“Bring Back Health”
Youth Advocate Training
- Part 1 -
Introduction and
Youth Leadership Boot Camp

Statewide Youth Advisory Council
Today’s Schedule

7:30a.m - 8:00a.m  Registration and Breakfast
8:00a.m - 8:15a.m  Welcome!
8:15a.m - 9:00a.m  Opening Plenary
   Bullying and Relational Aggression: Why Can’t We Get Along?
9:15a.m - 10:25a.m  Session A
   “Bringing Back Health” Youth Advocate Training (Part 1): Youth Leadership Boot Camp (For Youth Ages 10-18 Only)
10:25a.m - 10:40a.m  Morning Break
10:40a.m - 11:50p.m  Session B
   “Bringing Back Health” Youth Advocate Training (Part 2): Dealing With Depression and Stress (For Youth Ages 10-18 Only)
11:50p.m - 1:00p.m  Lunch
1:00p.m - 2:10p.m  Session C
   Your Choice!!!!!
2:10p.m - 2:25p.m  Afternoon Break
2:25p.m - 3:40p.m  Session D
   Where Do We Go From Here?
3:40p.m - 4:00p.m  Raffle and Networking
Why Do We Exist?

Our mission is to promote the health and academic success of children and youth.
What Do We Want?

Our vision is that all children and youth are healthy, learning, and thriving.
How Do We Do It?

Our purpose is to protect and expand the value of health services in schools and generate community commitment to sustain local success.

We do this by building public policy support, engaging the community and strengthening these services.
About the Statewide YAC

The Statewide Youth Advisory Council works under the Oregon School-Based Health Care Network to raise awareness on a statewide-level through youth advocacy and engagement.
Youth Leadership Boot camp
Facilitator: Paula Hester
Session Outcomes

In today’s short session, we will strive together for the following outcomes:

1. Establish a clear definition of leadership
2. Identify top challenges you face as youth advocates and leaders
3. Identify core leadership skills you need for the future
Challenges

As a youth advocate and leader, what are your current challenges?
Core Leadership Skills
Key Learnings
“Bring Back Health”
Youth Advocate Training
- Part 2 -

Statewide Youth Advisory Council
Goals of this Training

- To educate the Youth about Teen Depression
- To give Youth the opportunity to network with each other
- To provide Youth with the necessary tools to take Community Health Issues into their own hands
- To give Youth a chance to ask questions about Depression from an Expert
Questions about Depression

• Is it contagious?
• How can I find help for me/ a friend?
• Will my family and friends think of me differently?
• Is depression a mental illness/mental disorder?
• Do adults get depression?
• Do children get depression?
• Isn't depression a common thing nowadays?
• What causes depression?
• Can depression be cured? How?
• Am I sick because of depression, or depressed because I'm sick.
• Are men or women more likely to be depressed?
• Do most people with depression commit suicide?
• Can you get depression again?
• How long does depression last?
• Who is at risk for developing depression?
• What do I need to tell my doctor?
• What are the symptoms of teen depression?
• Isn't it just... hormones?
• What are the treatment options?
• What can be done to prevent depression?
• What if it does come to suicide? What should I do?
Sue Bisgyer and Lexy Vanorio

Question & Answer
Stress Busters

Combating Stress and Depression through ACTION!
Exercise is **KEY!!**

Endorphins + Brain Receptors = Positive Self Esteem

Improved Sleeping Habits

Lower rate of Depression

Endorphins Release Chemicals 21 Day Rule

“Runner’s High” Social Support

Underused Clinical Treatment

Oregon School-Based Health Care Network
Exercise?! HUH?
Details Please?? **YOGA**

Deep Breathing  
Meditation  
Poses
Not Motivated to Exercise?

Support Groups  Stress Journal  Local SBHC

WHAT ELSE?!
Stress is the trash of modern life - we all generate it but if you don't dispose of it properly, it will pile up and overtake your life

- Danzae Pace
This planner will guide you through the basic steps for your Youth Advisory Council (YAC)* to take action with your school-based health center (SBHCs)** and make an impact in your communities, starting from the conception of their creative ideas to the recording and sharing of your excellent achievements to the network of YACs all across the state.
So YOU want to make an impact in your community? But where do you start? Every great achievement starts off as a great idea. For example, do you have a creative fun idea for an event you can host? If you do, fantastic! Now get started and make that idea a reality. But if you’re stuck here are some pointers and ideas you can use to get started.
Research

Youth campaign for the dangers of drinking

Talk to Principal Annie about assembly
Create posters to advertise event
Speaker: Nurse Milo

Research dangers on youth drinking

Ways to prevent youth drinking
Speaker: Officer Elizabeth
We do not recommend taking a one-size-fits-all approach when it comes to developing messages for policymakers on this issue. Different policymakers have different interests. To have the strongest chance of breaking through, advocates must determine what angle is most likely to resonate with the policy maker.
To be successful at fundraising, you need to carefully consider which ideas work well for your group. Choosing the wrong ideas is disastrous: you will waste time, money, and effort to get little or no financial return and the failure to raise funds may well ruin the morale and motivation of your group.
We are handing out two documents that we think you’ll find helpful. These can be found online here:

- Spitfire Smart Chart 3.0: www.osbhc.org/resource/SpitfireSmartChart
Marketing

A school-based health center awareness campaign should be used to reach out to the student body, market SBHC services to new users, and promote health messages school-wide.
Network! Building a strong community of YACs is crucial. That's why you should attend and encourage friends to attend network events and youth summits.

Share Your Story:
http://www.osbhc.org/files/Story_Form.pdf
Join Us

Would you like to make a difference at the state-wide level?

We’re searching for up to 2 members from each county. Eligible applicants must be youth ages 15 to 20 and have an interest in working for School-Based Health Care, and have had at least one year worth of advocacy experience.

APPLY NOW by completing and returning the application handout or online at: http://www.osbhcnc.org/about/youth/apply

Apply now and start making a difference.
Post-Training Evaluation
Grant
Raffle Time!
Thanks!