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

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Alameda Family Services
School-Based Health Centers
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
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
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...
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?
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!

Great Job Yeah!!
Important things to consider

1. Program Structure
2. Support from the school & community
3. Funding
4. Recruitment
5. Sustainability
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?
Thank you for listening

The end!

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