

Meet Maria

STORIES FROM THE adolescent family life program

Youth Embraces Her Strengths, Heads to Chico State

Butte County, California

Maria's senior year of high school differed from those of her peers. She discovered she was pregnant and kept it a secret while continuing cheerleading and Zumba. "Because my pregnancy was hidden, I was in a bad place," Maria recalls.

Finally, after months of hiding her pregnancy, she shared her situation with her school counselor who recommended she get in touch with **TAPP – the Teenage Pregnancy and Parenting Program in Butte County, the locally-funded Adolescent Family Life Program**. This voluntary case management program provides expectant and parenting youth with support and education focused on their strengths and needs. Maria's interest in the program was immediate. She knew she needed someone to guide her through this life event of becoming a first-time mother.

Maria and her case manager, Natalia, instantly hit it off. Natalia's warmth and willingness to listen made it easy for Maria to confide in her. Says Maria, "She came over to my house and I felt really comfortable with her... I trusted her." Natalia noticed that Maria was a strong young woman, but that she needed some encouragement and tools to guide her through this major life event. Maria was doubting herself and her ability to continue school as a young mother. Fortunately, Natalia had a tool box of knowledge, information and activities to rebuild her confidence and help her achieve her goals.

Maria, youth in the Northern Valley Catholic Social Service's Teenage Pregnancy and Parenting (TAPP) Program.

Twice a month, Natalia and Maria would meet face-to-face to explore Maria's wants and needs. Natalia would share information about pregnancy and delivery, breastfeeding and how life would be with a newborn baby. Natalia emphasized the value of goal-setting as Maria began to work on life planning. California Department of Public Health Adolescent Family Life Programs (AFLP) like TAPP are designed to empower youth like Maria to pursue their life goals. They provide ongoing support and opportunities to develop the resilience and skills needed to thrive as new mothers and young women.

Natalia's unwavering support of Maria helped Maria to believe in herself again. By going through the program-specific activities, Maria realized that she had a lot of strengths and that she needed to work hard not only herself, but also for her daughter.

One of Maria's main goals when starting the program was to graduate from high school. Not only has she graduated, but she is now attending Chico State, majoring in Pre-Nursing. Maria stuck with her dreams and didn't let having a baby stop her from pursuing an education. Maria is excited about her future and looks forward to becoming a nurse and ultimately the pediatrician she's always wanted to be.

Maria at her new college campus.



Northern Valley
Catholic Social Service
INSPIRING HOPE & TRANSFORMING LIVES



Meet the Adolescent Family Life Program

The Adolescent Family Life Program (AFLP) is a strengths-based case management program with integrated life planning. The program supports pregnant and parenting youth in building resilience strengths and skills to thrive. Case managers meet one-on-one with youth to establish a caring relationship, identify the youth's needs, and offer support accessing services, setting goals and building skills to manage life challenges and plan for the future.

84% of AFLP participants are in school, graduated or received a diploma¹



WHO WE SERVE: Expectant and parenting adolescents up to age 19 who have custody of the child or are co-parenting with a custodial parent.

SERVICE DELIVERY: Services are provided by county health departments, hospitals, schools and community-based organizations.

Increased use of highly-effective, long-acting reversible contraceptives (LARCs):

- 37% for adolescents receiving AFLP services.¹
- 12%-22% for adolescent mothers nationally.^{2,3}

Did You Know?

- ◆ In 2015, over 24,000 youth, ages 15-19, gave birth in California.⁴
- ◆ African-American and Hispanic adolescents are 3-4 times as likely to give birth as White adolescents.⁴
- ◆ Hispanic females account for nearly three out of every four births to youth age 15-19 in CA.⁴
- ◆ Birth rates vary greatly by county and community across the state.⁴

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A Focus on Positive Youth Development:

AFLP turns the following PYD principles into meaningful activities for youth to support them in navigating life's challenges and building a happier, healthier future.

- ◆ Strengths-based
- ◆ Youth voice and engagement
- ◆ Caring case manager-youth relationship
- ◆ Supportive networks and community involvement
- ◆ Goal-oriented
- ◆ Empowerment and opportunity
- ◆ Culturally responsive and inclusive
- ◆ Developmentally appropriate
- ◆ Long-term and sustainable

96% of youth active in AFLP in 2016-17 had health insurance¹

Data Sources:

1. 2016-17 data from the Adolescent Family Life Program, Maternal, Child and Adolescent Division, California Department of Public Health.
2. Postpartum contraceptive use among adolescent mothers in seven states. *J Adolesc Health*. 2013 Mar;52(3):278-83. doi: 10.1016/j.jadohealth.2012.05.004. Epub 2012 Jun 23.
3. CDC (MMWR) Vital Signs: Repeat Births Among Teens — United States, 2007–2010, April 5, 2013 / 62(13);249-255.
4. Adolescent Births in California, 2000-2015. California Department of Public Health, Center for Family Health, Maternal, Child and Adolescent Health Division, Epidemiology, Assessment, and Program Development Branch. November 2017.

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