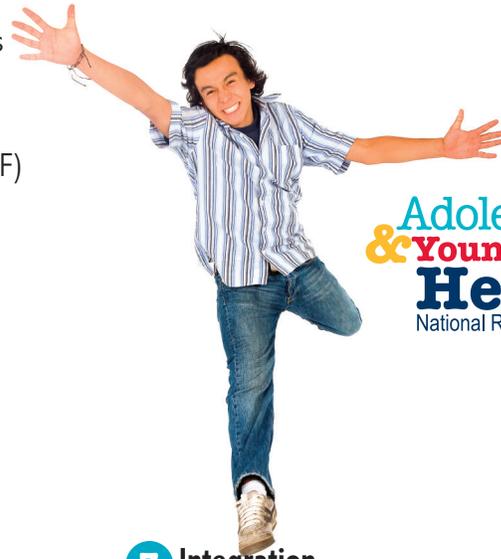


# Supporting **MCH transformation** to serve **adolescents and young adults**

Created in September 2014 through funding support from HRSA's Maternal and Child Health Bureau, the AYAH-NRC supports MCH investments in the health of adolescents and young adults.

The Center, led by the University of California, San Francisco (UCSF) in collaboration with the Association of Maternal and Child Health Programs (AMCHP), University of Minnesota/State Adolescent Health Resource Center (UMN/SAHRC) and University of Vermont College of Medicine/National Improvement Partnership Network (UVM/NIPN), builds on MCHB's long history of funding programs focused on these critical populations.



**Adolescent  
& Young Adult  
Health**  
National Resource Center

## Priority Goals

The Center focuses on five priority areas:



- 1 Access**  
Ensure that all young people are able to access and use health services.
- 2 Quality**  
Improve health services to meet the unique needs of adolescent and young adult populations.
- 3 Integration**  
Coordinate state systems, health care delivery systems, insurers and community efforts.
- 4 Equity**  
Address structural determinants of health that drive disparate outcomes and create barriers to adolescent and young adult receipt of quality services.
- 5 Accountability**  
Improve the response to adolescent and young adult health issues by monitoring population-level health, safety, and well-being and measuring state-specific performance.

## Center Projects

These goals are accomplished through capacity-building and action-inspiring efforts:

### Collaborative Improvement and Innovation Network (CollIN) model

Increasing high-quality preventive services for adolescents and young adults: The CollIN model employs collaborative learning, quality improvement methods, and data-driven innovation to drive a national strategy and guide state implementation teams. State MCH programs, selected through an application process, partner with national experts to discover, identify and implement evidence-based strategies for increasing adolescent and young adult access to visits for preventive health care and improving the quality of services.

### Community-level Integration

To extend the reach of the CollIN, the Center provides intensive support for integrating health care delivery and public health systems.

### Data & Measures

The Center provides support for state MCH programs adopting the National Performance Measure focused on the adolescent clinical preventive services visit.

### Best Practices

The Center identifies and disseminates up-to-date evidence-based practices relevant to adolescent and young adult health care and supports their implementation through training and technical assistance.



**“Healthy, productive, and skilled young adults are critical to the nation’s workforce, global competitiveness, public safety and national security.”**

IOM/NRC report,  
“Investing in the Health  
and Well-Being of Young  
Adults,” 2014

# Why?

## Highlight adolescent & young adult populations

Although the adolescent and young adult years are generally healthy, these periods of the lifecourse entail significant biopsychosocial changes. Habits and behaviors that are often initiated during these periods—in areas such as diet, exercise, sexual behavior and substance use—are linked to health outcomes in the short-term and across the lifespan. Mental health disorders and other conditions may emerge during these periods.

With needed support, youth can enter adulthood on a healthy and productive trajectory. Health care services can help prevent problems and promote healthy behavior. For those with chronic conditions, health care services can help youth gain skills in managing their health care.

## Focus on health care delivery systems

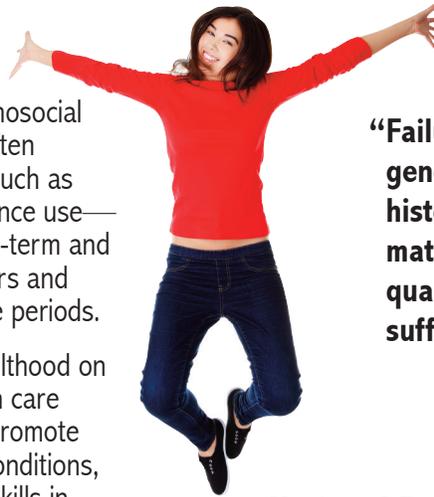
The Affordable Care Act has increased access to physical and mental health care services for adolescents and many young adults and the transformation of the Title V MCH Block Grant has created opportunities for public health and health care integration.

## Focus on adolescents & young adults in the health-care system

Compared to other age groups, adolescents and especially young adults have under-utilized health care services. Although the Affordable Care Act is facilitating access to health care services through its strong focus on health insurance coverage, additional progress is necessary.



Being able to receive high quality services, including clinical preventive services and health counseling, remains a significant gap for adolescents and young adults. Implementing developmentally informed strategies will continue to improve access to health care and yield improved health outcomes.



**“Failure to invest in the health of the largest generation of adolescents in the world’s history jeopardizes earlier investments in maternal and child health, erodes future quality and length of life, and escalates suffering, inequality, and social instability.”**

The Lancet, Supplement on Adolescent Health, 2012

## National Resource Center Partners

Center partners collaborate to meet priority goals and build the capacity of state MCH professionals.

**University of California/San Francisco:** Lead organization for the AYAH-NRC, UCSF is a recognized leader in adolescent and young adult health services and policy research. It draws on the resources of UCSF’s Division of Adolescent and Young Adult Medicine’s National Adolescent and Young Adult Health Information Center (NAHIC) and the Philip R. Lee Institute for Health Policy Studies.

**University of Minnesota/State Adolescent Health Resource Center:** For 15 years, the State Adolescent Health Resource Center at the University of Minnesota has partnered with adolescent health professionals to improve how state MCH departments support adolescents and young adults.

**Association of Maternal and Child Health Programs:** As a national professional membership association composed largely of state directors of maternal and child health programs, directors of programs for children with special health care needs and other public health leaders, AMCHP serves as a national resource, partner and advocate for efforts to improve the health of women, children, youth and families, including those with special health care needs.

**University of Vermont/National Improvement Partnership Network:** UVM coordinates a national network of State Improvement Partnerships working to improve child and adolescent health outcomes and to strengthen the quality of their health care. Improvement Partnerships draw from the collective expertise of their partners.

Supported (in full or in part) by Grant # U45MC27709 from the Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau (Title V, Social Security Act), Division of Child, Adolescent and Family Health, Adolescent Health Branch

January 2015

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