



Promising Practices

A number of strategies have been identified that help youth to be healthy and ready to transition into a productive adulthood. Key areas include staying healthy, success in school, and making good choices.

Access to health care is essential. ■ Effective strategies for reducing the number of uninsured children include outreach programs for Medi-Cal and Healthy Families, the implementation of the Child Health and Disability Prevention “Gateway” Program, and locally sponsored and funded programs to provide health coverage for low-income children who are not eligible for state and federal programs. ■ Ensure that youth and families have access to and utilize health care, including those with and without insurance. ■ Provide multiple access points in schools and the community for low-income children and families, for services such as immunizations, physical exams, tuberculosis testing, hearing and vision testing. ■ Health care services can be in the family’s native language and sensitive to differing cultural beliefs about medical care.

Avoid disparities in school achievement by addressing the achievement gap between wealthy and less affluent schools, and fostering a school environment that supports learning for all children. ■ Hire fully credentialed teachers of diverse backgrounds and cultures so students may be exposed to a wealth of role models. ■ Offer advanced placement courses in high schools and assist students of underprivileged socioeconomic backgrounds in preparation for college attendance. ■ Help parents, who themselves have not attended college, understand the advantages of college for their children, and the availability of scholarships, financial aid, and student work/study programs. ■ Help young adults recognize they can gain valuable education from community college programs, vocational training, and military service.

Help young people make good choices by promoting effective prevention strategies to reduce juvenile crime and the abuse of alcohol and other drugs. ■ Provide young people with alternatives to drug and alcohol use such as social and recreational opportunities, which may include skate parks, neighborhood recreation centers, sports and dance, and academic support/mentoring programs. ■ Offer youth development programs that provide a safe setting for youth, positive role models and relationships with adults, healthy activities that build skills and leadership, and community involvement. ■ Design drug and alcohol treatment programs explicitly for youth to increase success in rehabilitation.

