Youth Making an Impact!
Elevating the Brilliance of Youth-Led Peer Engagement Programs
Agenda

- Welcome
- Eureka High School- S.A.G.E.
- Berkeley High School -SHIFT
- Questions & Answers
- Closing
Putting Health Care in Schools

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

Learn more: www.schoolhealthcenters.org
Eureka City Schools is the largest school district in Humboldt county with 9 schools

- We are in our second year "boots on the ground" with approximately 5-7 years of planning prior to 2021.

- Eureka High School is acting as our model, pilot program with hopes to expand that model to all Eureka City Schools schools.
Phases of the WELLspace

**Phase 1:**
Create a space that is calm and student designed.

**Phase 2:**
Fill that space with services requested and designed by students (peer led supports, groups, self directed activities).

**Phase 3:**
Expand services and spaces to include all ECS sites.
Building a Student Leadership Team

- Started with 2 recommended Seniors
  - Deondrae and Maddison
    - Survey
- Recommendations from the first 2
  - Kora and Ashly
- 1:1 brief assessments
  - Zoe and Ashton
- Started weekly meetings
- Work with Intern to create name and logo

Student Advocates Guiding Engagement
Student Engagement Workgroup and S.A.G.E

- SEW a community member group and 1 youth
- Decided to start with a survey to all high school youth
- Student voice was instrumental in this process
Wellness Centers at Eureka City Schools (ECS)

Community Need Statement:
- Improve overall human wellness and accessibility to healthcare, support, and community connection
- Address health gap disparities, rural barriers and protective factors, and discrimination when accessing support/resources
- Engage in community collaboration
- Provide a physical space for student regulation and community building on school campuses
- Students want resources and support

Theoretical Frameworks:
- Cultural humility and decolonization action
- Unconditional positive regard
- Intersectionality
- Trauma-informed, historical trauma, and resilience theories
- Justice and advocacy
- Multilogical perspectives
- Ecological systems theory
- Harm reduction
- Peer-to-peer support and youth engagement models
- Survivor-centered approach
- Person-centered care
- Reflective practice

Credibility Statement:
- Lived, practice, and research experience
- Data derived from the survey and various feedback groups
- Student-led, driven, and directed with collaborative efforts between local professionals, community partners, and community members

Methods:
- Collected student feedback via a survey, various feedback groups, and a student advisory board named Students Advocates Guiding Engagement (SAGE)
- The survey was sent to 1322 Eureka High School students and 73 Zoe Barnum students which yielded 749 total usable responses
- Approximately 130 students participated in a total of 11 feedback groups related to the wellness center
- Collaborative and ongoing meetings between community partners, ECS staff and students, relevant stakeholders, and community members

Acknowledgements:
- The SAGE student team, student feedback groups, and ECS students, staff, and faculty
- Two Feathers Native American Family Services and staff
- Open Door Community Health Centers and staff
- Humboldt County Office of Education and staff
- California State Polytechnic University, Humboldt (CPH) Staff and faculty
- Various community members, grant writers, consultants, and stakeholders
- Sarahdee Duncan, LMFT
- Jamie Jensen, Ph.D., MSW
- Katie Allen, MSW, PPSC
- Julie Simpson, LCSW, MSW, PPSC
- Julie Slater North, MSW, PPSC
- Geneva Shaw, MSW
- Taffy Stockton and Karma Crawford
- MSW 2022 Cohort, AHEC Scholars team, all professors and mentors

Deliverables:
- Student-led presentation to ECS School Board and Staff
- Poster Presentation at Idea Fest at CPH
- Presentation for MSW SW 683 Course
- Presentation for AHEC Scholars at CPH
- Inform future ECS Wellness Centers
Feedback Groups

What Makes A Space Comfy & Calm?

Activities
- Movie nights
- Games
- Workshops
- Music
- Guest speakers

Decor
- Plants
- Artwork
- Lighting
- Colors

Seating
- Comfortable chairs
- Ample space

Access to Resources
- Workspace
- Wi-Fi
- Library

Calm
- Quiet environment
- Natural lighting
- Artwork

Changes of Clothes
- Personalized items
- Comfortable seating

Table
- Snacks
- Beverages
- Comfortable seating

Sanitary Basket
- Sanitary pads
- Tampons

Overall Discussion:
- Wellness center share pet ideas
- Desk decorations

Achieve chart!
Floor Plan Workgroup
Mood Group Workgroup
Our “Cry Corners” now Privacy Nooks
December 2021
- Survey went live at beginning of December 2021
- The Intern organized the data and presented it to the students

January 2022
- S.A.G.E team began Feedback (Focus) group training.
- Practiced and created format
  - What questions do we want to ask?
  - How can we engage the most students?

February-March 2022
- Student led feedback groups
  - What makes a space feel calm?

March-April 2022
- 3 Floor plan workgroups
  - about 30 students
- 3 Mood workgroups
  - about 30 students

May-June 2022
- May is Mental Health Month Activities
- Planning for next year
Thank You for Your Time!
SHIFT Members

Sasha (She/They)
11th grade and second year in SHIFT

Nora (She/Her)
11th grade and third year in SHIFT

Rae (They/Them)
10th grade and first year in SHIFT
What is SHIFT?

- Paid internship that empowers our peers in making healthy reproductive choices
- Peer sex-education through presentations (primarily to lower classmen, though open to all)
- Promotes Berkeley High School Health Center. Reproductive & mental health services provided
- City of Berkeley funds the SHIFT program through general funds
- Weekly SHIFT meetings with our SHIFT coordinator Gigi. Besides reproductive Health, she presents to us on topics like Mental Health, Anxiety, Body Dysmorphia, Social Media, Etc.
• Experience
• Personal Growth
• Favorite thing about SHIFT
• Youth Stories
• Why is it important to have a SHIFT program?
Having a Health Center and programs like SHIFT is important because it supports the highest need of students by being present on a daily basis to manage chronic disease, address behavioral health issues, deal with crises, and help students and families access resources. As well as supporting those who speak another language/low income.
Thank you!

We can answer any questions you may have for us at this time.
Thank you!
Any Questions?

Staff:
- Amy Blackshaw ablackshaw@schoolhealthcenters.org
- Irma Rosa Viera irosaviera@schoolhealthcenters.org

Presenters
- SarahDee Duncan duncansarah@eurekacityschools.org
- Giselle Zelaya GZelaya@cityofberkeley.info

www.schoolhealthcenters.org