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ADOLESCENT
HEALTH INITIATIVE

EMPOWERING PROVIDERS FOR YOUTH-CENTERED CARE: A HAND-ON WORKSHOP



Continuing Education Credits

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AGENDA



- ☐ INTRODUCTION
- ☐ GRAFFITI WALL
- ☐ SPARK – YOUTH-CENTERED CARE
- ☐ YOUR TURN – HOW TO CREATE YOUTH-ADULT PARTNERSHIPS

TRAINING OBJECTIVES



- ❑ As a result of participation in this workshop attendees will be able to identify three protective factors that support youth resilience and describe how youth-centered and youth-adult partnership strategies strengthen those factors in school-based settings.
- ❑ As a result of participation in this workshop attendees will be able to draft a preliminary action plan outlining two concrete steps to implement youth-centered, trauma-responsive practices within their organization.

GRAFFITI WALL



Brainstorm and put down your thoughts or drawings.

You can step back and reflect on what others have written and build off other's thoughts

PROMPT 1: What do you want to take away from this session?

PROMPT 2: What has been your experience with the role of school's addressing student's experience with community violence'?

BACKGROUND



PROJECT:

- ❑ 2024 - Funded by MDHHS to understand the needs of youth-serving professionals addressing the impact of community violence on the youth they serve



REFLECTION



- Take a moment to think about the students you work with in your classroom or building.
- What do you know about the communities they call home?

Feel free to jot down what comes to mind when you consider this question.

FRAMING COMMUNITY VIOLENCE



Violence is “the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment, or deprivation.”

-World Health Organization

Community violence is the “intentional acts of violence among people who are not closely related that can be individual or group conflict.” Examples include assaults, fights, shootings, robberies, homicides, and bullying.

-Centers for Disease Control & Prevention

REFLECTION



- Do these definitions resonate with you?
- How much do you know about the violence your students may be exposed to in their neighborhoods?
- How could you find out more?

Feel free to jot down what comes to mind when you consider this question.

FRAMING COMMUNITY VIOLENCE



Leading causes of death for youth (ages 1-17) in 2024



2,214



2,119



1,511

Note: Homicides are the most common type of firearm death among youth ages 1–17, accounting for roughly two-thirds of cases, followed by suicides, which make up about one-quarter of firearm deaths (CDC WONDER, 2024).

FRAMING COMMUNITY VIOLENCE



The Percentage of High School Students Who:*	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	2023 Total	Trend (All Years Available)	2-Year Change (2021-2023)
Were threatened or injured with a weapon at school	7	6	6	7	7	9		
Did not go to school because of safety concerns	7	6	7	9	9	13		
Were electronically bullied	15	16	15	16	16	16		
Were bullied at school	20	20	19	20	15	19		
Were ever forced to have sex	7	7	7	7	8	9		
Experienced sexual violence by anyone†	–	–	10	11	11	11		

In wrong direction
 No change
 In right direction

FRAMING COMMUNITY VIOLENCE



70% of youth
have
experienced
violence
firsthand

1 in 4 LGBTQ+
youth report
bullying

30% of LGBTQ+
youth
experience
electronic
harassment

1 in 5 youth
have
witnessed
violence in
their
communities

20% of high
school students
report bullying
on school
property

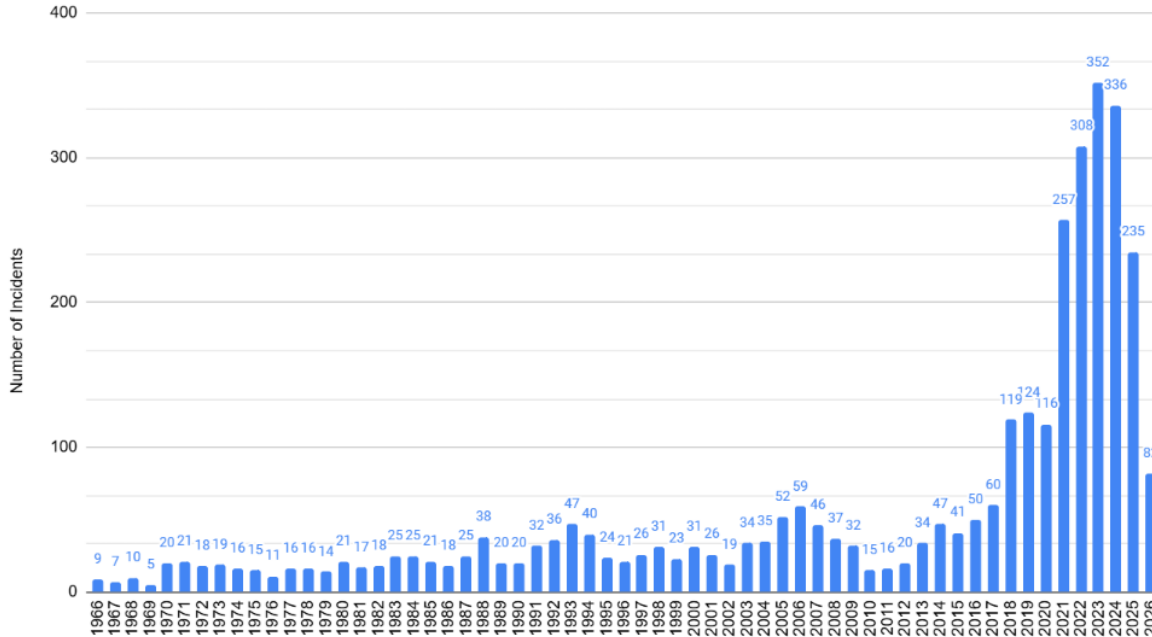
Girls are more
likely to witness
violent events,
while boys are
more like to
have direct
experience

FRAMING COMMUNITY VIOLENCE



Gun Violence and Schools

K-12 School Shooting Database: Incidents by Year 1966-2026



- In 2024, **336** reported school shooting
- In 2025, **235** reported school shootings
- As of June 5, 2026, **82** reported school shootings

REFLECTION



- Thinking about the youth you work with; how often do you think they are exposed to violence?
- What makes you think that?

Feel free to jot down what comes to mind when you consider this question.

FRAMING COMMUNITY VIOLENCE



Community violence affects youth's development that can contribute to:

- Poor school functioning – Low academic performance and high rates of absenteeism
- Increases in mental health – PTSD, depression, anxiety, and suicidal ideation
- Increases in risk-taking behaviors



REFLECTION



- What stood out to you from this data?
- What themes did you see emerging?
- Is this what you see with the youth you support?

Feel free to jot down what comes to mind when you consider this question.



COMMUNITY VIOLENCE & TRAUMA



Trauma is exposure to an incident or series of events that are emotionally disturbing or life-threatening with lasting adverse effects on the individual's functioning and mental, physical, social, and/or spiritual well-being.

COMMUNITY VIOLENCE & TRAUMA



Witnessing violence creates the same psychological distress as victims.

- Emotional withdrawal
- Hypervigilance
- Increased fear



IMPACT OF TRAUMA ON ADOLESCENTS



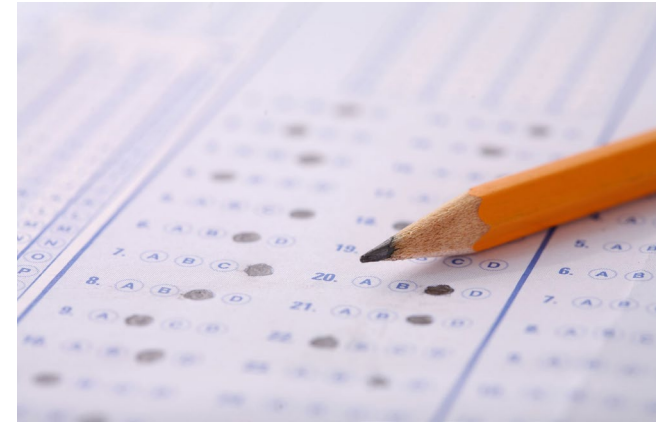
Mental Health



Behavior



Academics



IMPACT OF TRAUMA ON ADOLESCENTS



How does trauma show up with adolescents?

**Aggression,
anxiety, fear,
mood swings,
or depression**

**Poor peer
relationships,
social problems,
self-blame or
withdrawing**

**Cause illness or
aggravate
existing
conditions such
as asthma**

**Inhibit
development of
confidence and
a secure sense
of self**

**Nightmares,
regression, or
difficulty
problem-solving**

**Flashbacks,
intrusive
memories,
avoidance**

IMPACT OF TRAUMA ON ADOLESCENTS



How does trauma show up with adolescents in schools?

**Decline in
academic
achievement,
inattention, or
loss of skill**

**Reduced
attendance and
graduation rates**

**Difficulty
forming trusting
relationships**

**Behavioral
issues**

REFLECTION



- How have you seen these symptoms of trauma show up in the students you see?
- What has been the response from yourself and/or organization?

Feel free to jot down what comes to mind when you consider this question.



COMMUNITY VIOLENCE & PROTECTIVE FACTORS

Access to safe,
engaging after
school programs
and activities

Caring adults
outside the family
who serve as
mentors or role
models

Strong partnerships
between the
community and
business, health
care, government
and other sectors

TRAUMA-INFORMED CARE (TIC)



- An organizational structure and framework that includes understanding, recognizing, and responding to the impact of trauma.
- Emphasizes the physical, psychological, and emotional safety of youth and adults, and helps those experiencing trauma to create a sense of control and empowerment

Note: Healing-centered care considerations

TRAUMA-INFORMED CARE (TIC)



For more information, access AHI resources on trauma-informed care for adolescent patients and adolescents in primary care.



**Principles of Trauma-
informed Care for
Adolescent Patients**

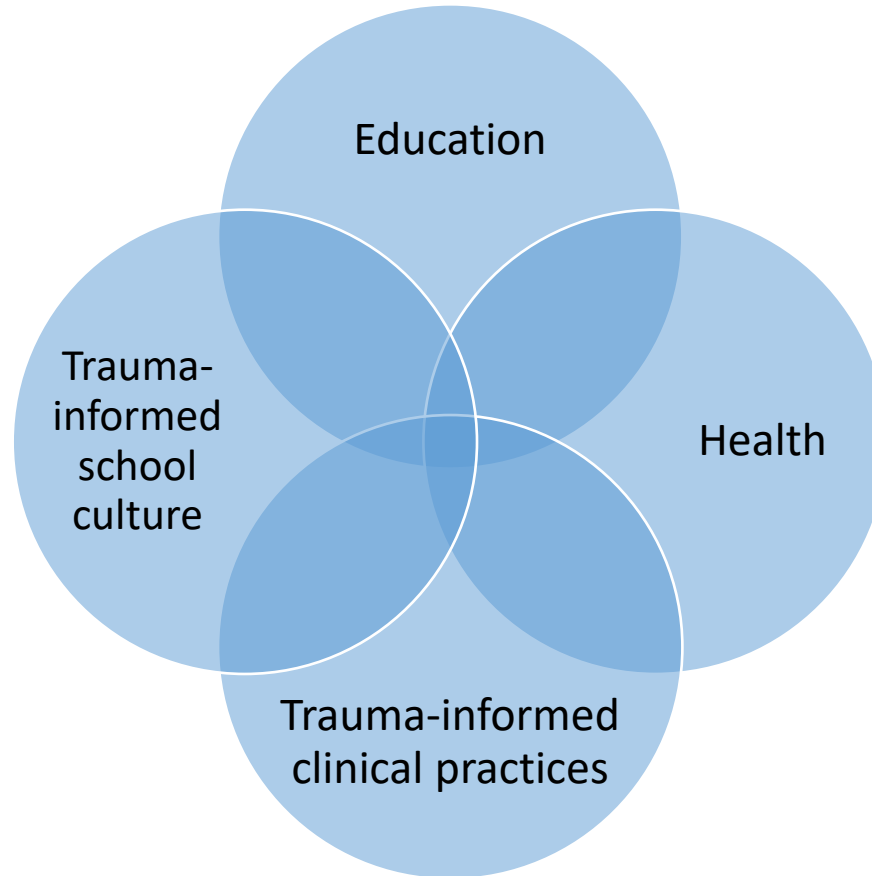


**Trauma-informed Care
with Adolescent
Patients**

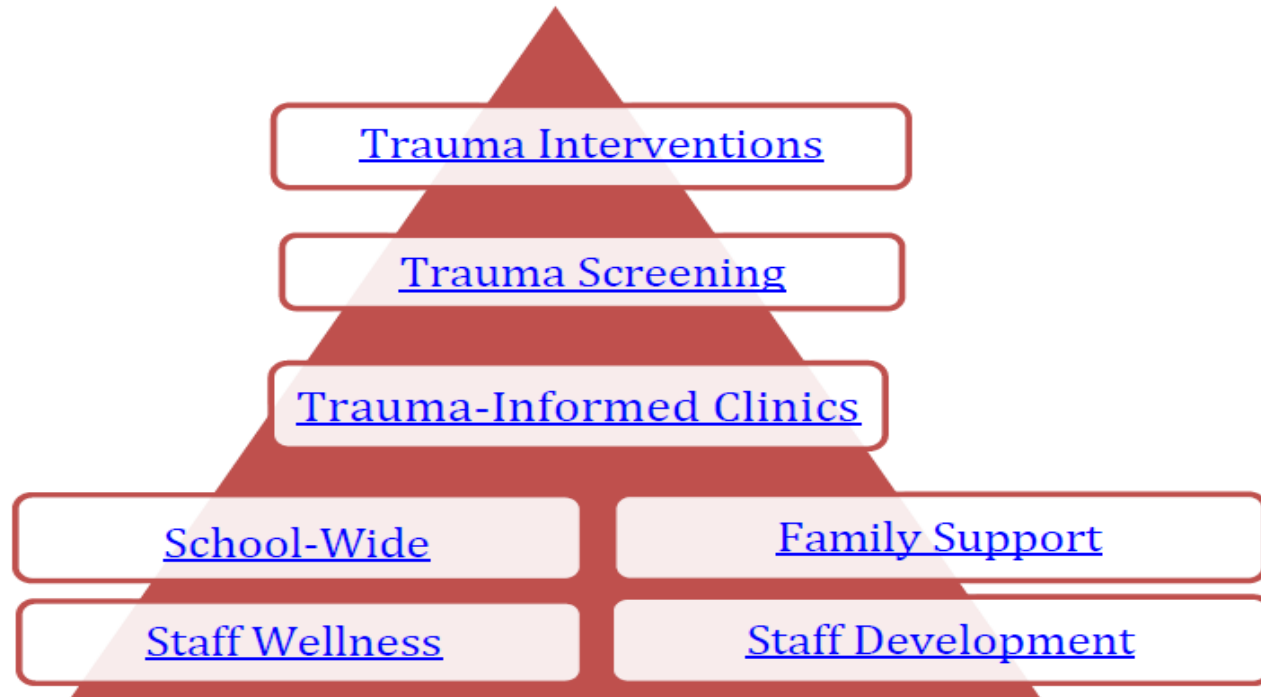


**Trauma-informed Care
for Adolescent in
Primary Care**

TRAUMA INFORMED CARE & SBHCS



TRAUMA-INFORMED CARE & SBHCS



REFLECTION



Does your school or clinic follow a trauma-informed approach?

If unsure, complete a trauma-informed care readiness assessment with your clinic and/or school staff.



FOSTERING ADULT-ADOLESCENT PARTNERSHIPS



<https://youtu.be/7arQuRaoV7A>

YOUTH ENGAGEMENT



Why Is Youth Engagement (YE) Important?



Evidence shows that YE is beneficial for both youth and the services they use. [6, 10, 16]

YE leads to better health outcomes for young people, adults, agencies and communities. [4, 5]



YE builds resilience and amplifies protective factors among marginalized youth. [18]

YE can lead to increased social inclusion. YE is particularly effective in health promotion services. [2]



YE can help promote connectedness within a community, allow contextualization of experiences, and promote adherence to treatment. [3, 8, 12, 15, 17]

YE supports the development of marginalized youth when processes use diverse, critical resources to build their practice. [13, 14, 1]



YE increases an organization's ability to connect and respond to youth's needs, particularly diverse groups. [19, 1]

YE improves program effectiveness and increases organizational credibility. [20]



WHERE DO YOU START?



Learn about community violence and trauma in your school community

- ☐ CDC – Youth Online: Youth Risk Behavior Surveillance System ([YRBSS](#))
- ☐ [County Health](#) Rankings & Roadmaps
- ☐ State Health Department
- ☐ Local Health Department



Here are some places to find data in your community, let's spend a few minutes exploring the CDC YRBSS

WHERE DO YOU START?



Learn about community violence and trauma in your school community

Assess your organizational readiness to engage youth

Develop a strategy and plan for youth engagement

Recruit young people to participate

GET STARTED

Assess your organizational readiness to engage youth

Let's pause and take some time to work through this readiness assessment.

SBHC Youth Engagement Readiness Assessment

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SCHOOL-BASED HEALTH CENTER (SBHC) YOUTH ENGAGEMENT READINESS ASSESSMENT

This readiness assessment is intended to evaluate your clinic's strengths and opportunities for improvement when it comes to engaging youth in your work. The readiness assessment is split up into four areas: Organizational Support, Capacity, Youth Adult Partnership, and Logistics regarding youth engagement at your clinic and school.

How to Use the Evaluation Tool

Under each theme, you will rate several indicators that reflect an ideal state of youth engagement. Participants rate each indicator using a rating scale of 1 to 5. You can write any reflection points, comments, etc. in the last column to discuss with your team. You may complete this assessment as a team or individually, but we recommend discussing it as a team after you have completed the tool.

Please indicate the degree to which the following indicators accurately describe your experience:

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Disagree

NA- Not applicable



WHERE DO YOU START?



Develop a strategy and plan for youth engagement

CONTINUUM OF YOUTH ENGAGEMENT MODELS



- Working alongside young people to map school and community assets and needs
- Youth advisory board
- Youth involved in evaluating engagement activities
- Peer to peer education programs

WHERE DO YOU START?



Develop a strategy and plan for youth engagement

Thinking about how ready your organization is from the readiness assessment, and considering the youth engagement continuum model, where on the rung do you think is reasonable for you to start trying to engage youth? What would it take to move to the next rung?



WHERE DO YOU START?



Recruit young people to participate

Recruitment Methods

- Social Media
- Peer Networks
- Meet Youth Where They Are
- Develop Engaging Materials

Partnerships

- Work with Trusted Messengers

Recruitment Considerations

- Offer Compensation and/or Incentives
- Highlight Transferable Skills
- Make it Youth-led
- Ensure Flexibility

WHERE DO YOU START?



Learn about
community
violence and
trauma in your
school
community

Assess your
organizational
readiness to
engage youth

Develop a
strategy and
plan for youth
engagement

Recruit young
people to
participate

GET STARTED

GET STARTED



REFLECTION



- How do you feel about this process?
- Are you nervous/excited about anything?

Feel free to jot down what comes to mind when you consider this question.

YOUTH ADULT PARTNERSHIP IN ACTION



- Youth Empowerment Solutions (YES)
- Evidence-based curriculum on youth empowerment and community engagement
- Goals
 - Provide youth with opportunities for meaningful involvement in preventing youth violence and creating community change
 - Enhance the ability of adults to support youth in an empowerment framework,
 - Change the social and physical environment to reduce and prevent violence.



<https://yes.sph.umich.edu/>

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AMPLIFY YOUTH

Voice

IN HEALTH CARE

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THANK YOU!

QUESTIONS?

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PLEASE SCAN THE
QR CODE TO
COMPLETE
EVALUATION!

