

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

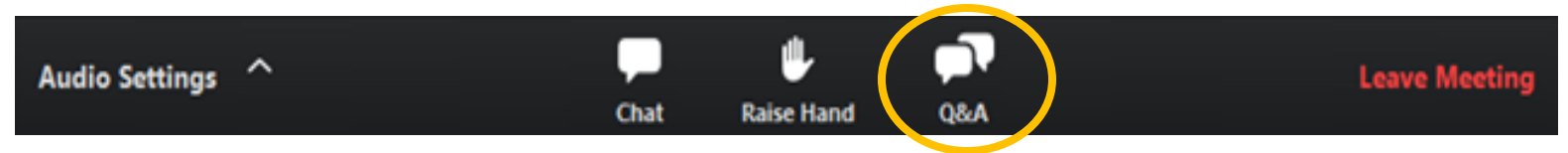
**Thursday, May 28, 2026**

**2:00 – 3:00 pm ET**

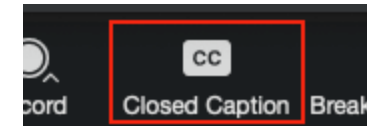
# REMINDERS

 **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



**Jeesoo Suh**  
SBHA Youth Advisory  
Council (YAC) Member



**Ketan Tamirisa**  
SBHA Youth Advisory  
Council (YAC) Member  
SBHA Board member



**Harper Byers**  
Coordinator  
SBHA



**Donnie Greco**  
Associate  
SBHA



# Learning Objectives

## Participants will be able to...

- Define youth development
- Describe how to create sustainable conditions where meaningful youth leadership and development take place
- Identify practical strategies and actionable next steps to build relationships with students

# 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 Foundations

# 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 is for all students

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Youth development can begin early and continue across all stages, with intentional strategies that build skills and support long-term well-being.



# 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

# Seven Youth Development Keys

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

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## Youth Development Principle

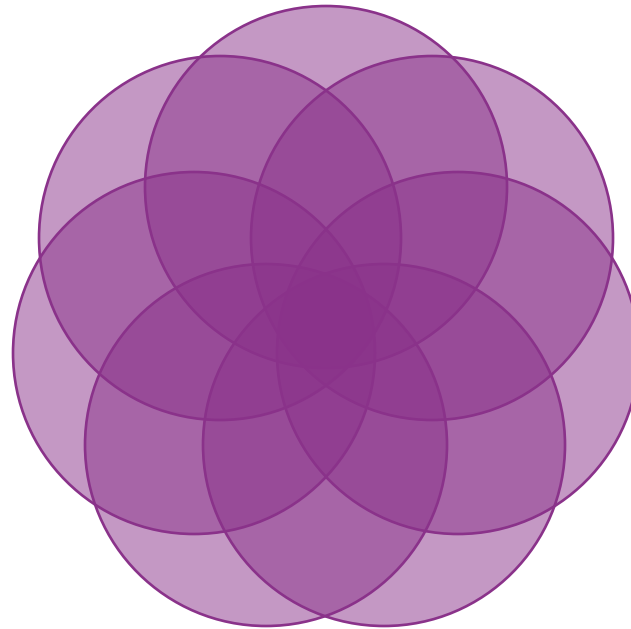
### Youth Participation Models

Promoting Youth  
Engagement  
Efforts

Recruiting and  
Retaining Young  
Leaders

Cultivating  
Community  
Support

Cultivating  
Parent Support



Youth Leadership  
Networks

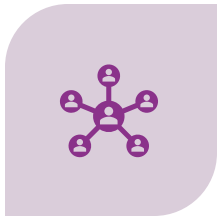
Developing Youth  
Leadership Skills



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# 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/remind 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)





## YAC Members' Insights

# Support and Skill-building

# Principles of Developing Youth Leadership Skills

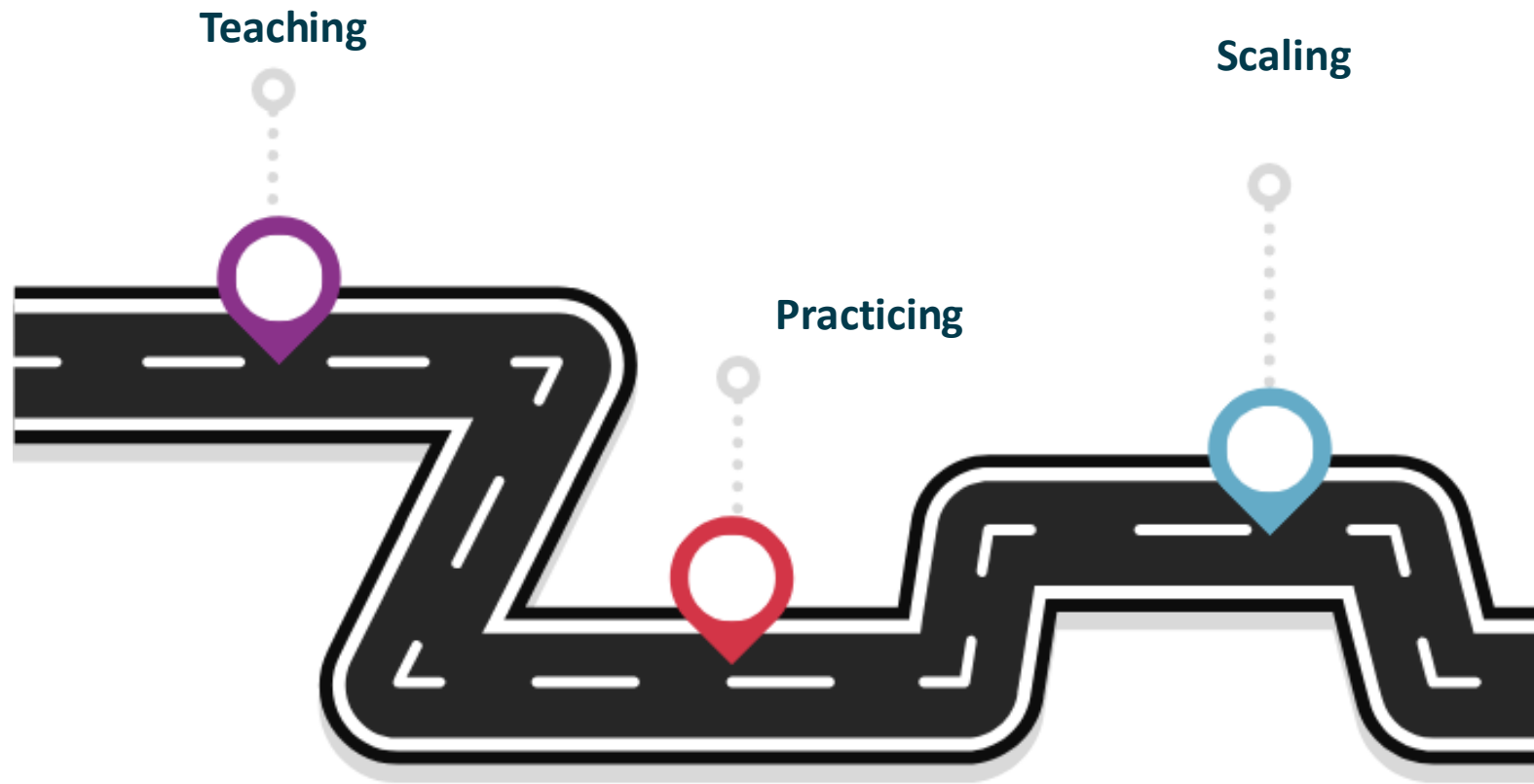
Source: SBHA, Lead the Way: Engaging Youth in Health Care Toolkit

- **Look for leadership potential in everyone**
- **Engage in meaningful bi-directional feedback**
- **Offer clear training and guidance**
- **Start early and practice often**



# What does the process look like?

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# YAC Members' Insights



# Professional Development

- Providing trainings that are helpful for their growth
- Colleague and mentor relationship with staff
- Check in with their individual needs and interests, finding ways for them to engage
- Opportunities to showcase work





# YAC Members' Insights

# Professional Development

## Workforce Exploration

- **Career awareness activities**
  - Guest speaker series
  - Youth research career pathways
  - Informational interview assignments
- **Hands-on exploration and experiential projects**
  - Job shadowing
  - SBHC/health workplace tours
  - Community networking
  - Mentor/mentee programs



# Building Trust in Health Care

# Building and Maintaining Trust

- Lead with respect and nonjudgement
- Be transparent and honest
- Show consistency and reliability
- Build relationships, don't just deliver services
- Create a welcoming environment
- Repair trust when it's strained or broken





# YAC Members' Insights



# Frame of Mind: We are all Youth Workers



## At every opportunity, ask:

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

“What level(s) of YD are possible and mutually beneficial?”

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

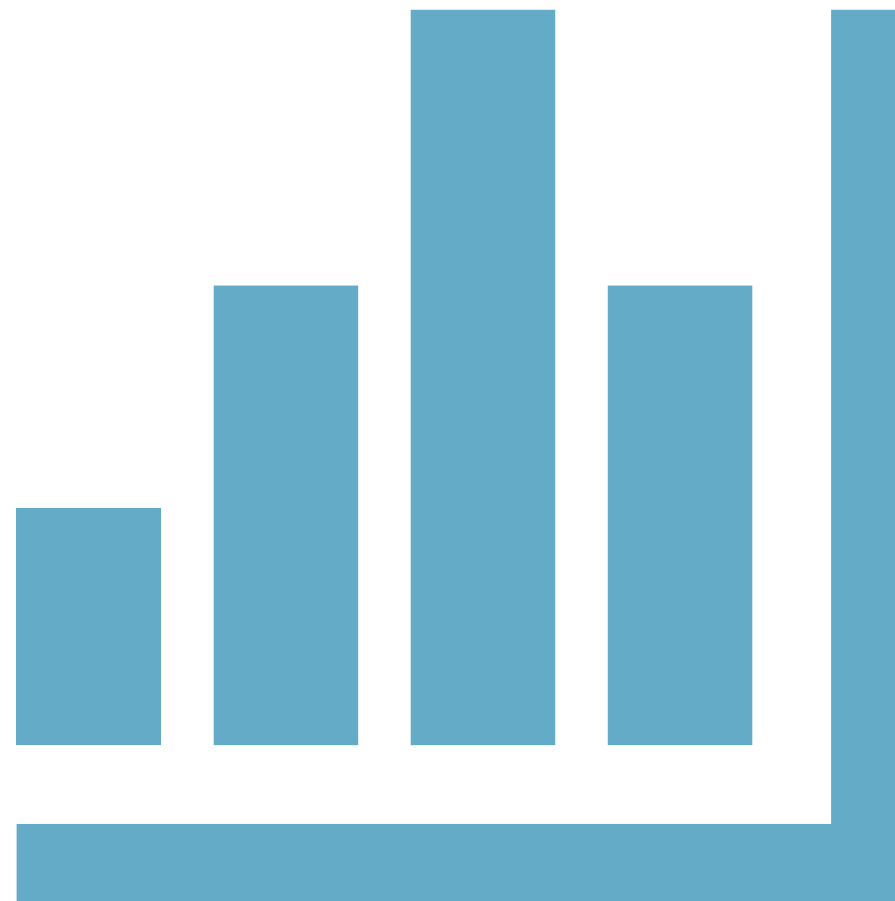
## Questions?

Please enter your questions into the “Q&A” box of the Zoom control window.



# Please complete our Zoom poll

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**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](https://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](https://bit.ly/SBHC2026)



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## Join the Conference!

# SBHA Youth Development

## SBHA's Youth Development Website: [sbh4all.org/youthdevelopment](https://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](https://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](https://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](https://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](mailto:youthdevelopment@sbh4all.org)

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

# Our Youth Advisory Council



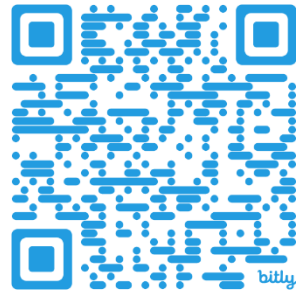
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**Interested in Youth Development? Connect with us at:  
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