

SUPPORTING STUDENTS TO LEAD A HEALTHY RELATIONSHIPS REVOLUTION

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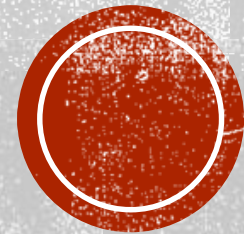
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Public Health Institute

Oakland, California



WELCOME AND INTRODUCTIONS

- Who you are:
 - Stand and Deliver!
- Who we are:
 - California Adolescent Health Collaborative
 - A program of the Public Health Institute
 - www.californiateenhealth.org



CALIFORNIA
ADOLESCENT
HEALTH
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CALIFORNIA ADOLESCENT HEALTH COLLABORATIVE



RESEARCH

Breastfeeding & Breast Cancer Among Young Mothers

Summary

The purpose of this study is to understand how breastfeeding behavior modification can enable breast cancer risk reduction among young, diverse mothers. This study uses community-based participatory research to investigate multi-level (social and structural) barriers and facilitators of breastfeeding in this vulnerable population.

Objectives

- Identify social and structural barriers to breastfeeding among young mothers
- Learn motivators of breastfeeding for young mothers during their child's first year.
- Develop a community-driven policy or programmatic intervention in our target population.

Partner

Brighter Beginnings

Funder

California Breast Cancer Research Program at the University of California, Office of the President

M.E.T.A. Oakland: E-Cigarette Marketing

Summary

The Marketing E-Cigarettes Toward Adolescents (M.E.T.A.) Oakland project supports Bay Area youth researchers in partnership with University of California, San Francisco, UCSF Center for Tobacco Control Research and Education, with urban PhotoVoice, a community-based participatory research method, to

AGENDA

- Adolescent Relationships Abuse and the Socio-Ecological Model
- Background on CAHC's Healthy Relationships Projects
- Positive Youth Development Elements
- Lessons Learned
- Programmatic Elements of Cross-Sectoral Healthy Relationships Programming
- Q and A



PRESENTATION OBJECTIVES

- Understand the goals, objectives, and components of CAHC's Healthy Haven and H-REP projects.
- Develop a list of stakeholders from local organizations that could participate in a partnership to address ARA in their own communities.
- Identify components of the Healthy Haven and H-REP projects that could feasibly be adapted for their own communities and/ or schools.



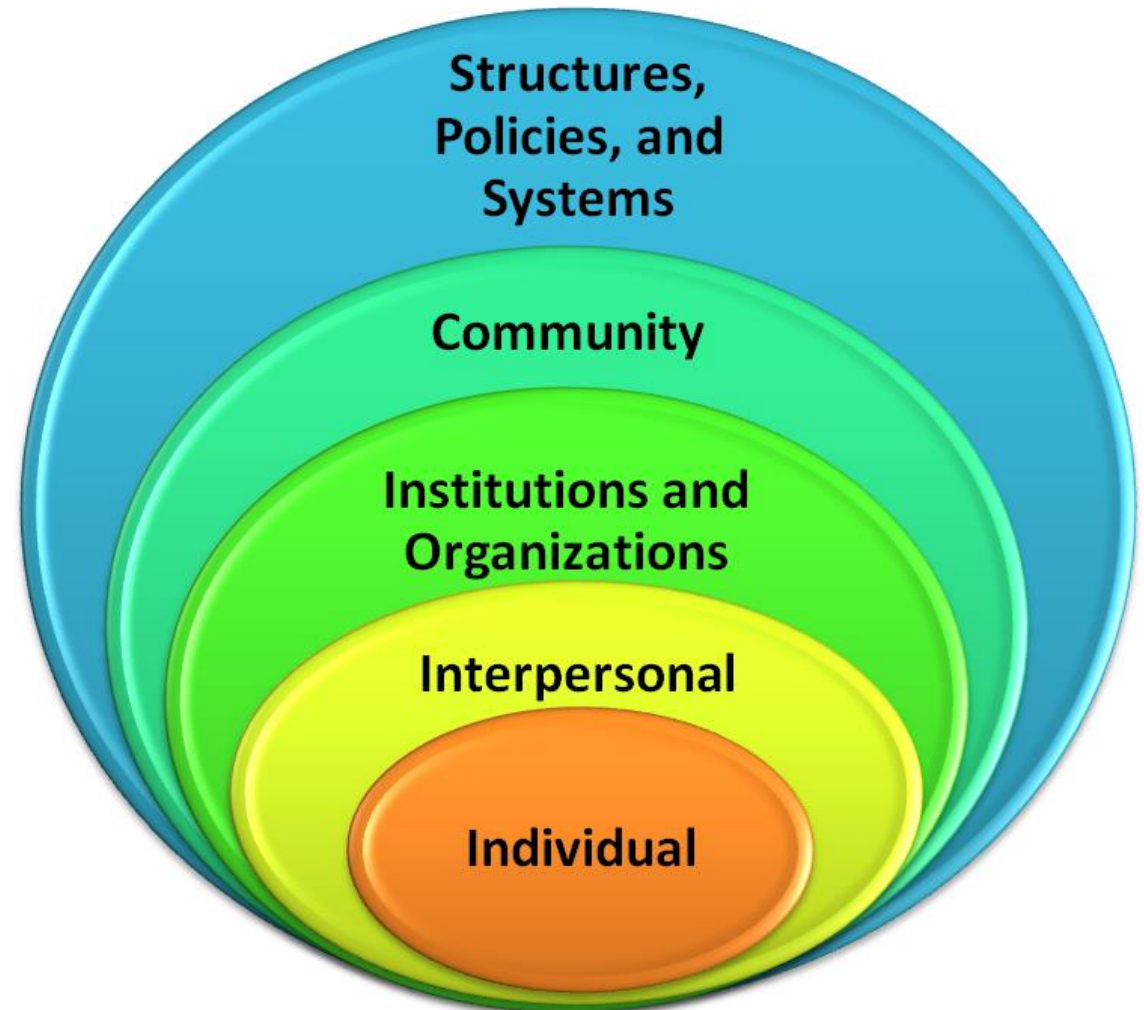
Adolescent Relationship Abuse (ARA)

ARA – Refers to a pattern of repeated acts in which a person physically, sexually, or emotionally abuses another person of the same or opposite sex in the context of a dating or similarly defined relationship, in which one or both is a minor. – *California Department of Public Health*



ADOLESCENT RELATIONSHIP ABUSE AND THE SOCIO-ECOLOGICAL MODEL

The problem is impacted at multiple levels, the solution should be too!



■ **Core Principles of Positive Youth Development**

- **1. Strengths-Based** – Focus on building strengths rather than looking at deficits.
- **2. Youth Engagement** – Youth are resourceful, meaningful contributors, and partners in program and policy development and implementation.
- **3. Youth Voice** – Youth are active and equitable partners in planning and implementing programs and initiatives where their voices are heard and valued.
- **4. Opportunity** - Youth are given meaningful opportunities to contribute, practice skills and obtain experiences in leadership.
- **5. Youth-Adult Partnerships** – Youth collaborate with adults to make decisions for program and policy planning, implementation, and evaluation.
- **6. Culturally Responsive and Inclusive** – Adults and youth recognize and respond proactively to diversity in backgrounds such as cultural, ethnic, racial, linguistic, learning and physical abilities, sexual orientation, gender identity, socioeconomic status and geographic location, to ensure inclusivity and equity.
- **7. Community Involvement and Collaboration** – Communities, schools, and families collaborate with private/public agencies to support youth and their development.
- **8. Long-term** – Support of youth is on-going, sustainable, and developmentally appropriate.





Protective Factors

Resilience

Goals
Social skills
Problem solving abilities
Independence



What resilience looks
like in young people



Positive Outcomes

Career Development

Physical & mental health

Achieve educational goals



ROOTS OF OUR ARA PREVENTION PROJECTS

- Following youth's lead
 - Golden Valley Health Center's Teen Advisory Council
 - Youth Leadership Development Training
 - Identified multiple health issues important to their communities
 - Top among them: ARA



HEALTHY HAVEN BACKGROUND

- Healthy Haven started as an innovative funding initiative by the Blue Shield of California Foundation to promote and improve partnerships between Healthcare providers and Domestic Violence advocates (the DVHCP).
- 19 teams were selected, we are the only team to have youth leadership teams as partners.
- Located in the middle of California's Central Valley in Modesto/Riverbank, CA.



H-REP BACKGROUND

- **Healthy Relationships & Economic Pathways Program's (H-REP) goal is to increase and promote healthy personal (intimate partners, peers, and parents) and professional relationships of youth, ages, 14-24, through a comprehensive, three-part pathway that includes: building healthy personal relationships, digital and financial literacy skills, and case management.**



POSITIVE YOUTH DEVELOPMENT: CARING RELATIONSHIPS WITH ADULTS

- **Identifying Stakeholders**
- **Multiple Sectors**
- **Support Each Other**

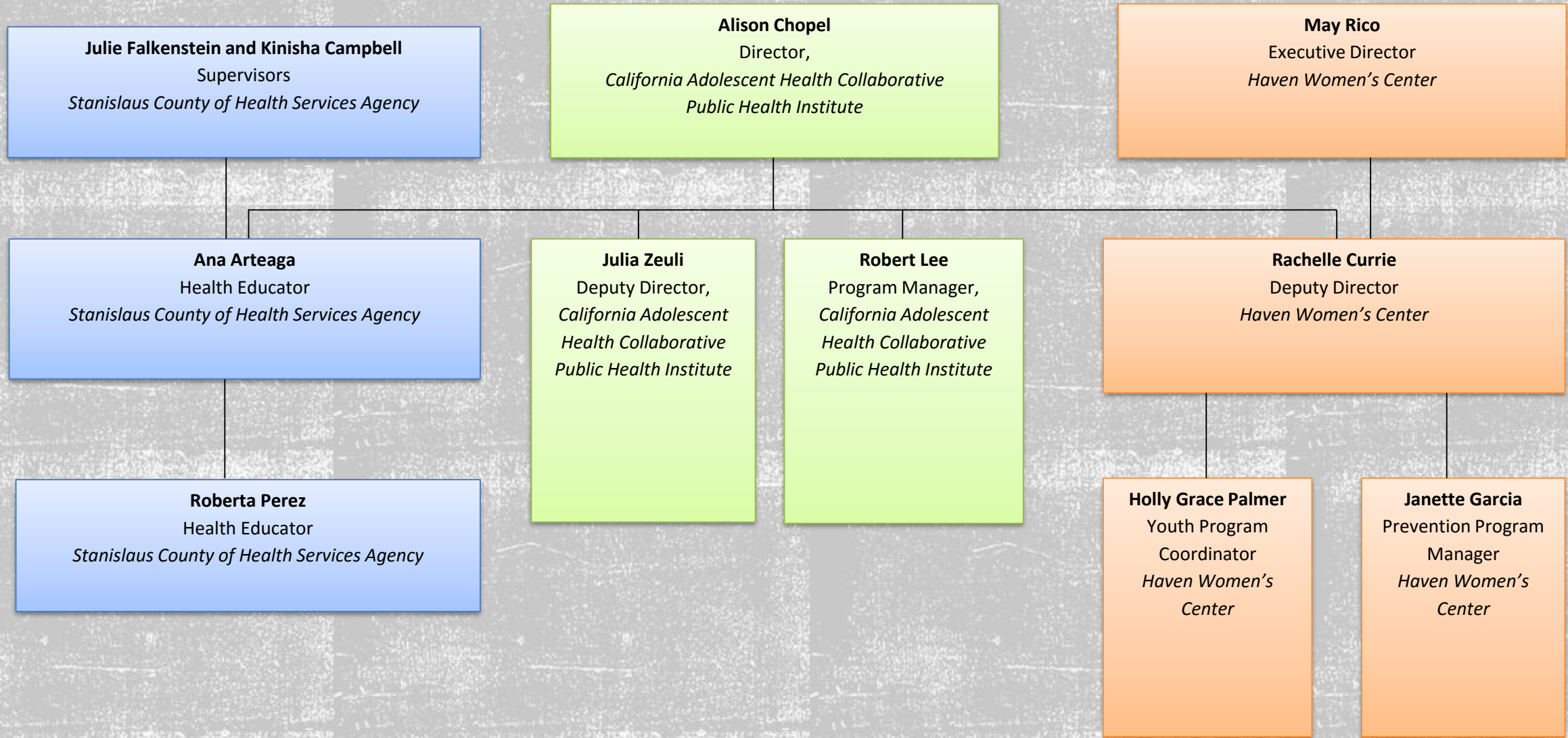


HEALTHY HAVEN PARTNERS

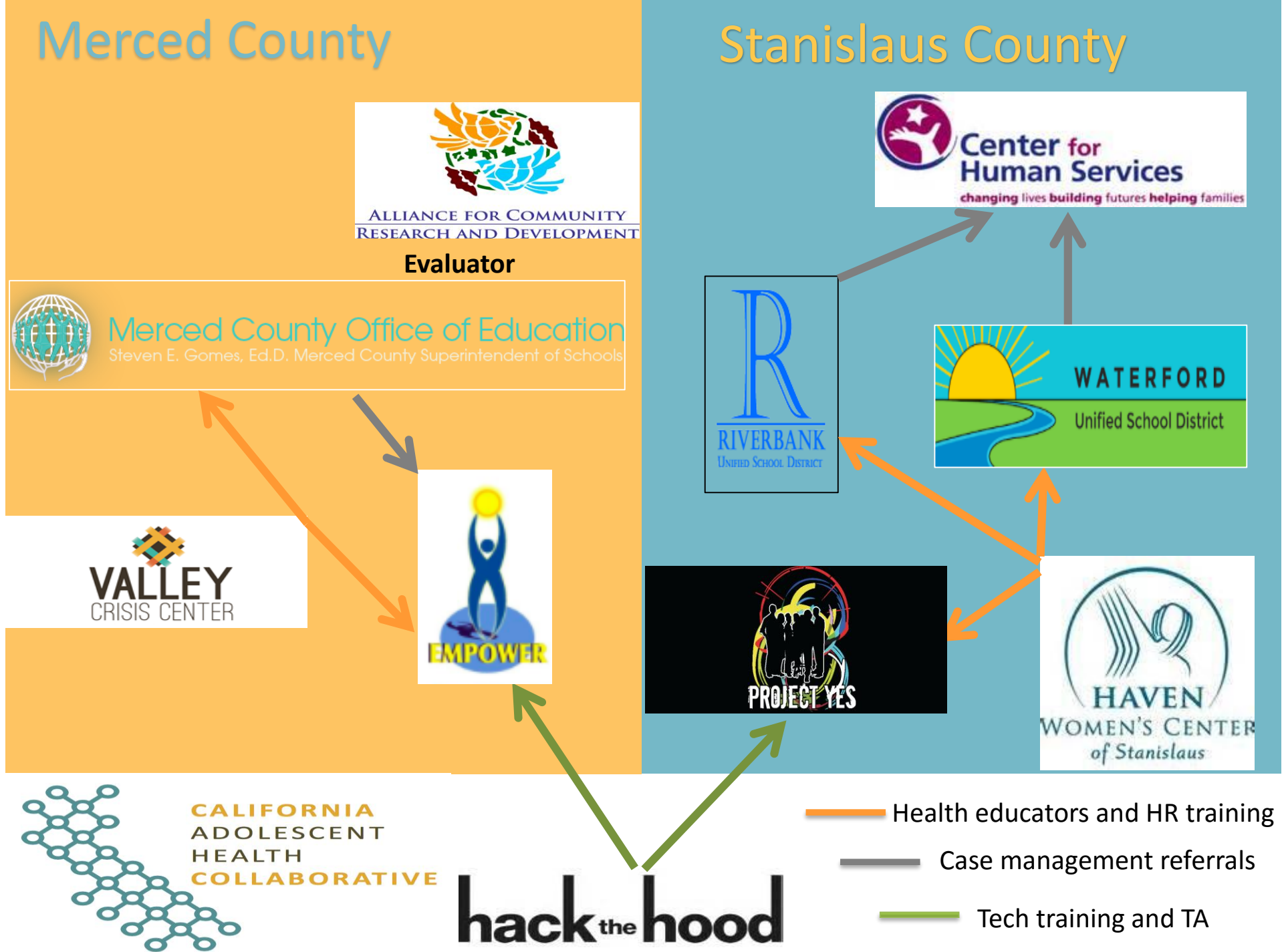
- 1. CA Adolescent Health Collaborative (CAHC)
- 2. Haven Women's Center of Stanislaus (HWC)
- 3. Stanislaus Health Services Agency (HSA)
 - (Originally Golden Valley Health Centers)
- 4. Riverbank and Enochs High Schools (RHS/ EHS)



ORGANIZATIONAL CHART



H-REP PARTNERS



Individual Activity:

Identifying local stakeholders in your community.

- **Grab a pen and the Stakeholders Worksheet.**
 - **Think about a project you want to do.**
 - **Complete the worksheet.**
-
- **We will share back.**



POSITIVE YOUTH DEVELOPMENT: OPPORTUNITIES FOR PARTICIPATION AND CONTRIBUTION

- **Healthy Haven Youth Leadership Teams:**
 - HARRT
 - Teen Scene 209
- **Including Youth in H-REP Planning and Design**
 - Selecting curriculum
 - Piloting curriculum



HEALTHY HAVEN PROJECT YOUTH LEADERSHIP DEVELOPMENT

DV Agency (HWC):

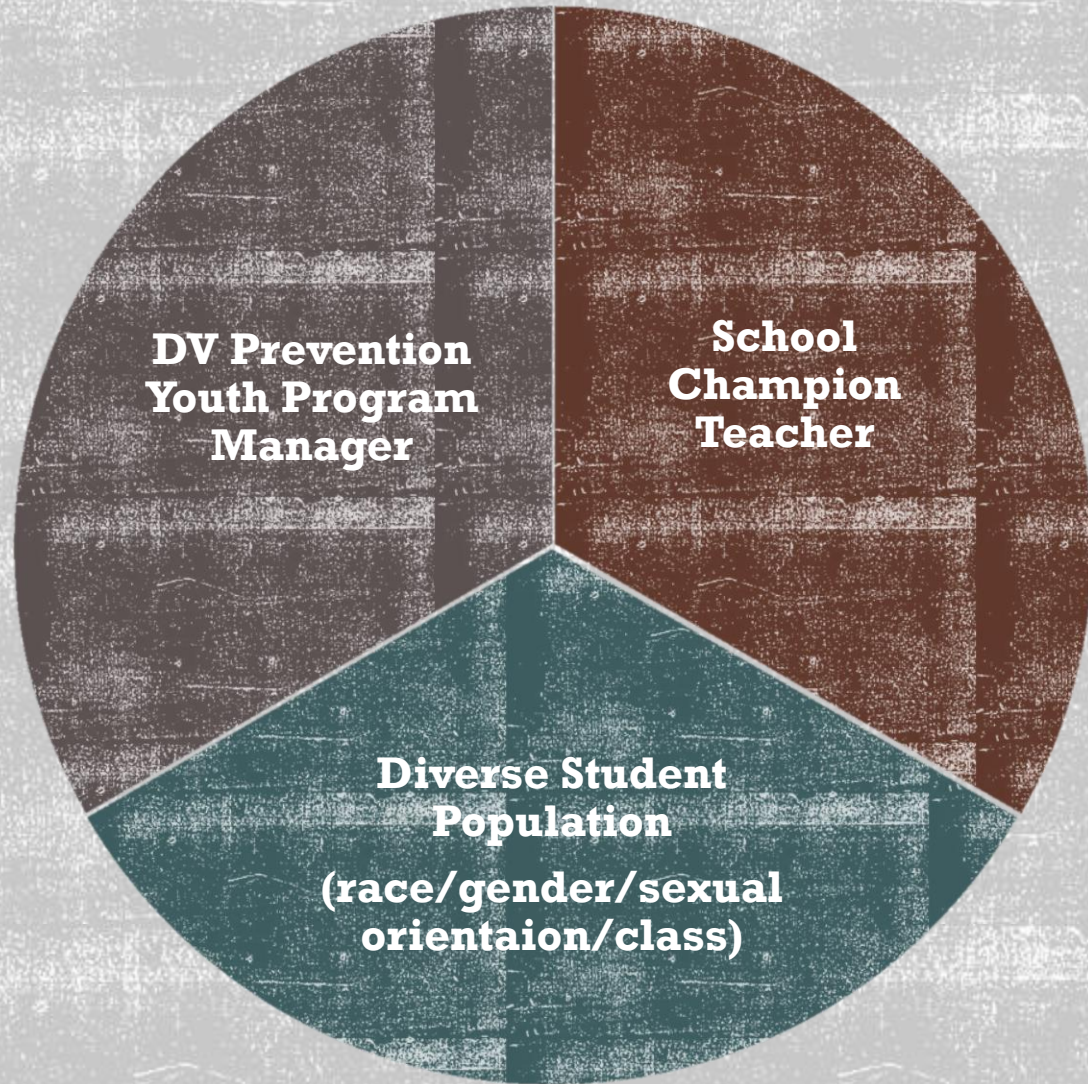
- Enochs High School
- Students chose the name Healthy And Responsible Relationships Troop (HARRTroop)
- Youth are instructed in ARA, and sexual consent and reproductive choice issues.
- Trained in the continuum of advocacy
 - HARRTroop chose awareness campaigns

Health Services Agency (SCHSA):

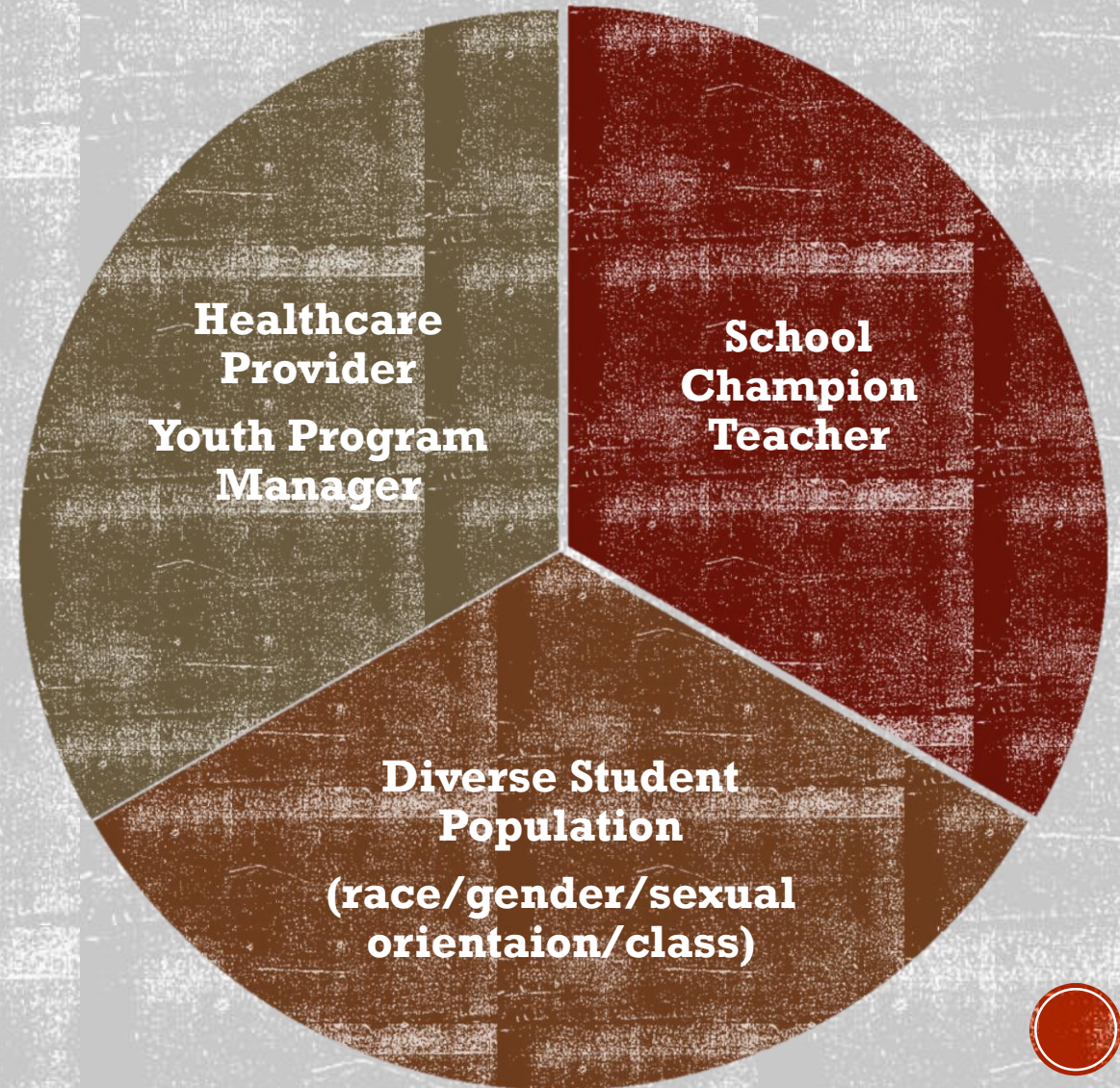
- Riverbank High School
- Students chose the name Teen Scene 209
- Youth are instructed in ARA, sexual consent and reproductive choice issues.
- Youth trained in the continuum of advocacy
 - Teen Scene 209 chose to advocate for Comprehensive Sex Education



HARRTROOP



TEEN SCENE 209



YOUTH LEADERSHIP MODEL

Fall
Semester

- Student Leadership Training by DV/HC Advocate

Spring
Semester

- Campus Outreach
- Community Outreach
- Advocacy

Repeat
Continuing
Semesters

- Ongoing Training and Support
- Peer Training



HEALTHY HAVEN PROJECT: SCHOOL-BASED ACTIVITIES

HARRTroop:

- Domestic Violence Awareness Month (Oct)
- Sexual Assault Awareness Month (Mar)
- Public Service Announcements (PSA)
- Advocacy Day State Capital Visit

Teen Scene 209:

- Advocacy to obtain Comprehensive Sex Education for School Site.
- Youth Focus Groups for Sex Education curriculum review and selection.
- On-Campus/Community Awareness



HARRT TROOP SOCIAL MEDIA TO RAISE AWARENESS

HARRT Troop is on Facebook and Twitter.

It is important that students feel empowered and comfortable.


facebook [Sign Up](#)

Email or Phone Password [Log In](#)

[Having trouble?](#)

[Create Page](#)

[Recent](#)
2015

 **HARRTroop**
Community



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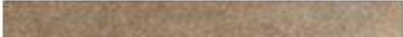
PEOPLE [>](#)

121 likes

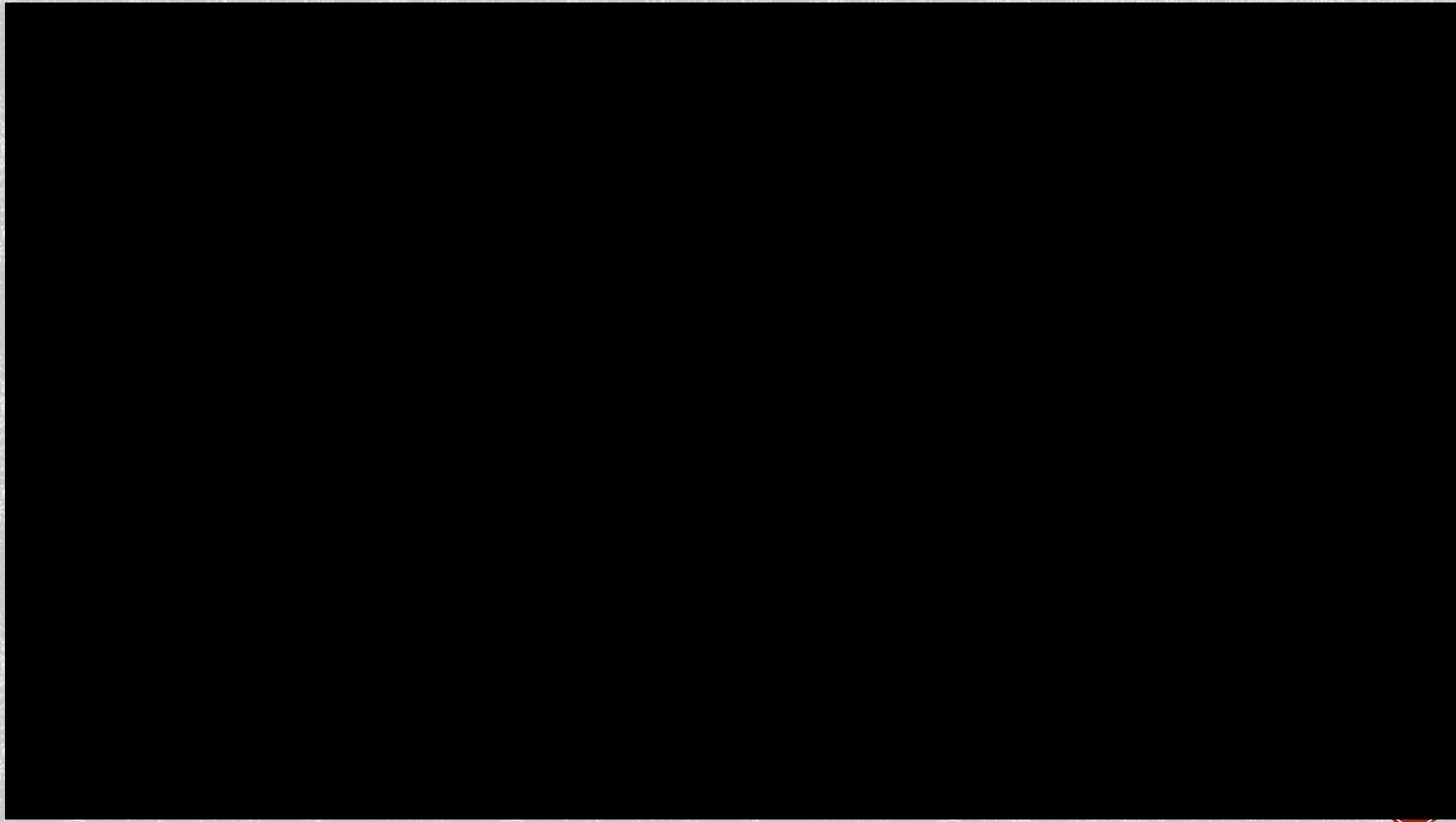
ABOUT [>](#)

 **HARRTroop**
1 hr · 

Hi everyone! Tonight there will be a play at the Gallo Center that HARRT has helped to put on. Our fantastic advisor Debbie Adair has directed it and a few HARRT students are acting. We also have students doing crew. The play is called The Sirens. It's only tonight and tomorrow night. Catch it if you can!!



MAKING OF HART TROOP PSA



TEEN SCENE 209 COLLABORATIVE EFFORT WITH H-REP

- Teen Scene 209 identified adolescent relationship abuse as an equity issue not being addressed in their school
- H-REP is a vessel to ensure their equity issue is addressed
- H-REP will use healthy relationship curriculum that is compliant with the new California Healthy Youth Act (Jan 2016) and meets both the Federal and California's requirements of Sexual Education
- Teen Scene 209 assisted H-REP by participating in the curriculum selection and review process
- H-REP trained youth on how to conduct evaluations



POSITIVE YOUTH DEVELOPMENT: OPPORTUNITIES FOR PARTICIPATION AND CONTRIBUTION



- Teen Scene 209 H-REP Curriculum Selection
 - Review four curricula.
 - Evaluated effectiveness of student engagement.
 - Decided on final selection.



POSITIVE YOUTH DEVELOPMENT: OPPORTUNITIES FOR ENGAGEMENT AND CONTRIBUTION

- **Project YES Reviewing of Selected Curriculum**
 - Comprised of older youth
 - Reviewed three lessons
 - Developed culturally/locally relevant scenarios.



POSITIVE YOUTH DEVELOPMENT: HIGH EXPECTATIONS AND ACCOUNTABILITY



- Developing the H-REP Youth Advisory Board



DEVELOPING THE H-REP YOUTH ADVISORY BOARD

- General call for candidates (not selective)
- High expectations as respected colleagues/providing valuable honest feedback
- Accountability as equal stakeholders
- Cross-sectoral: will include representative students from each school, probation youth, homeless youth, foster youth aging out of care, young employees in jobs development program



HEALTHY HAVEN PROJECT COMPONENTS:

1. Organizational Policy Review and Revision

- MOUs
- Establish Warm Referral protocols

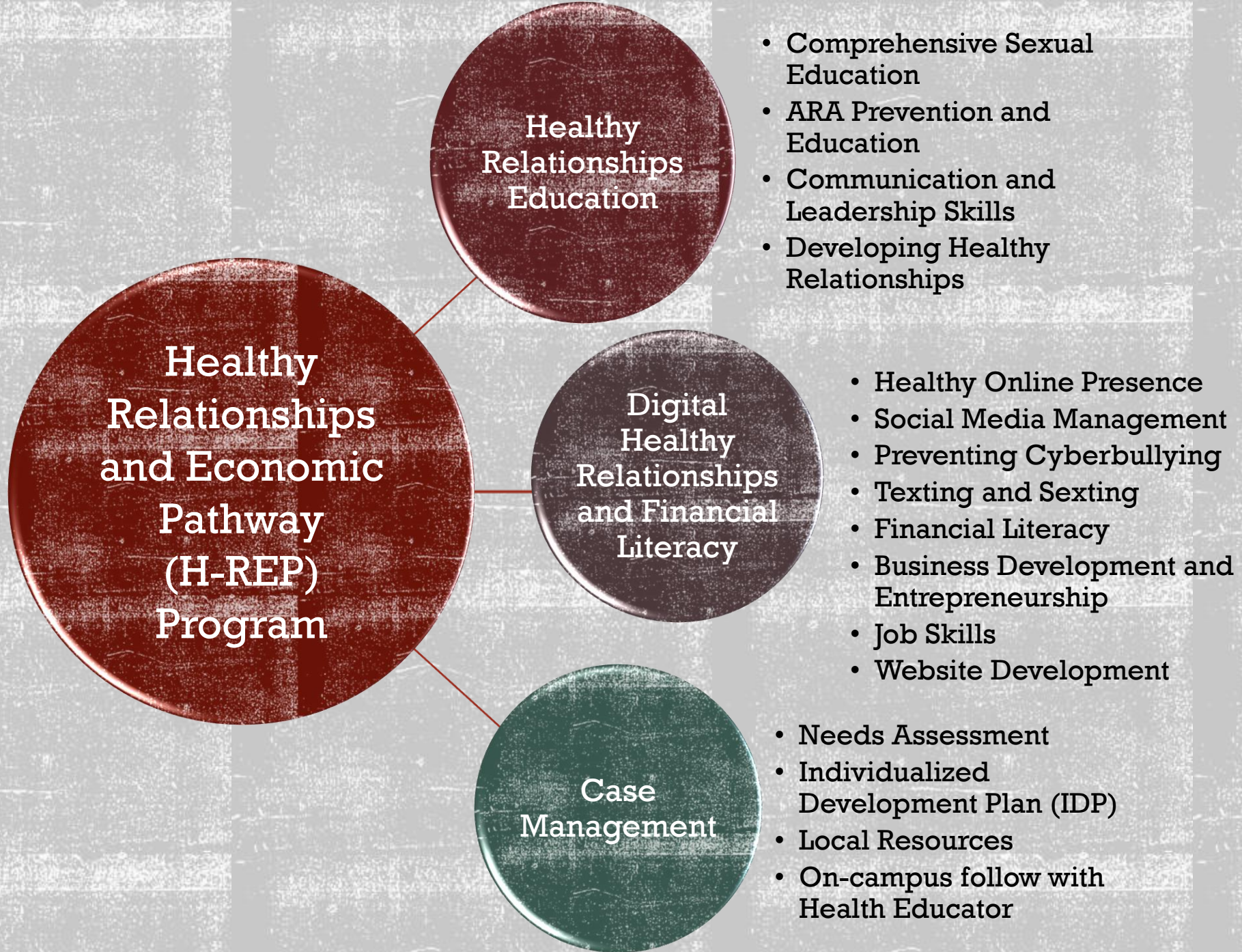
2. Cross Training of Clinicians and Advocates

- Universal Education and Screening
 - (Are you in a relationship, is it a healthy relationship?)
- Warm referrals
 - More personal experience for client and more likely that the client will follow through on treatment.
 - Work in both directions DV <-> HC

3. Youth Leadership Teams



H-REP PROJECT COMPONENTS



LESSONS LEARNED

- **Strengths-based**
- **Youth as Partners**
- **Proactively address underlying equity issue**
 - Devoting more financial and human resources to underserved population
- **Collaborative in nature**
 - Work closely with all partners and communicate through various platforms
 - Work closely to iron out concerns and collectively celebrate victories.
 - Clear understanding of plan and issue to be addressed



GROUP ACTIVITY:

SELECTING AND ADAPTING COMPONENTS OF ARA INTERVENTION/ REDUCTION SYSTEM FOR PARTICIPANTS' OWN COMMUNITIES

- Identify individuals seated around you that are from different sectors (i.e. school, health, DV)
- Based on your list of stakeholders and your target youth population, start to plan for your ARA intervention and reduction strategies.



Q'S AND A'S

- Time for any remaining questions
- Feedback for us on Youth Advisory Boards?



THANKS FOR COMING, HAVE A GREAT WEEKEND!

For further information please visit:

www.californiateenhealth.org

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