Youth Engagement in School-Based Health Care: Substance Use Prevention
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e.g., Tammy Jones +3

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Reminders

• All attendees are in listen-only mode.
• We want to hear your questions! To ask a question during the session, use the “Q&A” icon that appears on your Zoom toolbar.
• Please complete evaluation poll questions at the end of the presentation.
Webinar Archives

- Mapping Tool Introduction
- Findings from the 2013-14 Census
- Policy & Advocacy
- Confidentiality in School-Based Health Care
- Vision Screening 101
- School-Based Health Alliance Tools

http://www.sbh4all.org/webinars
Today’s Presenters

Lauren Ranalli  Amanda Forsmark

Project Support

Cameron Estrada  Katy Stinchfield
The Adolescent Health Initiative (AHI) provides training, technical assistance, and coaching to health care providers, health systems, and organizations across the country to improve adolescent-centered care.

Our vision is to transform the health care landscape to optimize adolescent and young adult health and well-being.
OBJECTIVES

AT THE CONCLUSION OF THIS SESSION, PARTICIPANTS WILL...

1. Define adolescent-centered environments

2. Identify resources to engage youth in adolescent-centered care
WHY IS ADOLESCENT-CENTERED CARE IMPORTANT?

*Missed opportunities for providing patient-centered care and impacting adolescent patient outcomes.*
DRAWING A PICTURE: ADOLESCENT-CENTERED MEDICAL HOMES

https://www.youtube.com/watch?v=vAu5ad827l8
Adolescent-Centered Environments encompass the policies, practices, services, and physical space of health centers. They are inclusive of, informed by, and responsive to the needs and values of adolescents.

Adolescent Centered Environments effectively provide comprehensive services for adolescents, ensuring that they feel well cared for.
1. Access to Care
2. Adolescent-Centered Environment
3. Confidentiality
4. Best Practices & Standards of Care
5. Reproductive & Sexual Health
6. Behavioral Health
7. Nutritional Health
8. Cultural Responsiveness
9. Staff Attitude & Respectful Treatment
10. Adolescent Engagement & Empowerment
11. Parent Engagement
12. Community Engagement
ADOLESCENT-CENTERED CARE

1. Access to Care
2. Adolescent-Centered Environment
3. Confidentiality
4. Best Practices & Standards of Care
5. Reproductive & Sexual Health
6. Behavioral Health
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12. Community Engagement
ADOLESCENT ENGAGEMENT & EMPOWERMENT

RECOMMENDATIONS

• Guide adolescents in becoming savvy consumers of healthcare (i.e. filling out a prescription, making an appointment, checking in, checking out).

• Has a clear policy and/or procedure to prepare adolescents for the transition from SBHC health services to adult primary care health services.

• Uses a method to routinely gather feedback from adolescent patients, and uses this feedback to improve clinic access, quality, physical appearance and services.

• Maintains an active and engaged Youth Advisory Council (YAC), allowing adolescents the opportunity to give feedback to clinic leadership.
EMPOWERMENT AND TRANSITION

Share ways teens can advocate for themselves to get the quality health care they deserve.
https://www.youtube.com/watch?v=W4C3mLDOjnU

Take the First Step ... Out of the E...

Listen to parent, teen, and provider perspectives on preparing adolescents for a lifetime of investing in their own health.
https://www.youtube.com/watch?v=pKdVyw9HpNM
Encourage young people to reflect on what’s important to them when accessing health care.

https://www.youtube.com/watch?v=kcxAtWLY7II

What Matters to You(th)?
Creating & Sustaining a Thriving Youth Advisory Council
A collection of youth experiences & recommendations.
Creating a YAC
Core Components
Behind the Scenes
Staff Time
Funding

Recruitment & Retention
Strategies for Initiating
How to Recruit
Why Join a YAC?
Selecting YAC Members

You Have a YAC. Now What?
Roles & Responsibilities
Planning Meetings
Mission & Goals
Building YAC Community

YAC Projects
Choosing a Project
Project Training Needs
Project Reflection
Sample Projects
1. Access to Care
2. Adolescent-Centered Environment
3. Confidentiality
4. Best Practices & Standards of Care
5. Reproductive & Sexual Health
6. Behavioral Health
7. Nutritional Health
8. Cultural Responsiveness
9. Staff Attitude & Respectful Treatment
10. Adolescent Engagement & Empowerment
11. Parent Engagement
12. Community Engagement
Being Youth-Friendly
Introduce your team to elements of an adolescent-centered environment and identify key staff and provider behaviors essential to providing youth-friendly care.

Being an Askable Adult
Discuss strategies adults can use to help youth feel comfortable asking for support. This Spark is intended for adults who may refer youth to services like health care or mental health.

Strengths-Based Approaches to Adolescent Sexual Health
Consider how staff and providers can create a climate where adolescents are more likely to discuss their sexual health openly and honestly.
School and School-Based Health Center (SBHC) Collaboration
Download Today!

SBHC-PCP Partnerships for an Expanded Medical Home
Download Today!

Collecting Patient Satisfaction Surveys From Adolescents
Download Today!
Listen to transgender and gender non-conforming youth share their health care experiences and ways the system can be improved.

https://www.youtube.com/watch?v=CHN3YhMi-5A
IMPROVING CARE FOR ADOLESCENTS

- School-Based Health Alliance (SBHA)
- Society for Adolescent Health and Medicine (SAHM)
- Adolescent Reproductive & Sexual Health Education Program (ARSHEP)
- CDC Sexual Health Checklist
- Healthy Teen Network
THANK YOU!

CONNECT WITH US

Adolescent_Hlth

adolescent_health

Adolescent Health Initiative

adolescenthealth@umich.edu

www.AdolescentHealthInitiative.org

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YOUTH ENGAGEMENT & SBIRT

BY: AMANDA FORSMARK, MSHE, CHES
HEALTH EDUCATOR, SAGINAW SBHCS

GREAT LAKE BAY HEALTH CENTERS
OBJECTIVES

BY THE END OF THIS SESSION PARTICIPANTS WILL BE ABLE TO:

• INCREASE THEIR KNOWLEDGE ON HOW TO ENGAGE YOUTH IN A SCHOOL-BASED HEALTH CARE SETTING

• INCORPORATE SUBSTANCE USE PREVENTION/SBIRT WORK INTO THEIR YOUTH PROGRAMMING
WHY YOUTH/ADULT PARTNERSHIPS?

• ENHANCES YOUTH DEVELOPMENT
• PROMOTES CIVIC ENGAGEMENT
• FOSTERS AN ENVIRONMENT OF RESPECT

***MOST IMPORTANTLY: IF WE DON’T HAVE YOUTH UTILIZING OUR SERVICES, WE DON’T STAY IN BUSINESS!***

THE PSYCHOLOGY AND PRACTICE OF YOUTH-ADULT PARTNERSHIP: BRIDGING GENERATIONS FOR YOUTH DEVELOPMENT AND COMMUNITY CHANGE
SHEPHERD ZELDIN • BRIAN D. CHRISTENS • JANE L. POWER
POSITIVE YOUTH DEVELOPMENT

5 C’S TO POSITIVE YOUTH DEVELOPMENT

1. COMPETENCE
2. CONFIDENCE
3. CONNECTION
4. CHARACTER
5. CARING

• STRENGTHS-BASED APPROACH TO ADOLESCENT DEVELOPMENT

• POSITIVE BEHAVIOR IS DEVELOPED THROUGH LEARNING AND EXPERIENCES

https://courses.mihealth.org/PUBLIC/home.html Resilience and Positive Development Online Course
The Youth Engagement Continuum

The youth engagement continuum helps situate youth-led social change relative to other prevailing approaches to youth work.

Each of the five strategies described in the continuum offers services and programs to young people and plays an important role in supporting their healthy growth and development as individuals. Communities benefit most, however, when young people also have meaningful opportunities to engage in civic leadership and youth organizing. The development of strong and vibrant cities, communities, and states requires the intentional cultivation of organizations at each level of the continuum.
STAGES OF GROUP DEVELOPMENT

- FORMING
- STORMING
- NORMING/PERFORMING
- TRANSFORMING

http://neutral-zone.org/youth-driven-spaces/yds-theory-and-resources/
STAGES OF GROUP DEVELOPMENT CONTINUED

STAGE 1: FORMING -
- PARTICIPANTS TEND TO BE UPBEAT AND POSITIVE
- BEGIN TO DEVELOP GROUP CULTURE
- SET GROUND RULES

STAGE 2: STORMING -
- ALONGSIDE CONFIDENCE OF SOME THERE MAY ALSO BE SOME NEGATIVE FEELINGS
- CONFLICTS MAY OCCUR AND IT IS IMPORTANT TO ADDRESS THEM
- PROVIDE OPPORTUNITIES TO GIVE UNCOMFORTABLE AND CHALLENGING FEEDBACK TO OTHERS

STAGE 3 AND 4: NORMING AND PERFORMING -
- GROUP WORKS TOGETHER EFFECTIVELY
- THERE IS TRUST ACROSS PARTICIPANTS TO PROVIDE SUPPORT, ENCOURAGEMENT, AND HONESTY
- GROUP SOLVES PROBLEMS BY BEING ABLE TO TALK HONESTLY AND OPENLY

STAGE 5: TRANSFORMING -
- GROUP IS WRAPPING UP THEIR EXPERIENCE
- PARTICIPANTS RECOGNIZE SKILLS AND EXPERIENCES ACHIEVED
- PARTICIPANTS IDENTIFY HOW THEIR SKILLS AND EXPERIENCE ARE TRANSFERABLE TO OTHER SETTINGS

http://neutral-zone.org/youth-driven-spaces/yds-theory-and-resources/
PUTTING IT ALL TOGETHER: 
STEP 1

FORMING A YOUTH ADVISORY COUNCIL

• RECRUITMENT OF YOUTH
• MEETING TIME/SPACE
• REGISTRATION PROCESS
• CREATING GROUP NORMS
• ESTABLISHING A COMMON GOAL FOR THE GROUP
PUTTING IT ALL TOGETHER: STEP 2

YOUTH DEVELOPMENT/GROUP DEVELOPMENT

• CREATE GROUP STRUCTURE—THIS WILL LOOK DIFFERENT FOR EACH GROUP, AND THAT’S OK!

• HAVE A GOOD MIX BETWEEN “BUSINESS” AND FUN ACTIVITIES

• CREATE OPPORTUNITIES FOR TEAMWORK AND LEADERSHIP
Putting it all together: Step 3

- **Incorporating Sbirt into youth programming**
  - Gaining youth buy-in: share with your youth the statistics around substance use in your community (yrbs, miphy, or raaps data if available)
  - Educate youth on atod and the effects they have on young people (above-the-influence.com/youtube—asap science/samhsa.gov)
  - Utilize local resources
    - Local substance use prevention agencies/drug court
  - Have youth brainstorm projects in which their voice can be heard regarding substance use prevention
SBIRT PROJECT EXAMPLES FROM SHS TAC

Why I Say “NO” Campaign
SBIRT PROJECT EXAMPLES
FROM SHS TAC

“Free Fridays”—TAC FactTails: Mocktails & Messaging
SBIRT PROJECT EXAMPLES FROM SHS TAC

HEALTH FAIR EDUCATIONAL STATIONS (DRUNK GOGGLES, EFFECTS OF DRINKING/SMOKING)
SBIRT PROJECT EXAMPLES FROM SHS TAC

PREVENTION PHOTOBOOTH
OTHER SBIRT PROJECT IDEAS

• YOUTH CREATE “DRUG-FREE” MESSAGING AROUND SCHOOL
• YOUTH CREATE ATOD PSAS TO SHARE ON FACEBOOK, YOUTUBE, ETC
• PARTNER WITH LOCAL DRUG COURT TO BRING IN SPEAKERS
• SONG CHALLENGE—HAVE YOU IDENTIFY SONGS THAT TALK ABOUT ATOD, AND CHANGE THE LYRICS TO POSITIVE/INFORMATIVE MESSAGES
A FEW THINGS TO REMEMBER...

When planning youth programs, keep them fun and cool!
A FEW THINGS TO REMEMBER...

If you want to have a successful youth program..

Be REAL with them, Build Relationships, Be FLEXIBLE, & ALWAYS feed them
TAC/PEER EDUCATOR VIDEOS:

THINK. RESPECT:
HTTP://WWW.YOUTUBE.COM/WATCH?V=TUBSBTJ-STO

SBHC ADVOCACY:
HTTP://WWW.YOUTUBE.COM/WATCH?V=S9OPQHLANQ

PREVENTION STARTS WITH ME!
HTTP://WWW.YOUTUBE.COM/WATCH?V=YXVZBXX4LXC

COORDINATION. INTEGRATION. TRANSFORMATION
HTTP://YOUTU.BE/X06LLZVYXII

WAIT. HOLD UP. PLEASE LET ME GROW UP!
HTTP://YOUTU.BE/XMGOGHRV_K

SBHC ADVOCACY DAY 2012:
HTTP://YOUTU.BE/IYDZFZLZE8Q

AHHS RESPECT VIDEO:
HTTP://WWW.YOUTUBE.COM/WATCH?V=CCWS-HRZV04

YOUR HEALTH IS IN YOUR HANDS:
HTTP://YOUTU.BE/SNBL39MJPQE
AMANDA FORSMARK, MSHE, CHES
HEALTH EDUCATOR
SAGINAW HIGH SCHOOL-BASED HEALTH CENTER
AFORSMARK@GLBHEATLH.ORG
989-399-6125
FOLLOW ME ON TWITTER @HEALTHEDINHEELS
FACEBOOK: AMANDA FORSMARK
(MS AMANDA HEALTH EDUCATOR)
SOURCES

• DAVID P. WEIKART CENTER FOR YOUTH PROGRAM QUALITY (CYPQ.ORG)

• NEUTRAL ZONE: ANN ARBOR, MI (NEUTRAL-ZONE.ORG)

• PERRIN FAMILY FOUNDATION (PERRINFAMILYFOUNDATION.ORG)

• MDHHS/MI-APP (RESILIENCE AND POSITIVE DEVELOPMENT TRAINING)
Questions?

Please enter your questions into the “Q&A” inbox of the Zoom control toolbar.
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REGISTRATION NOW OPEN!

JOIN US!

National School-Based Health Care Convention

JW Marriott Indianapolis
10 S West Street
Indianapolis, IN 46204

www.sbh4all.org/convention
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Thank You!

Additional Questions? Contact us at: info@sbh4all.org