

Creating and Sustaining Adolescent-Centered Health Programs

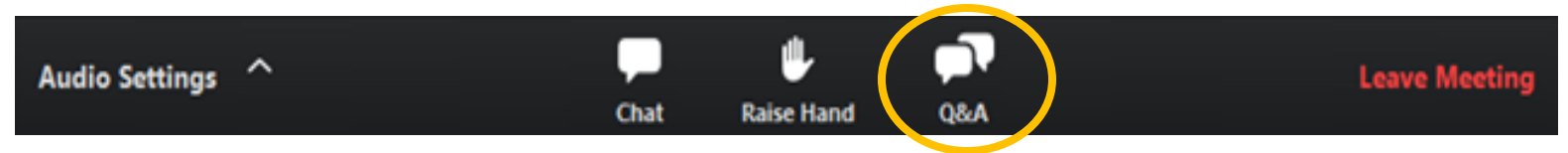
May 26, 2026

3:00 – 4:00 pm ET

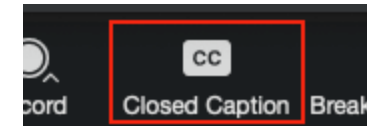
REMINDERS

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

 **To ask a question during the session, use the “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.**

Our Initiatives

For more than 20 years, the School-Based Health Alliance has been at the forefront of efforts to advance child and adolescent health. Our collaboration with national, state, and local partner organizations has yielded a multitude of resources, learning collaboratives, and initiatives that have helped to establish and enhance school-based health care as a critical component of community health.

OUR WORK

We are continually making An impact

Through our initiatives, we have been able to empower school-based health providers with the knowledge, tools, and resources necessary to respond effectively to the unique health needs of children and adolescents. By building their capacity and promoting best practices, we have not only improved the quality of care provided but also helped to establish a strong foundation for future generations.

Our work has had a profound impact on the development of school-based health care and the broader community. By investing in this critical area of healthcare, we have been able to help promote the well-being of children and adolescents and create a healthier, more prosperous future for all.

Learn More About Our
Work at
<https://www.sbh4all.org/>

Today's Presenters



Ketan Tamirisa
SBHA YAC Member
SBHA Board Member



Sahana Srikanth
SBHA YAC Member



Harper Byers, BA
Coordinator
SBHA



Creating and Sustaining Adolescent-Centered Health Programs



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E-Learning Series



Creating & Sustaining Adolescent-Centered Health Programs
**Youth-Adult Partnerships
in Health Center Settings**



Creating & Sustaining Adolescent-Centered Health Programs
**Health Center Outreach
& Engagement**



Creating & Sustaining Adolescent-Centered Health Programs
**Design-Thinking Approaches
to Health Care Programs**

2025 Webinar



CREATING AND SUSTAINING ADOLESCENT-CENTERED HEALTH PROGRAMS



Kaaree Bennett
Arkansas



Amiriss Lopez
New Mexico



Elena Szwaja
Maryland

What does quality adolescent care look like through the eyes of young people?

Join the webinar to hear from youth leaders alongside School-Based Health Alliance staff, as they share ideas for advancing adolescent-centered care. This session offers practical tools and youth-driven insights to help build programs that are engaging, responsive, and accessible.



Ketan Tamirisa
Texas



Seleena E. Moore, MPH
School-Based Health Alliance

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

Learning Objectives

Participants will be able to...

- Define youth development
- Describe how to build trust and facilitate collaborative relationships with students
- Identify strategies to recruit and retain youth for initiatives focused on enhancing community engagement, strengthening operations, and improving overall health center service delivery

Our Youth Advisory Council

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



Current Youth Development Highlights

- Two SBHA Youth Board members
- Spring webinars with YAC members
 - Creating and Sustaining Adolescent Health Programs
 - Partnering with Youth in Health Care: Strategies to Build Skills, Trust, and Long-Term Well-Being
- 2026 ‘Be the Change’ Youth Training Program
- 2027 School-Based Health Awareness Month project
- Youth Advisory Council feedback
 - Provide input and youth voice on SBHA materials, proposals, etc.

Youth Development

Definitions



Youth Development (YD): 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.

Why Youth Development Matters

Expands the use, evidence of, and support for YD in improving health outcomes and reducing adverse behaviors

Aids in the success and positive impact of the school-based health care model

- Student-Focus (Patient Engagement and Youth Advisor)
- Accountability (Student/Patient Satisfaction)
- School and Student Body Wellness
- Strong Partnerships (with Students and Families)

Supports the tenets Whole School, Whole Community, Whole Child (WSCC) model

Fosters opportunities for academic and professional pathways



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
- Community asset mapping and needs assessments

Youth-centered Approaches

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



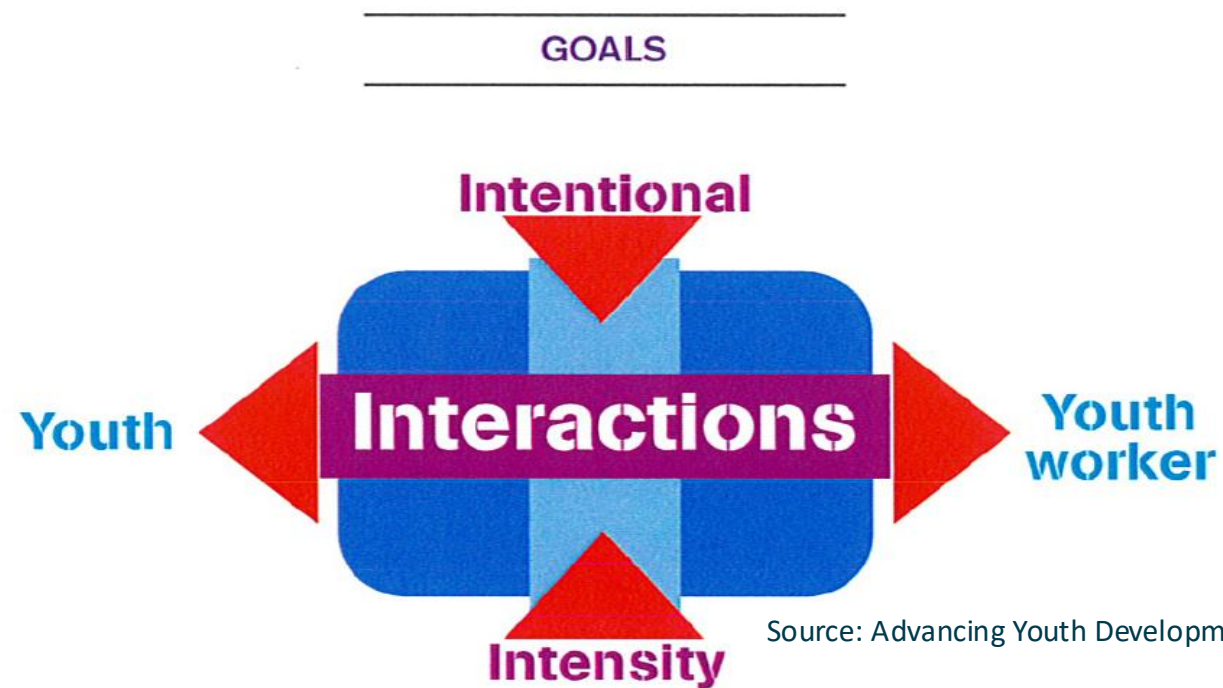
YAC Members' Insights

Youth Development Experiences

Align outcomes youth have for their lives with the capacities you have to assist them

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The Three “I’s” of Youth Outcomes



Source: Advancing Youth Development



YAC and Youth Partnered Initiatives	Intention	Intensity	Interaction
Representation	Youth Perspective; Training; Youth Development	Constant	Conventions; Hill visits; Board Meetings; Social Media
Content Development	Ownership; Youth Perspective; Training; Youth Development	As needed: project based (months to years)	Pre-Assessments and Evaluation; YPAR; Presentations
TA	Youth Perspective; Youth Development	As needed	Phone calls
Training	Youth Development; Knowledge	Yearly; Bi-weekly	Convention; Webinar; YAC Practice & Work Meetings
Content feedback/ consulting	Youth Perspective; Ownership; Youth Development	Dependent on project (months to years)	Grant Writing; Funding Proposals; Official Statements
Internship	Workforce Development; Ownership; Youth Development	Dependent on project (months to years)	Special Projects; Trainings; Meetings; Personal Deliverables

Timeframe and Commitment: In Practice

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.

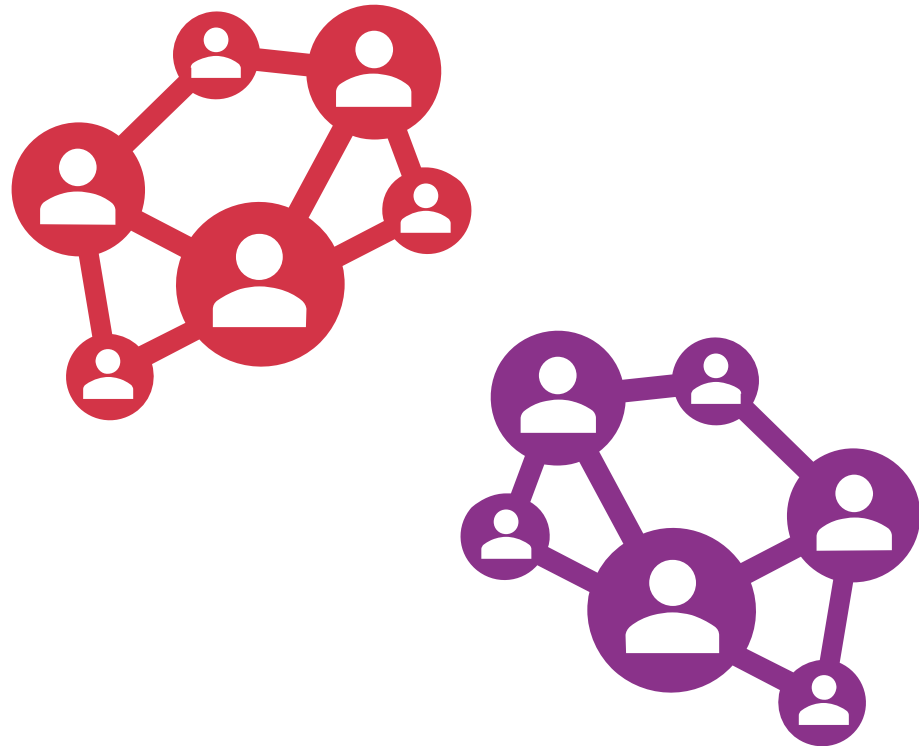
Determine and Define the Purpose of your Partnership with Youth

- Look at the ways this YD strategy informs the work you do
- Create or develop (with youth) a mission and/or vision for the YD strategy that includes measurable outcomes. Make sure it aligns with your organization and/or SBHC's mission.
- Make a procedure for how youth will work with you and colleagues on different projects
- Establish and communicate the timeframe and commitment of their partnership and the work it informs



Recruitment and Relationship Building

Recruitment



Main Questions:

Where will you recruit?

How will you recruit?

What will the recruitment process look like?

School-Based Health Alliance Youth Advisory Council Application Open!



YAC Members' Insights


Recruitment Ideas

Orientation and Onboarding


- **Orientation**
 - Organization information
 - Roles and responsibilities
 - Materials?
- **Onboarding**
 - Ongoing process
 - Review and revisit
 - What concepts are important to know?
 - What does success look like?



Module One
School-Based Health Alliance Overview




Module Two
Health Care and Education




Module Three
Youth Development Initiatives



Module Four
Youth Advisory Council




Module Five
YAC Evaluation



YAC Year Overview

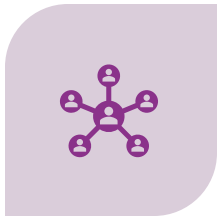
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Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	July	
Biweekly Meetings								Prep for 'Be the Change' (Planning and Skill-building)			 Month off	
Blogging												
Social Media												
					Recruitment							



Recommendations for Engaging Youth as Leaders

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



Cultivate connections and relationships between youth and between youth and adults



Establish expectations early and revisit/remember often



Determine and define the purpose of your partnership with youth



Meet and communicate constantly and consistently



Make it practical to obtain and incorporate youth input



Provide incentives (monetary compensation, training, learning opportunities)



What do Adolescent-Centered Programs Look Like?

Safe, welcoming,
and
nonjudgmental
environments

Confidential and
trustworthy care

Accessible services

Whole-person,
integrated care

Incorporate youth
voice

Age-appropriate
care

Preventative and
strength-based
approaches



YAC Members' Insights

What do adult allies look like?

Adult allies...



Actively listen to youth input

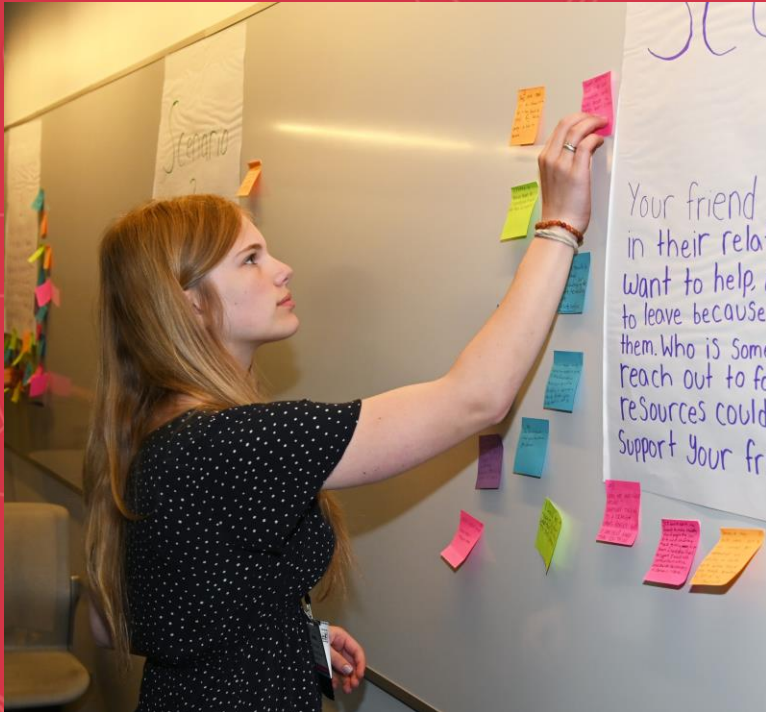
Respect youth autonomy

Are consistent

Encourage growth, not perfection

Build an inclusive environment





YAC Members' Insights

Additional thoughts

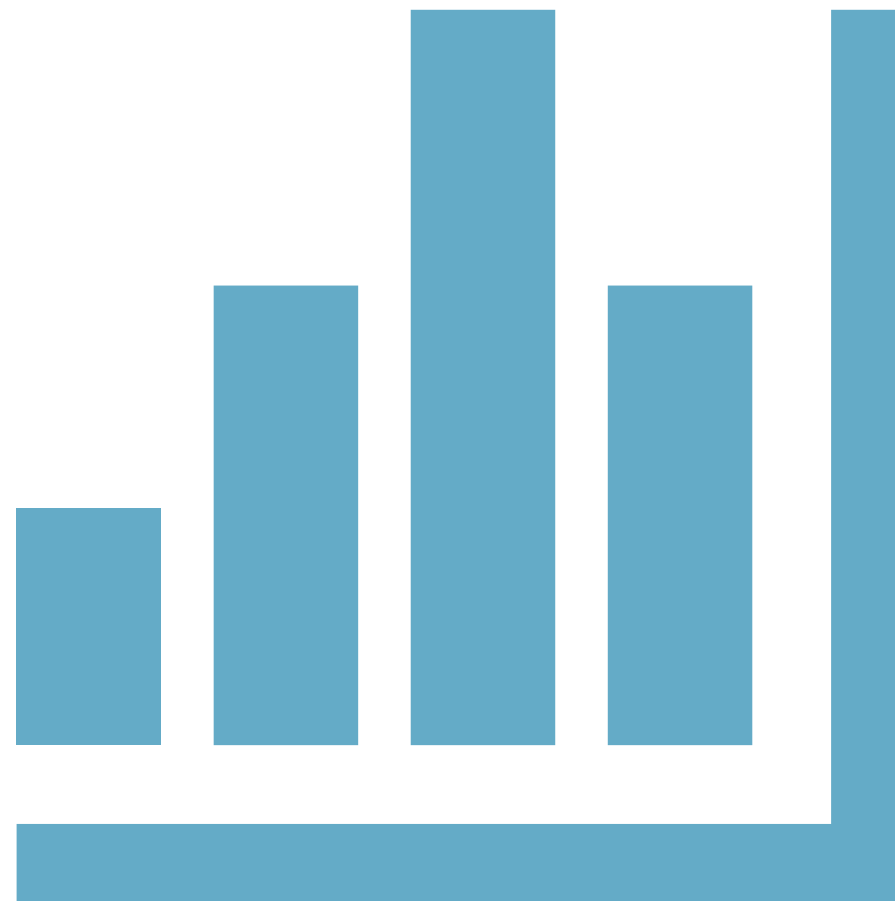
Questions?

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Please complete our Zoom poll

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Partnering with Youth: Strategies to Build Skills, Trust, and Long- Term Well-Being



Learn about practical strategies health centers can use to prepare youth to engage effectively in their own care and support their long-term well-being and explore the connection between early life experiences and long-term health outcomes



Date & Time

May 28, 2 p.m.ET bit.ly/3PfgAP1

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Register for our upcoming webinar!





2026

National School-Based Health Care Conference

June 23-25, 2026

American University Washington
College of Law



**SCHOOL-BASED
HEALTH ALLIANCE**

The National Voice for School-Based Health Care



**REGISTRATION
IS NOW OPEN**

**Scan to
Register**

bit.ly/SBHC2026

2026

'Be the Change' Youth Training Program

June 23-25, 2026 | American University
Washington College of Law



REGISTRATION IS NOW OPEN!



bit.ly/SBHC2026



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Bring your youth to conference!

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



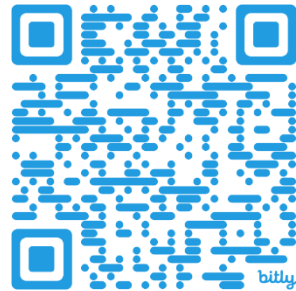
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**Interested in Youth Development? Connect with us at:
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