

Advancing Health Policy through Youth Advocacy



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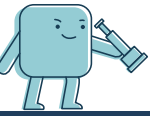
Check in

1. Share your name and pronouns
2. The organization you are representing and state
3. Rate 1-5, how are you doing?



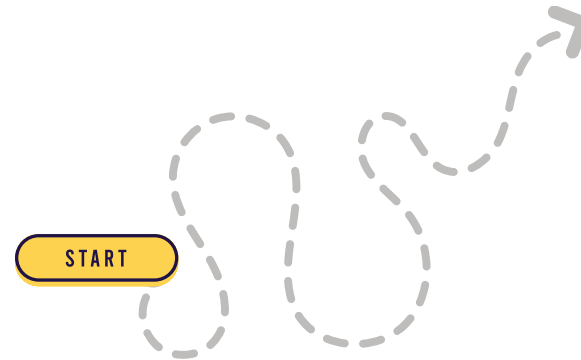
After this workshop, participants will be able to:

- Define youth advocacy.
- Identify three ways adult allies can engage youth as advocates for substance use.
- Describe three strategies adult allies can use to support youth-led advocacy with school administration and larger community.



Agenda

- Background: SBHCs
- Youth Advocacy
- Partnerships
- Curricula
- In Action
- Best Practices



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Putting Health Care in Schools

The California School-Based Health Alliance is the statewide non-profit organization dedicated to **improving the health & academic success of children & youth by advancing health services in schools.**

Learn more:
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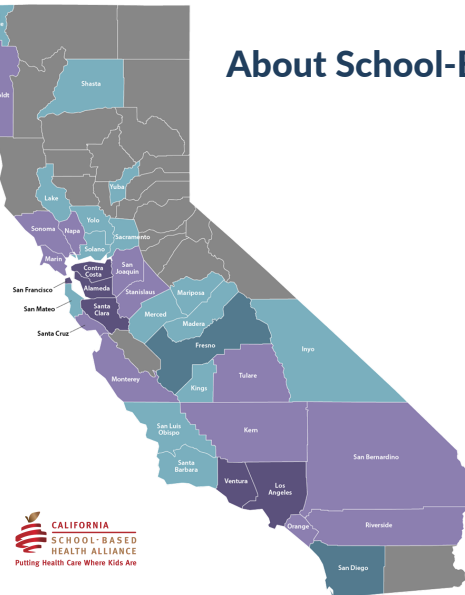
About School-Based Health & Wellness Centers

328,000
students have
access to high-quality
health services



School-based health and wellness centers (SBHCs) offer services in a place that is familiar, trusted, age-appropriate, and convenient for students and families.

In 2000, there were 108 SBHCs; today there are **346** and growing.



Advocacy

- Speaking up on behalf of a particular issue, idea, or person
- Standing up for something you believe in

Advocate

- Stands up for people
- Speaks out and gets their voice heard
- Meets with people in power & asks for specific things



Why is youth advocacy important?

Youth Advocacy

- Adults work in partnership with youth to build their leadership + advocacy skills
- Offer youth opportunities to influence and change the systems that impact them
- Acknowledge the wisdom and experience young people have
- Build youth power through leadership development



What does it look like?

- Fellowship/internship
- Public Hearings
- Campaigns
- Commission and workgroup meetings
- Youth focus groups/listening sessions
- Written testimonies and surveys
- Call/write to elected officials
- Social media
- Legislative meetings
- Sign petitions
- Attend a march or rally



Youth Engagement vs. Tokenization

ROGER HART'S LADDER OF PARTICIPATION



- RUNG 9 - Youth initiated shared decisions with adults:** Youth-led activities, in which decision making is shared between youth and adults working as equal partners.
- RUNG 7 - Youth initiated and directed:** Youth-led activities with little input from adults.
- RUNG 6 - Adult initiated shared decisions with youth:** Adult-led activities, in which decision making is shared with youth.
- RUNG 5 - Consulted and informed:** Adult-led activities, in which youth are consulted and informed about how their input will be used and the outcomes of adult decisions.
- RUNG 4 - Assigned, but informed:** Adult-led activities, in which youth understand purpose, decision-making process, and have a role.
- RUNG 3 - Tokenism:** Adult-led activities, in which youth may be consulted with minimal opportunities for feedback.
- RUNG 2 - Decoration:** Adult-led activities, in which youth understand purpose, but have no input in how they are planned.
- RUNG 1 - Manipulation:** Adult-led activities, in which youth do as directed without understanding of the purpose for the activities.

Adapted from Hart, R. (1992). Children's Participation from Tokenism to Citizenship. Florence: UNICEF Innocenti Research Centre, as cited in www.healthcenter.org/center



Policy Advocacy Scramble Activity



Steps to Policy Advocacy

- Define the problem
- Set goals & objectives
- Identify decision maker(s) and influencer(s)
- Do research that supports your policy solutions to the problem
- Build relationships with usual and unlikely allies
- Communicate your research's finding and recommendations
- Secure policy champion(s)
- Gather support throughout policy negotiations
- Evaluate and celebrate process

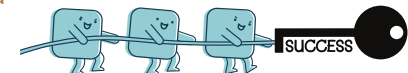
Partnerships: The Key To Success

The best school-based health and wellness centers have a strong link between the school district and clinic provider.

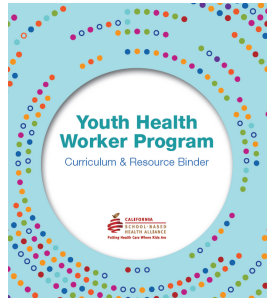
Other partners can include:

- Community-based organizations
- Municipalities
- County public health departments
- Mental Health providers

Wellness centers work best when well integrated into school environment.



Youth Substance Use Prevention & Advocacy: A Peer Health Curriculum



Advocating for Change in Schools Module Activity

What are ways that advocates and/or special interest groups influence public policy?

Can you think of a time when students at your school influenced school policy?

What are ways we can influence school policy, particularly around alternatives to discipline when students are caught with/or are under the influence of substances?

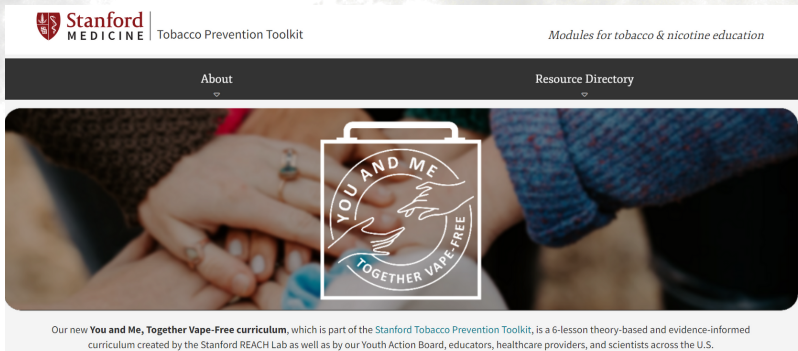


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Stanford Tobacco Prevention Toolkit



<https://med.stanford.edu/tobaccopreventiontoolkit.html>

What does youth advocacy look like in action?



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In Action: The Los Angeles Trust for Children's Health

- CSHA partnered with 5 adult allies who work with a total of 8 student advisory boards (SABs) from different schools in Los Angeles, California.
- Each adult ally taught the Stanford Tobacco Prevention Toolkit curriculum with their SABs over several weeks.
- Youth leaders created different projects to educate their peers on the harms of tobacco use and vaping and advocated for themselves, their peers, their campuses, and their communities.



The Los Angeles Trust for Children's Health

The L.A. Trust for Children's Health

In Action: CSHA Youth Board

CSHA Youth Board currently includes seven Youth Leaders (ages 19-23).

Youth Leadership & Advocacy Efforts:

- Testifying at state legislature in support of AB 1940
- Co-leading CSHA Advocacy Day training
- Meeting with state legislature to advocate for AB 912 and AB 599



In Action: Camarena Health

- Camarena trained 162 students at both schools in Madera County
- Students surveyed peers on campus at Madera South and Matilda Torres High Schools regarding mental health resources on campus
 - Familiarity/knowledge of services
 - Accessibility
 - Utilization/interest in use
- Received over 200 responses from students



In Action: Sierra High School

Sierra High School led a substance use prevention field day with 8 booths and/or activities to be visited by students

- Ask a doctor
- Friday Night Live Booth
- Safe & Sober Prom
- Survey

Incentives: Free popcorn and opportunity to win prizes



In Action: The James Morehouse Project

James Morehouse Project led a school-wide lunch event

- Jeopardy game
- Survey about youth perspectives on substance use at school and school responses
- Reflection board: what stops youth from doing substances or what gets in the way of their quitting
- Substance use resources were shared

Incentives: Candy and a raffle for a \$25 gift card



What strategies do you use for youth engagement?

Learn from youth on what they think are important issues

Find resources to support youth on their passions and challenges

Adapting tools to better meet their students' demands and specific community needs

Best Practices for Youth Advocacy

Advocacy process is more important to youth development than the advocacy outcome - because we built youth power, leadership + skills

Provide opportunities to develop youth leadership skills

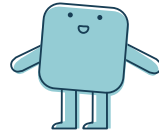
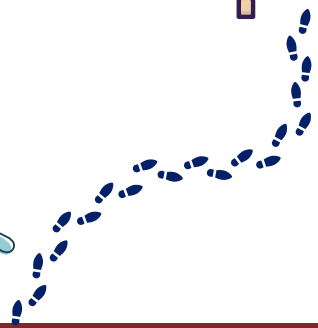
Give youth the space and tools to lead

Empower youth to turn their knowledge into advocacy efforts and mobilize their peers



Thank you!

Questions?



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Continuing Education Credits

In support of improving patient care, this activity has been planned and implemented by the School-Based Health Alliance and Community Health Center 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.

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Please go to the link for the CME web platform (Weitzman Education) posted in the mobile app to complete the post-session survey to access your continuing education credit.

A comprehensive certificate will be available in the CME platform after completing the post-session surveys for all sessions you attended.