



Gone Fishing

A Framework for More Impactful Patient Education,
Health Promotion, & Youth Engagement

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Continuing Education Credits

In support of improving patient care, this activity has been planned and implemented by School-Based Health Alliance and Moses/Weitzman Health System, Inc. and its Weitzman Institute and is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

This series is intended for Dentists, Nurses, Nurse Practitioners, Pharmacists, Physicians, Physician Assistants, Psychologists, Registered Dietitians, and Social Workers.

Please complete the survey and claim your post-session certificate on the Weitzman Education Platform after today's session. **Please note:** Pharmacists must claim credits within two week's following today's session or we will not be able to award ACPE credits.

Disclosures

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DISCLOSURE

I have no actual or potential conflict of interest related to this presentation.

The background of the image is a dark blue night sky filled with numerous small, white, four-pointed stars. At the bottom of the image, there is a layer of soft, white, fluffy clouds. The text is centered in the upper half of the image.

How would you
describe your
perfect night's sleep?

NEW YORK PRESBYTERIAN'S SCHOOL-BASED HEALTH CENTERS (SBHCS)

7

SBHCS

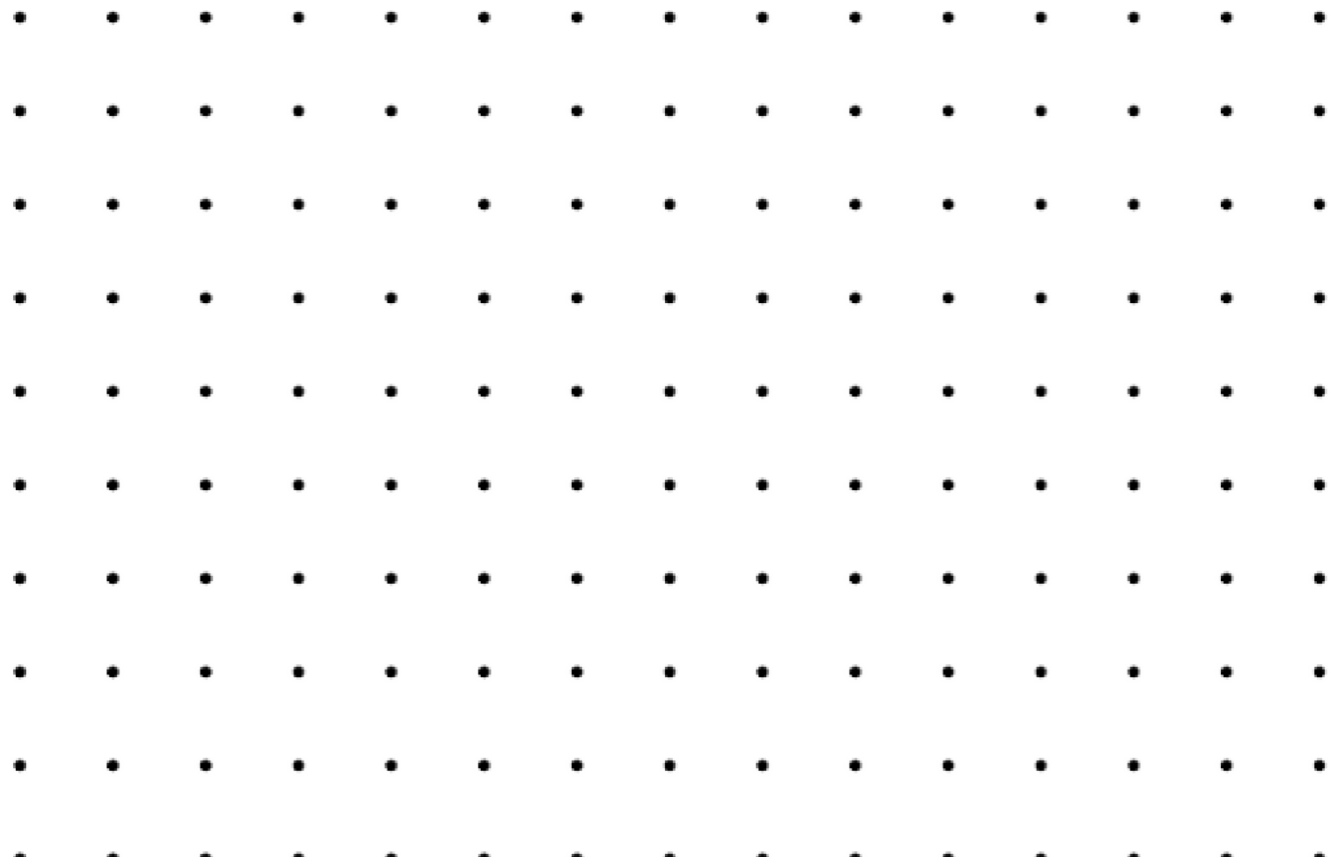
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SCHOOLS

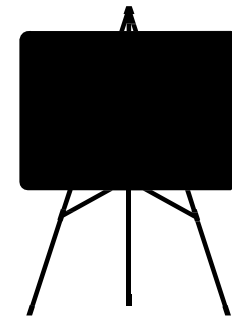
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STUDENTS
K-12

Adolescent wellness programming



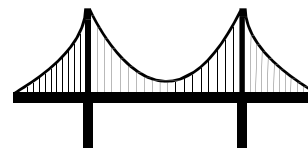
Health promotion & engagement campaigns



Classes, workshops, & small groups



Support for parents & school staff



Bridging to community resources



Peer education (NYPeers)



llet'ss

mmakeea

cakee





What are the sleep rules?



When people say

Eat healthy!

what do they actually mean?

When people say



what do they actually mean?

Influences on Decision- Making





Let's stock your
tackle box with
some of our
favorite
multipurpose
tools.

THE IDEAL

Can be used for either **health topic workshops** or **evaluation activities**

Facilitates “**blue sky**” **thinking**

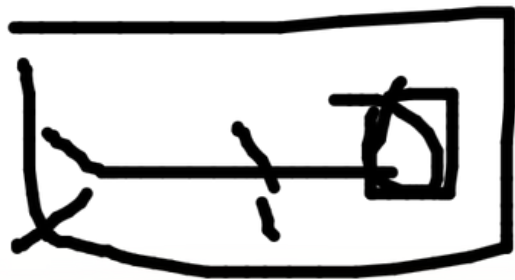
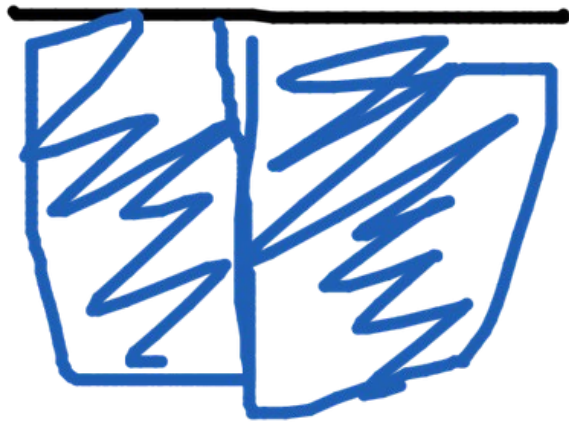
Tends to **organically provoke discussion of barriers and problems** (or pair with a **reverse variant for the full picture!**)

TIP: Consider adding a “**magic wand**” question to other activities for a similar but more focused effect!!



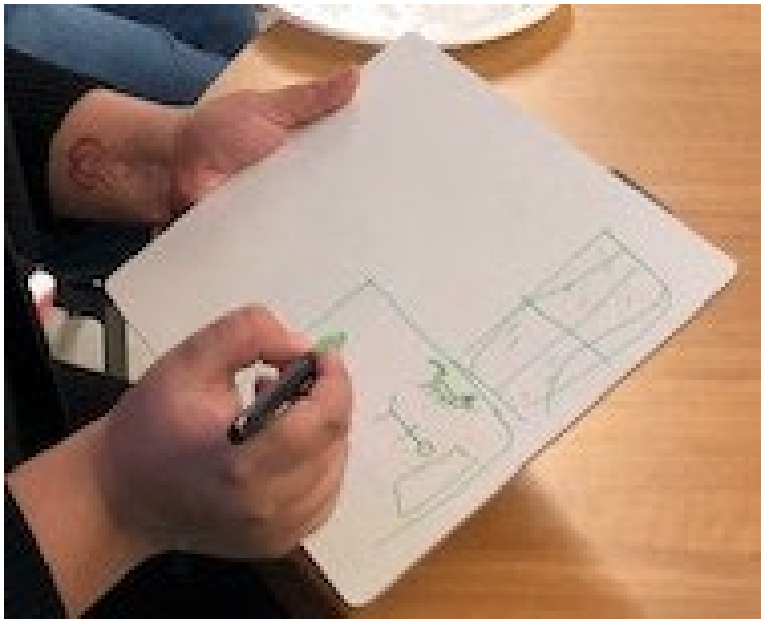
A perfect nights sleep looks like this:

closed curtains
dimmed lights
comfy bed
and you can't tell but
it's quiet 🤫



A perfect nights sleep is waking up warm in the cold and cool in the hot. It's the your fave stuffed in a blanket and sinking into your bed and pillow when you wake up a little bit during the night.

Quiet night 🤫🤫🤫



zzz

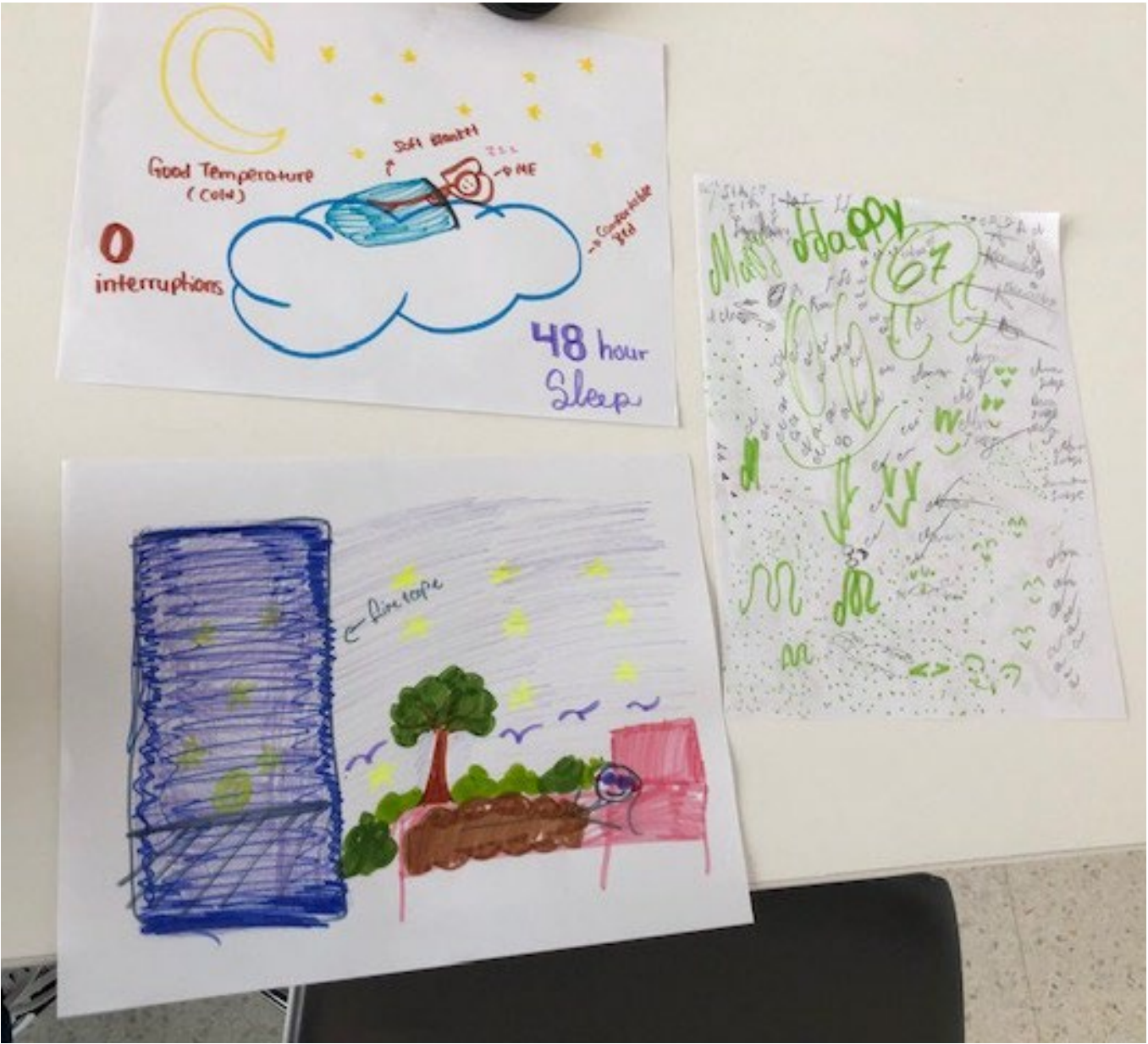


to me good sleep is
uninterrupted and
when I wake from a
sleep so good I have
to nap after



no stress

PERFECT NIGHT'S SLEEP





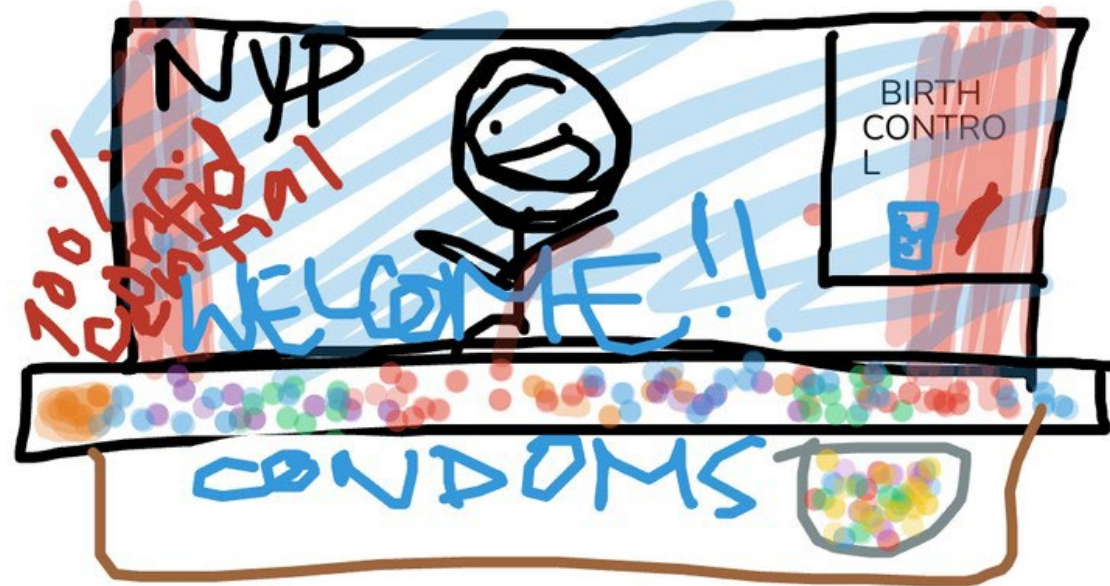
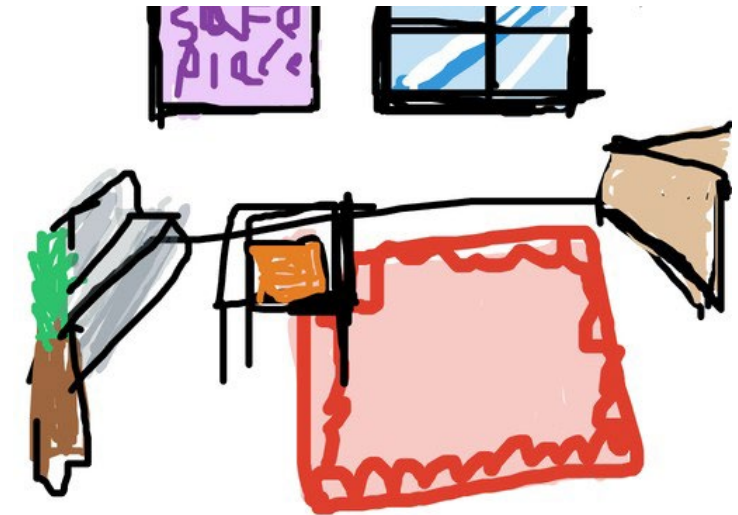
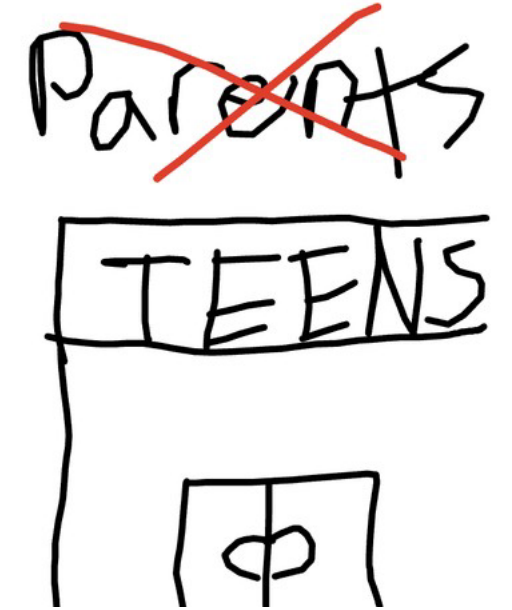
Entrance dispensers for teenagers (whether if they are in a crisis and need this sort of things or if they want to take them)



Clinic
Free services
Good Customer service
Comfy environment
Confidentiality

YOUR DREAM TEEN-FRIENDLY CLINIC

- free wifi
- by different modes of public transportation
- no family relation
- wait time is 5 mins
- open minded (nothing illegal or harmful)



Safe Space



Nice

Calm

Appropriate Packages for



Patient

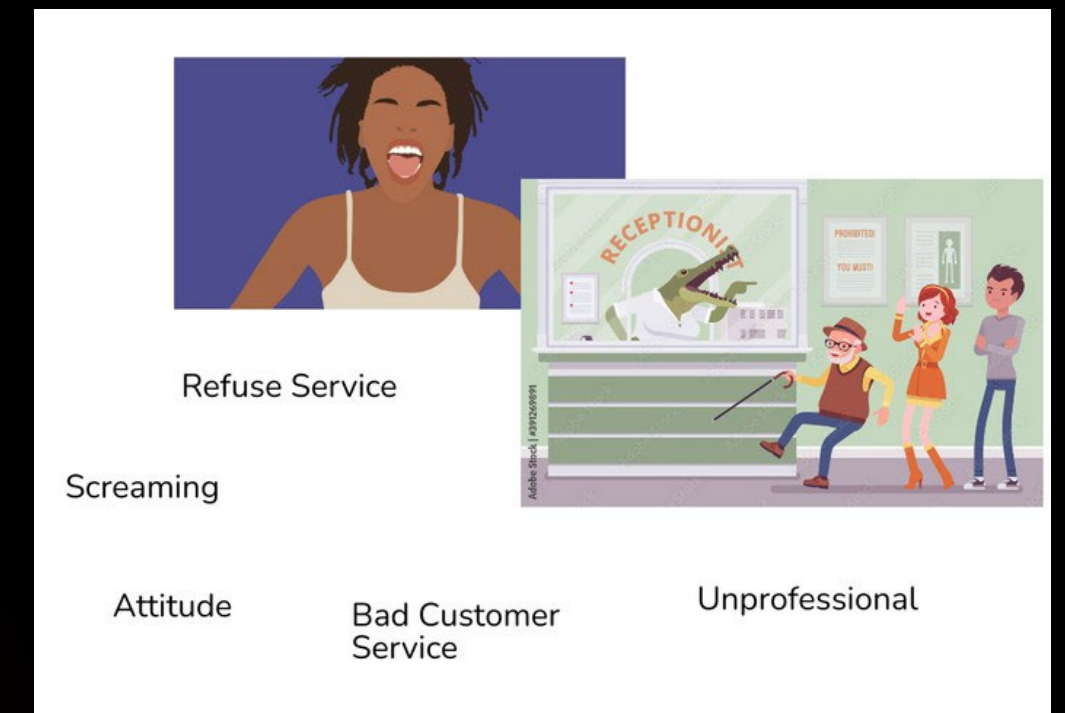
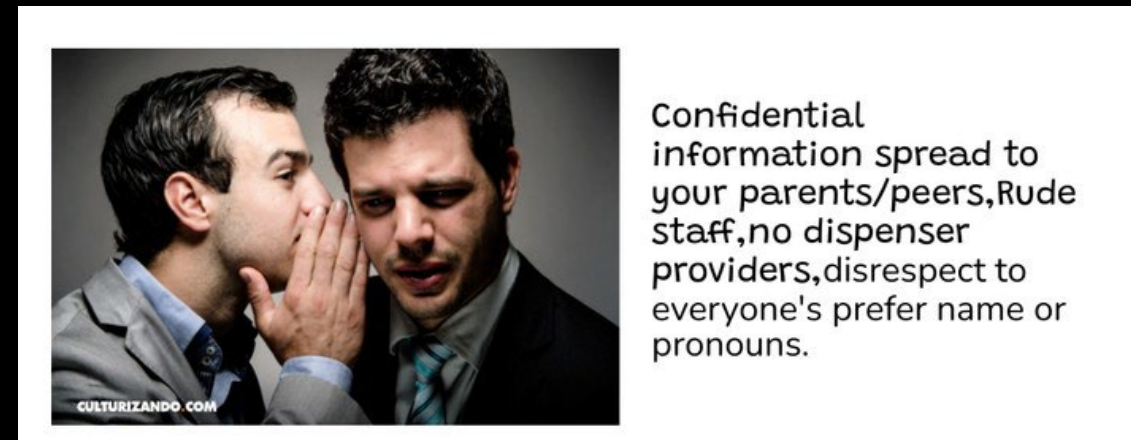
Trustworthy

They have
They have
every test and
every pill that
you need.

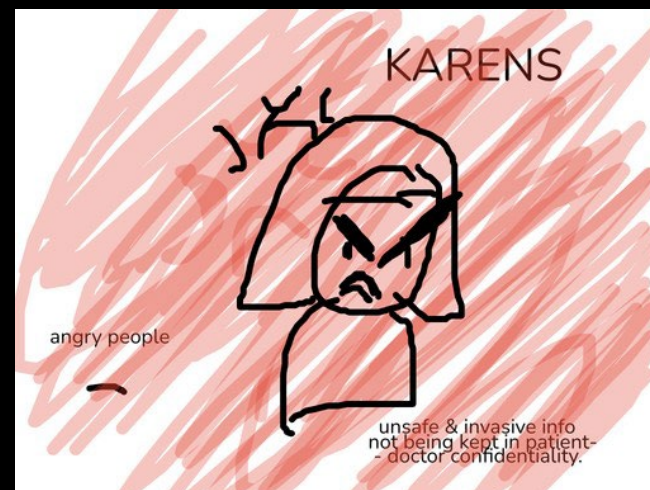
Private 1 to 1 rooms
Free condoms
No parents involved
Planned parenthood
providers
STI testing
Pads, tampons etc
Birth control
pregnancy test

welcoming resourceful
big
supportive
fun





REVERSE VARIANT: NIGHTMARE TEEN CLINIC



- parents needed
- older staff (no one young)
- gives their opinion where it's not asked
- very judgmental
- are stuck on old practices
- make fun of younger generations

- rude staff
- dirty rooms / equipment
- long wait times
- no confidentiality
- lack of supplies

(external factors)

extrchildish images/posters
blank walls

extremely dull
corny posters

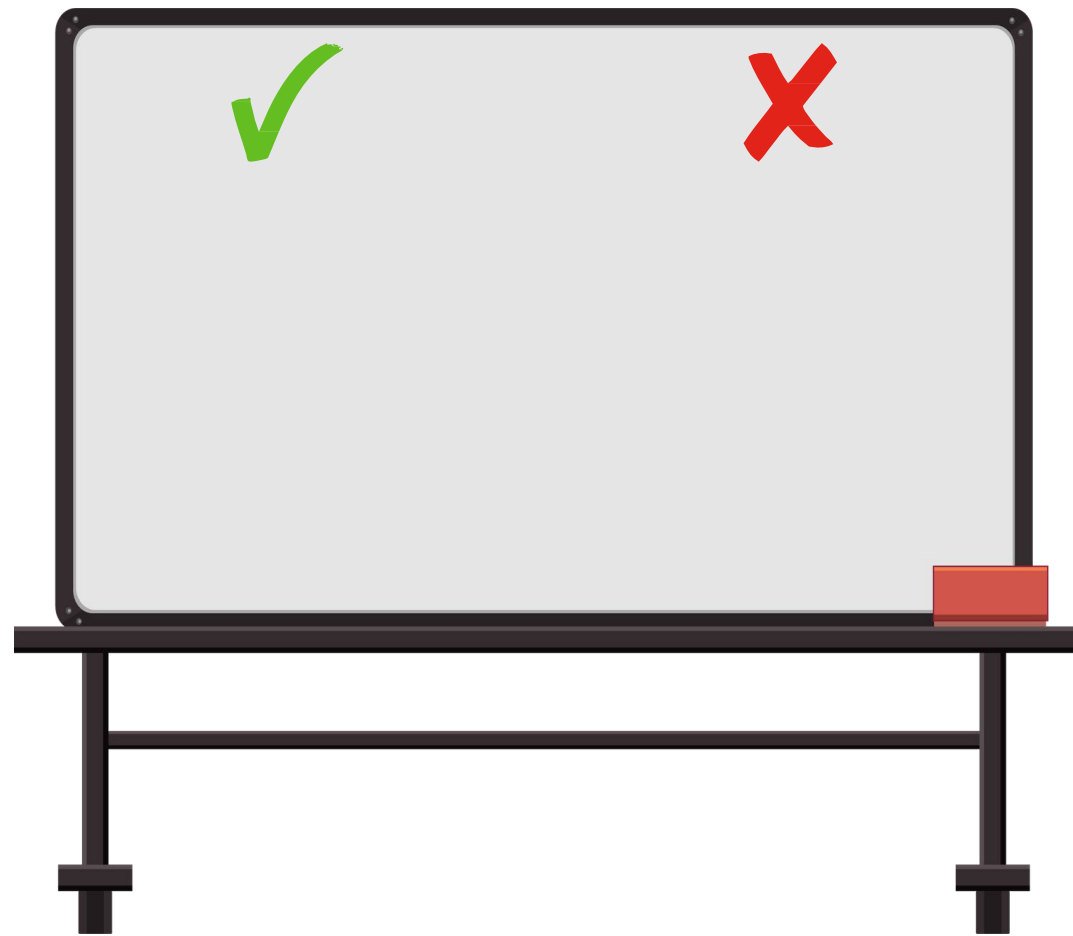
Mad/annoyed looking Clinic workers

(internal factors)

no privacy
Bad service
long waiting time
judgemental workers

A clinic that gives attitude for no reason. You can hear kids screaming next door. Any information you give is not confidential and the providers or nurses make you ask your parents for permission. A really bad thing is having to pay for any over the counter items when they should be given for free.

break The Rules



Great for **peer educators & student advisors**

Works best with more **concrete** health topics
(ex: nutrition, safer sex, sleep, exercise,
cold/flu/COVID prevention)

Honors students' existing knowledge while helping
identify **misinformation** and **knowledge gaps**

Helps zero in on “**hot spots**” & key **barriers to
healthy decision-making** for program/clinical focus

WHAT DOES “EATING HEALTHY” MEAN?

- Less sugar/cutting sugar
- No junk food
 - No fast food
- Prioritizing self-care
- Eating things beneficial to your body
 - Drinking a lot of water
 - Eating veggies for fiber
- Balancing your carbs and overall meals
 - Carbs give you energy
- No carbs
- Whatever is good for you
- Eating nutritional foods
- More protein
- My Plate
- Eating veggies that are high in vitamins
- Fruits
- Colorful diet
- Limiting food that are fried or high in grease
- Not too little, not too much
- Diet soda
- Not skipping meals
- Eating all your meals (breakfast, lunch and dinner)
- Planning your meals
- Intermittent fasting
- Organic, non GMO

WHAT ARE REASONS PEOPLE DON'T DO ALL THESE THINGS ALL THE TIME?

- Liking sweets/“treats”
- Affordability - organic products are more expensive
- “Failing” at strict plans or huge changes
- Everything has sugar in it!
- Mental work, time and effort to research
- Tastes good
- Siblings, friends, people around us are eating junk food
- Limited time
- Stress - skipping meals vs. having a treat
- Family/culture

WHAT DOES “HAVING SAFER SEX” MEAN?

- Have sex with someone they feel safe with
- Someone you really know and are comfortable with
- Being on birth control
- Getting tested for STIs (and partner getting tested too)
- Testing regularly
- Informing each other of other partners
- Getting to know your partner
- Using condoms all the time, every time, 100%
- Both sides enthusiastically consenting
- Verbally talking with your partner about your history, etc.
- Properly using the condom
 - Making sure condom doesn't break→ not expired, stored correctly (avoid heat and friction), avoiding oil based lube and using water based lube

WHAT ARE REASONS PEOPLE DON'T DO ALL THESE THINGS ALL THE TIME?

- Knowledge, not taught
- Unaware
- Embarrassed to buy protection
- They don't care
- Heat of the moment, didn't prepare beforehand
- Taboo topic
- Inconsistent birth control
- Side effects of birth control
- Family/societal
- Sex for fun
- Misconceptions about STIs - they're not that bad, “I'm not going to get an STI” “It's never happened to me so I'm good”
- Condoms don't feel good
 - People think can pull out in time
 - “It feels better raw”
 - They aren't necessary
- Peer pressure/ pressure from your partner
 - “Do you not trust me”
 - High body count
- Double standards!
- Manipulation
- Generational
- Trauma

WHAT DOES “EATING HEALTHY” MEAN?

- Depends on the individual and their goals
- Eat the right amount
- Eat less processed foods (and especially avoid Ultra-Processed Foods)
- Eat more natural foods
- Don't eat junk food
- Don't eat sweets
- Don't eat chips
- Eat fruits and vegetables
- Don't eat fast food
- Eat the right balance (like MyPlate)
- Eat enough protein
- Eat healthy fats (ex: nuts, avocados)
- Eat carbs in proportion to your activity level
- Eat vegetables
- Avoid high-cholesterol foods
- Avoid sugar
- Avoid energy drinks, soda, and fake juices
- Drink enough water (but not too much!)
- Avoid chemicals & pesticides
- Choose organic produce
- Drink and eat in moderation
- Choose dark chocolate instead of milk chocolate
- Avoid too much acidic drinks
- Avoid red meat
- Eat whole foods

WHAT ARE REASONS PEOPLE DON'T DO ALL THESE THINGS ALL THE TIME?

- We're human and give into human desire
- Laziness
- Too much hassle
- Not having time
- Expensive \$\$\$\$
- Cravings
- Healthy food doesn't taste as good
- Living in a food desert/food swap
- Lack of motivation, it takes effort
- Temptation
- Not liking the taste of healthier food
- Other priorities
- Peer pressure
- Too many rules
- Ads telling us to want certain foods (McDonalds, takis, cheetos, etc) over healthier food options
- Forgetting

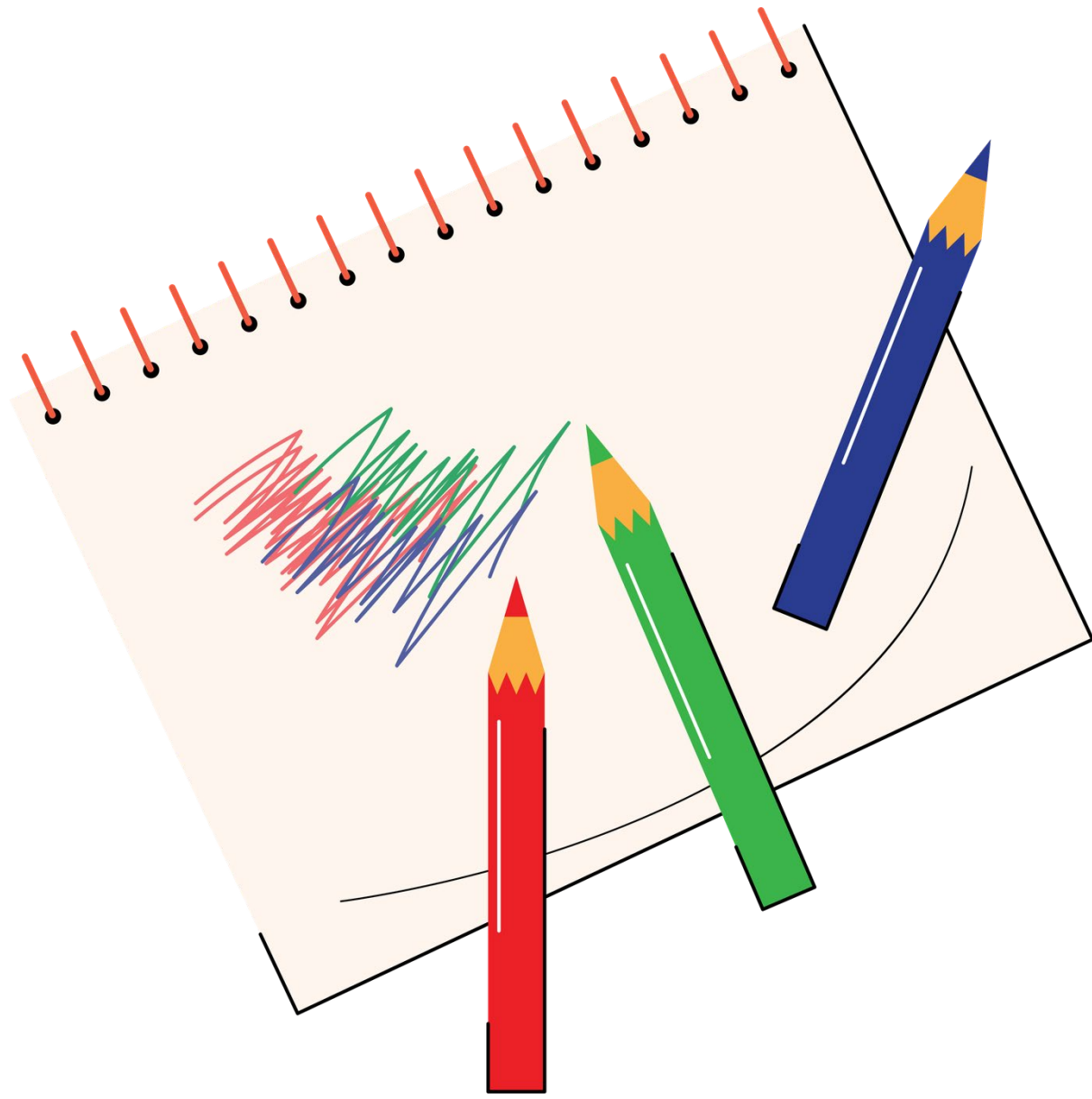
WHAT DOES “HAVING SAFER SEX” MEAN?

- Consent
- Contraception
- Regular testing
- Good communication
- Using proper protection
- Wearing condoms
- Abstinence
- Access to resources
- Boundaries between partners
 - No means no
 - Yes means yes (absence of no doesn't imply yes)
- Safe words
- Celibacy
- Barrier methods
 - Internal and external condoms
 - Dental dams
- Using the right lubricant
- Knowing/trusting your partner
- Not having sex with people you don't know
- Use the right size condom
- Not using 2 condoms at the same time
- Not using expired condoms
- Keep condoms in a cool place
 - Heat degrades condoms
 - Avoid keeping condoms in your pocket/wallet
- Avoid having sex when using substances (drugs, alcohol, etc)

WHAT ARE REASONS PEOPLE DON'T DO ALL THESE THINGS ALL THE TIME?

- They don't have the knowledge or education on how to use condoms
- Scared to go to the store and ask
- Don't want to wear a condom
 - It “feels better” without a condom
- Under the influence
- Clouded judgement
- Found a safe partner
- Not afraid of risks
- Taboo topic
- Might not like the material of the condom
- Don't care about getting pregnant
- Allergy
- Pull out method
- Believe birth control is enough
- Might believe they know what an STI looks like
- Peer pressure
- Social media influence
- Side effects of BCM
 - Nausea
 - Personal experiences vs. what they heard
- Can't afford it
- Don't know where to access affordable BCM
- Fear parents will find out
 - Over controlling parents
 - Parents don't support BCM
- Myths about BCM
- Not comfortable talking with partner

What does X mean to you?



Great as a **priming activity** for groups

Works best with more **abstract** concepts
(ex: gratitude, self-care, community)

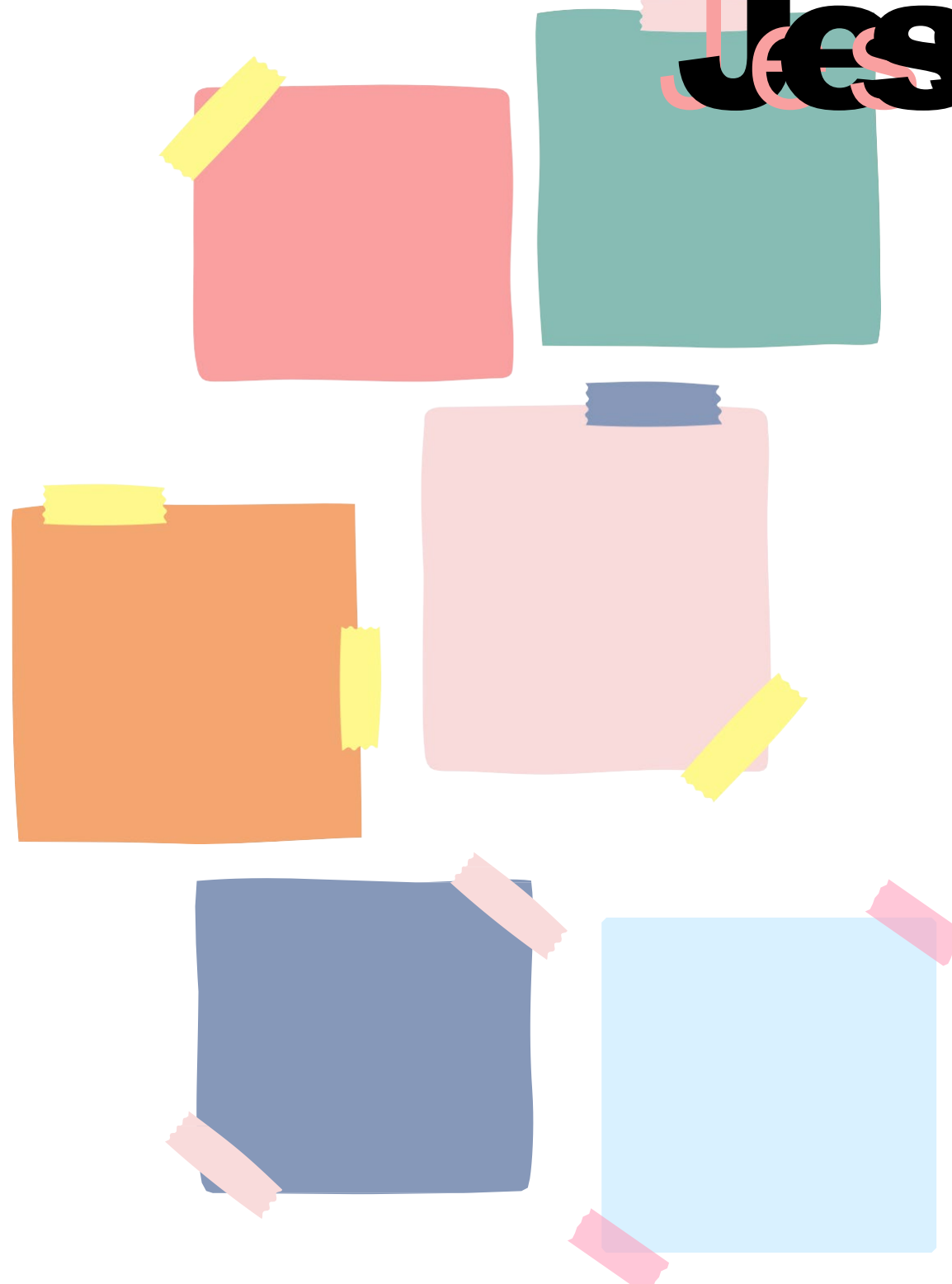
Beginning with an individual activity
ensures that **each student internally**
engages with the subject matter

Sharing out creates a **collective definition**
while acknowledging different viewpoints
and the range of realities and priorities

What does self-care mean to you?

-  Anonymous
Self care, for me, means to try and become a better version of yourself through attentive care for yourself.
-  Anonymous
Taking care of myself
-  Anonymous
Doing the stuff that makes you feel relaxed/ happy.
-  Anonymous
Self care means to be in a state of peace and to not feel stressed and to invest on myself
-  Anonymous
Putting yourself first and setting boundaries, eating healthy or simply relaxing
-  Anonymous
To love and be responsible with myself
-  Anonymous
Prioritizing my self
-  Anonymous
Self care means putting yourself first for a moment and doing things you like or enjoy.
-  Anonymous
Feeling fine with who I am!
-  Anonymous
It means how to balance and prioritize your mental health and your physical health equally.
-  Anonymous
Doing things u love and nourish u

-  Anonymous
-Listening to your body and the signs it gives -Prioritizing yourself before others -Take a break once in a while -Being able to reevaluate yourself once in a while -Being healthy
-  Anonymous
Being patient/gentle with yourself and remembering that there's always another way/time to get things done. Kicking yourself and hurting yourself because you can't do things isn't good for you.
-  Anonymous
Being at peace with myself and not thinking about all the things I need to do
-  Anonymous
To me, self-care means taking time to cleanse your mind & body, and listening to any cues your body gives you.
-  Anonymous
eating healthy, taking care of your body, hygiene, invest in my self, being clean from the inside.
-  Anonymous
setting healthy boundraies with others and yourself 🙏
-  Anonymous
Proitizing your self worth, putting yourself before others, clean / healthy hygiene, doing what your heart desires
-  Anonymous
Eating LOTS OF FOOOOODDDD, playing videogames, and not doing anything that's stressful



Juan &

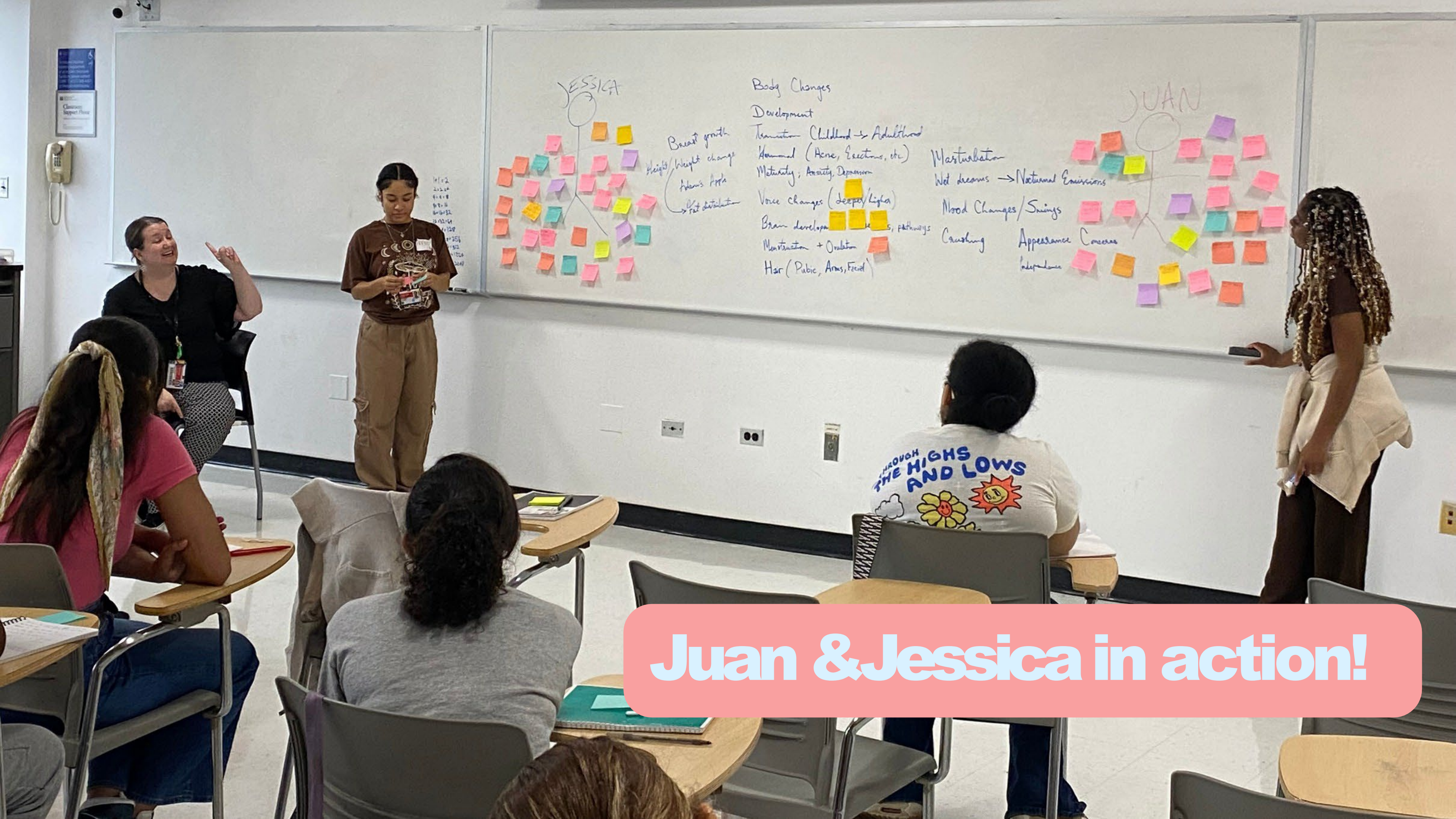
Jessica

Can be used either as a **jumping-off point** or for **expanding discussion**

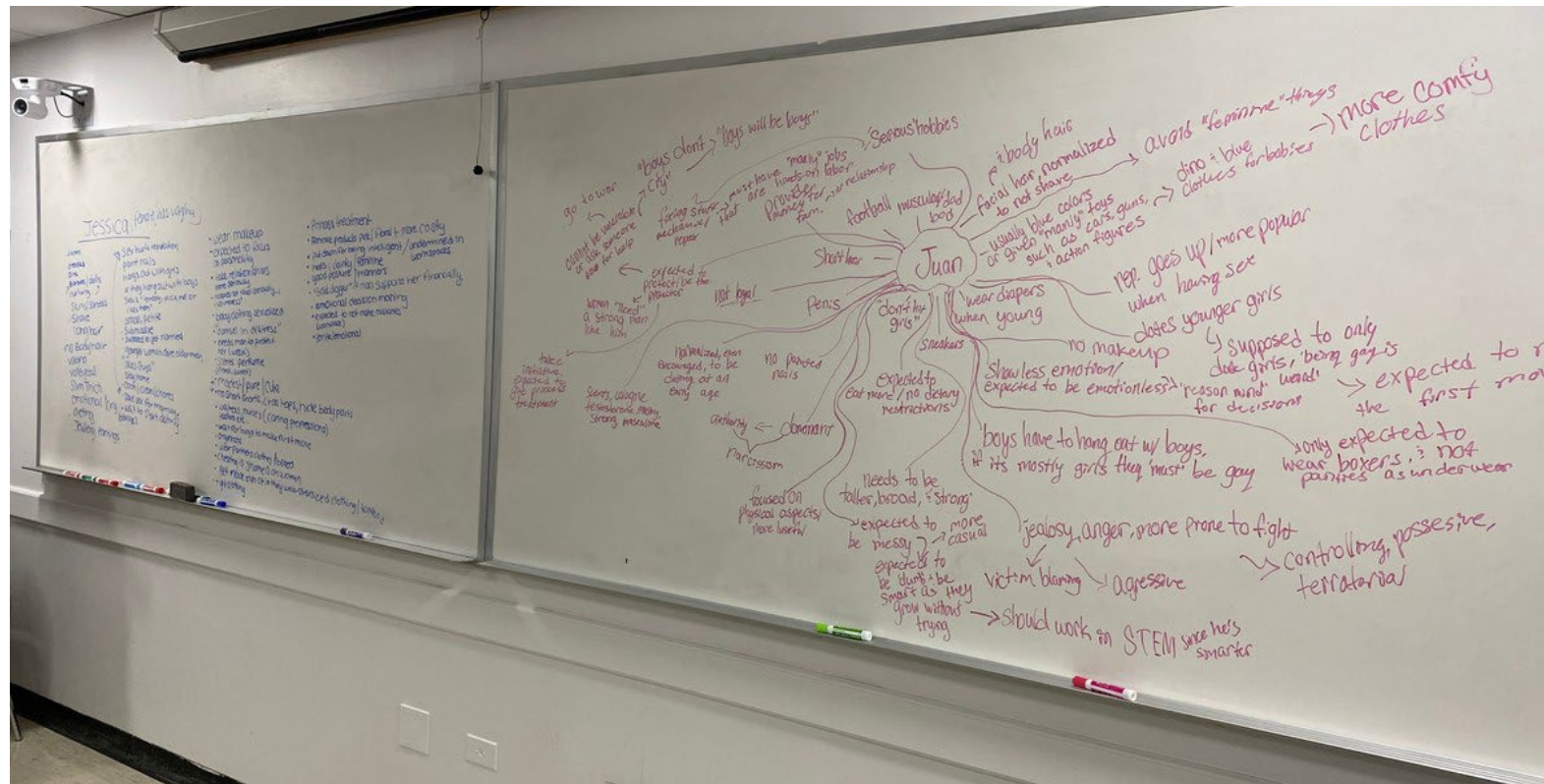
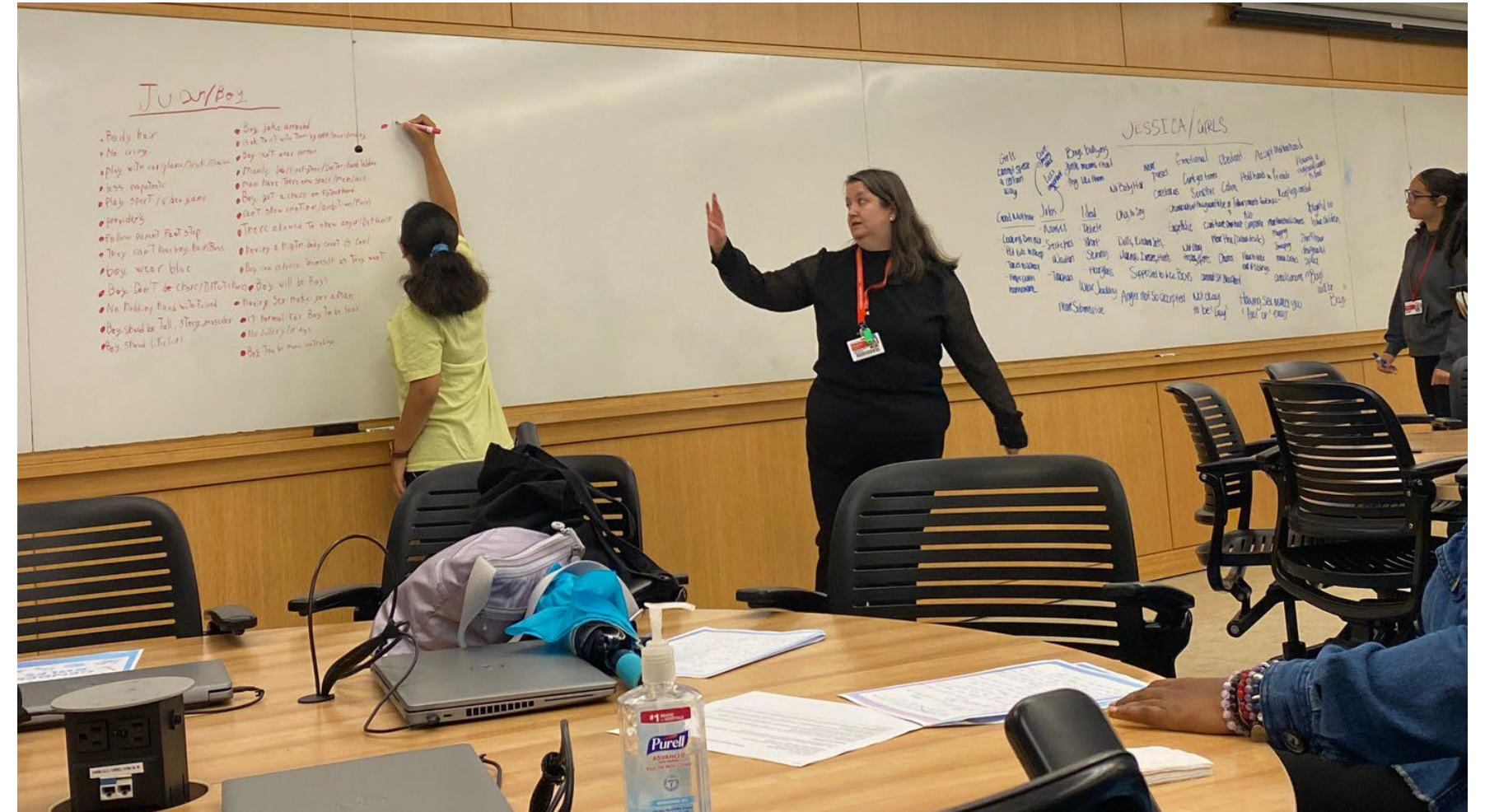
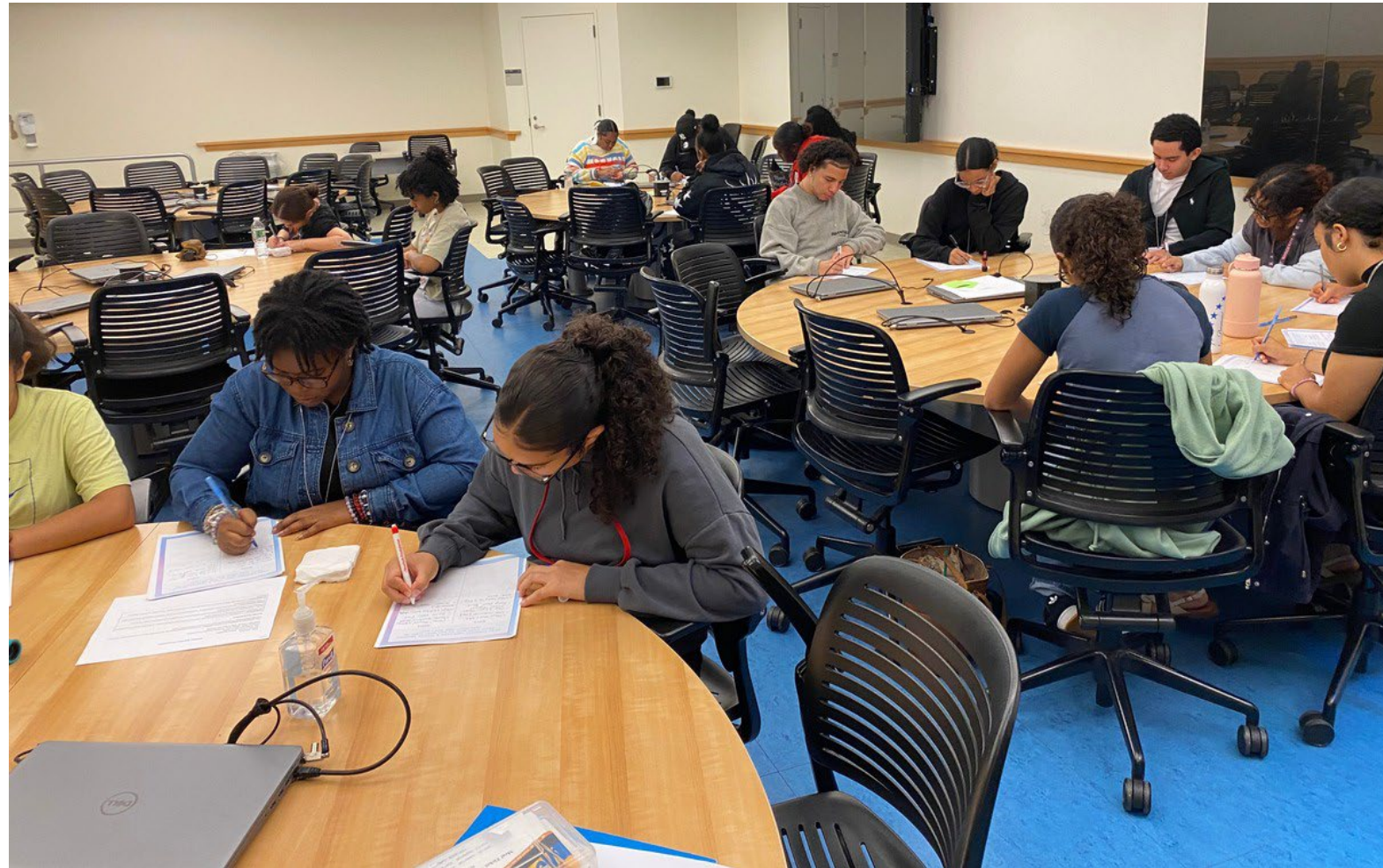
Post-it activity ensures that **every student contributes** to the conversation

Review helps identify biggest **themes**, showcase **range of perspectives**, and allow facilitator to **draw connections**

Especially good for **sensitive or “uncomfortable” topics**, and for groups without established rapport and trust



Juan & Jessica in action!

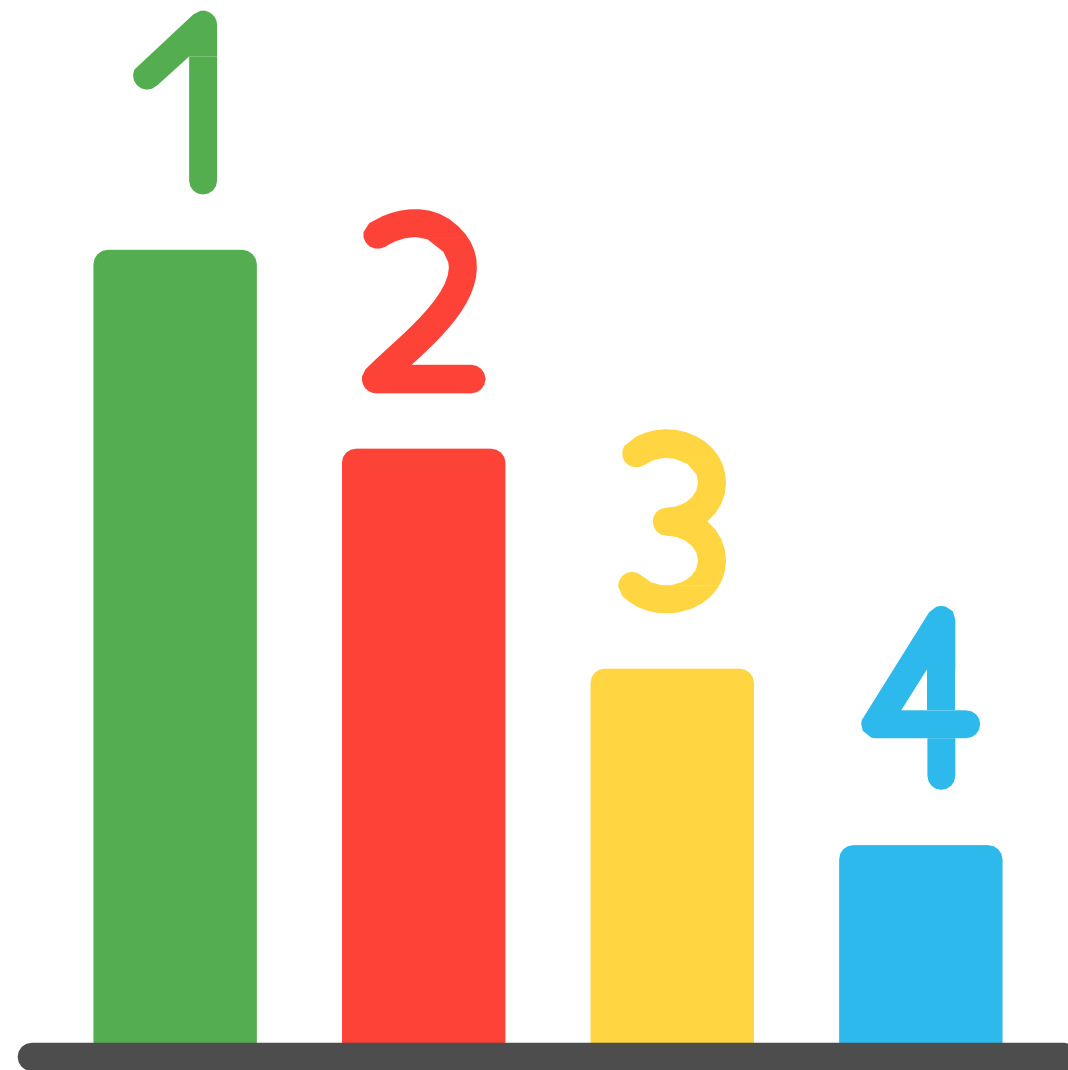


Variant for engaged groups
and/or “safer” topics:

Individual worksheet

>>> popcorn share-out

~~RANKING~~



Great for **peer educators & student advisors**

Works best as a **follow-up to discussion** or other participatory activity (we pair it with “Teen-Friendly Clinics”!)

Helps the group find focus on **top priorities**

TIP: Keep your ears open - the **debate** around ranking is just as useful as the final list!

Clinic has
Services we need

Confidential

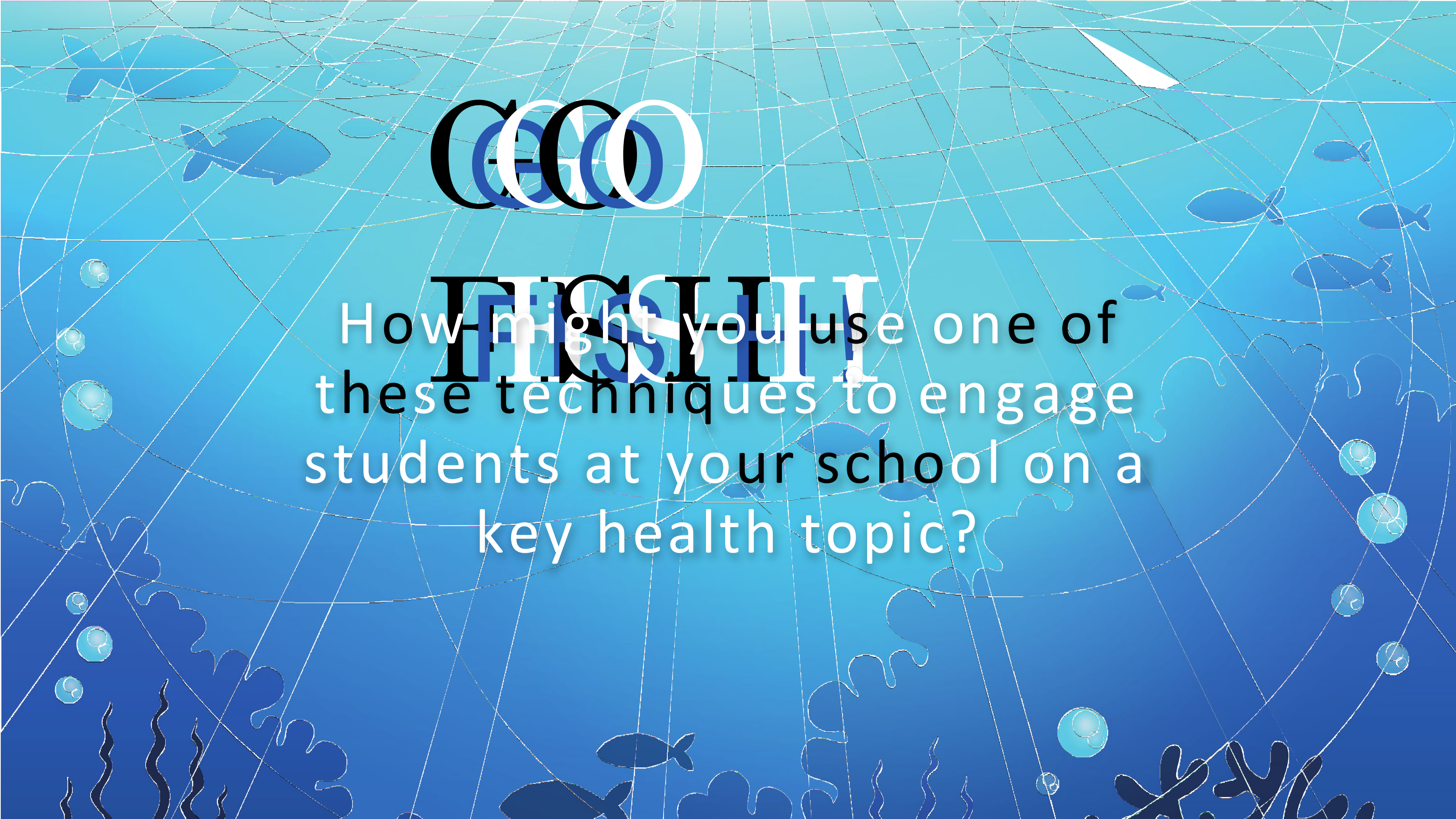
Friendly
Staff

Convenient

No Cost

No HealthCare
Provider outside
of School





GO

FISH!

How might you use one of
these techniques to engage
students at your school on a
key health topic?

A decorative border composed of a repeating pattern of small white geometric shapes (circles, squares, and triangles) arranged in a grid-like fashion, framing the central text on a solid red background.

Thank you!

Any questions?

men7007@nyp.org