

**AAP Adolescent Health Partnership Project  
Promising Practices Award for Promoting Adolescents' Strengths**

**Call for Nominations**

**Due Date: Monday, March 1, 2010 (11:59 PM Central time)**

**Introduction:**

Adolescence is a challenging time with significant growth and development, as well as great risk. Adolescents are predominately healthy, but at the same time are engaging in preventable risk behaviors such as inadequate physical activity, inadequate nutrition, unsafe sexual behaviors, substance use, or violence and unintentional injury.<sup>1</sup> Many of the behaviors learned during adolescence can have lasting effects into adulthood.



***“Problem free is not fully prepared...”***

Karen Pittman  
Forum for Youth  
Investment

Even though it is a time of great risk, there are vast opportunities for helping youth develop their assets, or positive attributes. The assets include both internal strengths and external factors. Internal strengths that have been shown to help youth develop into caring, responsible adults include: commitment to learning, positive values, social competencies, and a positive identity.<sup>2</sup> And youth also need external assets, which relate to the support received, empowerment activities (service to others, safety, feeling valued, etc), boundaries and expectations, and constructive use of their time.<sup>2</sup>

It is important to raise adolescents' awareness of the strengths or assets they possess and the role these strengths play in their own health and well being, including assisting them in taking on the responsibility of being healthy.<sup>3</sup> The World Health Organization's (WHO) definition of health also reminds us that building assets and promoting protective factors are important.

"Health involves much more than simply the absence of disease; health involves optimal physical, mental, social, and emotional functioning and well-being."

Research has demonstrated a compelling association between the presence of strengths or protective factors in a youth's life with fewer risk taking behaviors in many areas, including sexual activity, alcohol use, drug use, school problems, suicide attempts, etc. This work also shows that adolescents do not need to have all assets in order to have a healthier lifestyle; one or two assets can make a difference.

A strength-based approach and positive youth development are similar terms for building the assets and strengths of an adolescent instead of focusing on their weaknesses and risky behaviors. When working with adolescents, positive youth development approaches have been able to target multiple risk factors for risky behaviors.

***“Young people are resources to be developed rather than problems to be managed.”***

Roth, Brooks-Gunn,  
Murray, and Foster

**Purpose:**

This purpose of the Promising Practices Award for Promoting Adolescents' Strengths is to recognize the programs, groups and individuals who have made an innovative contribution to the promotion of positive adolescent health messages, health care services, and practice management activities. This recognition program also will help in the identification and sharing of promising practices that incorporate positive youth development strategies or focus on improving the perception of youth

*These documents, including the application form, may be found at [www.aap.org/adolescenthealth/](http://www.aap.org/adolescenthealth/).*

among colleagues. Pediatricians, adolescent specialists and other health care professionals are encouraged to apply for this recognition award to showcase a specific project or activity that promotes a positive vision of adolescent health. Self-nominations are accepted.

### Nomination Criteria and Review Process:



The applications will be peer reviewed by members of the AAP Adolescent Health Partnership Project Advisory Committee. Applicants that meet the following criteria will be awarded a recognition certificate (plaque) at their AAP chapter or district meeting and have their project promoted through multiple AHPP activities. The following criteria that must be demonstrated within the context of the application form are:

- The activity or project must be based on, or consistent with the literature on positive youth development (see references at the end of this document.)
- The project or activity addresses one or more of the critical health issues for adolescents (mental health, violence, injury, substance use, sexual health, and chronic diseases)
- The project must be underway with at least preliminary results demonstrating its value and/or success for improving adolescent health, promoting a positive environment, or demonstrating activities that develop adolescents’ strengths.
- An AAP member (member of both the national AAP and their local AAP chapter) must be significantly involved in the project or activity.
- A letter of support is required from AAP chapter leadership and other letters of support are encouraged (limit of 3 letters in total).

The applicant can be from a private practice, clinic, academic setting, community health center, school based or community practice setting. Special consideration will be given to an application from primary care pediatrics.

### Nomination Procedures:

1. Complete the Nomination Form (see below/PDF file)
2. Documentation (not to exceed 2 typed pages) of the following:
  - a. Nominee’s involvement in the field of adolescent health;
  - b. Scope of organizations/individual’s work in the field;
  - c. Clearly stated reason(s) for the nomination.
  - d. Documentation that an AAP member is significantly involved in the program or activity.
3. Submit up to 3 letters of support for the nomination, with at least 1 letter of support from a member of their local AAP Chapter leadership

### 2010 Key Dates

There are two opportunities to submit an application/nomination form.

Spring Submission Deadline	March 1, 2010 (due no later than 11:59 PM, Central time)
Spring Review Process	March 2010
Spring Applicants Notified	March 2010

Summer Submission Deadline	June 28, 2010 (due no later than 11:59 PM, Central time)
Summer Review Process	July 2010
Summer Applicants Notified	August 2010

*These documents, including the application form, may be found at [www.aap.org/adolescenthealth/](http://www.aap.org/adolescenthealth/).*

## Contact Information

Technical assistance for completing a nomination application can be requested. Contact information for requesting technical assistance and for submitting application/nomination forms is:

Charlotte O. Zia, MPH, CHES  
Program Manager  
AAP Adolescent Health Partnership Project  
American Academy of Pediatrics  
141 Northwest Point Blvd  
Elk Grove Village, IL 60007  
[czia@aap.org](mailto:czia@aap.org)  
847-434-7870  
Fax: 847-228-7320

## Citations:

1. Trends in Adolescent and Young Adult Health in the United States, Tina Paul Muyle et al, *Journal of Adolescent Health*, 45 (2009), pp 8-24.
2. Search Institute, <http://www.search-institute.org/>
3. [Inspiring Healthy Adolescent Choices: A Rationale for and Guide to Strength Promotion in Primary Care](#) Paula M. Duncan, et al, *Journal of Adolescent Health*, 41 (2007), pp 525-535.

### About the AAP Adolescent Health Partnership Project

The AAP Adolescent Health Partnership Project (AHPP), a federally funded grant project, aims to elevate adolescent health and improve the quality of care provide to adolescents within the AAP membership and in collaboration with other national organizations. The AHPP works on multiple levels within the Academy to support educational and promotional activities.....Some of the AHPP activities include:

- Annual educational Web casts on adolescent health topics
- Resource materials through the Adolescent Health Web pages ([www.aap.org/adolescenthealth/](http://www.aap.org/adolescenthealth/))
- Chapter Adolescent Health Educational Award, which assists AAP chapters in hosting an educational event on an adolescent health topic relevant to their membership.

*The Adolescent Health Partnership Project is supported in full by Grant #U45MC07535 from the Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau (Title V, Social Security Act), Office of Adolescent Health, Partners in Program Planning for Adolescent Health.*

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## Reference List on Youth's Strengths/Positive Youth Development

### Web sites

American Academy of Pediatrics <http://www.aap.org/sections/adolescenthealth/strengths.cfm>  
Building Partnerships for Youth (National 4-H) <http://bpy.arizona.edu/>  
Forum for Youth Investment, <http://www.forumforyouthinvestment.org/>  
National Clearinghouse on Families and Youth [www.ncfy.com/](http://www.ncfy.com/)  
Search Institute <http://www.search-institute.org/>  
Social Development Research Group <http://depts.washington.edu/sdrg>

### Books and Articles

[Inspiring Healthy Adolescent Choices: A Rationale for and Guide to Strength Promotion in Primary Care](#) Paula M. Duncan, Ana C. Garcia, Barbara L. Frankowski, Peggy A. Carey, Emily A. Kallock, Rebecca D. Dixon, Judith S. Shaw, *Journal of Adolescent Health*, 41 (2007), pages 525-535.

“Engaging Adolescents and Building on Their Strengths.” Kenneth Ginsburg, *Adolescent Health Update*, Vol. 19, No. 2, March 2007 (published by the American Academy of Pediatrics).

“Viewing Our Adolescent Patients Through a Positive Lens,” Kenneth Ginsburg, *Community Pediatrics*, January 2007, Vol. 24: 65-76.

[A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings](#). Kenneth R. Ginsburg, MD, MS Ed, FAAP, with Martha M. Jablow. [This book may be purchased through the [AAP Bookstore](#).]

[Positive Assets: Strength-based care approach opens door to gaining adolescents' trust](#), Deborah Johnson, *AAP News*, November 2008

Use a strengths-based approach to adolescent preventive care  
Adolescent Health Update Editorial Board *AAP News*.2009; 30: 13

“Community Programs to Promote Youth Development, Executive Summary,”  
National Research Council and Institute of Medicine  
[http://www.nap.edu/catalog.php?record\\_id=10022](http://www.nap.edu/catalog.php?record_id=10022)

“Positive Youth Development: A Pathway to Healthy Teens”  
Issue Brief No 15, December 2002  
Based on a Grantmakers in Health Issue Dialogue  
[http://www.gih.org/usr\\_doc/positive\\_youth\\_development.pdf](http://www.gih.org/usr_doc/positive_youth_development.pdf)

“Improving Public Health Through Youth Development,” “Healthy Youth Development: Science and Strategies,” and other articles  
Supplement to the *Journal of Public Health Management and Practice*  
November 2006  
[http://www.health.state.ny.us/community/youth/development/journal\\_supplement.htm](http://www.health.state.ny.us/community/youth/development/journal_supplement.htm)

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“Involving Youth in Planning for the Education, Treatment and Services; Research Tell Us We Should Be Doing Better,” a summary of available research indicating that involving youth is possible and that it provides benefits for youth and their families.

Portland Research & Training Center,

<http://www.rtc.pdx.edu/PDF/pbAMP-YouthParticipationResearchSummary.pdf>

“Costs of Youth Development,”

“Calculating the Return on Investment,”

“Policy Implications of the Cost of Youth Development”

Center for Youth Development and Policy Research

<http://cyd.aed.org/cost/cost.html> and these titles are included in the top menu.

**List of Key words (for use in Application Form):**

- Support
- Empowerment
- Expectations
- Values
- Social competencies
- Positive identity
- Generosity
- Mastery
- Independence
- Belonging
- Contribution
- Connection
- Confidence
- Competence
- Character
- Sexual health
- Mental health
- Obesity
- Substance use
- Tobacco use
- Chronic diseases
- Violence
- School problems
- Bright Futures
- Resilience

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<b>Summer 2010 Due Date</b>	<b>Monday, June 28, 2010 (11:59 PM Central time)</b>

**Contact Name (if different/nominating another's initiative):**

Contact Address:

Phone:

E-mail:

**Applicant name:**

Applicant Address:

Phone:

E-mail:

**Project name:**

**Abstract** (100 word description of the project/promising practice):

**Key words** (Provide up to 10 words to describe the program/activity--see the list provided):

**Date project/promising practice initiated:**

**Target population** (subset of adolescents, all adolescents, providers):

**Geographic location of program** (area served, such as state, county, city or community):

**Description of key activities:**

**Description of how the initiative meets one or more of each criteria:**

- Address one or more of the critical adolescent health issues
- Consistent with literature on positive youth development
- Preliminary results/successes

**Dissemination/Promotion Plan:** Describe current activities and future plans of how they would like to disseminate or promote the project (activity at the chapter level should be incorporated in this plan).

**Documentation (not to exceed 2 typed pages) of the following:**

- Nominee's involvement in the field of adolescent health;
- Scope of organizations/individual's work in the field;
- Clearly stated reason(s) for the nomination.
- Documentation that an AAP member is significantly involved in the program or activity.

**Letters of support:** Please submit up to 3 letters of support for the nomination, with at least 1 letter of support from a member of their local AAP Chapter leadership.

*Send completed application/nomination form to: Charlotte O. Zia, MPH, CHES, Program Manager, AAP Adolescent Health Partnership Project, [czia@aap.org](mailto:czia@aap.org), fax: 847-228-7320.*

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