

Minnesota's Vision for Adolescent Health

We envision Minnesota as a thriving place where youth and young adults are healthy, safe, supported, and connected to adults who care about them.

It's the responsibility of adults, local and state agencies, schools, youth serving organizations, tribal communities, health care settings and systems to support and guide the health and well-being of all young people in Minnesota. This requires a focus on wholeness and wellness, and seeing Minnesota youth and young adults as "a promise" rather than "at risk."

To achieve their greatest potential and transition into adulthood, young people need the following:

- Their basic needs met (including food, shelter, health care and safety).
- The support of caring adults and nurturing relationships.
- Access to social and recreational opportunities that are interesting and challenging.
- Universal access to holistic physical and mental health services.
- Resources that are adequately funded, continuous and flexible to effectively meet their health needs.
- Communities that embrace, respect and value them as individuals.
- Education that is individualized to meet their needs and the needs of society.
- An opportunity to provide leadership and play an active role in their community, including policy making and systems building.
- Support from adults, agencies and institutions to reduce their risk for poor health outcomes, health inequities and disparities.
- Equal opportunities to participate in decision making, regardless of race, ethnicity and sexual orientation.

