Objectives

- Define quality improvement methods and tools for problem solving and project design in simple, digestible terms
- Build confidence among youth leaders to turn problems into processes leading to actionable steps toward improvement

About Us

- Columbus, Ohio
- Nationwide Children's Hospital

Our School Based Health Centers
**Student Driven, Adult Guided Programs**

- Columbus City Schools
- 5 High Schools
- 40 Students

**Nationwide Children’s Youth Advisory Council**

- Supported by School Health Liaisons
- Full council meets quarterly
- Individual teams meet weekly
- End of Year celebration

**Purpose**

- Advocate
  - Advocate for relevant health care services by providing feedback & sharing ideas
- Activate
  - Activate public health projects to benefit our school community
- Amplify
  - Amplify youth voice serving as health ambassadors in our schools

**Benefits**

- Community Service Hours
- Leadership Experience
- Exposure to Careers
- Stole at Graduation
- Potential to participate in local, regional, and national initiatives
Our Accomplishments

- Organized numerous schoolwide events and initiatives
- Presented at statewide school health conference
- Evidence of improved behavior among student participants
- Average lunch and learn attendance - 20 students
- Over 300 surveys collected

Activity

Goal: Pass the tennis ball to every person who has a cup, using only the cups as fast as possible.

1. Each cup can only hold the tennis ball one time.
2. The tennis ball has to start with Cup 1 and end with Cup 2.
3. If the ball hits the ground, it must start over at Cup 1.

What is Quality Improvement?

Methods to make improvements to challenges & processes in a simple way

- Work as a team
- Identify problems
- Share and try ideas to make an improvement

MAP IT!

Make It A Process
Create your AIM

• The aim is your goal.
• What do you want to change or improve?

Step 1: Our AIM
• We want to improve the way students at our school manage stress and burnout.

List Your Key Drivers

• These are the things that drive change.
• If ___ improves, then our aim will improve.

Step 2: Our Key Drivers
If ___ improves, then more students will manage their stress better.
- access to resources
- communication skills
- awareness
- safety of our environment
List your ideas!

- What's an idea we could try for each of our key drivers?

Step 3: Our Ideas

- **access to resources**
  - Host a Mental Health Fair
- **communication skills**
  - Create a Peer-to-Peer Mentoring Program (Care Corner)
  - Organize a Mental Health Spirit Week
- **awareness**
  - Arrange a stress and burnout lunch and learn
  - Build out a Wellness Room
- **safe environment**

Remember This?

Let's do it again.

Except this time, let's MAP IT!
MAP IT!

STEP 1

Create your AIM
• The aim is your goal.
• What do you want to change or improve?

STEP 2

List Your Key Drivers
• These are the things that drive change.
• If ____ improves, then our aim will improve.

STEP 3

List your ideas!
• What's an idea we could try for each of our key drivers?

Let's Make it Real
Successfully Using Quality Improvement
3 Cs of Mindfulness

COURAGE  CALMNESS  CARE

Questions?

NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.