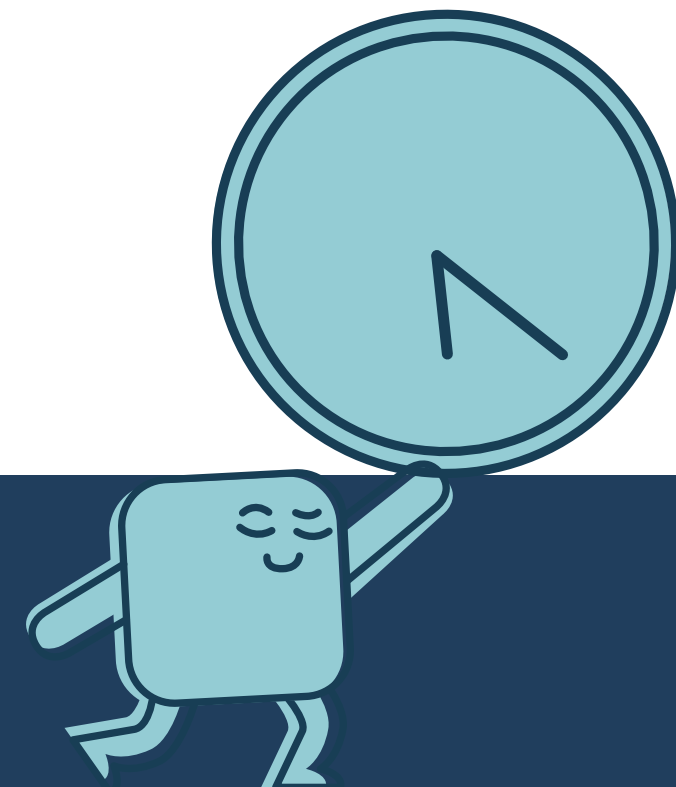


Youth Making an Impact!

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 WELLNESS CENTER: STUDENT ENGAGEMENT

Presented by: Sarahdee Duncan, LMFT and
S.A.G.E Students: Ashly, Kora, Zoe, Oddyssey and
Jenica

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)



**Eureka City
Schools**

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)

Emma Davis
Department of Social Work
Cal Poly Humboldt
Class of 2022

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

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

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



Student Advocates
Guiding Engagement
(SAGE):
A Student-led team that
helped support and
inform the development
of the wellness center
during the 2021-2022
school year

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

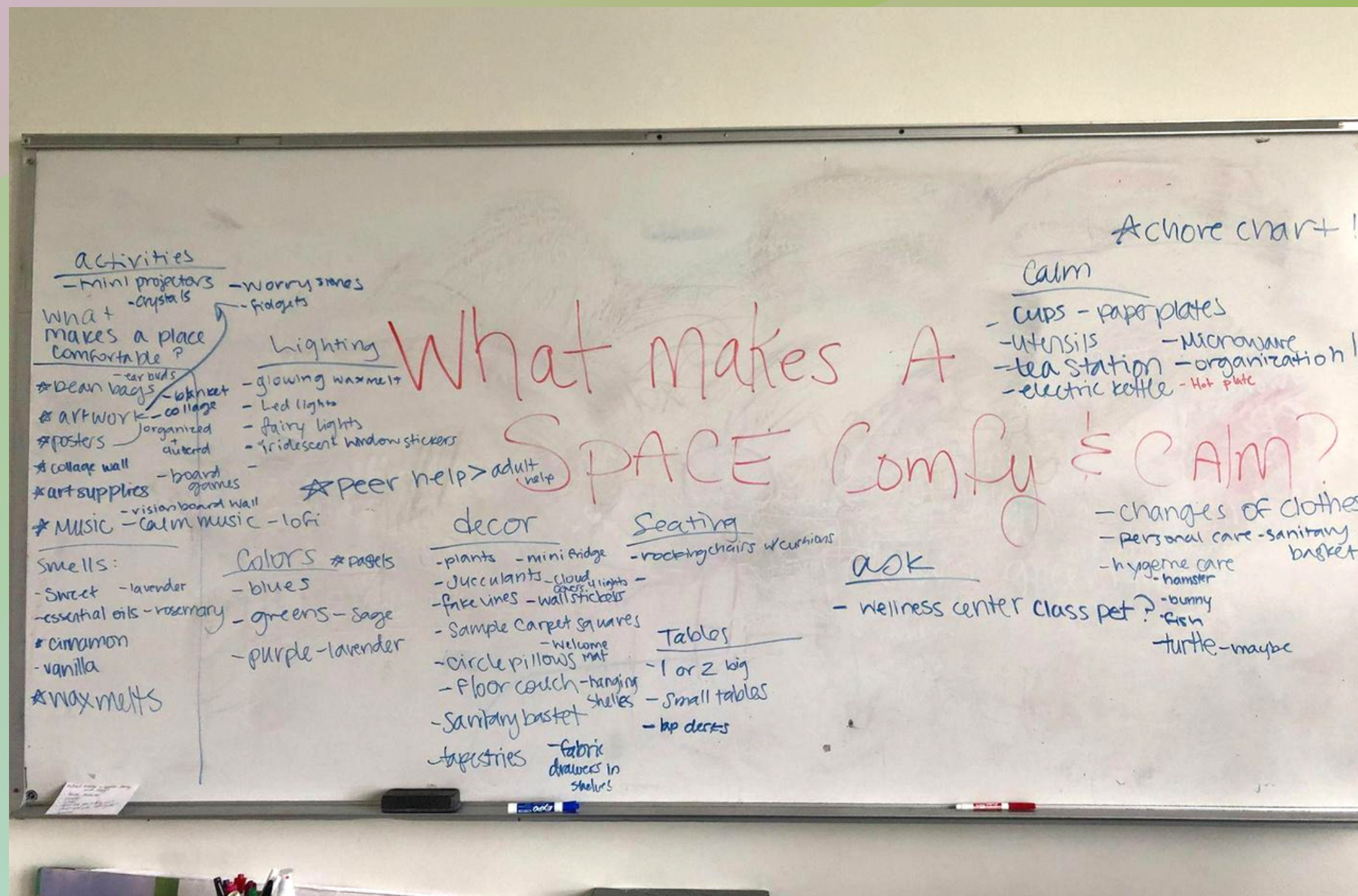
Acknowledgements

- 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

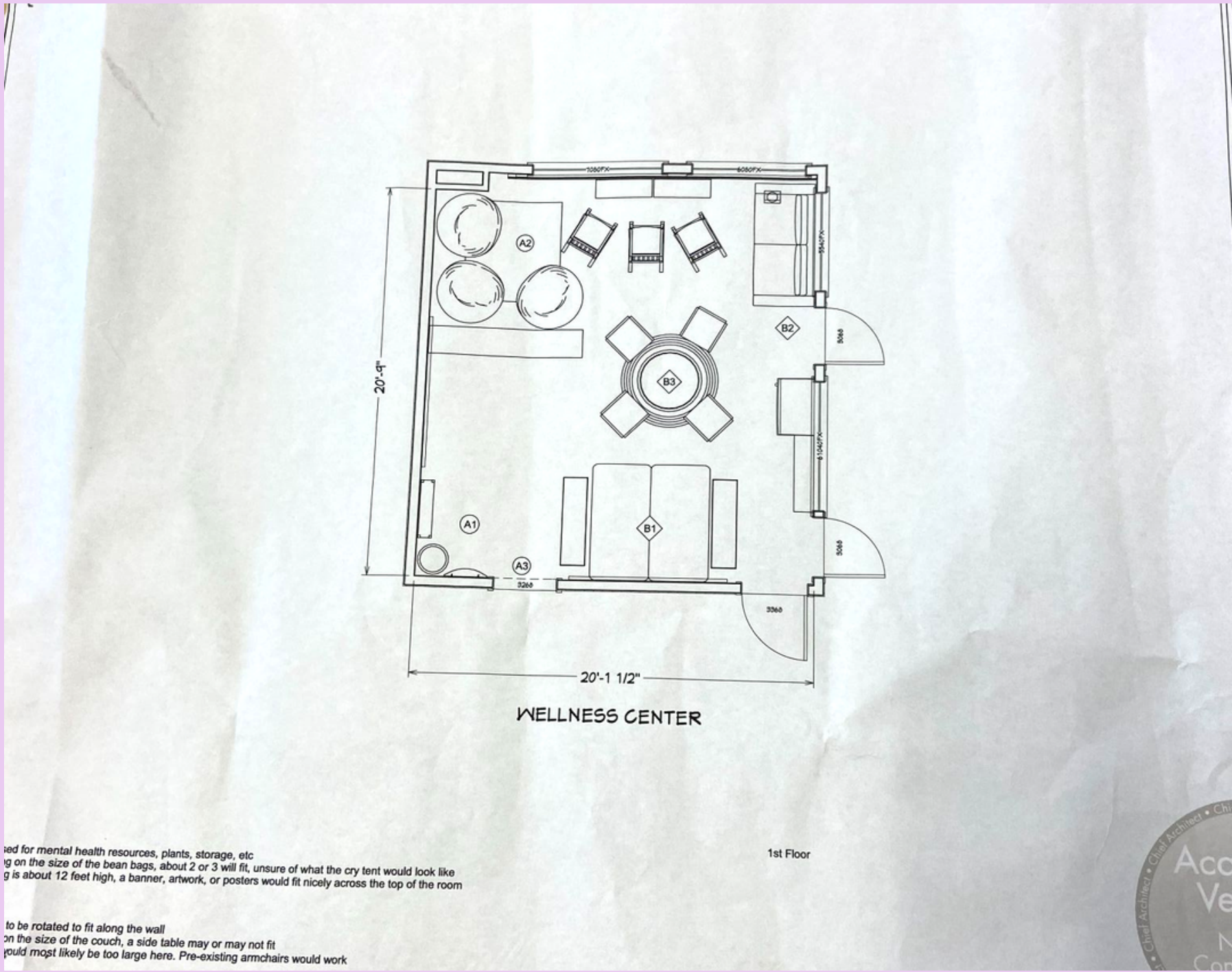
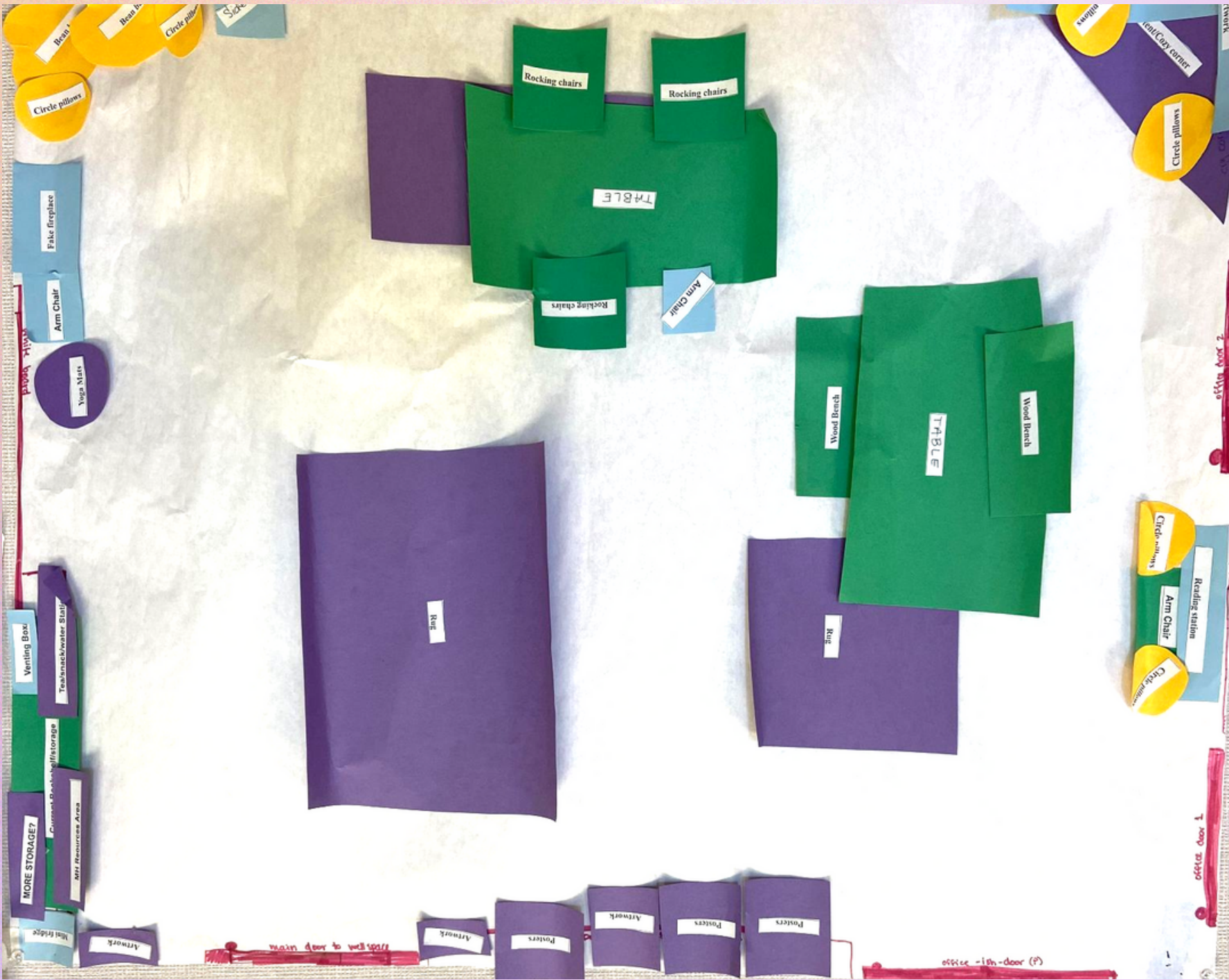
Deliverables

- 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

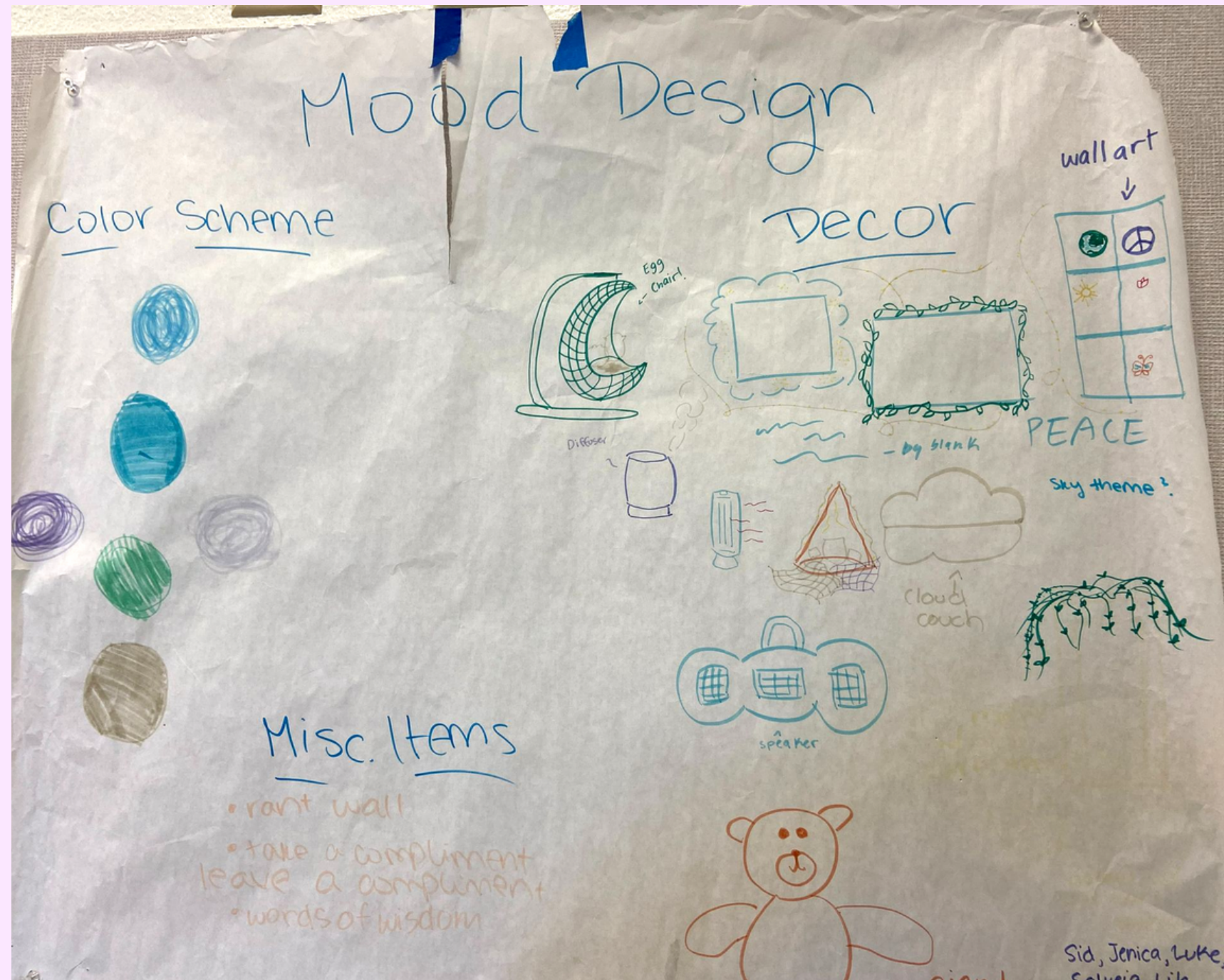
Feedback Groups



Floor Plan Workgroup



Mood Group Workgroup

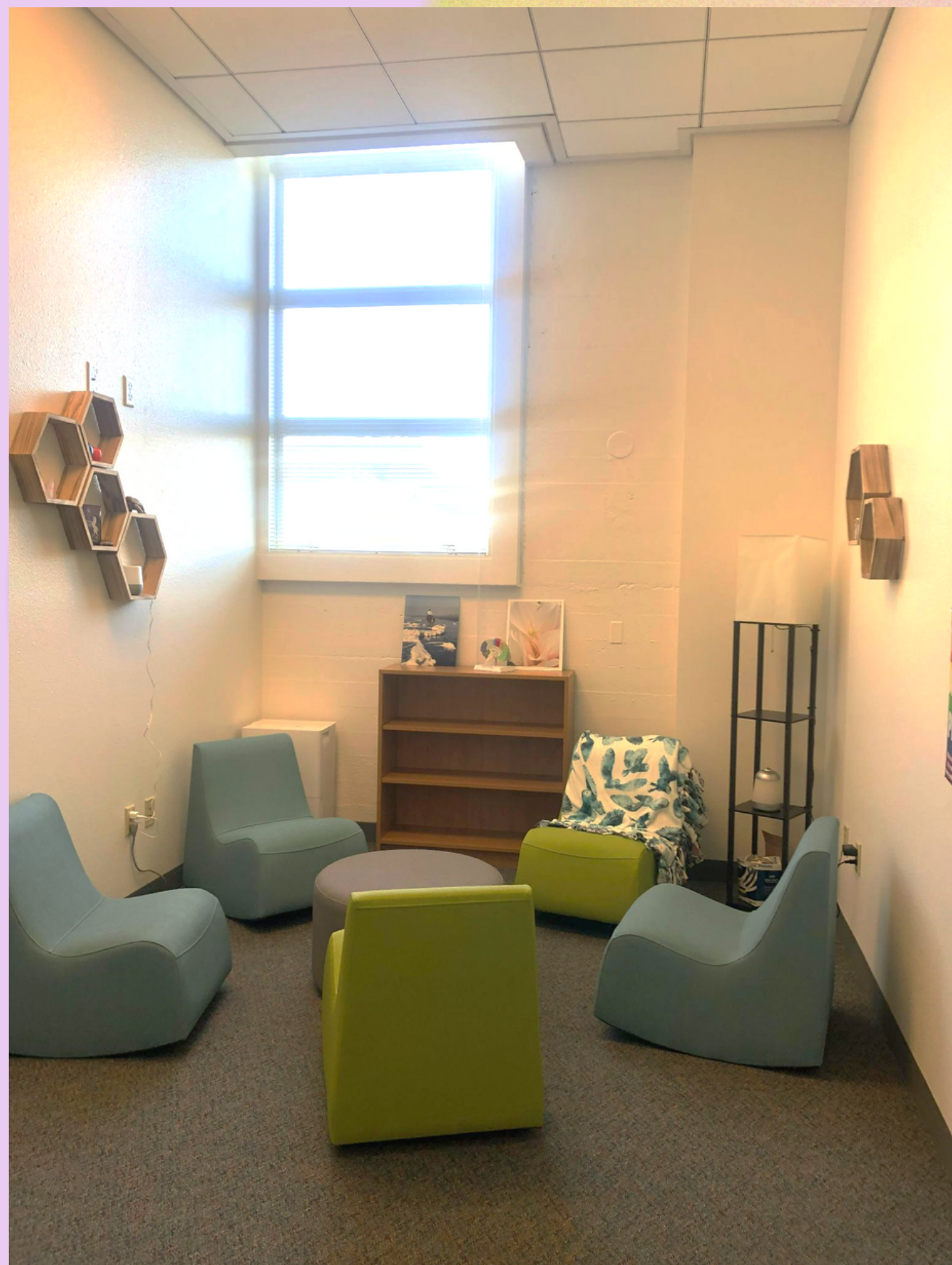




Our “Cry Corners” now Privacy Nooks







Timeline of Events

December 2021

- Survey went live at beginning of December 2021
- The Intern organized the data and presented it to the students

February-March 2022

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

May-June 2022

- May is Mental Health Month Activities
- Planning for next year

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?

March-April 2022

- 3 Floor plan workgroups
 - about 30 students
- 3 Mood workgroups
 - about 30 students

Thank You for Your Time!

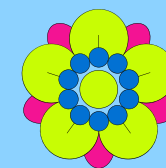
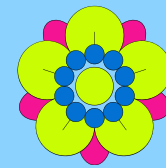


SHIFT

Sexual Health Information From Teens



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?

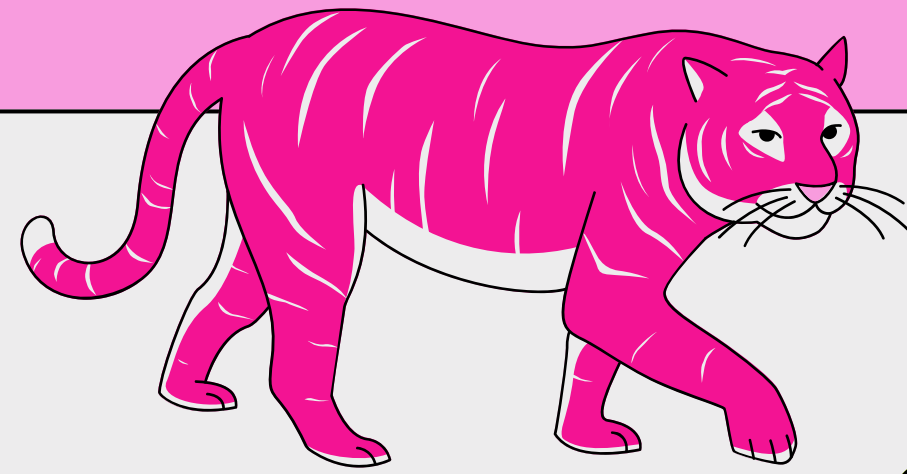


- Paid internship that empowers our peers in making healthy reproductive choices
- Peer sex-education through presentations (primarily to lower classmen, though open to all)
- Promotes Berkeley High School Health Center. Reproductive & mental health services provided
- City of Berkeley funds the SHIFT 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.

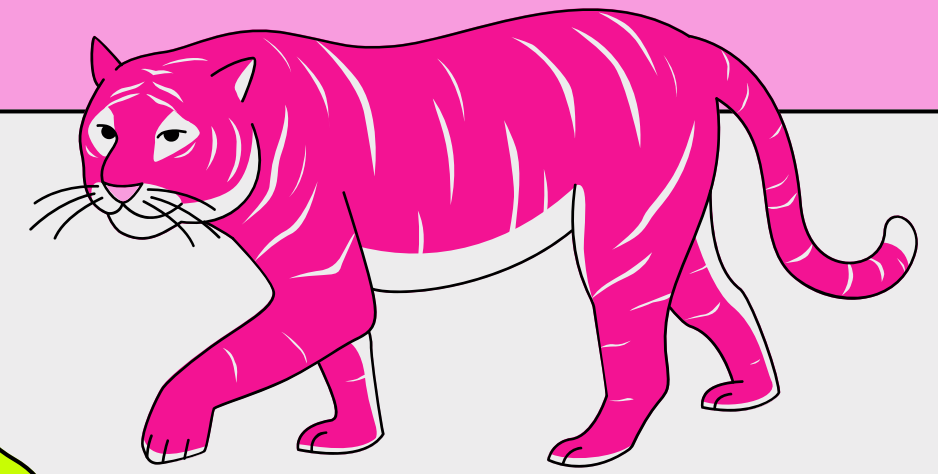


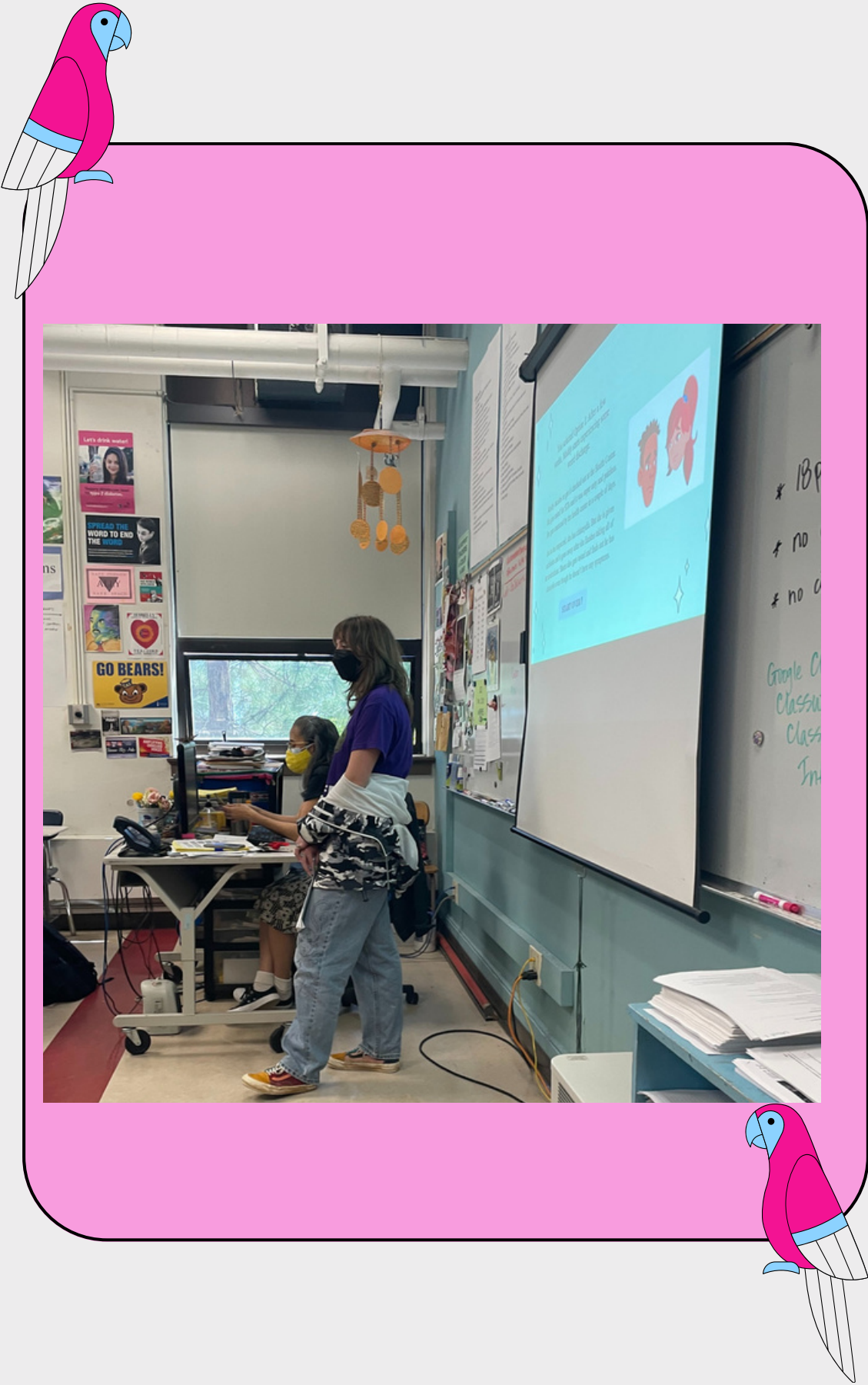
- *Experience*
- *Personal Growth*
- *Favorite thing about SHIFT*
- *Youth Stories*
- *Why is it important to have a SHIFT program?*





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

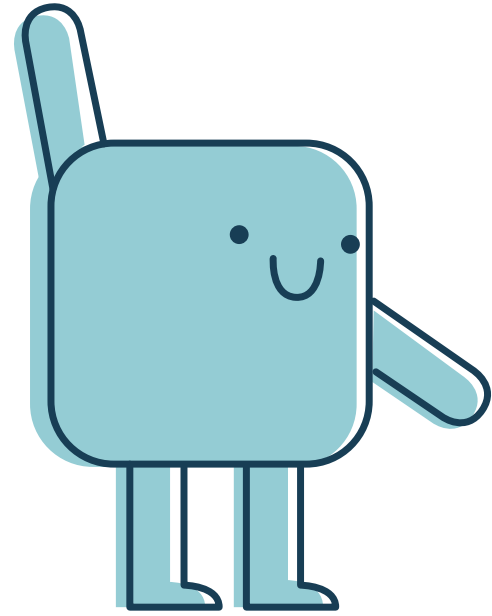






Thank you!

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

