



Future in Focus: A Discussion with the SBHA Youth Advisory Council

October 2, 2025

2:00 pm-3:15 pm ET

Agenda



- Welcome and introductions
- Youth Advisory Council background
- Panel discussion
 - Youth voice and health access
 - School-based health centers
 - Mental health and wellbeing
- Audience Q&A
- Closing

Today's Speakers



Kauree Bennett
Youth Advisory Council
School-Based Health
Alliance



Ketan Tamirisa
Youth Advisory Council
School-Based
Health Alliance



Harper Byers
Coordinator
School-Based
Health Alliance



We invite you to reflect:

When was the last time you
learned something important
from a young person?

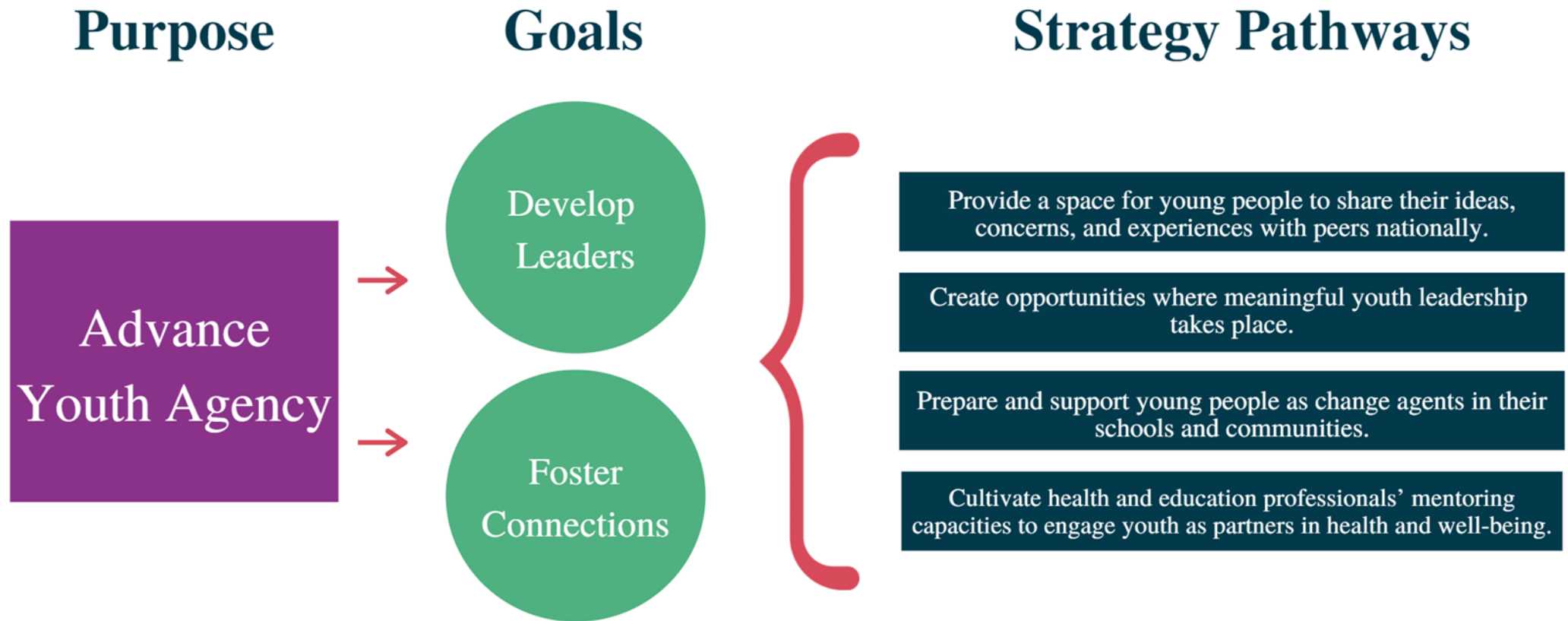
Who was it and what did you
learn?

Definitions

Source: Advancing Youth Development

- **Youth Development:** meets the physical and social needs of young people by defining their individual goals and preparing them to achieve their full potential
- **Youth Engagement:** identifies young people's right to participate in decisions that influence them and recognizes the skills they bring to the table
- **Youth Partnerships:** considers youth as equal partners with adults in the decision-making process.

Youth Development Framework



Recent Youth Development Highlights

- New cohort of youth SBHA Board members
- New cohort of YAC
- Creating and Sustaining Adolescent Health Programs
 - Innovative strategies in service delivery, quality, and community engagement
 - 2025: Spring webinar
 - 2024: Three-part e-learning series
- 2025 'Be the Change' Youth Training Program
- Youth Advisory Council feedback
 - Provide input and youth voice on SBHA materials, proposals, etc.

Our Youth Advisory Council

The Youth Advisory Council is a youth-led service group that brings young people together through leadership, advocacy, and service.

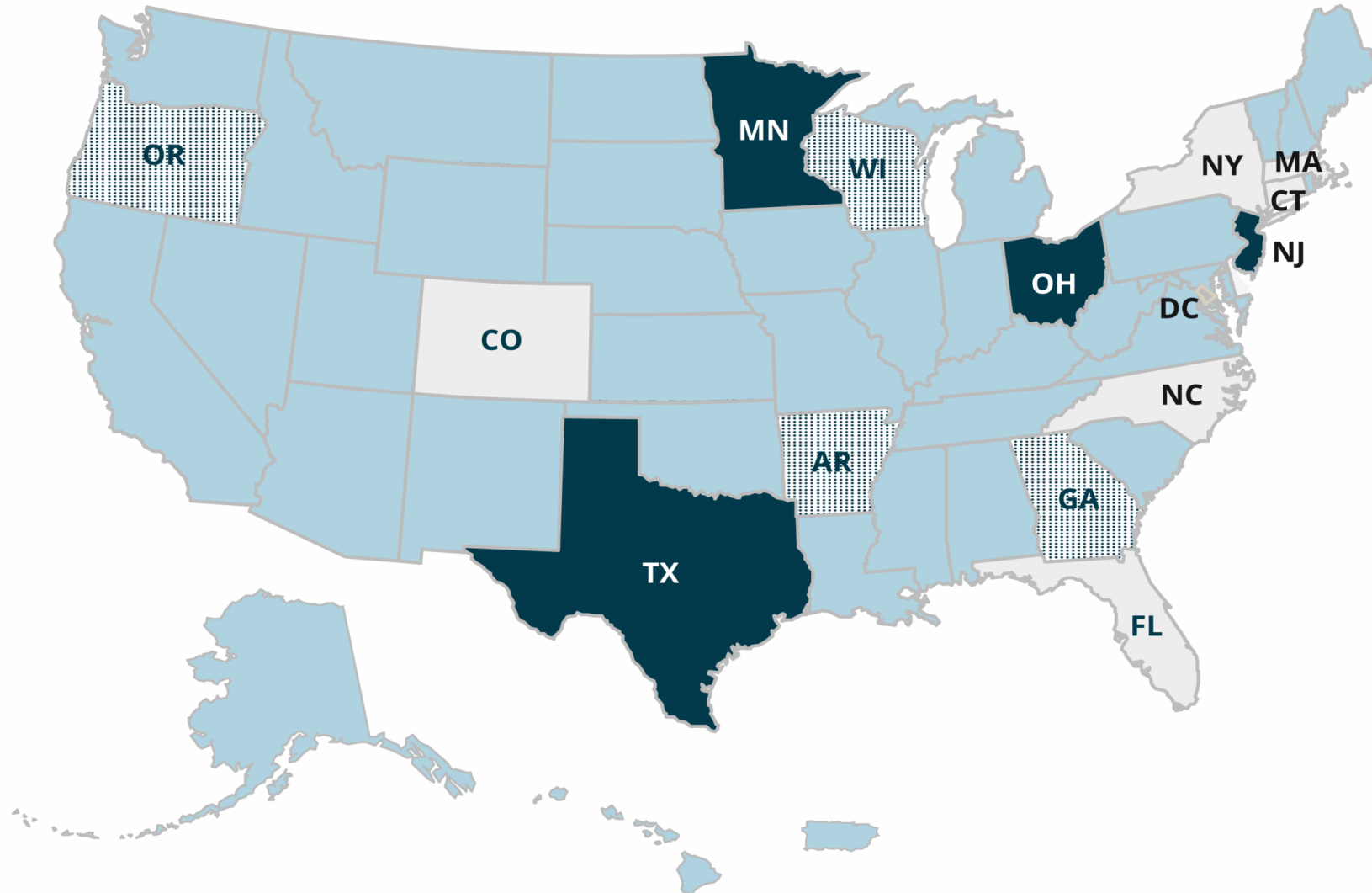
Youth Advisory Council members...

- Share their expertise on important health topics
- Build connections with a network of youth who are passionate about school-based health
- Cultivate knowledge and skills about public health and youth development

2025-26 Cohort



- State represented by 2025-26 YAC member
- State represented by former YAC member (past 5 years) and 2025-26 YAC member
- State represented by former YAC member (past 5 years)



YAC Year Overview

Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	July
Biweekly Meetings								Prep for 'Be the Change' (Planning and Skill-building)			 Month off
Blogging											
Social Media											
					Recruitment						

A WEEK IN THE LIFE

of a Youth Advisory Council Member

MONDAY

To Do Today:

- Plan social media posts
(1 hour)

TUESDAY

To Do Today:

- Complete pre-meeting activity
(15+ minutes)
- Write blog post for Youth Development Digest
(3 hours)

WEDNESDAY

To Do Today:

- Meet with YAC leader to discuss blog revisions
(30 minutes)

THURSDAY

To Do Today:

- Post on YAC X and Instagram
(3 minutes)
- Voluntary [PAID] opportunity
(1 hour)

FRIDAY

To Do Today:

- YAC meeting
(1 Hour)
- Social media planning meeting for next month
(1 hour)

Being a YAC member has commitments outside of regular meeting times! While you won't typically have each of these activities in one week, there are weeks where you will have between 3-5 additional hours of work outside of meetings.

'Be the Change' Youth Training Program

MY DRUG STORY. WHAT'S YOURS? THE SEQUEL!



Dr. Marcia Zorrilla DrPH, MPH, Brenda Rodas, Sarah Bagheri, and Ketan Tamirisa

PATCH PEER-TO-PEER: LEARN TO GET THE HEALTHCARE YOU DESERVE



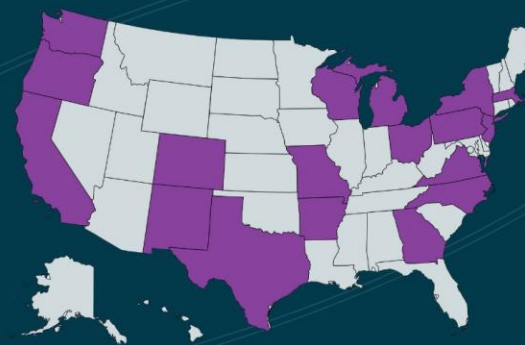
Maria Sandoval, Ella Dickard, Yodit Tewolde, and Kingston Findlater



SCHOOL-BASED
HEALTH ALLIANCE
The National Voice for School-Based Health Care

A Week in Review

8
Youth-Led
Sessions



50 Youth Participants

18
Youth
Presenters





Youth Development Activity Impact

Frame of Mind: We are all Youth Workers



Youth Development in SBHCs

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
- Advocacy activities (local, state or national)
- Community asset mapping and needs assessments

Youth-centered Approaches

- Youth Participatory Action Research (YPAR)
- Photovoice
- Forum Theatre
- Storytelling

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

Now, let's hear from our Youth Advisory Council!



Audience Q&A

Please use the Q&A function to ask our panelists questions.

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



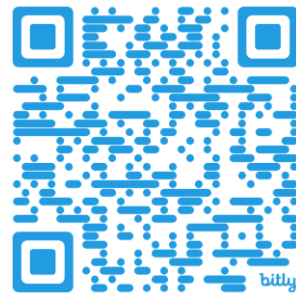
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Scan the QR Code to visit our website

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



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



2024-2025 SCHOOL YEAR RESULTS

SHARE WITH US HOW

QUALITY COUNTS

AT YOUR SCHOOL-BASED HEALTH CENTER

Help us share your school-based health center's impact and demonstrate to policymakers how many of your students received foundational health services in the 2024-2025 school year! Complete Quality Counts, the annual collection of the National Performance Measures for School-Based Health Centers, to include your work in the national overview. The data highlight the role of school-based health centers in ensuring that youth receive essential healthcare services. These include an annual well-child visit and risk assessment, screening for body mass index (BMI) with counseling on nutrition and physical activity, and, if age-appropriate, screening for chlamydia and depression with a documented follow-up plan if necessary.

Instructions:

- Review [measure definitions](#) and gather your data for the 2024-2025 school year (7/1/24-6/30/25)
- Review [common errors](#) in reporting so that you can avoid them.
- [Enter your data by 10/17](#)

bit.ly/45p0jf0

Submit Now!



Thank you!