

# Exposing Young People to Public Health & Health Careers through SBHCs

An overview of curricula for school-based health center youth engagement programming.



## Webinar Housekeeping

- Everyone is in “listen-only” mode.
- Two listen options: phone or web (phone tends to be better!)
- Call in #:
- Type questions in "chat box" located in the sidebar to the right.
- If you are having technical difficulties please be sure to address the panelists and we will do our best to help you.
- The webinar is being recorded.
- Supporting materials will be emailed to you and available on our website.

## Presentation Objectives

Upon completion of this webinar, participants will be able to:

- **Describe** the Youth Health Worker (YHW) and Learn, Meet, Practice (LMP) curricula.
- **Practice** activities from the YHW & LMP curricula.
- **Identify** a plan for implementing and integrating the curriculum into existing or new youth development programming.

# Agenda

1. Introductions
2. About Our Agencies (CSHA & YMCA East Bay)
3. Youth Engagement 101 (CSHA)
4. Youth Health Worker Project Overview (CSHA)
5. Curriculum Examples
6. Examples from the Richmond High School Health Center
7. Close-out

# Introductions

## **Blanca Gutierrez**

Health Education Intern

Richmond High School Health Center

## **Alonso Saravia**

Richmond High School Health Center

## **Molly Baldrige, MPH**

Program Manager, Adolescent Health

California School-Based Health Alliance



## Roll Call!

In the chat box to the right, type (be sure to address everyone)...

- Your first name
- Organization
- When you were 15 years old, what did you want your career to be?



# California School-Based Health Alliance

The California School-Based Health Alliance is the statewide non-profit organization dedicated to improving the health and academic success of children and youth by advancing health services in schools.

Our work is based on two basic concepts:

- Health care should be accessible and *where kids are*
- Schools should have the services needed to ensure that poor health is not a barrier to learning.

# CSHA & The Role of Youth Engagement

CSHA believes that preparation for productive employment is an integral part of adolescent health. School-based health centers (SBHCs) bring health professionals into a setting that is part of a young person's daily life and are well-positioned to play a role in promoting health careers by:



- Offering **youth leadership programs** for students who may otherwise not have access to off-campus extracurricular activities.
- Providing access to a **multidisciplinary medical team** that includes primary care and mental health providers, as well as health educators.
- Supplementing opportunities to **access health career development** beyond specialized academies and career-focused clubs.
- **Reducing transportation barriers** to off-campus, work-based learning opportunities.



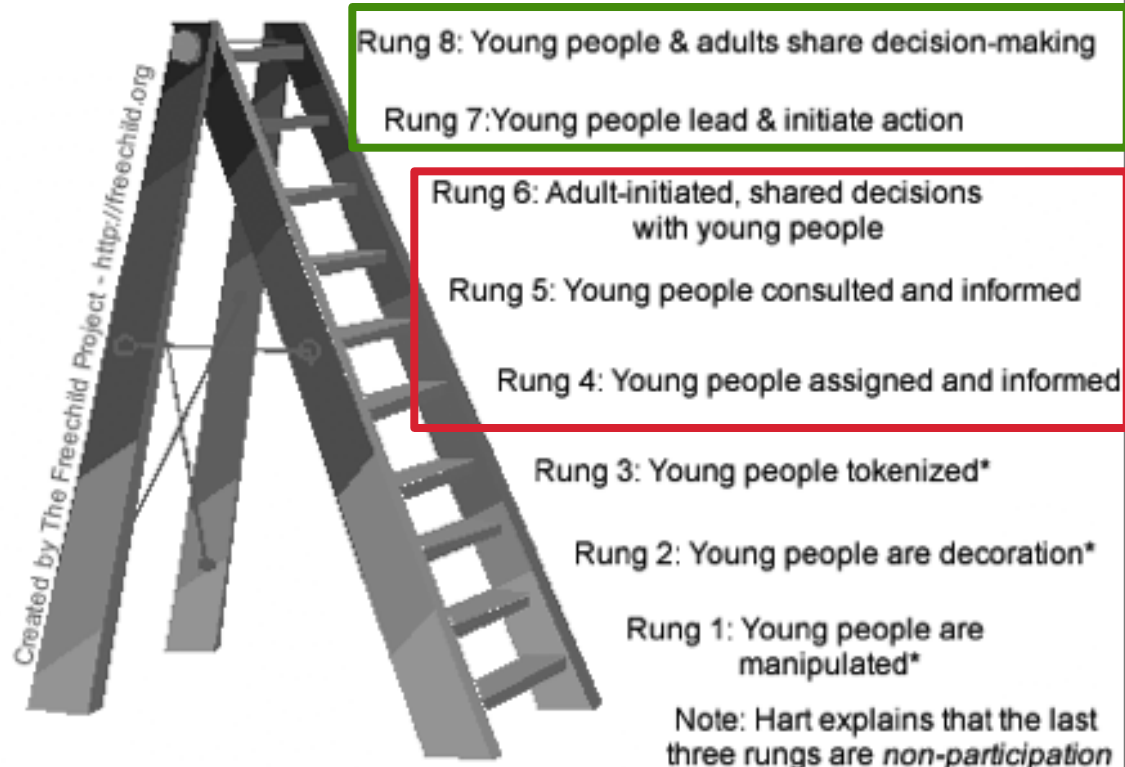
Think of an adult that was a mentor to you  
when you were a teen...

What is one quality that you remember  
about them?

(Please type your answer in the chat box and be sure  
you are addressing everyone.)

# Youth Engagement vs. Tokenization

## Roger Hart's Ladder of Young People's Participation

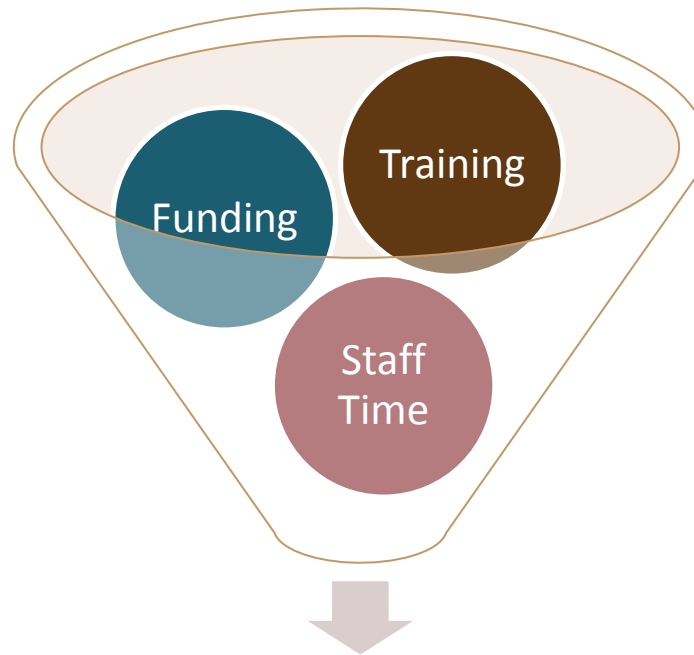


Adapted from Hart, R. (1992). *Children's Participation from Tokenism to Citizenship*.  
Florence: UNICEF Innocenti Research Centre.

# Part 1: Are you and your organization ready for Youth Engagement?

We want to start a program!

We are thinking about starting a program!



Youth Engagement!

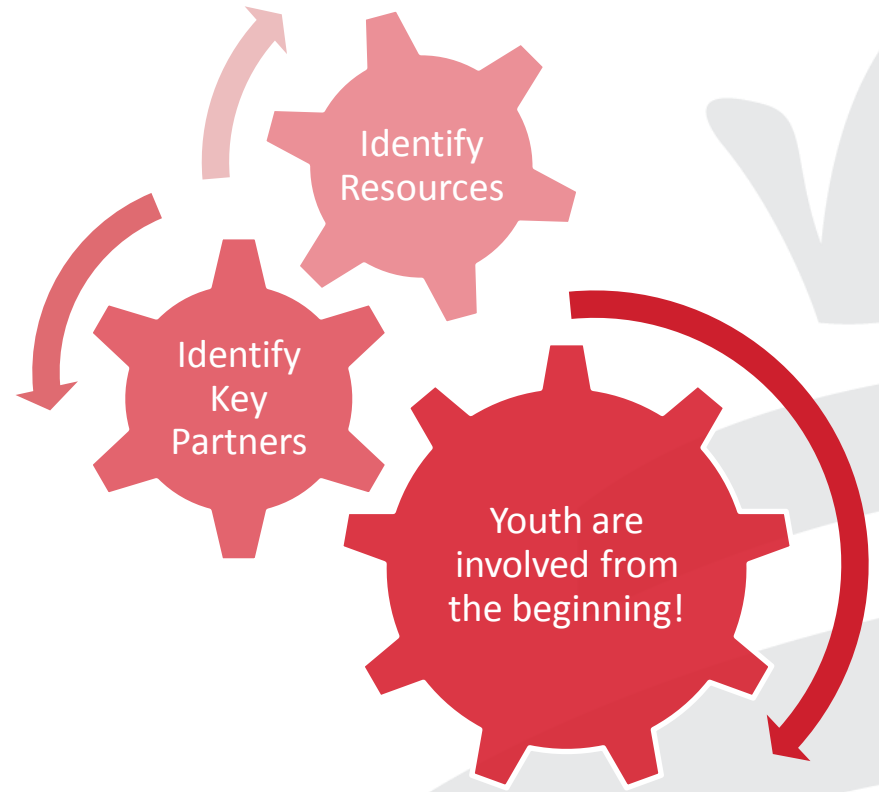
We have a program already!

We have been doing this for years!

## Part 2: Build Capacity for Youth Engagement & Create an Action Plan

### Key Questions:

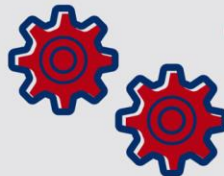
- How can we get **funding** to support youth engagement?
- How do we allocate appropriate staff/adult ally **time**?
- Where can we receive adult ally **training** on youth development principles and youth facilitation?



# 5 KEY PRINCIPLES YOUTH ENGAGEMENT

The core of youth engagement is a meaningful partnership  
between adults and young people.

## 1 INCLUSIVENESS & EQUITY



## 2 RESPECT & AFFIRMATION

## 3 AUTHENTICITY & VULNERABILITY



## 4 TRUST & ACCOUNTABILITY

## 5 FLEXIBILITY



# The Project: Youth Health Workers (YHW) at SBHCs

To strengthen the role of SBHCs in addressing the need for a diverse health workforce, the California School-Based Health Alliance (CSHA) is launching the **Youth Health Worker** project in six SBHCs:

- De Anza Health Center at De Anza High School (El Sobrante)
- Hercules High School Health Center (Hercules)
- JFK Student Health & Enrichment Center at John F. Kennedy High School (Richmond)
- James Morehouse Project Health Center at El Cerrito High School (El Cerrito)
- Pinole Valley High School Health Center (Pinole)
- Richmond High School-Based Health Center (Richmond)

## Youth Health Worker (YHW) Curriculum

The *Youth Health Worker* curriculum formalizes the amazing peer education, health coaching, and outreach young people have been doing for their SBHCs.

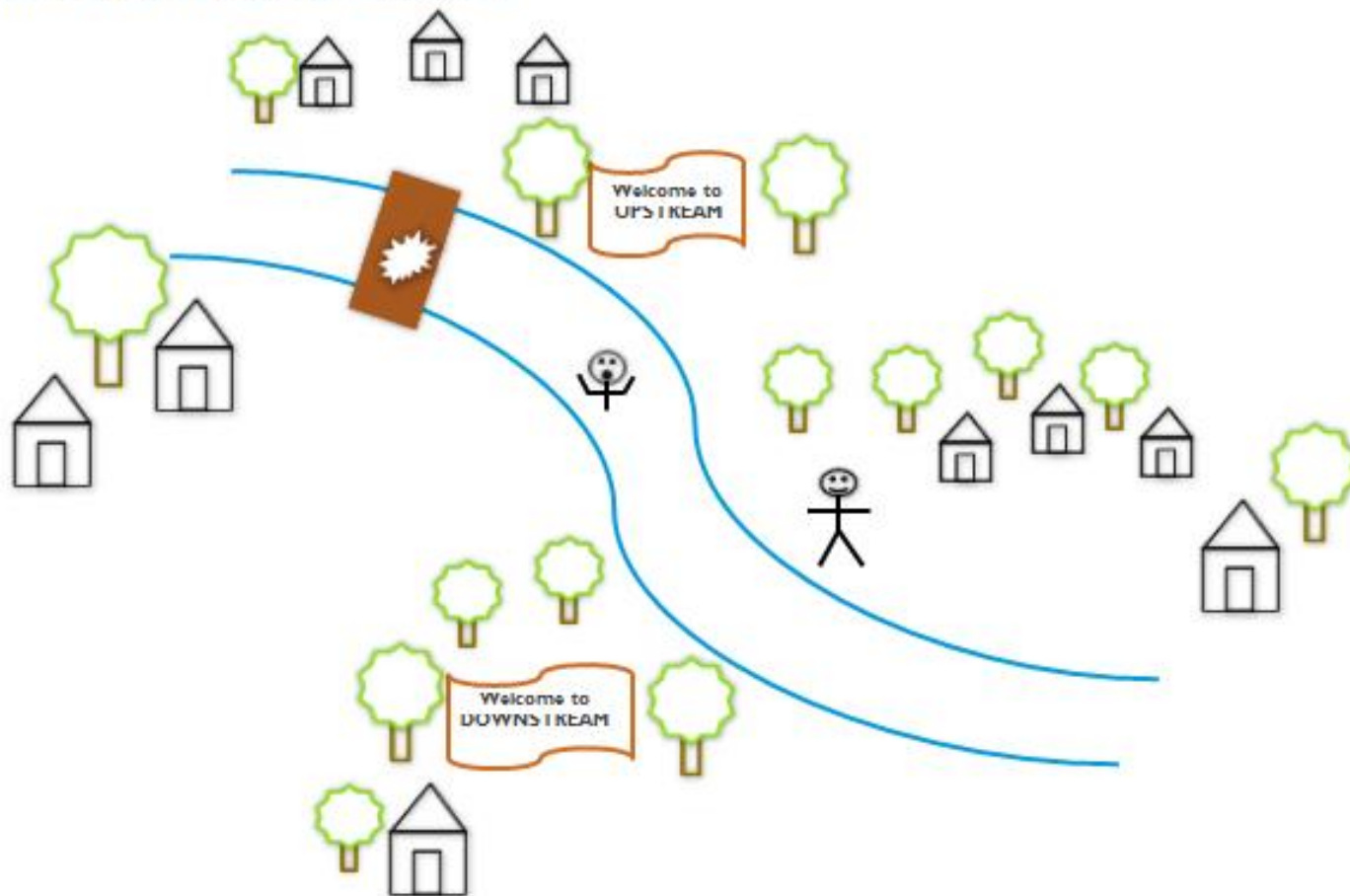
## Learn, Meet, Practice (LMP) Curriculum

The *Learn, Meet, Practice* curriculum connects young people with professionals in the public health field, usually the ones providing services at their SBHCs. These professionals include: mental health providers, primary care providers (FNPs, MAs, etc.) and AOD counselors.



# Activity Overview & Examples

Handout: Upstream & Downstream Worksheet



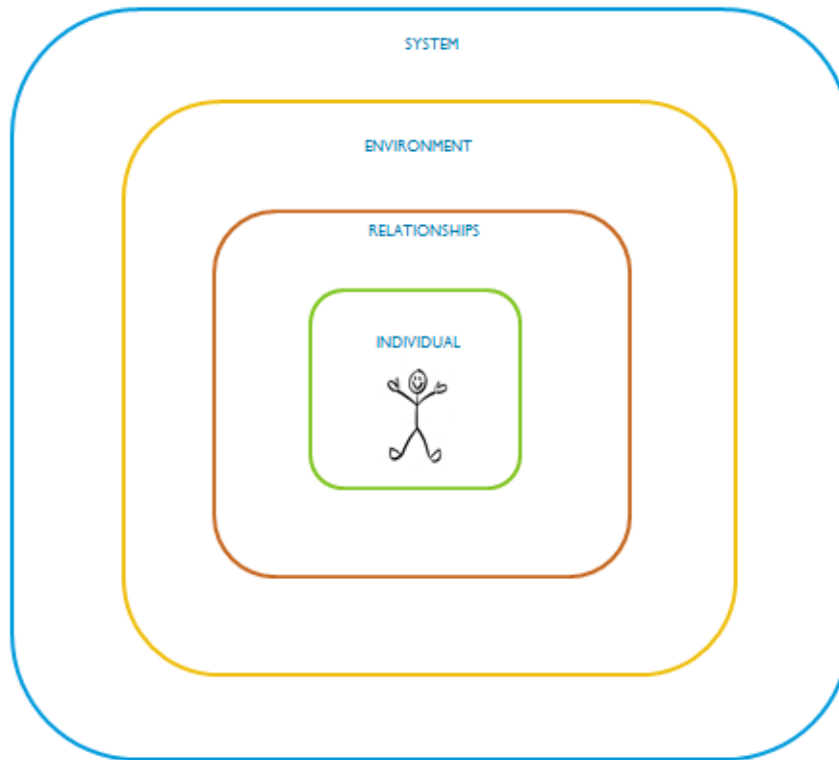
# Activity Overview & Examples

## Handout 6A: Space Matters Reflection Part I<sup>5</sup>

Health is more than an individual problem. You can analyze health outcomes not only as a result of individual behaviors, but also on "built environments."<sup>5</sup> The built environment refers to our human-made space in which people live, work, and play. The built environment is a material, spatial and cultural product of human labor and includes buildings, parks, and transportation systems.

Who decides where buildings or parks are built? A **system** is an entity that has the authority, money or power to radically alter the built environment.

Answer the question: What **helps or supports** a young person stay healthy? Based on our discussion, pick a health issue and draw its relationship to the individual, relationships, environment, and system.



<sup>5</sup> Worksheet adapted from [Seattle Arts Alliance](#), Oakland, CA, 2010.

# Activity Overview & Examples

## Handout 1: Defining Trauma<sup>2</sup> & Case Study

Trauma is the combination of an extremely distressing event(s), how you experience that event based on who you are, and the effects that event(s) may have on a person over time. Read the case study below and in pairs, decide what Jaime should do.



### Case Study:

Jaime is 15 and lives in a not-so-safe neighborhood, in a one bedroom apartment with Jaime's Mom, Mom's boyfriend (Michael), and Jaime's two younger brothers. Jaime's Dad left when Jaime was 7. Jaime doesn't like to be at home because it's so crowded and Jaime doesn't get along with Michael because he drinks a lot. They've almost gotten in to physical fights a few times. Jaime's Mom has never been around when this happens because she works double shifts at the local hospital.

Jaime likes school, gets ok grades and is even a peer health educator at the School-Based Health Center. Jaime has a lot of friends and gets along with almost everyone.

Last week, while Jaime was walking to the park with some friends, someone fired shots at them. No one got hurt, but ever since, Jaime hasn't been able to sleep, eat or concentrate at school. Jaime's grades have started to dip and Jaime has been put on academic probation.

### Your Turn:

What was the event(s)?

What was the experience?

What were the effects?

What should Jaime do next?

# Activity Overview & Examples

## Handout 4: Mock Telehealth Picture Diagnosis

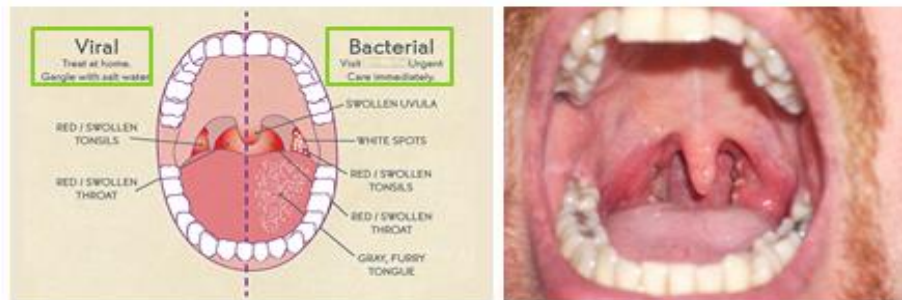
Use the following picture and diagrams to brainstorm ways in which you, acting as a Telehealth doctor, would diagnose a patient and what next steps they should take.

**Sore Throat Scenario:** A patient emails you complaining of a sore throat. You ask them to email you a picture, so that you can decide if they should come in to the clinic, if you can prescribe them medication, or if they can try a home remedy.



**Your Turn:** Using the graphic and picture below, decide if you would tell this patient to... (choose one or multiple options)

- 1.) Come in to the health center/clinic/urgent care center to see a primary care provider in person.
- 2.) Prescribe an antibiotic to be picked up at the pharmacy and schedule a follow up appointment in one week.
- 3.) Tell the patient to gargle with salt water, drink tea and get plenty of rest.



## “Let them reach for the sky and help bring the sky to them”

- Are supportive and caring i.e. trauma-informed
- Trust youth
- Take risks, not afraid of challenges
- Are good listeners & facilitators
- Comfortable working with youth
- Help network/navigate institutions
- Step up, step down
- Are respectful of youth's views, diversity, culture, time (don't ask too much of youth!)





# Youth Health Worker Program (YHWP) at Richmond High School (RHS)



### Handout I: "Who Do You Go To?" Worksheet

We all have people we go to when we need help. Brainstorm three (3) people you go to when you need advice or help with something and why you go to them.

Who:

Why:

Who:

Why:

Who:

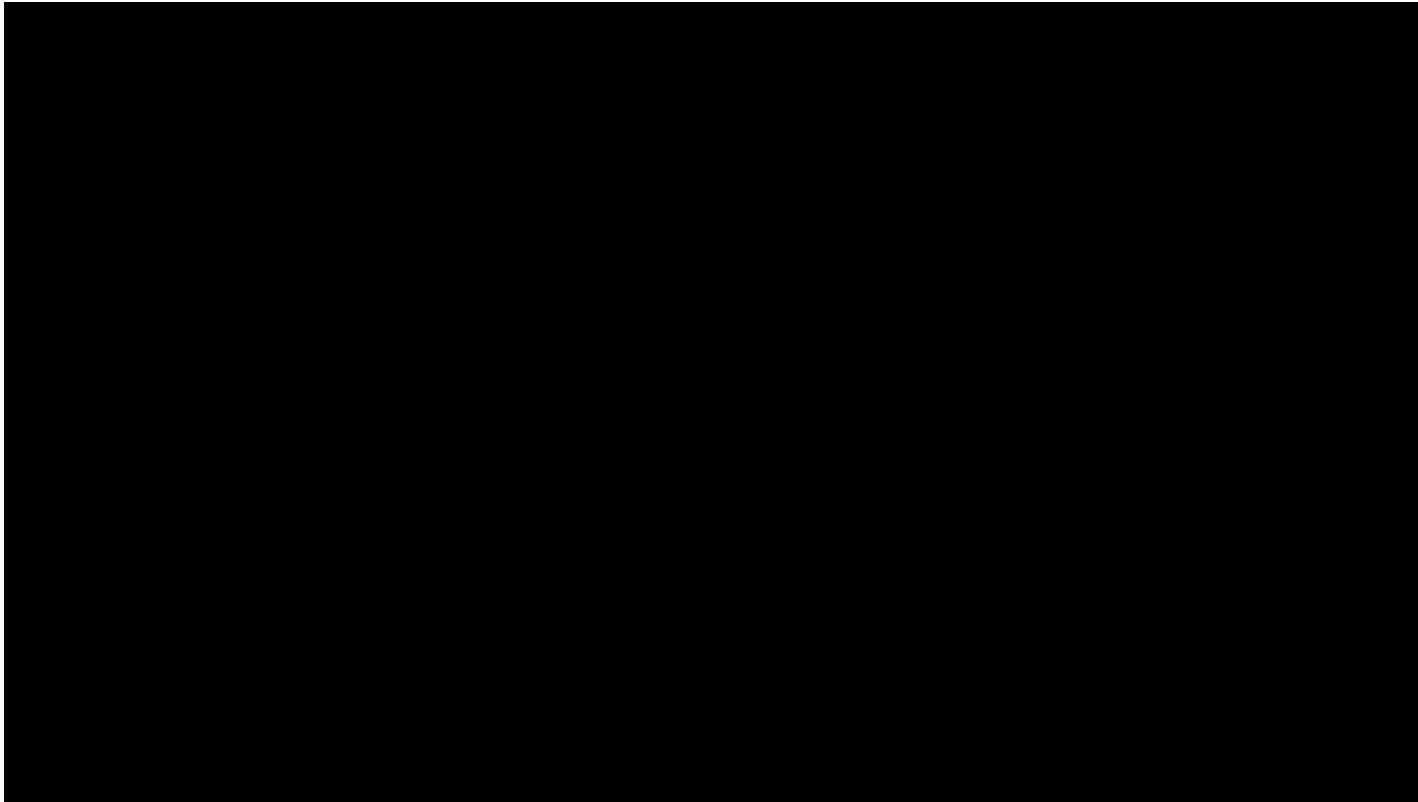
Why:

# Definition of a YHW

A youth health worker is a young, humble, trust-worthy person who empowers a community.



# External Resources



## Student Response:

“The Chevron refinery affects my community’s health because all of the harmful chemicals pollute the air we breath. I remember when the refinery had the explosion... many people had health problems and they ended up at the emergency room that night. Most people that live in North Richmond are poor and can’t afford to live anywhere else in the bay. So many people have asthma here too, more than other places.”

-Estefany Gutierrez



## Field trips



Nursing Program  
 Dec 2015



HERMANOS UNIDOS DE SFSU  
 Present

**5TH ANNUAL SWAG**  
**STUDENTS WITH ACADEMIC GOALS CONFERENCE**

Empowering students through workshops pertaining to: Social Justice, Academic Success, Community Empowerment, and Social Networking

SAN FRANCISCO STATE UNIVERSITY  
 ASI PROJECT CONNECT

Fuerza en la Hermandad

**-FREE** event (breakfast & lunch included)  
**-SCHOLARSHIPS** will be granted

**SATURDAY APRIL 30TH 2016**  
**9AM-5PM** @ SFSU in Rosa Parks A-C  
 Located in the Cesar Chavez Student Center

# Richmond High School Health Center

Student's presentation  
insert here.

Picture of student project  
here



# Thank you!

Reminder: All materials and a recording of this webinar will be available by the end of this week.

Please respond to our evaluation as well.



## Contact Information

Molly Baldrige, MPH

Program Manager, Adolescent Health

California School-Based Health Alliance

[mbaldrige@schoolhealthcenters.org](mailto:mbaldrige@schoolhealthcenters.org)