

# Teen Health Resource Poster

## Youth Enrichment Services

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Faculty Mentor: Dr. Martha Terry, MA, PhD

# BACKGROUND INFO

- **Our mission:** YES provides socially and economically at-risk youth the opportunity to achieve success through participation in mentorship, education, and enrichment programs
- **Our vision:** YES seeks to empower communities to become their own best resource
- **Our ethos:** Every student matters and there are no throw away children



# BACKGROUND INFO

## Youth Enrichment Service (YES)

- Empowering youth through mentorship
- Enriching students' lives
- Serving Pittsburgh communities
- Founded in 1994 in West Virginia
- Partnership with Learn and Earn
- Diversion and Restorative Practice Programming
- FeWi: Female Empowerment and Wellness Initiative
- Barbershop: Voices to Men



**Summer Work for Success**

**Apprenticeships**

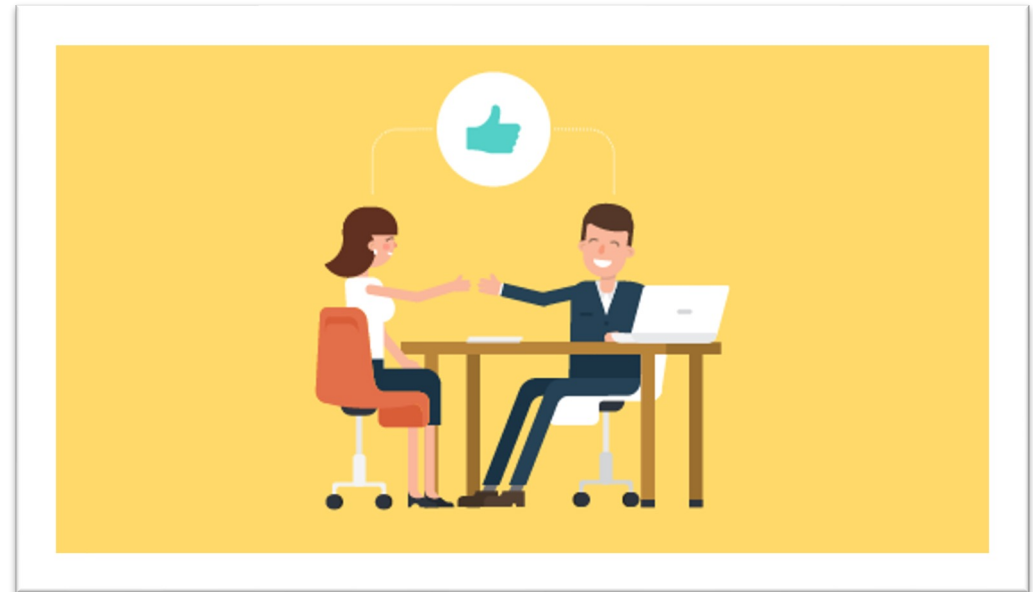
**Teen Violence Prevention  
Summit**

**Youth Participatory Action  
Research**

**WHAT WE DID**

# SUMMER WORK FOR SUCCESS

- Students created own application packages
  - Cover Letter
  - Resume
  - Business Card
- Interview Prep
  - Introductions
  - Body Language
  - Answering Interview Questions



# APPRENTICESHIPS

Alexis

- Nutrition 101
- Building a Healthy Meal
- Food Insecurity
- Food as Medicine

Jessie

- Nursing 101
- First Aid and CPR
- Diet and Nutrition
- Personal Wellness

# VIOLENCE PREVENTION SUMMIT

- Advocating for public safety especially for teens
- Break out session discussions
- Adult and Teen panelists—facilitated by United States Attorney
- Keynote address—Criminal Investigator with NASA
- Provided resources and raised awareness







# PROJECT DESCRIPTION

- Discussed with staff
- Focus: health issues that are relevant to teenagers
- Surveys were conducted to determine the relevance of more specific topics
  - Stress Management/Coping Mechanisms
  - Teen Sexual Health
  - Substance Abuse
  - Bullying/Discrimination



# CONTEXT FOR PROJECT

- Sampled 60 students ages 13-17 (summer program participants)
- Results top 3 issues were
  - Substance Abuse
  - Stress Management/ Coping Mechanisms
  - Bullying/ Discrimination

## YES Summer Scholars Health Survey

Rank these 4 health issues based on:

- How relevant they are to you
- Topics you would like to know more about
- Which topics are the most important

1= most important, relevant, would like to know more about

4= least important, relevant, don't really care about

Topics: Stress Management/ Coping Mechanisms, Teen Sexual Health, Substance Abuse, Discrimination/ Bullying

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_  
4 \_\_\_\_\_

Any questions you would like answered about health/ how to stay healthy:

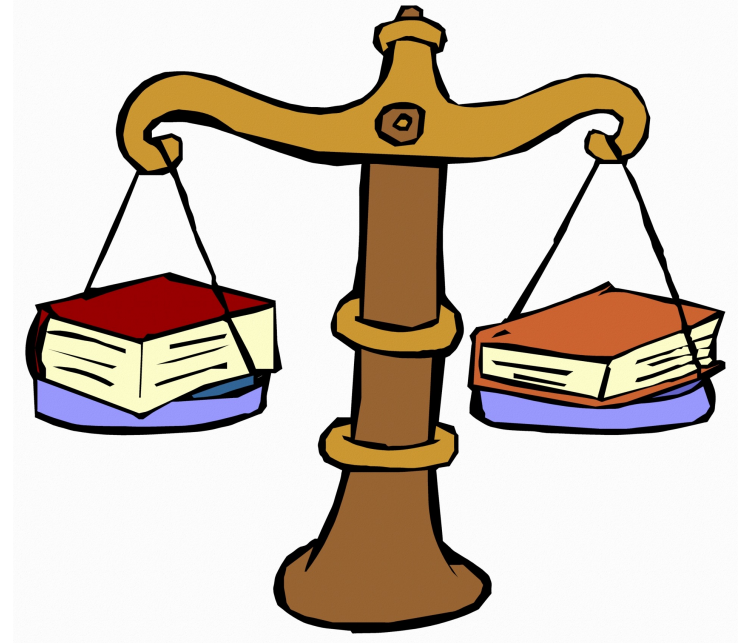
# PROJECT DESCRIPTION

- Our goal is to help teens access health resources
  - Provide resources
  - Present information
  - Raise awareness
- Information will be presented with a poster format



# EVALUATION AND CONSIDERATIONS

- Evaluate students' perceived accessibility to teen health resources before and after interacting with poster
  - Administer survey now, after 3 months of poster being displayed
- Consideration: students may not want to be seen looking for information at the poster
  - Include QR code for virtual version of poster's contents



# DRAFT

- In virtual version, the names of the resources will have links to the resources' websites embedded
  - EX: scan QR code, click on "Pittsburgh Mercy," and you will be **redirected to Pittsburgh Mercy's website.**

## TEEN HEALTH RESOURCES



### SUBSTANCE ABUSE

Substance abuse occurs when you use alcohol or substance **too much or in the wrong way**. This is a serious issue because it has negative effects on your body and can lead to addiction.

- Pittsburgh Mercy
- MYCS
- Allegheny County Resources
- PA Families Inc
- Questions about Substance Abuse

### STRESS AND COPING

More teens experience more stress when they feel like they are in a **dangerous, difficult or painful** situation and they do not have the resources to deal with it.

- Allegheny Health Network
- National Suicide Prevention Hotline (call 988)
- Resolve Crisis Services
- Steel Smiling
- UpStreet Pittsburgh

### DISCRIMINATION

Discrimination is when you feel you have been **treated unfairly** based on your **race, gender, age, or sexual orientation**. If you think you have experienced it, use the resources listed for help.

- RAINN
- Black Emotional and Mental Health Collective
- Teen Talk
- Teen Crisis Text Line
- Stop Bullying.gov

# RECOMMENDATIONS

- Ideally the poster can be put up in the office
  - In high-traffic areas so everyone can see and access
- Staff can refer students to the poster for resources
- Keep the poster in good condition
- Staff can refer students to the QR code on the poster if students feel uncomfortable
- Virtual version could be featured on the website



# HEALTHY PEOPLE 2030

- Substance Abuse
  - Increase the proportion of adolescents who think substance abuse is risky — SU-R01
  - Reduce the proportion of people under 21 years who engaged in binge drinking in the past month — SU-09
  - Reduce the proportion of adolescents who used drugs in the past month — SU-05

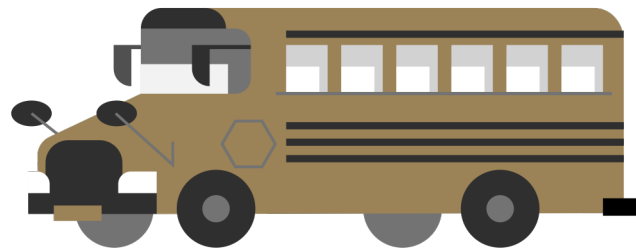
# HEALTHY PEOPLE 2030

- Stress Management/ Coping
  - Increase the proportion of children and adolescents who get appropriate treatment for anxiety or depression — EMC-Do4
  - Increase the proportion of children and adolescents who show resilience to challenges and stress — EMC-Do7
  - Increase the proportion of children and adolescents with symptoms of trauma who get treatment — AH-Do2
- Bullying/ Discrimination
  - Reduce the number of young adults who report 3 or more adverse childhood experiences — IVP-Do3



# PERSONAL REFLECTION- JESSIE

"During my time at Youth Enrichment Service, I have learned that teaching is the greatest act of optimism. It has provided me with the opportunities to learn more about how to engage with youth. I have built new relationships with these students and also strengthened my empathy, adaptability, collaboration, and communication skills."



## Strengthened characteristics

Communication

Collaboration

Adaptability

Empathy

Patient

Relationship

# PERSONAL REFLECTION- ALEXIS

“My experience at YES has shown me how complex we are as individuals as well as how making assumptions can interfere with empathy. In my initial interactions, I found myself making assumptions not informed by any knowledge of the students’ lives outside of YES. Spending more time with the students and learning about their experiences has made me more empathetic. It has shown me how an individual’s environment, upbringing, and experiences shape who they are and what they struggle with. This deeper sense of empathy will be a valuable tool in the future, especially when interacting with the underserved communities I hope to treat one day as physician.”



# THANK YOU!!

- Jasmine Davis (Community Mentor)
- Dr. Martha Terry (Faculty Mentor)
- Dr. Dennis Floyd Jones (YES's Executive Director)
- Denise Jones (YES's Program Director)
- Olivia Kelley (YES's Office Administrator, Special Projects Coordinator, & Executive Assistant)
- Anay Pope (Program Manager)
- Thistle, Brandi, and Antonio
- Fellow BTG interns