

# Perspectives from the Youth Action Board – a Quality Improvement Project

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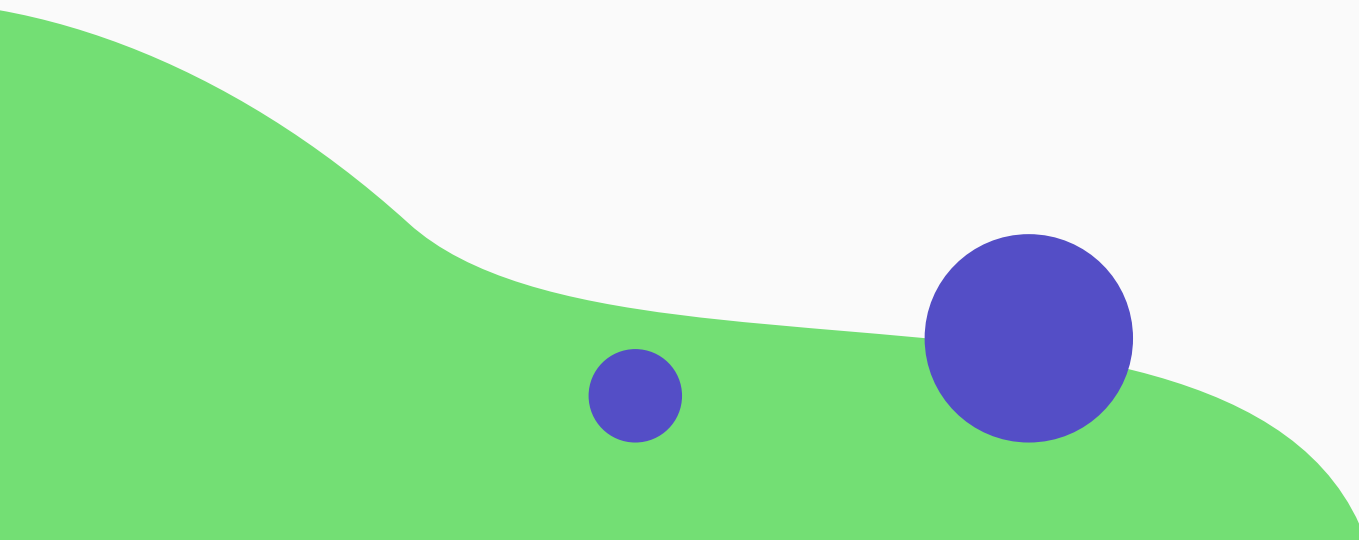


# Who We Are?

## REACH Lab

REACH –Research and Education to empower AYA to Choose Health

- Dr. Bonnie Halpern-Felsher, Professor & PI
- School of Medicine
- Department of Pediatrics
- Division of Adolescent Medicine







# Our Mission

## REACH Lab

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To empower and promote  
adolescent and young adult health  
through collaborative research,  
education, and policy



# Meet the Core Lab/Team

Bonnie Halpern-Felsher, PhD  
Professor/PI



Shivani Gaiha, PhD  
Instructor



Lauren Lempert, JD/MPH  
Director of Policy



Adrienne Lazaro, MS  
Project Co-Director



Richard Ceballos, BA  
Project Co-Director



Marcia Zorrilla, DrPH  
Director of Positive Youth  
Development



David Cash, BA  
Project Co-Director,  
Research and Evaluation



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Project CO-Director,  
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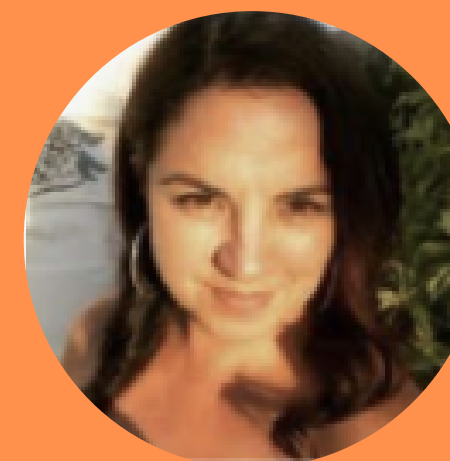
Sheila McLaughlin,  
MFA  
Associate Director  
of Outreach/Step-UP



Juanita Greene, BA  
Research Assistant



Nieves Cordoba, BA  
Administrative Associate



Francesca Vescia, BA  
Research Coordinator





# Why a Youth Action Board?



01

To elevate youth voice

02

Strengthen substance use prevention tools for youth.

03

Expand substance use prevention research.



# 01 Poll Question

Do you have a YAB at your site?



# WHO IS YAB?

**19 MEMBERS**  
**AGES 13-23**



**79% FEMALE**

**42% 11th  
graders**

**95% youth  
of color**

**89%  
California  
residents**





# What YAB Does

01

Health Education &  
Curriculum Think Tanks

02

Communications &  
Outreach

03

Policy & Research





# Our First YAB Meeting! - January 2020





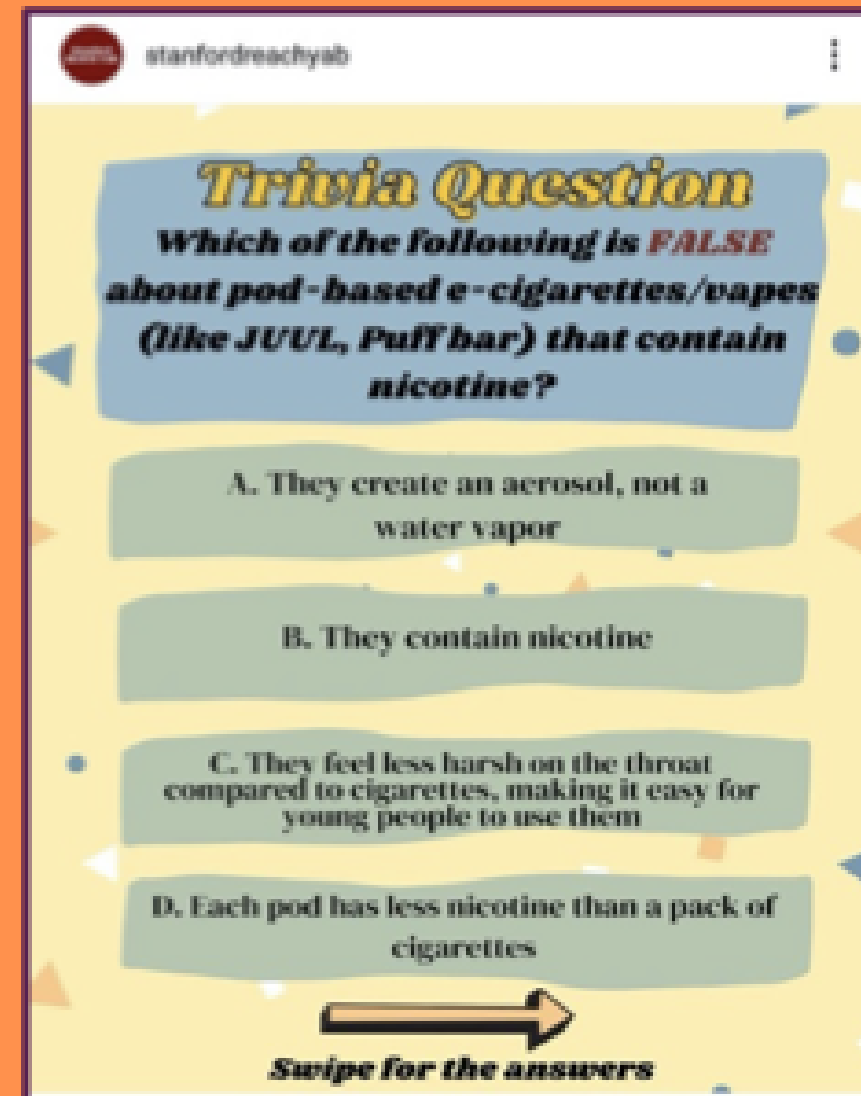
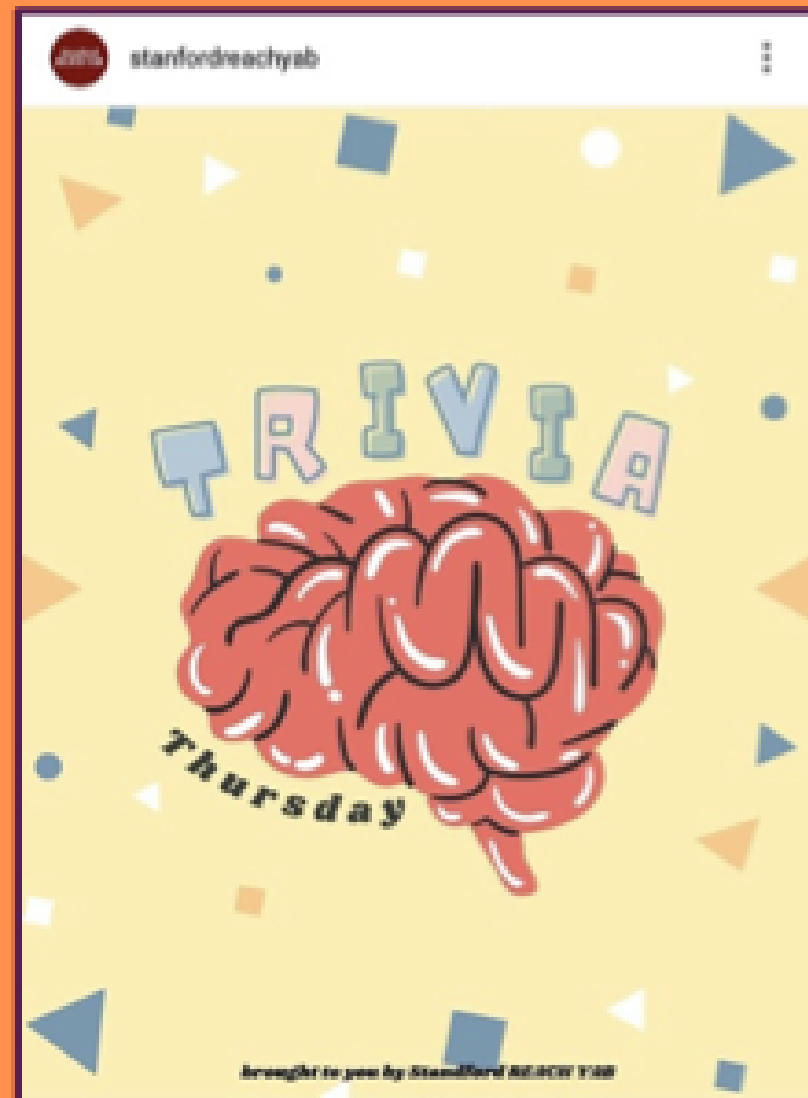
# **YAB Highlights**

**Enter into the World of  
YAB...**






yab IG




Trivia Thursday





# YOU-TH SPEAK! STAYING HEALTHY & STRONG DURING THESE UNCERTAIN TIMES



THE TOBACCO  
PREVENTION  
TOOLKIT YOUTH  
ADVISORY  
BOARD  
PRESENTS:

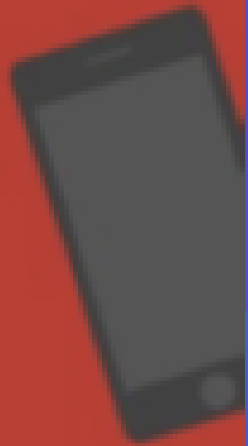


YOU-TH SPEAK!  
STAYING HEALTHY  
& STRONG DURING  
THESE UNCERTAIN  
TIMES



TUES, JUNE 23,  
2020

4:00 PM - 5:00 PM  
PST / 7:00 PM -  
8:00 PM EST







THE STANFORD TOBACCO PREVENTION  
TOOLKIT YOUTH ACTION BOARD PRESENTS:

# ***NICOTINE V.S. NATURE***

...the hidden poison in our communities

**APRIL 24TH, 2021**  
**10AM-NOON (PST) ~ 1-3PM (EST)**

Let's take initiative by discussing how nicotine  
endangers our local communities and how we can  
help combat this pressing issue.

Last day to register is 4/23/21 or until **Sold Out**

**[https://www.eventbrite.com/e/nicotine-vs-nature-  
the-hidden-poison-in-our-communities-tickets-  
142126170201](https://www.eventbrite.com/e/nicotine-vs-nature-the-hidden-poison-in-our-communities-tickets-142126170201)**

8. Just For YOU-th: YAB Corner

9. YAB stands for Youth Action Board and is a group of young people driving change in drug prevention education and policy.



Advocacy

10. Youth voice informs new policies and local laws related to tobacco and cannabis



11.



Communications

12. Youth voice informs other youth about ways to combat the "industry"



13.



Education

14. Youth voice informs prevention curriculum for middle and high school



15.

16. YAB Goals



17.



18.



19.



20.

21. Quick Background

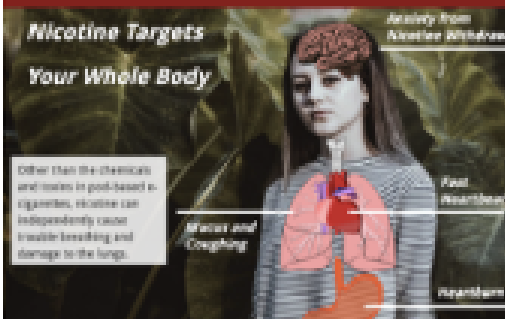
22.

23. Highlights

24. Check Out the YAB Coping Videos



25. Nicotine vs. Nature Summit





# What's more American than smoking?

- Asian Americans have struggled to **"fit in" with society**. They're not always celebrated in this country. A recent rise in Asian hate crimes is an example of this.
- Young Asian Americans may feel **pressured to prove their "American-ness."** What is more American than the **Marlboro Man**? This is still true, **but for vaping now**.
- Young Asian Americans may see **vaping as an easy way to fit in**.

**VAPE- & SMOKE-FREE = PROTECTING ASIAN HEALTH**

# THIS

IS HOW IT  
SHOULD BE

a little differently than you.

**VIRGINIA SLIMS**  
It's a woman thing.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, and Complications in Pregnancy.

**my blu**  
Click.  
Vape.  
Repeat.

Interested 😊  
whatsapp:  
#ecigshop #smoke #smoking #eliquid #eliquids #minicig #vapeus #puffbar #puffbars #puffbardisposable #vapen #poshplus #puffplus #buzzvapes #puffbarvape #ecig #ecig #vapelyfe #vapelyfeFBENT #vapelite #vapeng #ecig #vaping #vaping #vapestagram #vapestagram #vapestagramFBE #vapeluxury #andcheck #cbd #vaporhud #vapeoftheay  
8W  
7 likes  
MARCH 27

WHAT  
DID YAB  
SAY?



Check out our video!

<https://www.youtube.com/watch?v=x1iCCRWPA7A>



# Methods

## YAB

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At the end of the of the 10 months of the YAB program, participants completed a survey that included closed and open-end questions.

The survey queried YAB members about their demographics, health behaviors, skill development, and program satisfaction.



02

# Poll Question

How valuable was community building (e.g., check-ins, warmups, YAB parties) to you?

## Findings:

**Most (94%) of the YAB members rated community building and trusted adult mentorship as “quite” or “extremely” valuable aspects of YAB**



03

# Poll Question

How valuable was the end of the YAB cycle  
honorarium?



## Findings:

**A majority of YAB also reported improvements in health knowledge (89%) and health navigation (94%); and reported highly valuing the honorarium received at the end of the cycle (88%).**

# 04 Poll Question

How many YAB members reported feeling proud from their involvement with internship?





**Poll Answer:**

**All YAB members reported  
feeling proud and that their  
perspectives were valued  
(100%)**



## Participant Quotes:

**(1) "Being in YAB really allowed me to come out of my shell"**

**(2) "I also think that my creative skills benefited because I don't use them as much as I would like and YAB got me to use them for a good cause."**



## Participant Quotes:

**(3) “I did a little more public speaking through zoom which taught me how to resolve problems fast and efficiently.”**

**(4) “I loved the YAB Party nights because I felt as if I got to know the other YABbers better.”**





## Findings:

**100% of the YAB members reported developing various skills, with qualitative responses indicating gaining cooperation and socialization skills; 100% gained confidence in communication skills, including public speaking, graphic design, and advocacy skills as a result of their participation; and qualitative responses indicated developing skills in flexibility, empathy, and creativity.**



## Findings:

**A majority of YAB also reported improvements in health knowledge (89%) and health navigation (94%); and reported highly valuing the honorarium received at the end of the cycle (88%).**

# Limitations

All data were  
self-reported  
by YAB  
members.

Results have  
limited  
generalizability.



# Conclusions

Participation in a Youth Action Board using PYD principles can be an effective way for youth to develop community building and emotional skills, as well as improve health knowledge and health navigation.

Youth participation in research should include community building, opportunities for skill development, and opportunities for personal growth.

Quality improvements in programming can enrich youth experience in future YAB program cycles.