



**Exciting and Empowering
Youth Advisory Councils
for SBHC Leadership and
Advocacy!**

**Stone School Youth Advisory Council/
University of Michigan
Regional Alliance for Healthy Schools
June 28th, 2007**

Welcome!

Agenda

- Part 1 (9am-10:15am)
 - Welcome & Opening
 - Descriptions:
 - Stone School
 - YAC
 - HealthPlace
 - Recruiting and Retaining YAC Members
 - Youth/Adult Partnerships
 - Service Learning
 - Questions

Stone School

- Alternative high school serving 200 students who have been unsuccessful in the traditional setting
- Became an exclusive high school in 1997



Stone School Mission

- The mission of Stone High School is build respectful and cooperative student/staff relationships, to provide meaningful educational experiences, and to offer genuine support so that each student:
 - *is accepted and valued,*
 - *learns the connection between choices and consequences,*
 - *is empowered by knowledge,*
 - *makes healthy life choices, and*
 - *achieve academic excellence.*

Stone School Students...

- Have an average student age of 16.5
- Have struggled in the traditional school system for a variety of reasons, such as:
 - Substance abuse
 - Foster care
 - Teen parenting
 - Physical and mental health issues
 - Incarceration
 - Truancy
- All Want To Graduate From High School!

HealthPlace 101 (HP 101)

■ Mission

- The Regional Alliance for Healthy Schools (RAHS) school-based health centers promote the health and holistic growth of the students and families of the school communities we serve.

■ Vision

- Access, advocacy, and collaboration
- Disease prevention, health promotion, and health education
- Physical and mental health services
- A commitment and response to community needs



HealthPlace 101 (HP 101)

- Three SBHCs make up RAHS, located in Ann Arbor and Ypsilanti School Districts:
 - Stone School HS,
 - Scarlett Middle School
 - East Middle School
- RAHS serves students within these schools, their siblings and children



YAC-History

- The early years of YAC were focused more on becoming leaders, learning team skills, and giving input into HP 101 programs and services.
- This year YAC is spreading the skills we have learned to other youth, determining programming and health issues and working on them to accomplish goals.

"More Than A Band Aid...Quality Physical, Emotional and Preventive Healthcare"

YAC: Who We Are

- We:
 - Are leaders
 - Are decision makers
 - Are problem solvers
 - Are advocates
 - Focus on teen healthcare issues



YAC: Why We Are Here



- We will...
 - YAC to adults about what's happening with teens today
 - YAC to peers about what is risky behavior and how to prevent it
 - YAC to lawmakers teachers, parents, and the principal about why HP 101 is important to have at our school

Recruiting and Retaining YAC Members

- YAC members are chosen because they have unique styles that can help the group be more successful.
- Original YAC members were selected by HP 101 staff based on teacher recommendation & students' use of SBHC.
- In current process, potential YAC members complete application and interview.
 - YAC members recruit in fall
 - Stone School staff recommend students in spring
 - Individuals interviewed about:
 - What they can bring to group
 - What they would change to improve group

Training & Team Building



- UM Challenge Course
 - Participate in Fall as opening YAC training event
 - Purpose: helps YAC learn how to work together
 - Ropes Course and Team Building Activities

Training & Team Building

- Other Team Building Activities
 - YAC Team Meetings
 - Mongolian BBQ Fundraiser



YAC Meeting Assignment Schedule '07

Planning (agenda/activity/food)

Dec: Cynthia

Jan: Kenny

Feb: Trina

March: Bambi

Apr: Armoni

May: Brian

Keeping Order (respectfully)

Dec: Chris

Jan: Librarian

Feb: Maria

March: Walter

Apr: Hannah

May: Trina

Leader (timekeeper/lead the agenda)

Dec: Librarian

Jan: Maria

Feb: Chris

March: Susan

Apr: Shakisha

May: Armoni

Minutes (note taking for meeting)

Dec: Kenny

Jan: Cynthia

Feb: Walter

March: Adrienne

Apr: Alicia

May: Bambi

Youth/Adult Partnerships

- A youth/adult partnership is a cooperative effort between two groups (youth and adults) that equally benefit both parties.



(adapted fr: *Blueprint for Service*, Aid Association for Lutherans, 2000)

Youth/Adult Partnerships

Discussion Activity

What do you think are some challenges for youth/adult partnerships?

What do you think are some benefits to youth/adult partnerships?

Youth/Adult Partnerships

■ Benefits

- Fresh perspective
- Youth energy
- Adult mentorship
- Better cooperation between youth and adults
- Mutual respect
- Accomplish more
- Trust/growth



Youth/Adult Partnerships

■ Challenges

- Allowing all voices to be heard
- Allowing youth to make mistakes
- Lack of support
- Communication between youth and adults
- Lack of respect
- Managing behavior that affects partnership
- Working outside your perspective

Service Learning

- Service learning is a teaching and learning strategy that involves participants in challenging tasks to meet community needs
- Five Key Outcomes
 - Personal development
 - Social and interpersonal development
 - Values development
 - Academic and cognitive development
 - Career development

(adapted fr: *Blueprint for Service*, Aid Association for Lutherans, 2000)

Sexual Health Project: MS YAC Skit

- **Purpose:** increase awareness of abstinence, making positive choices and sexual peer pressure
- **Goal:** to decrease teen STI and pregnancy rates by increasing awareness of the issues surrounding sexual health
- **Process:**
 - Decided to talk with middle school YAC group about sexual health issues
 - Found out dating violence, peer pressure and rumors are biggest problems they face
 - Helped YAC develop service learning plan to address issues
 - Wrote a skit to teach them about dealing with these issues
 - Presented during assembly planned by MS YAC

Sexual Health Project: Contraception Project

- **Purpose:** decrease the teen pregnancy rate by increasing access to contraception
- **Goal:** to allow MI School Boards to determine whether a SBHC can distribute contraception on high school property
- **Process:**
 - Researched teen pregnancy, birth control/contraception & types given in schools
 - Created binder materials on abovementioned topics
 - Talked with legislators while not in session
 - YAC will meet with legislators to promote message: “Allow local school boards to decide whether birth control is distributed in high schools”

Service Learning In Action

■ Learning

- Students conducted research on Internet and with literature
- Used writing, reading, science & critical analysis skills

■ Application

- Developed projects around sexual health:
 - Middle School Sexual Health Skit
 - Contraception Project

■ Action: Sexuality Project

- Made a play about consequences of sexual peer pressure
- Shows negative and positive aftereffects of positive and negative peer pressure put on young adults

Questions?



Thank You!

Contact Information

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