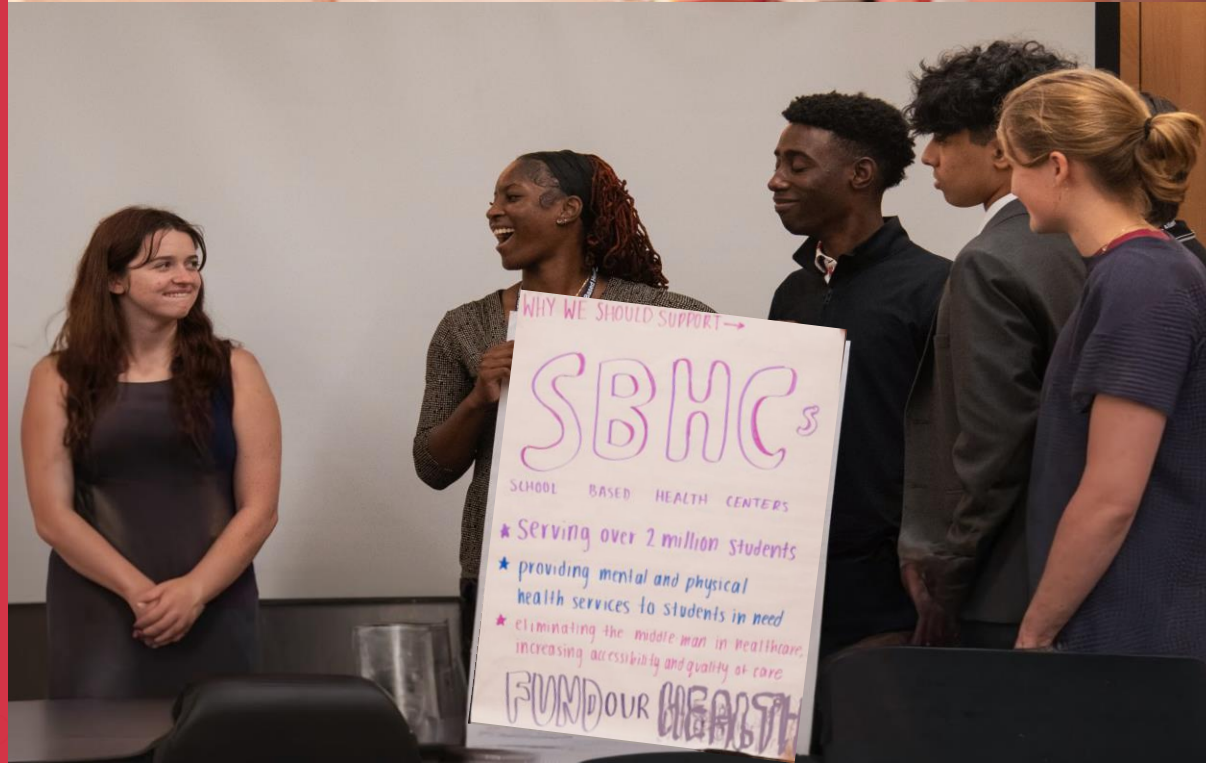


Creating and Sustaining Adolescent-Centered Health Programs

April 23, 2025

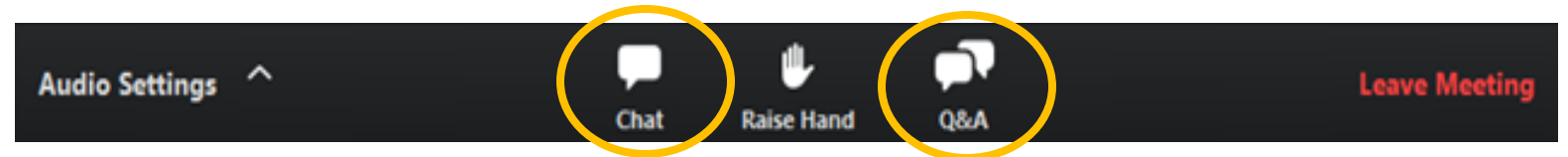
12-1pm Eastern Standard Time



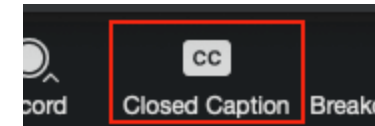
REMINDERS

✋ **All attendees are in listen-only mode.**

✋ To ask a question during the session, use the “Chat” or “Q&A” icon that appears at the bottom of your Zoom control panel.



✋ To turn on closed captioning, click on the “CC” button.



✋ **Please complete evaluation poll questions at the end of the presentation.**

✋ The recording, slides, and resources will be shared via email.

Learning objectives

Participants will be able to...

1. Understand the unique physical, emotional, and health needs of adolescents.
2. Define principles of youth partnership models and engage youth as leaders that prioritize adolescents' health needs.
3. Describe youth perspectives on starting or enhancing collaborative partnerships with schools, families, and community organizations to support adolescent health initiatives.

Today's Moderators



Mandy LeBlanc
Contractor
School-Based
Health Alliance



Donnie Greco
Associate
School-Based
Health Alliance

Today's Speakers



Kauree Bennett
Youth Ambassador
School-Based Health
Alliance of Arkansas



Seleena Moore, MPH
Vice President
School-Based
Health Alliance



Ketan Tamirisa
Youth Advisory Council
School-Based
Health Alliance



Amiriss Lopez
Youth Advisory Council
New Mexico Alliance for
School-Based Health Care



Elena Szwaja

Share in the chat: In your day-to-day, how do you show up for youth?



Creating and Sustaining Adolescent-Centered Health Programs

E-Learning Series

Youth-Adult Partnerships in Health Center Settings



Creating & Sustaining Adolescent-Centered Health Programs

Youth-Adult Partnerships in Health Center Settings

Design Thinking in Health Center Programs



Creating & Sustaining Adolescent-Centered Health Programs

Design-Thinking Approaches to Health Care Programs

Health Center Outreach & Engagement



Creating & Sustaining Adolescent-Centered Health Programs

Health Center Outreach & Engagement

Direct Link: <https://www.sbh4all.org/creating-and-sustaining-adolescent-centered-health-programs-06-24/>

Adolescent Specific Needs

Overview of Adolescent Health Needs

Physical Health

Nutrition, Sleep, Exercise,
Chronic Disease Management,
Sports Physicals, and Injury
follow-ups

Education

Health Literacy,
Accommodations, Attendance,
School Discipline

Mental and Behavioral Health

Depression, Anxiety, Substance
Use, Wellbeing, Self-Esteem,
Body-Image, Peer Relationships,
Family Relationships, etc.

Community

Resources, Access to Services,
Safety, Employment

Adolescent Specific Needs

Barriers to Care

Personal Barriers

Lack of Knowledge or Awareness

Fear or Embarrassment

Low Health Literacy

Perceived Invincibility

Social Barriers

Confidentiality & Consent

Peer Influence

Systemic Barriers

Limited Availability (e.g. long wait lists, not adolescent friendly)

Shortage of Providers

Geographical Barriers

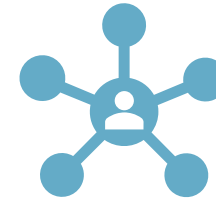
Building Trusting Relationships



**Trust as a
Foundation**



**Community
Awareness**



**Provider-Adolescent
Communication**

Frame of Mind: We are all Youth Workers

Innovative Strategies in Adolescent Care

Youth Development in Health Centers

Stages

- Planning
- Start-up
- Expansion
- On-going

Strategies

- Youth Advisory Council
- Youth representation on committee and/or advisory board
- Provide feedback on services and experience
- Outreach and enrollment
- Peer education, mentoring, counseling, or support groups
- Health career pathway/ student shadowing activities (local, state or national)
- Community asset mapping and needs assessments

Youth-Centered Approaches

- Photovoice
- Forum Theatre
- Storytelling

Youth Partnership Models

Source: SBHA, Lead the Way: Engaging Youth in Health Care Toolkit

Youth-Led

Youth are the main spokespersons and look to adults to provide support as needed

Youth-Adult

Youth and adults work together in mutual teaching, learning, and action

Adult Led

Adult leaders seek out youth as core constituents

Recommendations for Engaging Youth as Leaders



- Cultivate connections/relationships
- Determine and define the purpose of your partnership with youth
- Establish expectations
- Meet and communicate constantly and consistently
- Make it practical to obtain and incorporate youth input
- Provide incentives

At Every Opportunity ASK:

“Where is the youth development/where are youth in this project, initiative, grant, meeting, conversation?”

"What level(s) of youth development are possible and mutually beneficial?"



“How much funding can we allot (to match the interactions, intentionality, and intensity of Youth Development desired)?”

Hearing from Youth Leaders



Kauree Bennett
Arkansas



Amiriss Lopez
New Mexico



Ketan Tamirisa
Texas



Elena Szwaja
Maryland

**We look forward to your
feedback.**

Please complete our Zoom poll.



Stay Connected!



1. Subscribe to our bi-weekly e-newsletter (Digest)

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SBHA Youth Development

SBHA's Youth Development Website:
sbh4all.org/youthdevelopment

Access to the School-Based Health Alliance's youth development model, initiatives, services, and resources.

SBHA's Youth Focused Website: youthhealthhub.org

Created for young people connected to SBHCs or interested in health to build a community, find national and local opportunities, browse articles, post and find events, and more.

Youth Development Digest:
youthhealthhub.org/subscribe-youth-digest

Designed for young leaders and adult allies, YDD promotes upcoming events, showcases powerful youth in our country, and highlights current topics, issues, and opportunities for young people today.

'Be the Change' Youth Training Program:
youthhealthhub.org/be-the-change

An annual leadership development opportunity for youth nationwide to recognize, enhance, and apply their talents and skills as influential, ethical leaders of youth-led, school-based health promotion.

Consulting Services: youthdevelopment@sbh4all.org

SBHA offers youth development-focused technical assistance, trainings, and coaching for youth and adult audiences.

Our Youth Advisory Council



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Atlanta, GA



Nikhil Reddy
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Dallas, TX



Rikhil Ranjit
Atlanta, GA



Joey Kaji
Madison, WI



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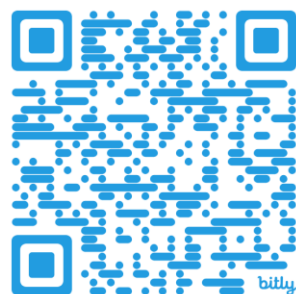
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Scan the QR Code to visit our website

Follow us @SBHAYAC • Contact us at youthadvisorycouncil@sbh4all.org



Interested in Youth Development? Connect with us at:
youthdevelopment@sbh4all.org

SAVE THE DATE

‘Be the Change’ Youth Training Program

June 29 – July 1, 2025



Thank you!