

YEAH: a Model for Peer Health Education in School-Based Health



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**Alameda Family Services
School-Based Health Centers**



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Workshop Outline

- Introduction
- Youth development history at the AFS SBHCs
 - **Historical impacts**
- Youth development today
 - **Current impacts**
- Things to consider for your SBHC
- Mock program planning

Objectives

- 1. Identify ways youth can successfully implement health promotion campaigns and activities on school campuses that promote quality improvement, school integration, and prevention services.**
- 2. Identify how peer education programs contribute to the sustainability of school-based health centers through increased access among students.**
- 3. Identify the steps necessary to establish a successful peer health education program in a school-based health center.**

Alameda Family Services

- **Head Start & Early Head Start**
- **Family Support Center**
- **Dream Catcher**
- **Behavioral Health Care**
- **School-Linked Services**
 - **SBHC**
 - **3 Sites providing services to 7 Schools**

History of SBHC

- **Began in 1993 at Alameda High**
- **Encinal High followed in 1999**
- **Island High started in 2001**
- **Adopted the public and public charter high schools, as well as middle schools in Alameda**

School-Based Health Centers

Partnership between two community health agencies:

- **Native American Health**
 - **Medical**
- **AFS**
 - **Mental Health**
 - **Secondary Prevention**
 - **Health Education**
 - **Youth Development**

Icebreaker

1. Find someone you do not already know
2. Get to know your partner:
 - a. Name & title
 - b. Your involvement in the school-based health world
 - c. If you could have any superpower what would it be?
3. Switch



The History of Youth Development at AFS

- **Student Research Team Project**
 - **Structure: An onsite, youth led research and evaluation project.**
 - Key aspect is that it is conducted by youth and not adults.
 - **Objective: To identify and research issues that are impacting youth and make recommendations based on their findings**
 - **Outcomes: Stress, Male access, Sexual Health**

Significant Impact

- **Data collection by the SRTs identified major issue regarding students engaging in unprotected sex.**
 - **Condom availability - only through prescription**
- **Precedence for changes in condom availability in neighboring areas, however not as easy in the small community of Alameda.**
- **SRT's came together to advocate for youth and evoke change**

Change!

- **Obtained support**
- **Created Video**
- **Spoke at School District Meetings**
- **Led to a district level policy change**

What is in a name?

- **GHETTO**
 - Getting Higher Education To Teach Others
- **SHEESH**
 - Students Helping Educate Everyone on Sexual Health
- **YEAH**
 - Youth Educating & Advocating for Health



YEAH today...

Harm Reduction

A health promotion strategy that:

- **Recognizes health behaviors are complex and have many contributing factors**
- **Instead of trying to completely eradicate a behavior, attempts to reduce harm of this behavior instead**
- **Does not try to minimize the reality of harm, danger or consequences of certain behaviors.**



Youth Empowerment

- Youth have the power and authority to make decisions
- Youth know youth trends best
- Youth have the authority to make suggestions, develop projects and implement health education based off their ideas and experiences
- Youth have the power to implement change within their own lives and the lives of others in their communities



YEAH Structure

- 10 members
- Stipend \$\$
- Veterans return
- Recruitment
- Application & interview process
- New member offers
- Team building
- Peer health education



What is the impact on the SBHC?

- Outreach
- Integration into the student body
- Stigma Reduction
- Obtain youth perspectives

Team building retreat





Body image activity



Sexual health presentations



Condom education



Baby oil demo



Campus sexual health outreach event



Health promotion posters



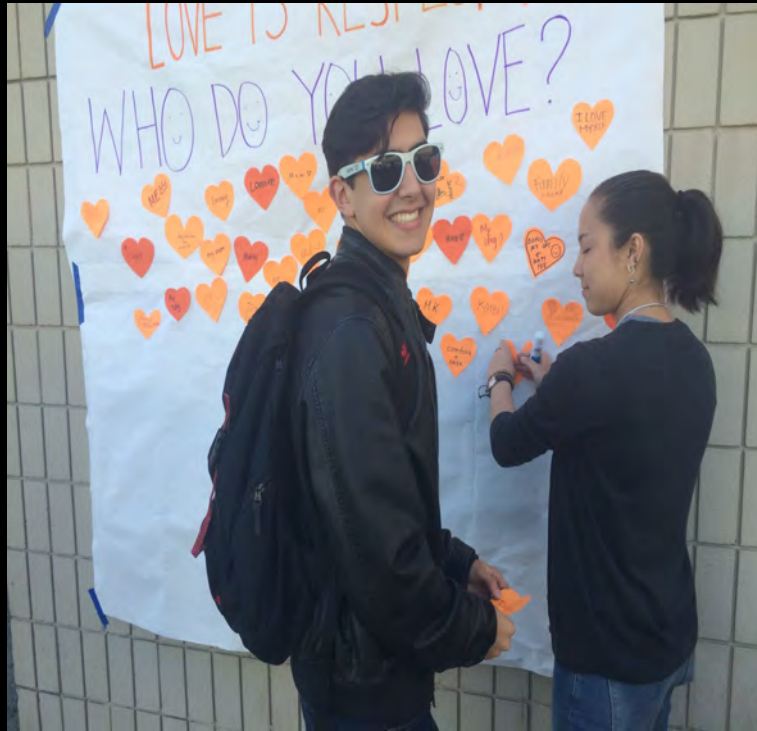
Domestic Violence Awareness Month



Teen dating violence awareness and prevention month



Love is respect, who do you love?





Love is Respect
Teen Dating Violence Awareness
By YEAH

LOVE IS RESPECT
WHO DO YOU LOVE?

LOVE IS RESPECT
WHO DO YOU LOVE?

This march not only denoted by African American who thousands of white people were for the cause to



YEAH and Dream Team collaboration



TDV Proclamations at City Hall



**SB 1193
community day of
action**



Trigger event



Youth to Youth Health Leader Conference



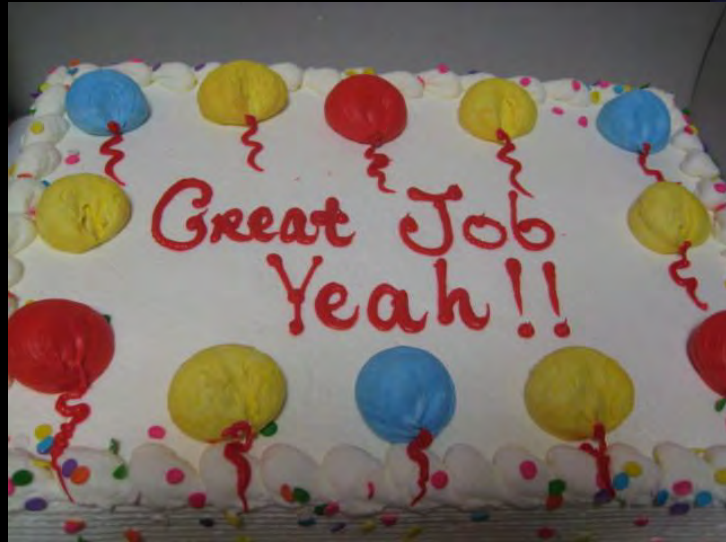
Safe partying conference workshop



Teens Tackle Tobacco Conference



End of the year celebration!



Important things to consider

1. Program Structure
2. Support from the school & community
3. Funding
4. Recruitment
5. Sustainability

AFS SBHC

- 1. Facilitator, curriculum, space & time, policies, goals & objectives**
- 2. Buy-in, communication, commitment**
- 3. Originally funded by UCSF, CDC, & ACCBHCS. Seek new funding!**
- 4. Public Address Announcement, Flyers, social media**
- 5. Retaining younger youth, low staff turnover, flexibility, presentation of results**

Creating a Mock Program

- **In small groups work together to create a mock youth development program**
- **Share ideas and structures you may be currently using or plan to use in your own SBHC programs to create this youth development group.**

Group Share!

What does your youth development program do well?





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