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Uplifting Youth Voices: Laying the Foundation for Youth Development and Youth Advisory Councils

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Objectives

1. Understand the application of youth development concepts in school-based health centers (SBHCs).
2. Identify three key steps and methods to starting and retaining a youth advisory council (YAC).
3. Develop mentoring and coordination skills needed to promote youth participation and engage youth as partners.



Definitions

Source: Advancing Youth Development

- **Youth Development:** meets the physical and social needs of young people by defining their individual goals and preparing them to achieve their full potential
- **Youth Engagement:** identifies young people's right to participate in decisions that influence them and recognizes the skills they bring to the table
- **Youth Partnerships:** considers youth as equal partners with adults in the decision-making process.



Why Youth Development Matters

Expands the use, evidence of, and support for YD in improving health outcomes and reducing adverse behaviors

Aids in the success and positive impact of the school-based health care model

- Student-Focus (Patient Engagement and Youth Advisor)
- Accountability (Student/Patient Satisfaction)
- School and Student Body Wellness
- Strong Partnerships (with Students and Families)

Supports the tenets of the WSCC model

Fosters opportunities for academic and professional pathways



Youth Development in SBHCs

Stages

- **Planning**
- **Start-up**
- **Expansion**
- **On-going**

Strategies

- **Youth Advisory Council**
- Youth representation on committee and/or advisory board
- Provide feedback on services and experience
- Outreach and enrollment
- Peer education, mentoring, counseling, or support groups
- Health career pathway/ student shadowing
- Advocacy activities (local, state or national)
- Community asset mapping and needs assessments

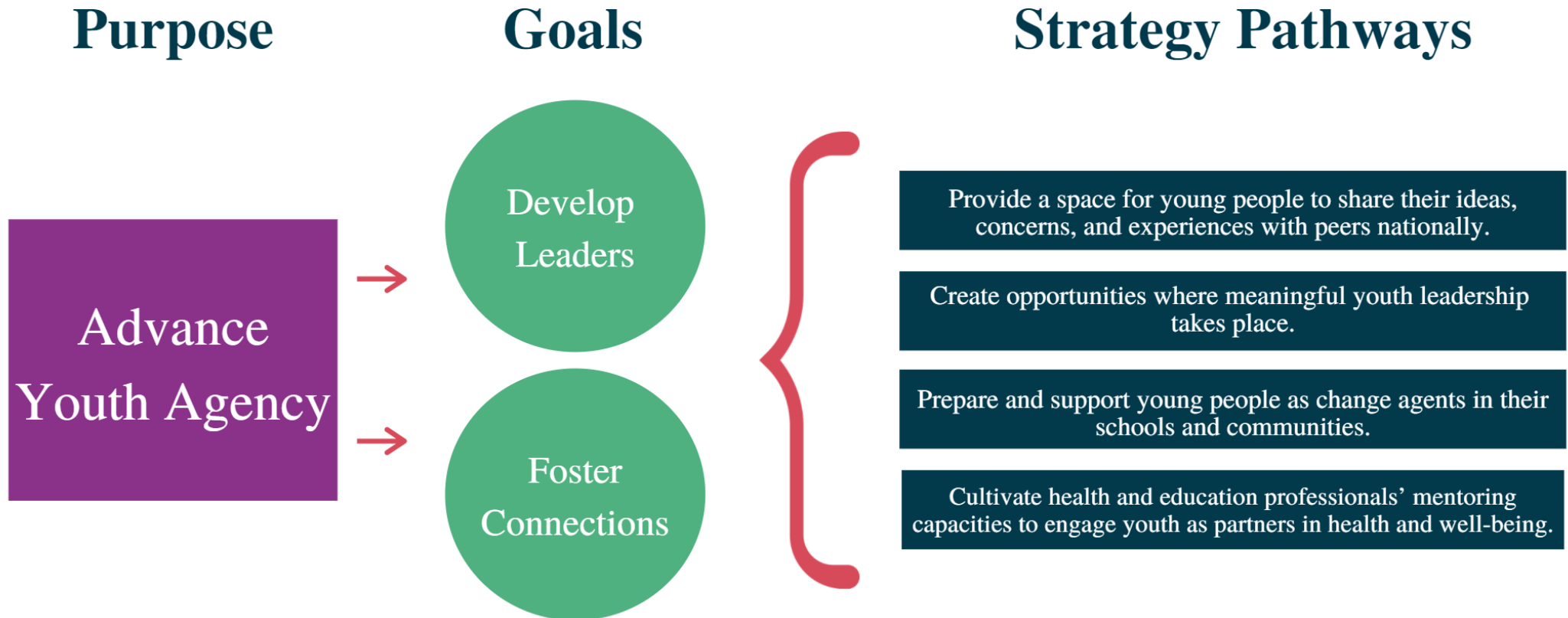
Youth-centered Approaches

- Youth Participatory Action Research (YPAR)
- Photovoice
- Forum Theatre
- Storytelling



School-Based Health Alliance

Youth Development Framework





Youth Development Activity Impact

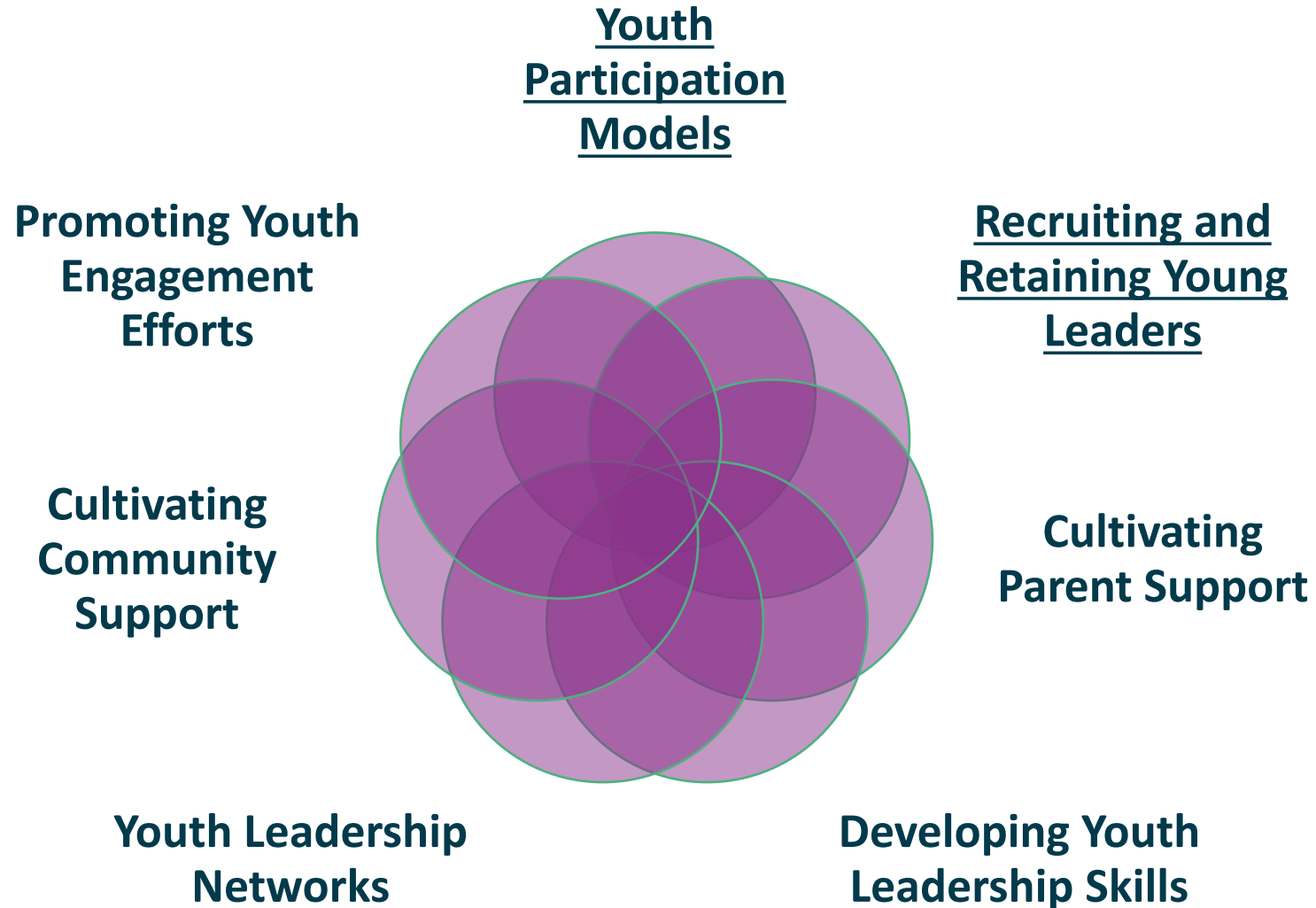
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Seven Youth Development Keys

Source: SBHA, Lead the Way: Engaging Youth in Health Care Toolkit



Youth Participation Models

Source: SBHA, Lead the Way: Engaging Youth in Health Care Toolkit

Youth-Led

Youth are the main spokespersons and look to adults to provide support as needed

Youth-Adult Partnership

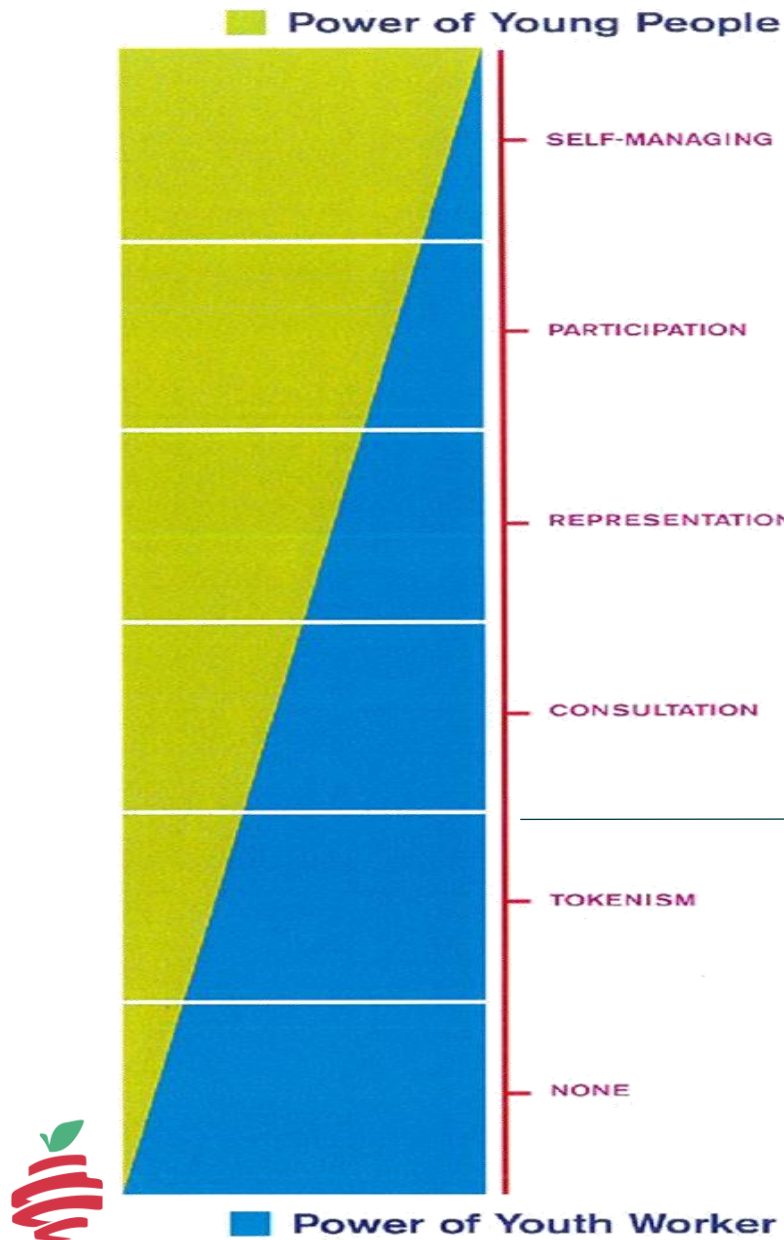
Youth and adults work together in mutual teaching, learning, and action

Adult Led

Adult leaders seek out youth as core constituents



Forms of Youth Participation



Youth-Led (YD)

Youth-Adult Partnership (YE)

Adult-Led (YI)



Source: Advancing Youth Development

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Considerations for Participation Models

What type of decision-making power will youth have?

Who will be the individuals leading/facilitating?

Will youth decide what issues to take on or have topics and projects already been established?

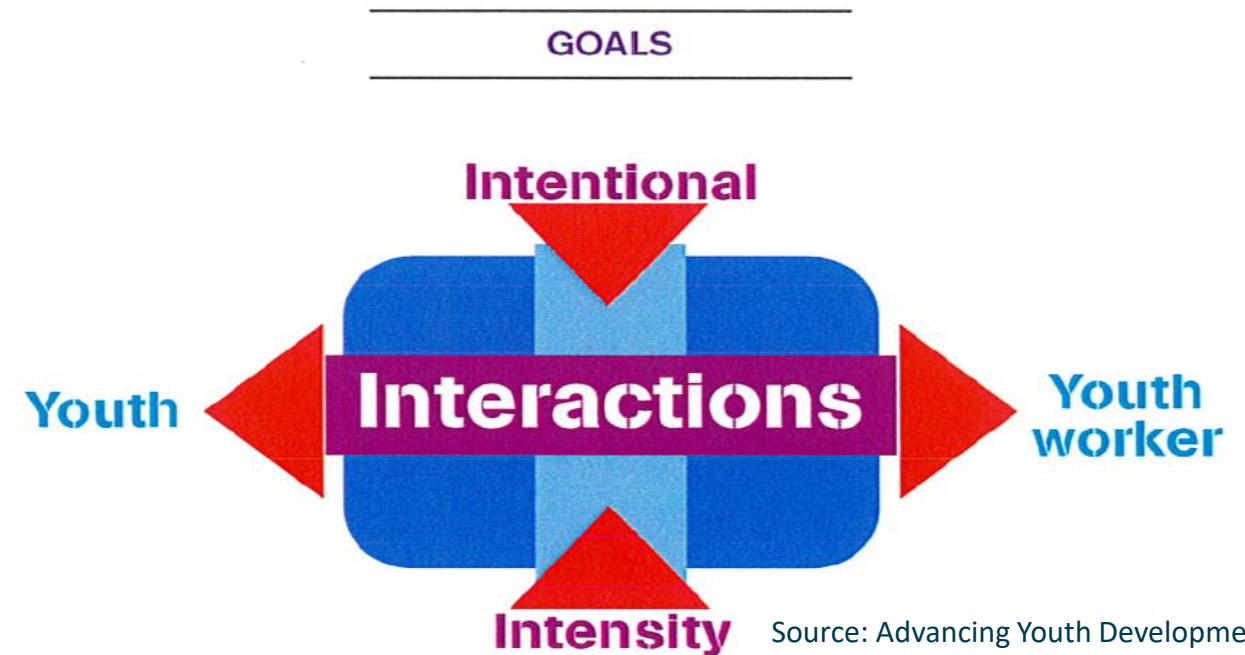
Will youth choose what strategies to use to implement the project?

Will youth define the project's goals?



Align outcomes
youth have for their
lives with the
capacities you have
to assist them

The Three “I’s” of Youth Outcomes



YAC and Youth Partnered Initiatives	Intention	Intensity	Interaction
Representation	Youth Perspective; Training; Youth Development	Constant	Conventions; Hill visits; Board Meetings; Social Media
Content Development	Ownership; Youth Perspective; Training; Youth Development	As needed: project based (months to years)	Pre-Assessments and Evaluation; YPAR; Presentations
TA	Youth Perspective; Youth Development	As needed	Phone calls
Training	Youth Development; Knowledge	Yearly; Bi-weekly	Convention; Webinar; YAC Practice & Work Meetings
Content feedback/consulting	Youth Perspective; Ownership; Youth Development	Dependent on project (months to years)	Grant Writing; Funding Proposals; Official Statements
Internship	Workforce Development; Ownership; Youth Development	Dependent on project (months to years)	Special Projects; Trainings; Meetings; Personal Deliverables

The Three “Is” of Youth Outcomes: In Practice



SCHOOL-BASED
HEALTH ALLIANCE
The National Voice for School-Based Health Care

A WEEK IN THE LIFE of a Youth Advisory Council Member

MONDAY

To Do Today:

- Plan social media posts (**1 hour**)

TUESDAY

To Do Today:

- Complete YAC pre-meeting activity (**15+ minutes**)
- Write blog post for Youth Development Digest (**3 hours**)

WEDNESDAY

To Do Today:

- Meet with YAC leader to discuss blog revisions (**30 minutes**)

THURSDAY

To Do Today:

- Post on YAC Twitter and Instagram (**3 minutes**)
- Voluntary [PAID] Opportunity (**1 hour**)

FRIDAY

To Do Today:

- YAC Meeting (**1 Hour**)
- Social media planning meeting for next month (**1 hour**)

Being a YAC member has commitments outside of regular meeting times! While you won't typically have each of these activities in one week, there are weeks where you will have between 3-5 additional hours of work outside of meetings.

Structure

- **Age considerations**
- **Scheduling and timeline considerations**
 - Frequency of meetings
 - What is the schedule for all council meetings, small groups, and one-on-ones
- **Terms**
 - One-year or multi-year terms
 - Reapplication each term
 - School calendar or calendar year
- **Council Size**
- **Member turnover (new v. returning)**
- **Communication plan**
 - Staff lead
 - Where will YAC work live?
 - Methods – email, phone, GroupMe, OneDrive, Google Docs
- **Roles, positions, and officers**
 - Can create positions within the council based on need and interest
- **Evaluation**
 - What areas will your council be evaluated in?
 - When will evaluation happen?



Planning Considerations

- **What activities will your Youth Advisory Council do?**
- **Determine and define the council's purpose**
 - Look at the ways this council informs the work you do
 - Make a procedure for how council members will work with you and your colleagues on different projects
- **What trainings, opportunities, mentorships, and events are for the council members' professional development?**
 - Think about how to uplift the work they do and how to involve them with opportunities, areas, and topics they're interested in
 - Connect them to programs and people across your state



Recruiting and Retaining

Recruitment



Main Questions:

Where will you recruit?

How will you recruit?

What will the recruitment process look like?

Where will you recruit?



Existing Clubs



Sports Teams



Classrooms



Community Events



How will you recruit?

2019 Awareness Month »



YAC: Bringing Student Engagement to the Forefront of School-Based Health Care

The School-Based Health Alliance is currently seeking new members for our [Youth Advisory Council](#) (YAC)!

The YAC is a youth-led service group that brings students together for a one-year term of leadership, advocacy, and service aimed at the promotion of school-based health care on a national level. Through the council, youth share their expertise on important adolescent health topics, build connections with a network of youth who are passionate about school-based health, and cultivate knowledge and skills about public health and youth development.

Please see this [flyer](#) for posting and dissemination to youth, colleagues, and partners, and visit our website to learn more and access the application. Deadline to apply is Thursday, February 28.

[Youth Advisory Council »](#)

Newsletters



Classroom Presentations

YouthAdvisoryCouncil

1,006 Tweets

Pinned Tweet

YouthAdvisoryCouncil @SBHAYAC · Jan 28

Applications are OPEN!! We want YOU to join us on the Youth Advisory Council! By being a part of the YAC, you will have a variety of opportunities related to public health. The applications are due February 25th at 12 P.M. EST! [#sbhcyac](#) [#yac2022](#)
[bit.ly/SBHAYAC2022](#)



Social Media



What will recruitment look like?



SCHOOL-BASED HEALTH ALLIANCE
The National Voice for School-Based Health Care

JOIN THE YOUTH ADVISORY COUNCIL

Lead. Engage. Connect.

"Being a part of the Youth Advisory Council opened me up to so many skill sets and opportunities that have been beneficial to my professional development and growth. I have also met amazing like-minded peers and professionals in my field!"
— BAILA, YOUTH ADVISORY COUNCIL MEMBER

AGES 15+ ARE ELIGIBLE TO APPLY

What is the Youth Advisory Council (YAC)?

The YAC brings diverse and passionate high school and college students together for leadership, advocacy, and service aimed at the promotion of school-based health care at a national level.

YOUR ROLE	BENEFITS
- Participate in virtual weekly meetings - Facilitate training sessions on chosen health topics - Promote the Youth Advisory Council through crafting social media posts - Create blog posts on adolescent health issues that are important to you - Support the development of the 'Be the Change' Youth Training Program - Build connections with and maintain a network of youth passionate about school-based health care	- Join a team of like-minded peers - Exposure to a broad range of professionals in the fields of healthcare and public health - Increased knowledge about key public health policies and programs - Attend and present at the 'Be the Change' Youth Training Program at the SBHA annual conference - Access to paid opportunities and internships

**APPLY TODAY!
VISIT:**

**BIT.LY/
SBHAYAC2022**



School-Based Health Alliance Youth Advisory Council Application 2024

This application will remain open until February 29, 2024.

SBHA seeks new members to join our YAC. Youth who have current or prior access to a school-based health center (SBHC), are working to address health care issues affecting young people and are passionate about school-based health care are encouraged to apply!

Start now

Youth Advisory Council (YAC) Forms Packet

CHECKLIST: COMPLETE THE FOLLOWING TASKS BY 04/05/2019 (ALL TIME REFERENCES WILL BE EST) AND RETURN FORMS TO YOUTHADVISORYCOUNCIL@SBH4ALL.ORG

☐ Create an account and CV on the School-Based Health Alliance website.	Register here
- Click the link on the right to register (save your login credentials). - If not automatically redirected, hover over the Members tab on the website and click "User Menu." - Click on "View Your Profile" and then "Edit Individual." Click "Submit" when complete. - Click "Edit CV" and complete as much information as possible.	
☐ Read, complete, and return the forms included in this document.	Signatures required
☐ Send written bio (in 3 rd person) and a high quality headshot (of just you, face forward, no obstructions, logos, or distracting backgrounds) for inclusion on our website.	View YAC bios and headshots here for reference
☐ Review the School-Based Health Alliance's Youth Advisory Council (YAC) and 'Be the Change' Youth Training Program webpages.	Youth Advisory Council 'Be the Change' Youth Training Program

Retention Guidelines



- Establish expectations
- Provide incentives
- Meet and communicate constantly and consistently
- Make it practical to obtain and incorporate youth input
- Cultivate connections/relationships



Creating Sustainable Conditions

Shift in Mindset:

We are all Youth Workers



Considerations for Youth Workers

- **Staffing**
 - Organization wide buy-in
 - Dedicated staff member(s)
- **Funding**
 - Stipends for council members
 - Budgeting for council programmatic needs (how do we run the program)
 - Compensation for additional work
- **Policies and procedures**
- **Professional Development**
 - Youth Development training for colleagues



Sustaining Youth Development requires

S_{upports}

O_{pportunities}

S_{ervices}



S.O.S.

Source: Advancing Youth Development

Supports

Things done with youth:
interpersonal relationships
grounded in expectations,
guidance, and boundaries

Opportunities

Activities, roles, and
responsibilities taken on
and done **by** youth:
chances to explore,
belong, express, earn,
and influence

Services

Provision of resources,
knowledge, or goods to/for
youth



“What are some of your best practices for youth leadership?”

Practices

- Put the young people you work with in front of the leaders of the organization and legislators
- **Collective agreement and youth-originated ideas**
- Stipends/wages
- **Service-learning projects**
- Evidence-based measures
- **View them as equal co-workers**
- Staff advocates who bring up youth in every discussion and meeting





QUESTIONS?



SBHA 2024-2025 Youth Advisory Council Opportunity!



The School-Based Health Alliance (SBHA) seeks new members to join our Youth Advisory Council (YAC) as part of ongoing efforts to amplify the youth voices in school-based health care.

Youth with current or prior access to a school-based health center (SBHC), are working to address health care issues affecting young people and are passionate about school-based health care are encouraged to apply.

Share with your youth leaders!

Visit our website, www.youthhealthhub.org, for more information.

Email youthadvisorycouncil@sbh4all.org with any questions.



**SCHOOL-BASED
HEALTH ALLIANCE**

The National Voice for School-Based Health Care

'Be the Change' Youth Training Program 2024!

Lead. Engage. Connect.



June 30 - July 2, 2024
Washington, D.C.

Registration opening March 2024



**SCHOOL-BASED
HEALTH ALLIANCE**

The National Voice for School-Based Health Care

SBHA Youth Development

SBHA's Youth Development Website: sbh4all.org/youthdevelopment

Access to the School-Based Health Alliance's youth development model, initiatives, services, and resources.

SBHA's Youth Focused Website: youthhealthhub.org

Created for young people connected to SBHCs or interested in health to build a community, find national and local opportunities, browse articles, post and find events, and more.

Youth Development Digest: bit.ly/YDDSBHA

Designed for young leaders and adult allies, YDD promotes upcoming events, showcases powerful youth in our country, and highlights current topics, issues, and opportunities for young people today.

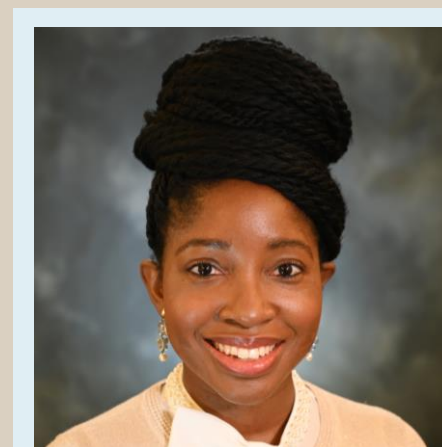
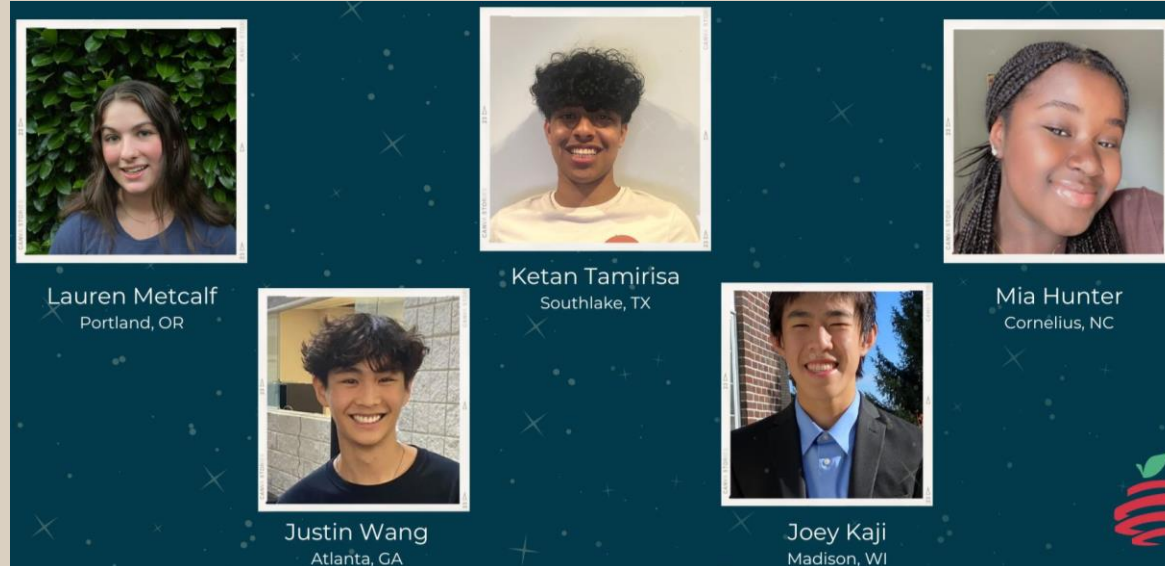
'Be the Change' Youth Training Program: youthhealthhub.org/be-the-change

An annual leadership development opportunity for youth nationwide to recognize, enhance, and apply their talents and skills as influential, ethical leaders of youth-led, school-based health promotion.

Consulting Services: youthdevelopment@sbh4all.org

SBHA offers youth development focused technical assistance, trainings, and coaching for youth and adult audiences.

Our Youth Advisory Council



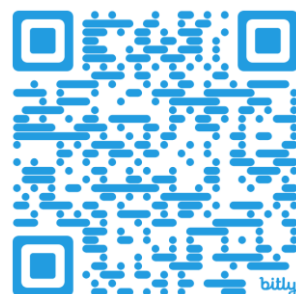
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Scan the QR Code to visit our website

Follow us @SBHAYAC • Contact us at youthadvisorycouncil@sbh4all.org



**Interested in Youth Development? Connect with us at:
youthdevelopment@sbh4all.org**

