

Healthy Teen Initiative (HTI) Grantees

WEST SIDE COMMUNITY HEALTH SERVICES

The overall goal of the Healthy Teen Initiative is to target populations experiencing the greatest disparities in teen pregnancies and sexually transmitted infections (STIs) through the implementation of high quality, medically accurate, evidence-based and informed programs to promote healthy youth development, risk avoidance, abstinence, and to delay the onset of sexual activity.

West Side Community Health Services will implement the following programming with youth 10-14 through its Health Start School-Based Clinic sites, and reach out to parents of youth 10-19 in Saint-Paul-Ramsey County.

Project AIM

Project AIM is an evidence-based youth development intervention that motivates youth to make safe choices and addresses barriers to sexual risk prevention such as hopelessness, poverty, and risk opportunities in order to reduce sexual risk behavior among youth ages 11-14. This program contains twelve 50-minute sessions that are delivered bimonthly. This evidence-based program is implemented at 4 middle-schools, and charter school served by West Side's Health Start School-Based Clinic sites.

“It’s That Easy!” A guide to Raising Sexually Healthy Children

It’s That Easy (ITE) was created to help parents and other primary caregivers talk with their children of all ages about healthy sexuality and healthy relationships. ITE was developed by a collaborative partnership of community experts and is an evidence informed approach. ITE workshops will be implemented by West Side’s Health Start School-Based Clinic parent educators with parents of youth 10-19 in Ramsey County.

The Healthy Teen Initiative (HTI) is funded by the U.S. Office of Health and Human Services, Administration for Children and Families, Federal Youth and Family Services Bureau, and Title V State Sexual Risk Avoidance Education Program. The funds are allocated to West Side Community Health Services through the Minnesota Department of Health. Please contact Shawna with questions regarding HTI’s implementation in Health Start School-Based Clinics.

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For more information: [Minnesota Department of Health - Healthy Teen Initiatives Website](#)