

"MAP IT"

Quality Improvement Basics for Youth Led Projects



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Objectives



Define quality improvement methods and tools for problem solving and project design in simple, digestible terms

Build confidence among youth leaders to turn problems into processes leading to actionable steps toward improvement



About Us



Columbus, Ohio
Nationwide Children's Hospital



Our School Based Health Centers



Student Driven, Adult Guided Programs



Nationwide Children's Youth Advisory Council



- Columbus City Schools
- 5 High Schools
- 40 Students



Structure



- Supported by School Health Liaisons
- Full council meets quarterly
- Individual teams meet weekly
- End of Year celebration

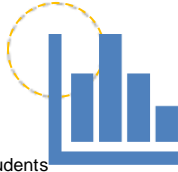


Youth Advisory Council

PURPOSE		BENEFITS
Advocate	Advocate for relevant health care services by providing feedback & sharing ideas	Community Service Hours
Activate	Activate public health projects to benefit our school community	Leadership Experience
Amplify	Amplify youth voice serving as health ambassadors in our schools	Exposure to Careers
		Stole at Graduation
		Potential to participate in local, regional, and national initiatives

Our Accomplishments

- Organized numerous schoolwide events and initiatives
- Presented at statewide school health conference
- Evidence of improved behavior among student participants
- Average lunch and learn attendance - 20 students
- Over 300 surveys collected



Activity

Goal: Pass the tennis ball to every person who has a cup, using only the cups as fast as possible.

1. Each cup can only hold the tennis ball one time.
2. The tennis ball has to start with Cup 1 and end with Cup 2.
3. If the ball hits the ground, it must start over at Cup 1.



What is Quality Improvement?

Methods to make improvements to challenges & processes in a simple way



Work as a team



Identify problems



Share and try ideas to make an improvement



MAP IT!

Make It A Process



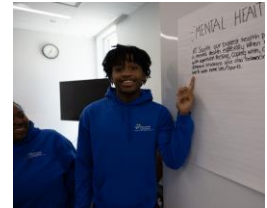


Create your AIM

- The aim is your goal.
- What do you want to change or improve?

Step 1: Our AIM

- We want to improve the way students at our school manage stress and burnout.



List Your Key Drivers

- These are the things that drive change.
- If ___ improves, then our aim will improve.

Step 2: Our Key Drivers

If ___ improves, then more students will manage their stress better.

access to resources

communication skills

awareness

safety of our environment



STEP 3

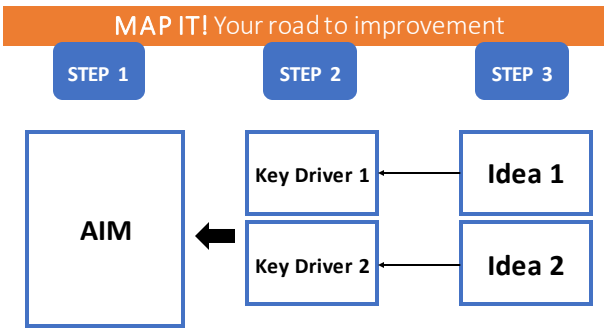
MAP IT!

List your ideas!

- What's an idea we could try for each of our key drivers?

Step 3: Our Ideas

- access to resources** Host a Mental Health Fair
- communication skills** Create a Peer-to-Peer Mentoring Program (Care Corner)
- awareness** Organize a Mental Health Spirit Week
- safe environment** Arrange a stress and burnout lunch and learn
Build out a Wellness Room



Remember This?

Let's do it again.

Except this time, let's **MAP IT!**





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List your ideas!

- What's an idea we could try for each of our key drivers?



**Successfully Using Quality Improvement
3 Cs of Mindfulness**



COURAGE



CALMNESS



CARE

Questions?

