



Aquí Para Ti / Here For You

Aquí Para Ti/Here For You is a new teen program in Minneapolis. The program is a collaboration effort between West Side Community Health Services / La Clinica en Lake, CLUES, La Oportunidad and MOAPPP. The Minnesota Department of Health (MDH), Office of Minority and Multicultural Health Eliminating Health Disparities Initiative Community Grants Program fund this program.

Our program philosophy consists of providing holistic care in a safe and confidential environment focused towards Latino youth.

Our mission statement is to promote well-being and develop a sense of belonging. In addition assist our youth and their families in overcoming barriers and negative experiences in life. ***Aquí Para Ti*** is designed to help Latino youth but every adolescent is welcome.

Aquí Para Ti has been created for teen's ages 11-18 and young adults 19-24 years of age. The adolescent clinic times are every Monday and Wednesday from 1:00 p.m. – 4:00 p.m.

During the first visit with ***Aquí Para Ti*** the teen fills out a questionnaire. The questionnaire is a valuable tool that helps to evaluate the teen. The questionnaire touches or explores many areas in the youth's life for example: family life, school, emotions, development, drugs and alcohol, and violence and safety. The questionnaire is an important tool that is culturally appropriate and at a level that the youth can understand.

Aquí Para Ti provides many services from the different agencies involved in this collaboration effort. These agencies offer distinct services that allow not only the teen but also their family to be served in a holistic approach.

La Clinica en Lake

The clinic provides comprehensive health care and preventive services including:

- Physicals
- Immunizations
- Pregnancy test
- OB/GYN
- Screening for hypertension
- Eating disorders
- STIs
- HIV
- TB
- Depression

In addition all adolescents have access to guidance regarding:

- Physical and development growth
- Injury reduction
- Healthy diet and safe weight management
- Exercise
- Responsible sexual behaviors
- Family planning
- Assistance concerning use of tobacco, alcohol and drugs

CLUES

Provides mental health and chemical dependency services including:

- Substance abuse focused on prevention, assessment and treatment
- AA and NA meetings
- Individual counseling
- HIV/STI focused on prevention, testing and case management
- Victims of sexual assault program
- Teen mothers program

CLUES will also provide employment and education services, such as job placement, skills development, interviewing tips, computer training, English as a Second Language and citizenship courses.

La Oportunidad

Provides support groups to youth and families to help strengthen families.

Existing programs include:

- *Jovenes Unidos / United Youth*
- *Chicas Fuertes / Strong Young Women*
- *Embajadores Latinos / Leadership Program*
- *Padres / Parenting Group and Teen Parenting Group*

Each program is a culturally appropriate ongoing asset building and peacemaking education / support groups at area high schools. These programs help Latino youth develop the life skills they need to contribute and strengthen their community.



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