seats in Philadelphia are known to be high-quality; one of the programs helping child care centers attain and sustain high-quality is United Way's Success By 6<sup>®</sup>. Child Trends evaluated the program's design, implementation, and results. In a report, funded by the William Penn Foundation, provides recommendations for program improvement that can be used in programs with similar aims, nationally. One recommendation? Consider using financial incentives. [Read more](#)

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### [Intervening Early to Prevent Substance Use Disorders](#)

The brain is an organ that adapts in both short- and long-term ways to its environment, and prevention science over the past few decades has shown clearly that a person's early experiences during the first few years of life and even prenatally can have an enormous impact on an

individual's later risk or resilience for drug abuse and related psychiatric conditions. Thus, the National Institute on Drug Abuse (NIDA) is proud to announce the latest in a series of evidence-based guides for practitioners and researchers: [Principles of Substance Abuse Prevention for Early Childhood](#)

## [Infants and Toddlers: Early School Readiness](#)

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Birth through age three is a complex but vitally important period of growth. A new report summarizes research about development during this period, highlighting areas that are foundational for later school success. The report, issued by the HHS Office of Planning, Research and Evaluation, was coauthored by university-based researchers and researchers at Child Trends, all of whom are members of the Network of Infant/Toddler Researchers (NITR). [Read more](#)

## [Why Family Planning Should Include Men](#)

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Despite their role in childbearing, men are often overlooked in discussions about family planning, including among international family planning experts and government agencies around the world. It's commonly assumed that men and boys get in the way of effective contraception use by women and girls. This is partly true. But to address issues such as preventing unwanted pregnancies, contraceptive coercion, and sexual violence, working with men and boys is essential. Engaging them in family planning may even be a matter of human rights. [Read more](#)

## [IUD Revolution and Reducing Teen Pregnancies](#)

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Colorado proved that better birth control can dramatically reduce teen pregnancies. A new group is fighting to take that work nationwide.

WILMINGTON, DE - *Early in the morning on March 17, staff from a nonprofit called Upstream USA arrived at a Delaware health clinic. They showed up with some typical supplies: three Dunkin' Donuts coffee jugs, two dozen doughnuts, countless paper handouts, and one mechanical vagina. The mechanical vagina - which, much like its human counterpart, is attached to a (mechanical) cervix and uterus - was certainly the most unusual cargo. But it was important: The 40-pound replica of the female reproductive system allows nurses and doctors to practice new procedures. On that Thursday morning, it was where two nurses learned how to insert an intrauterine device (IUD) into a patient.* [Read more](#)

## [Moving oral contraceptives to over-the-counter status could improve access](#)

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Evidence suggests that moving oral contraception to over-the-counter (OTC) status would improve access to this popular method of pregnancy prevention, according to "Moving Oral Contraceptives to Over-the-Counter Status: Policy Versus Politics." Increased access could improve contraceptive use and potentially lower unintended pregnancy rates. In particular, the analysis concludes that moving the pill to OTC status should be done alongside important safeguards, such as ensuring insurance coverage for OTC contraceptives and not imposing medically unnecessary age restrictions. [Read more](#)

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## [Upcoming Events and Trainings](#)

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## April

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### **NICWA Training – Positive Indian Parenting and ICWA Basics with Guidelines Update**

*April 6-8, 2016*

St. Paul, MN

[Learn more](#) [Register Online](#)

### **Montana Access to Justice Forum**

*April 13, 2016*

Missoula, MT – Location TBA

[To learn more](#)

### **Montana Primary Care Association Spring Symposium: Collaborating for Community Health**

*April 20-21, 2016*

Helena, MT

[More information](#)

### **Montana Breastfeeding Collaborative**

*April 26-27, 2016*

Fairmont Hot Springs, MT

Visit the [website to learn more and to register](#)



## May

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### **1<sup>st</sup> Annual Native American Fatherhood & Families Association Teen & Young Parent National Conference**

*May 5-6, 2016*

Mesa, AZ

[More information and to register](#)

### **The Power of Collaboration & Connection: To Build a Healthier Community**

Presented by ChildWise Institute and Intermountain

*May 20, 2016*

Kalispell, MT

[More information and to register](#)

## June

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### **Love Notes v2.1 – Dibble Institute**

*June 27-28, 2016*

Columbus, OH

[To learn more and register](#)

## July

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### **HHS Teen Pregnancy Prevention Grantee Conference – Connecting the Dots: Collaborating to Achieve Lasting Impacts for Youth**

*July 19-21, 2016*

Baltimore, MD

[\\*Space may be limited to one HMTTP sub-awardee. Contact A.C. Rothenbuecher for more information. Check out the website](#)

## August

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### **Great Beginnings, Great Families Conference**

*August 23-25, 2016*

Helena, MT

[Learn more](#)

## November

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### **Healthy Teen Network 37<sup>th</sup> Annual National Conference: Roles, Relationships & Relevance in the Changing Landscape of Adolescent Health**

*November 14-16, 2016*

Las Vegas, NV

[More information](#)

## December

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### **Zero to Three Annual Conference (National Training Conference): Connecting Science, Practice, and Policy**

*December 7-9, 2016*

New Orleans, LA

[For more information](#)

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## Webinars

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### **Using Social Media to Increase Teens' Access to Your Services**

*Hosted by Cardea Services*

*Pre-recorded*

**About:** Because more than 8 in 10 American teens look for health information online, family planning and other health clinics have an opportunity to develop a vibrant and robust online presence to successfully reach adolescents. However, many public health agencies have little to no online presence, thereby missing these opportunities to reach potential adolescent clients. This training will increase knowledge about how adolescents access health information, enable participants to identify considerations in creating a social media outreach strategy, and provide tools and guidance to create a safe and engaging social media presence.

[To register](#)

### **Health Literacy Trainings**

*Centers for Disease Control and Prevention (CDC)*

The CDC Health Literacy website has training materials produced by CDC as well as references to reliable training sources outside CDC.

Visit "[Training from Organizations other than CDC](#)" webpage to find online training on:

- Health Literacy
- Plain Language
- Culture and Communication

- Consumer and Patient Skill Building
- Shared Decision- Making

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## Resources

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### Adolescent Coping with Depression Course

SAAVSUS

The Adolescent Coping with Depression Course (CWD-A) combines cognitive and behavioral strategies aimed at addressing the types of problems commonly found in depressed adolescents. The CWD-A includes the therapist leader's manual and a student workbook. [Learn more](#)

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## Got Newsletter Topics?

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- Do you have a topic, an event, or a training you would like to include in the next newsletter?
- Would you like to be added to the mailing list?

Contact A.C. Rothenbuecher at [arothernbuecher@mt.gov](mailto:arothernbuecher@mt.gov) .

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