

Exploring Unique Opportunities

For Meaningful Youth Engagement

Jemima Safi, Peer Youth Advisor
Tara Melinkovich, MPH



DENVER HEALTH

— est. 1860 —

FOR LIFE'S JOURNEY

Session Overview
Here's the Plan



- ✓ Why and how to engage youth
- ✓ What we've done
- ✓ Questions

Learning Objectives
You Will Be Able To

Identify	at least 3 characteristics of a meaningful youth – adult partnership
List	List at least 3 common pitfalls of failed attempts at youth engagement
Leave	Leave the session with at least 1 actionable step you can take to effectively engage youth in your programming

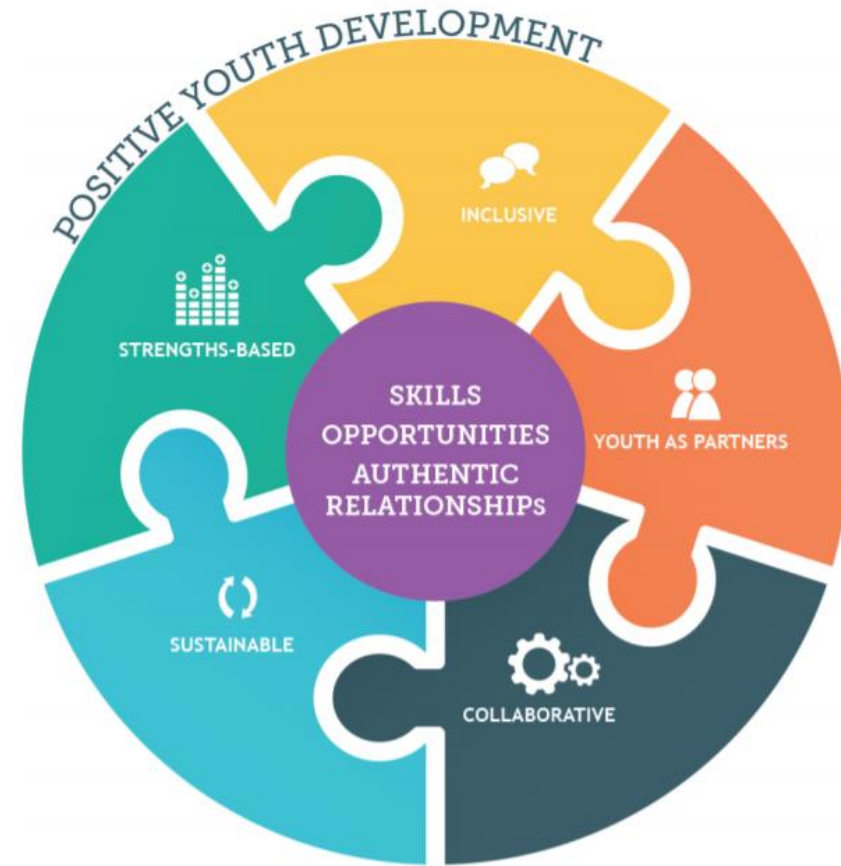
Why Care About Youth Engagement?

“Young people are effective advocates for and consumers of their own health care. As key stakeholders...youth can shape programs, policy, and outreach activities that affect the health of their peers in their schools, communities, and nationwide.”

- The School-Based Health Alliance



Colorado's Approach



WHAT IS POSITIVE YOUTH DEVELOPMENT?

- On-going events/opportunities that engage youth along with their families, communities, and/or governments so that youth are empowered to reach their full potential
- PYD approaches build skills, assets, and competencies; foster healthy relationships; strengthen the environment; and transform systems.
- Help youth make decisions independently with the help of guiding principles

*****Not an alternative to models of care**

*****Not meant to dictate steps**

What is Positive Youth Development?

Strength Based

- Use **strengths** individuals already have and build upon them
- Exploring, strength, and directing an individual's ideas/ belief/motives

Inclusive

- Using individuals' ideas to achieve greater things
- Hearing out individuals' ideas
- Being **aware** of race, gender, culture, language, social comfortability, sexuality, accessibility

What is Positive Youth Development?

- **Youth as Partners**
 - **Building relationships w/ youth**
 - Encouragement of ideas and exploration
 - Providing opportunities
 - Keeping things simple and interactive
 - **Asking for youth input**
 - **Shared decision making**
- **Collaborative**
 - **Acknowledging** the caring adults in youths' lives
 - **Community partnership**



Sustainable



**On going
support**

**Improvement
Evaluations**

Denver Health SBHC Approach

Embrace Youth Culture

- Celebrate youth culture in organizational culture
- Language
- Personnel
- Recruitment Strategies



Encourage Collective Action

- Involve oneself in collective action and strategies that challenge local and national systems and institutions
- Community Organizing
- Rallies and Marches
- Walkouts
- Boycotts and Hunger Strikes
- Electoral Strategies



Analyze Power in Social Relationships



- Political Education
- Political Strategizing
- Identifying Power Holders
- Reflecting on power in one's own life

Make Identity Central



- Join support groups and organizations that support identity
- Read material where one's identity is central and celebrated
- Critique stereotypes regarding one's identities

Promote Systemic Social Change



- Work to end social inequality
- Refrain from activities and behaviors that are oppressive to others

5
Core Principles
S J Y D

Ginwright and James, 2002

The Goal of Social Justice Youth Development (SJYD) is critical consciousness: a person's ability to critically interpret their world and act upon it.



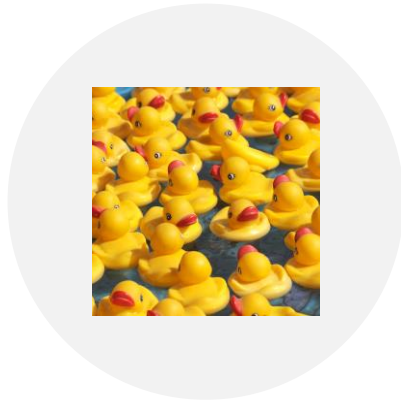
GINWRIGHT & CAMMOROTA, 2002

Self Awareness: When an individual learns, accepts, and acknowledges their relationship with power

Social Awareness: understanding and recognizing how power operates in society

Global Awareness: Individual/group of people take action to address unjust power

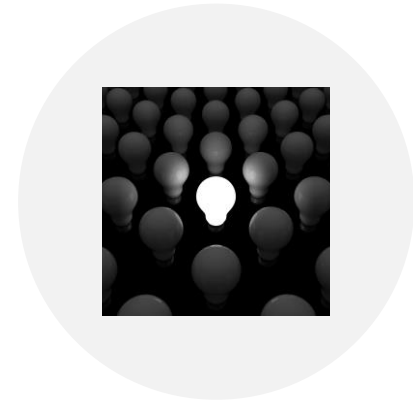
Benefits of SJYD & PYD



PEOPLE GAIN A SENSE OF
BELONGING



HOPE FOR THE FUTURE



OPPORTUNITIES TO SPARK
INTERESTS AND SELF EFFICACY

Meaningful Youth Engagement

Meaningful :

- ✓ Youth-led activities, in which decision making is shared between youth and adults. Youth and adults are working as partners
- ✓ Youth-led activities with little input from adults
- ✓ Adult-led activities, in which decision making is shared with youth
- ✓ Adult-led activities, in which youth are consulted and informed
- ✓ Adult-led activities, in which youth understand the purpose and have a role in decision-making

Not Meaningful:

- X **Adult-led activities, in which youth follows along as directed without understanding purpose**
- X **Adult-led activities, in which youth understands the purpose but have no input on how it was put together**
- X **Adult-led activities, in which youth have zero to minimal opportunities to give feedback**

How to Engage Youth

When you have money



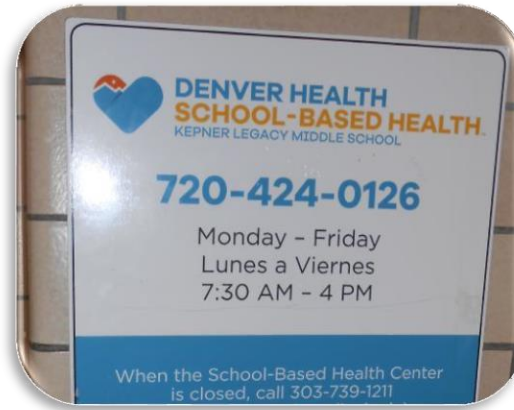
When you're broke



What we Did



Youth Advisor



Increase access to SBHC



Developed a Plan



The Youth
Advisor Role
within our
SBHCs



Identified the problem

○Decided in person outreach would be more beneficial

○Spoke with team about how best to increase usage

○Decided to begin with Freshman

○Developed a handout for Freshman

More than Handout

In-person outreach would be more beneficial



Current students best to connect with Freshman



Recruited current students to present at Freshman Academy




Piloting at 1-2 schools this year



Next Steps

Students participate in a training prior to Freshman Academy

- PYD and SJYD frameworks
 - Feedback on how to best present
 - Work as a team to update presentation
 - Provide personal experience if comfortable
 - Present in person at Freshman Academy!
- 

Other projects to increase youth engagement, utilization and quality of care



Community Outreach



Replication of Evidence Based Practice: PATCH



Youth friendly SBHC videos




Youth Friendly subsite for our website

enverheal x +

https://www.tiktok.com/@denverhealth.sbhc

Search accounts

+ Upload Log in

 **denverhealth.sbhc**
denverhealth.sbhc

Follow

30 Following 129 Followers 801 Likes

Clinics are open! To make an appointment, call 303-602-8958! Or email us!
www.denverhealth.org/servic...

Videos Liked

Tips for coming out (if you're feeling ready this June 🏳️‍🌈)

Learning to manage anxiety can be tricky. Luckily, our School-based therapists are here to help you build skills to tackle your anxiety properly!

When you find out you can get free birth control at the School-based Health Center at your school

When I find out the high school I'm going to has a School-based Health Center

Get app

86°F Partly sunny 8:47 PM 6/16/2022

Social Media

https://www.tiktok.com/@denverhealth.sbhc/video/7101663673495686442?is_from_webapp=1&sender_device=pc&web_id=7013079212535105029

Keeping up With Your Health

Welcome to high school! As you probably already know, these next few years may be a rollercoaster ride! Luckily, there are School-Based Health Centers (SBHCs) to help you. These on-campus clinics are open during the school year and ready to help you with all things health-related. There are many medical services you can access at no cost at the SBHCs, such as general health services (like immunizations or sports physicals), mental health services, sexual health services, and dental health services. Visit the clinic at your school to learn more.

SCHOOL-BASED HEALTH CENTER TIPS:

- Some visits are confidential - this means everything you say is kept between you and the medical provider in the clinic
- With clinics being on-campus, it makes scheduling appointments quick and easy!
 - You can make an appointment for physical, mental, sexual, or dental health visits
- Everything at the SBHC clinic is offered at no cost, that means we never charge you or your family money for anything at the SBHC!

General Health

While on your high school journey, it's important to stay on top of all aspects of your health: physical, mental and sexual health. The easiest part about that is, there are so many people here to help you!

GENERAL HEALTH TIPS

- Focus on eating lots of different nutritious foods: vegetables, protein, whole grains, and fruit!
- Find fun ways to move your body to stay active
- Try to get 8 hours of sleep every night and not a lot of screen time before you go to bed.

Mental Health

Your mental health is just as important as physical health. It's normal to feel stressed. Ask for help if things feel hard to handle. We have therapists who work with students at our health centers!

MENTAL HEALTH TIPS

- Get enough sleep. Shoot for 8-10 hours a night!
- If you are feeling sad, it is okay to reach out to someone.
- Take time for self-care (do something YOU like to do).
- If you need to see a therapist, come to the SBHC
 - If in crisis, contact the Colorado Crisis Line at 844-493-TALK (8255).

Sexual Health

Sexual health is just as important as mental & physical health! Whether you choose to be sexually active or not, it's important to know about sexual health. All of the sexual health services at the SBHC can be accessed without parent notification and are always kept confidential. Remember, confidential means everything you say stays between you and the medical provider at the clinic.

SEXUAL HEALTH TIPS

- Consent is key!
- You know your body! If something does not seem right, come to SBHC today! We can help you.
- If you have questions, ask a trusted adult. There are plenty of trusted adults in the school including clinic staff, school nurses, teachers, or anyone else you personally trust.
- If you are sexually active, make an appointment to see the Health Educator at the SBHC! They will help you stay safe and healthy. And anything you share with them is, you guessed it, CONFIDENTIAL.

Dental Health

Keep your mouth looking and feeling great by getting regular dental cleanings every 6 months. Check with the SBHC to see if you can get dental cleanings at your school.

DENTAL HEALTH TIPS

- Bleeding gums can be a sign of gingivitis and means that you need to floss more and gently brush your gum line.
- Use a soft or extra soft toothbrush.
- Chewing gum isn't all bad. Try to find sugar-free gum that contains XYLITOL.



TIPS TO ADVOCATE FOR YOUR OWN HEALTH:

- Be assertive.
- Make a list of all your questions and concerns and be ready to share honestly with your provider.
- Ask for an interpreter if you need one.
- Ask questions during your visit if you don't understand something.



General Health

Graduation brings many different emotions for students, some of which can be stressful. Whether you plan to attend college or not, it is important to manage stress and stay on top of your health and wellness. And don't forget to stay up to date on your immunizations!

GENERAL HEALTH TIPS

- Focus on eating a variety of nutrient rich foods: vegetables, lean protein, whole grains, and fruit!
- Find fun ways to move your body.
- Try to get 8 hours of sleep every night and limit screen time.



Mental Health

Your mental health is just as important as physical health. It's normal to feel stressed. Ask for help if it feels too overwhelming.

MENTAL HEALTH TIPS

- Get enough sleep. 8-10 hours is ideal!
- If you are feeling sad, it is okay to reach out to someone.
- Take time for self-care (do something YOU like to do).
- If you need to see a professional/therapist, contact your medical provider and ask for a referral. If in crisis, contact the Colorado Crisis Line at 844-493-TALK (8255).

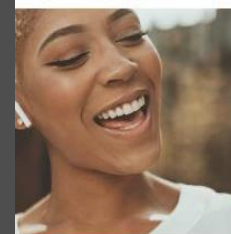


Sexual Health

Sexual health is just as important as mental & physical health! Whether you choose to be sexually active or not, it's important to know how to navigate sexual health services and ask questions when you have them.

SEXUAL HEALTH TIPS

- Consent is key!
- You know your body! If something does not seem right, call a clinic today!
- If you are sexually active, get tested! (Most places test for FREE.)



Dental Health

Keep your mouth looking and feeling great by getting regular dental cleanings every 6 months.

DENTAL HEALTH TIPS

- Bleeding gums can be a sign of gingivitis and means that you need to floss more and gently brush your gum line.
- Use a soft or extra soft toothbrush.
- Chewing gum isn't all bad. Try to find sugar-free gum that contains XYLITOL.

Insurance

Health insurance can be confusing! Make sure to check out the additional Health Insurance FAQ flyer provided.

HEALTH INSURANCE TIPS

- If you are confused, ask questions.
- Double check your coverage.
- Look up definitions, such as co-payment, deductible, and co-insurance.



Scan the QR code to learn more

“Nothing
About Us,
Without Us”

Know Your Rights

YOU ARE NEVER TOO YOUNG
TO ADVOCATE FOR YOUR HEALTH

You have the right to:

SUPPORT

Express complaints & report any person. Ask for a family member or friend to be with you for an appointment.

ASK QUESTIONS

If you're unsure about why you're in the clinic or the care you're receiving, ask us!

NO COST

Denver Health School-Based Health services are cost-free, regardless of identity or background, including immigration status.

ACCESSIBLE SERVICES

Decline or reschedule appointments whenever you want. Request for language interpretation or translation.

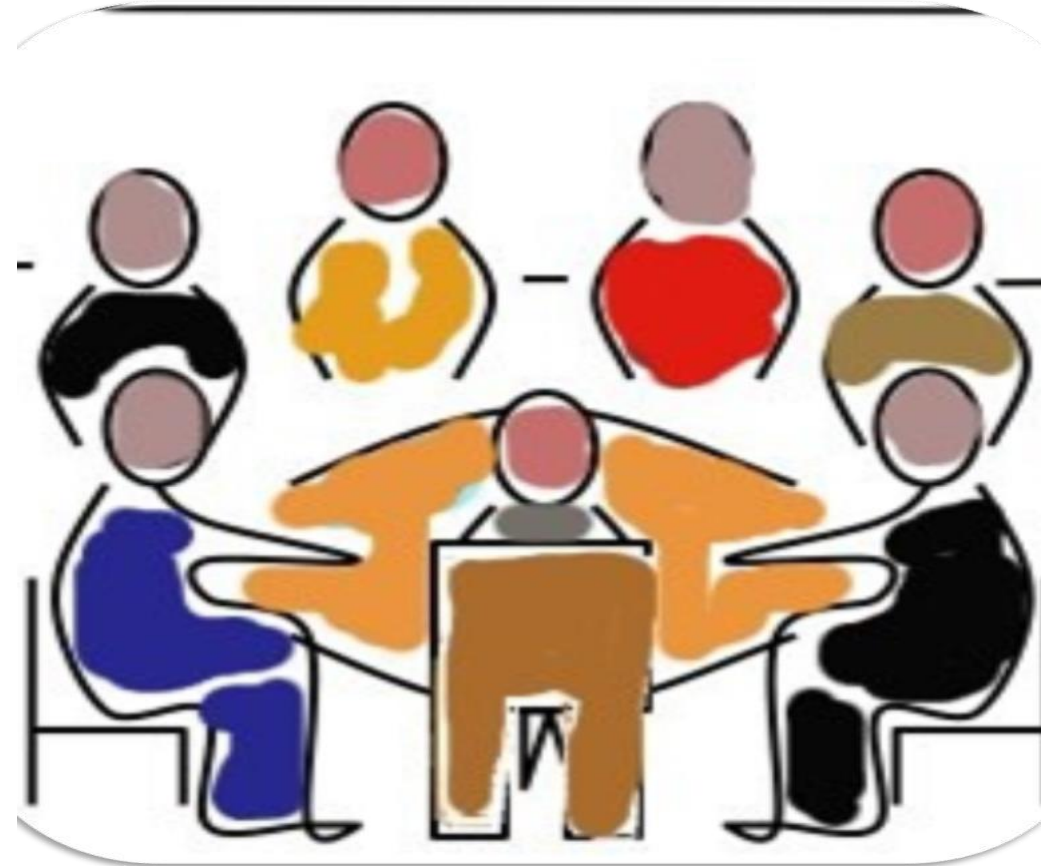
PRIVACY

Receive confidential care that protects you and your privacy, even from parents, teachers, & employers.



Next Steps for YOU

- Benefit Statement
- What are you currently doing?
- What is your long-term goal?
- Where would you like to be in a year?
- Three specific steps







DENVER HEALTH™

est. 1860

FOR LIFE'S JOURNEY

Get in touch

Tara.melinkovich@dhha.org