

THE SCOOP

NEW

on Adolescent and Reproductive Health

EDITION 1

JANUARY 2023

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MISSION OF ARH PROGRAMS

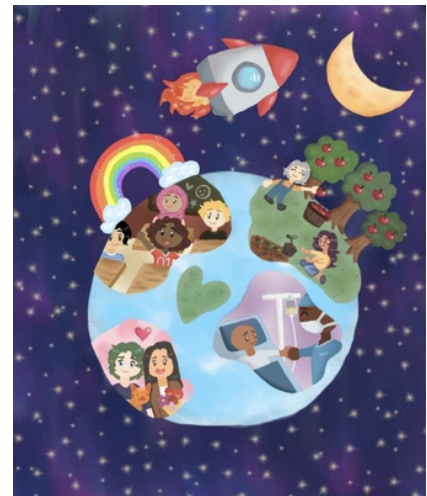
ARH is dual programmatic, encompassing both Adolescent and Reproductive Health (ARH) Programs in the state of Nebraska.

The Reproductive Health Program supports education

and preventable health practices that improve reproductive health outcomes, such as decreasing STDs/STIs, preventing unintended pregnancies, promoting appropriate birth spacing, and encouraging a healthy lifestyle.

The Adolescent Health Program supports all caring, supportive adults working with young people. Emphasizing positive youth development, the goal is to make sure that these adults have the knowledge and skills they need to assist youth so they can grow and become happy, healthy, successful adults. *Helping Youth Live Better Lives!*

ARH Team: Michaela Jennings, Program Manager; Emily Rivera, Community Health Educator/Senior; and Gabrielle James, Program Specialist.



NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Discover ARH websites

[Adolescent Health](#)

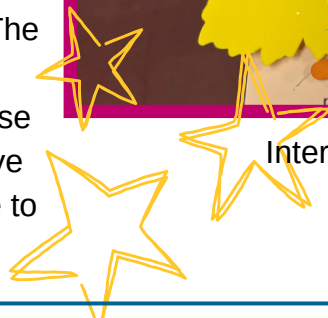
[Reproductive Health](#)

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One of ARH's youth serving programs is the Teen Outreach Program® (TOP®) club at Girls, Inc. in Omaha, Nebraska.

In November 2021 the club's youth completed a community service learning project. They were able to explore their creative side by making Thanksgiving cards for a local assisted living community. The club members wanted to spread holiday cheer to those that may not be able to have family visit. They made sure to include sugar free candy!



Interested in sharing Positive Youth stories?
submit to:
gabrielle.james@nebraska.gov

PEOPLE UPDATE



About me:
Lover of Ice Cream!
(the Scoop 🤗)
Yoga practitioner and teacher
Cat roommate
Attended Kansas State University



New
Adolescent and Reproductive Health
Program Specialist:
Gabrielle James (she/her/hers)

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MINDFUL MOMENT



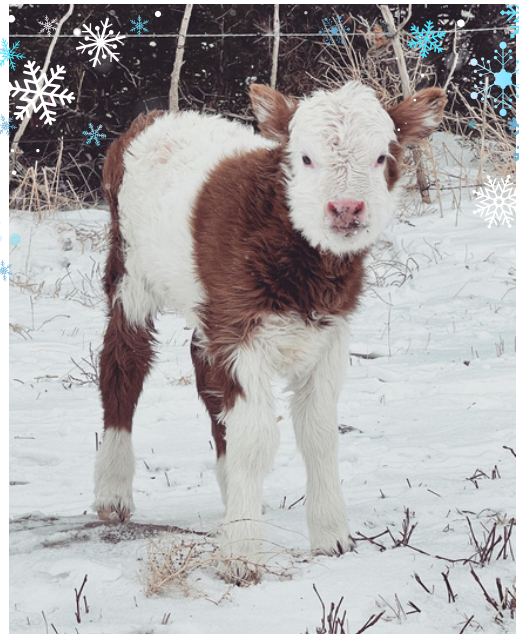
When was the last time you did something to take care of yourself? In order to effectively help others, we need to first take care of ourselves or we run the risk of burning out. As we start a new year, now is the time to take a moment to check-in with ourselves and review our mental health self-care plan.

Self-care is the activities or practices a person engages in on a regular basis to reduce stress, maintain wellness, and preserve or improve health. Wellness can be defined in many ways and refers to enhancing your overall well-being. According to the Substance Abuse and Mental Health Services Administration (SAMHSA) there are 8 Dimensions of Wellness: social, emotional, spiritual, intellectual, physical, environmental, financial, and occupational. People differ in each of these dimensions, thus their self-care plans may look different. Self-care should not be something you force yourself to do, rather it should refuel you!

Self-care requires active planning and scheduling, it does not spontaneously happen. Where to start? Check out [SAMHSA's Step-by-Step Guide to Wellness](#) to explore ways to enhance your wellness.

To help improve your mental health try cleaning up your social media feed. One way to do this is by incorporating pictures of cute animals. Studies have shown that looking at cute animals can help reduce anxiety levels. Fantastic places to follow would be your local humane societies and animal rescues, zoos, farms, sanctuaries, and even famous and unique influencer pets. Pictured left is a Miniature Scottish Highland Calf from Rolling 7 Ranch Company located in the Nebraska Sandhills in Broken Bow, Nebraska. To see more of their adorable "snow babies" follow:

[Rolling 7 Mini Cattle](#)



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HUMAN TRAFFICKING PREVENTION MONTH

MYTH

Human trafficking only happens in big cities like Omaha.

FACT



In Nebraska, 37 different cities and towns have had at least a preliminary investigation of human trafficking, covering every corner of the state.

[Human Trafficking myths.](#)

REALIZE Human Trafficking, both labor and sex, is a form of modern day slavery. Every month around 900 people are sold for sex in the state of Nebraska with 11% being under the age of 21. This happens through the use of force, fraud, and coercion. Traffickers may include family members, partners, friends, or social media acquaintances.

RECOGNIZE. There are numerous trafficking indicators such as, prepaid and multiple cell phones, large amounts of cash, hotel keys, unexplained school absences, injuries or signs of physical abuse, references to traveling, or tattoos.

RESPOND. Call the Nebraska Adult & Child Abuse & Neglect hotline (800) 652-1999 or Local Law Enforcement to report suspicious activities that may look like trafficking situations. To get help from the National Human Trafficking Hotline dial 1-888-373-7888 or or text HELP or INFO to BeFree (233733). If it is an emergency situation call 911 immediately.

For more information and resources visit: [DHHS Human Trafficking](#)

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HUMAN TRAFFICKING PREVENTION MONTH

Human trafficking indicators may present differently based on each person's perspective and relationship with the trafficked person. Blue Campaign is a national public awareness campaign designed to educate the public, law enforcement, and other industry partners to recognize the indicators of human trafficking, and how to appropriately respond to possible cases.



The [Blue Campaign](#) created a 4-part animated video series depicting the experience of a young girl being trafficked through the lens of different individuals in her life.

Peer-to-peer sex trafficking may look like:

["He said we could take 'hot' photos and make money! Now he is pressuring me to have sex during a livestream."](#)



HOW TO BUILD AWARENESS

The Blue Campaign invites you to attend one of their webinars on recognizing and responding to potential cases of human trafficking. You will be provided an overview of what human trafficking is, the indicators, how to report a suspected human trafficking situation, and available resources to raise awareness in your communities.

The dates and times of the webinars are as follows:

Session 1: Tuesday, January 10th, 2023, 2:00 pm - 3:30 pm ET

Session 2: Tuesday, January 17th, 2023, 2:00 pm - 3:30 pm ET

Session 3: Tuesday, January 24th, 2023, 2:00 pm - 3:30 pm ET (Offered in Spanish)

[REGISTER NOW!](#)



Wear Blue Day on January 11, 2023, to help raise awareness and educate the public about the threat of human trafficking. [#WearBlueDay](#)

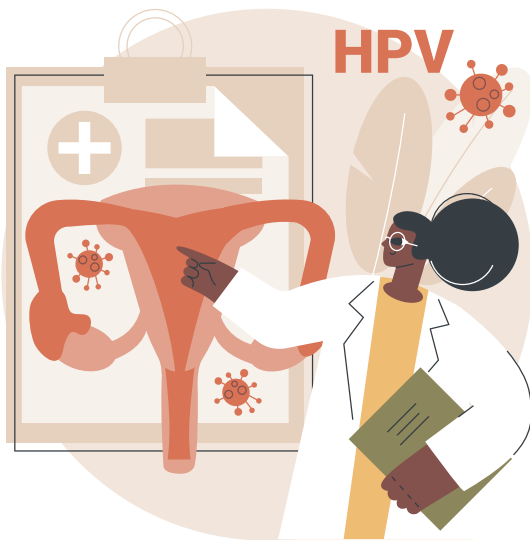
Join in the Human Trafficking Youth Forum on January 31 to hear from experts in the human trafficking and youth space

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CERVICAL HEALTH AWARENESS MONTH



January is designated as Cervical Health Awareness Month. According to the Centers for Disease Control and Prevention (CDC), "More than 9 of every 10 cases of cervical cancer are caused by the Human Papilloma Virus (HPV)." Over 90% of cancers caused by HPV can be prevented by receiving an HPV vaccine. The CDC recommends all youth age 11 - 12 to get the vaccine, before contact with HPV. The disease is preventable with vaccination and appropriate screening.

You can help by promoting the importance of cervical health by sharing cancer prevention messages throughout the month. Learn more by visiting the [National Cervical Cancer Coalition](#).

Learn more about cervical cancer, HPV vaccines, and cervical screenings at [cdc.gov](#).

[10 Things to Know about HPV and Cervical Cancer](#)



Financial assistance is available for cervical health exams:

Every Woman Matters (EWM) is a federally funded program that pays for office visits associated with Pap tests, pelvic exams, clinical breast exams, and lab fees.

[***For EWM Program information and how to apply!***](#)



FOR PROVIDERS: Colposcopy Grant

Funds are made available to Nebraska clinics to provide clinical training for staff and/or to purchase colposcopy equipment as a means to ensure seamless access to follow-up procedures with a colposcope after an abnormal Pap test.

[***More information!***](#)



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FEBRUARY 2023

NATIONAL TEEN DATING VIOLENCE AWARENESS AND PREVENTION MONTH



"1 in 10 high school students has been purposefully hit, slapped, or physically hurt by a partner." thatsnotcool.com

Do you know of an adolescent, young adult, or their friends and family that could benefit from speaking to a trained advocate that can provide caring education, support, and resources about relationships? All services are confidential. For more information please visit loveisrespect.org, or one of the options below:



1-866-331-9474
800.787.3224 (TTY)



Chat live now



Text 'LOVEIS' to 22522

REGISTER
NOW!



The University of Nebraska Omaha, Grace Abbott School of Social Work is offering a 4-part live webinar series on teen dating violence. It is every Wednesday in February 2023.

National Condom Month

Condoms (latex, polyisoprene, and polyurethane) are a barrier method of birth control that reduces the likelihood of unplanned pregnancies and STDs/STIs transmission, including

HIV. Abstinence is the only 100 percent effective way to avoid pregnancy and STDs/STIs.



LEARN MORE:

[Condoms: How To Use Them Effectively](#)

[Internal Condom FAQs](#)

&

[External Condom FAQs](#)



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MARCH 19TH - 25TH, 2023



INTERNATIONAL
ADOLESCENT
HEALTH WEEK

The Mission of International Adolescent Health Week (IAHW) is to inspire adolescents and their communities to advocate for a successful transition into adulthood. IAHW, is a grass-roots initiative for young people, their parents, and their communities to come together to celebrate them, with an ultimate goal of working collectively towards improving the health and well-being of adolescents around the world. Lime green is the official color! It represents the highly admired attributes of energy and passion that adolescents possess. Lime green also symbolizes "health, happiness, freshness, and vitality." The Official theme for IAHW 2023 is:

With and For Adolescents: Building a Healthier and More Inclusive Future

Wondering how to be a part of IAHW?

- Wear lime green or giveaway lime green prizes.
- Share educational social media posts about adolescent health issues using #IAHW2023.
- Youth groups can plan events to celebrate adolescent health and well-being.
- Community buildings and bridges can be illuminated lime green all week.

Discover more at [IAHW's resources and toolkits](#)



CDC and WHO will now use the term "**MPOX**" to refer to the disease that causes monkeypox.



Which of the following did ancient Egyptians use as contraception?

- A) Elderberry
- B) Gold
- C) Crocodile Dung
- D) Eucalyptus

**Answer in next edition*

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ADDITIONAL RESOURCES

Center for Disease Control and Prevention (CDC):

[Changes Monkeypox Terminology to Mpox](#)

Mental Health First Aid from National Council for Mental Wellbeing:

[Mental Health First Aid](#)

Nebraska Attorney General's Office:

[Nebraska Human Trafficking Task Force](#) and their [Parent/Educator Presentation](#)

Omaha Women's Fund:

[Nebraska's Commercial Sex Market](#)

University of Leeds, School of Biomedical Sciences News:

[What are the Health Benefits of Watching Cute Animals?](#)

We Think Twice Picture the Future Art Contest:

[Honorable Mention, Britney](#)

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