

2020- 2021

State of Alaska - DHSS

*Women's, Children's &
Family Health*

- Adolescent Health

[YOUTH ALLIANCE FOR A HEALTHIER ALASKA]

Enclosed you will find an application for 2020-2021 YAHA membership. The State of Alaska is seeking 14 young people (ages 14-21) from across Alaska that are dedicated, resourceful, and creative, to advise the Alaska Division of Public Health on issues affecting teens such as substance abuse, violence, suicide, injury, teen pregnancy, nutrition, and fitness. Members will also collaborate on a statewide community action project. The completed application, materials, and a letter of recommendation are due May 20, 2020 no later than 5:00 p.m. to the WCFH office (by hand delivery, mail, fax, or email).

jennifer.baker@alaska.gov | FAX: 907 269-3465

Mailing Address: Women's, Children's & Family Health
3601 C Street, Suite 322
Anchorage, AK 99503



Y A H A

Youth Alliance for
a Healthier Alaska

Our mission: The Mission of the Youth Alliance for a Healthier Alaska is to advise the Adolescent Health Program and other health programs and to create interventions designed to improve the lives of adolescents in Alaska.

Who we are: We are a group of diverse, energetic teens ages 14-19+ from across Alaska. We are interested in health and are enthusiastic about shaping how our state responds to youth issues that we all experience.

2019-2020 Members:

Jessica, 17, Anchorage
Noon, 16, Anchorage
Dina, 17, Anchorage

Theresa, 17, Kotlik
Mohamed, 14, Anchorage
Esther, 16, Sitka

Lorenzo, 17, Anchorage
Evangeline, 20, Anchorage

What we can do: In the 2020 school year we have helped make decisions, provide insight, and give advice on a wide spectrum of adolescent health topics. We reviewed materials created for teens by various health programs and served on development committees before materials were designed or distributed. We also partnered with community organizations in the creation of community action plans to address youth related challenges that our home towns and villages want to address.

Why listen to us? Youth voice is critical to the success of any program or intervention targeting youth and we are trained to give professional and constructive advice.

What we're doing: We meet on the first Sunday of each month throughout the school year. We serve as an advisory team for prevention campaigns addressing supportive adult relationships, teen dating violence, substance misuse, depression, community engagement and more.

Please contact us to participate in one of our monthly meetings and benefit from our expertise!

Get in touch with us: Email or call Jennifer Baker, Adolescent Health Project Coordinator in the Department of Health and Social Services, Section of Women's Children's and Family Health: jennifer.baker@alaska.gov

OR (907) 269-4517. Until then, please visit our website:

<http://dhss.alaska.gov/dph/wcfh/Pages/adolescent/yaha.aspx>.

Youth Alliance for a Healthier Alaska

September 5, 2020 - May 31, 2021

The purpose of YAHA is to 1) advise the Adolescent Health Program and other Division of Public Health programs and partners and 2) to create interventions designed to improve the lives of adolescents in Alaska.

Participating and highly engaged YAHA members will:

- Develop a greater understanding of public health, resources and services
- Increase understanding of your role within a diverse group of youth and adult Alaskans
- Increase self-esteem and confidence in your abilities to voice informed opinions on Alaska youth health topics

Schedule of Meetings & Topics

9/5-6/2020 9AM-3PM each day	YAHA Leadership Orientation (12 hours) Review: Your role in YAHA and in Alaska Public Health YSA: Reproductive Life Plan- Focus Group about a Youth driven sexual health resource ☐ ACTION 1: Community Resource Interview due 9/30/2020 (1 hour) <i>Coffee Talk 9/20</i>
10/4/2020 1PM-4PM	Preventing Substance Misuse & Abuse (Discussion Lead:) Review: Community Interviews, Community Partner Analysis, Community Assessment YSA: TBD ☐ ACTION 2: Community Assessment due 10/31/20 (1 hour) <i>Coffee Talk 10/18</i>
11/15-17/2020 All Day Each Day	Lead On Conference for Peace and Equality (Discussion Lead:) ☐ ACTION 3: Journal entry about the Lead-On experience 11/17/19 ☐ ACTION 4: Draft Proposal –CAP Questions 11/30/19 (1 hour) <i>Coffee Talk 11/15</i>
12/6/2020 1PM-4PM	Nutrition and Physical Activity (Discussion Lead:) YSA: TBD ☐ ACTION 5: Mid-Session Reflection 12/30/19 (1 hour) <i>Coffee Talk 12/22</i> ☐ ACTION 6: Community Partner Analysis due 12/30/20 (1 hour) <i>Coffee Talk 12/13</i>
1/3/2021 1PM-4PM	Group Project Planning YSA: TBD Review: CAP Proposal, Community Partner Analysis and Mid-Session Reflections ☐ ACTION 7: Evaluation Planning due 1/30/21 (1 hour) <i>Coffee Talk 1/21</i>
2/7/2021 1PM-4PM	Healthy Relationships (Discussion Leads:) Review: Evaluation Plan, Project Progress and Dimensions of Health Check-In YSA: TBD ☐ ACTION 8: Recruitment Efforts due 2/27/21 (1 hour) <i>Coffee Talk 2/21</i>
3/7/2021 1PM-4PM	Health Literacy & Youth Friendly Clinics (Discussion Lead:) Review: New member interviews, returning member applications YSA: TBD ☐ ACTION 9: CAP Video Presentation 4/15/21 <i>Coffee Talk 3/21</i>
4/4/2021 1PM-4PM	Youth Mental Health in Alaska (Discussion Leads:) YSA: TBD Review: Final CAP debrief & Preparing for Session Close and 2019-2020 Session ☐ ACTION 10: Graduate & Exit Interviews due 4/24/21 (1 hour) <i>Coffee Talk 4/18</i>
5/2/2021 1PM-4PM	TOPIC TBD and Debrief (Discussion Lead:) Review: Final YAHA Session meeting, Project Presentations & Session Debrief ☐ ACTION 11: New member interview team & applicants. <i>Coffee Talk 5/16</i>
5/24-28/2021	New Member Interviews (2-3 days, 2 hours interview segments) ☐ ACTION 12: Complete Program Post Survey 5/31/21

Method of Instruction

YAHA members will be encouraged to complete a health journal entry after each meeting and participate in all in-meeting/teleconference discussions. Members will also be encouraged to participate in social media discussions about health topics affecting youth in Alaska by including other friends in the discussion. A final 5-minute presentation will be required by each member on a health topic they learned about in YAHA and communicate a plan for sharing the presentation either at school or in their home community

Method of Evaluation

Active Participation in Orientation	30 points
Self-Assessment (pre and post session)	10 points
Active Participation in Session Meetings	20 points
Lead-On! Participation (planning and conference)	10 points
Complete Individual ACTION Assignments	20 points
Final 5-minute presentation	10 points

Attendance Details

Each member is allowed one excused absence from YAHA teleconferences/meetings. Communication is key! Members must email the group in advance to let us know when you will not be able to attend. Members that were unable to attend a meeting will still be responsible for reviewing content and completing the calls to ACTION. Meeting/Teleconference attendance for all members is essential; multiple member absences will send a message of disinterest to your member-peers.



YAHA

Youth Alliance for
a Healthier Alaska

Application for the:
Youth Alliance for a Healthier Alaska

Complete applications (pages 3-6) must be received by: May 20, 2020 at 5:00 p.m. (please hand deliver to our office, mail to the address below, fax, or scan and email as a pdf).

Name: _____ Date of Birth: _____

Mailing Address: _____

City, State, Zip _____

Race & Ethnicity: _____ Gender: Male Female Other: _____

School: _____

Year in School (2020-2021 school year):

Freshman Sophomore Junior Senior Other _____

Home Phone: _____ Cell Phone: _____

E-mail Address: _____

Emergency Contact Name: _____

Emergency Contact Phone Number: _____

Shirt size: _____

Meeting Attendance:

Attending meetings is mandatory. Will you be able to attend meetings in Anchorage or call into a toll free telephone/video conference one weekend day per month beginning September 5-6, 2020 (excluding holidays) from **12:00-3:00 p.m.** until May 3, 2021?

Please fill in the circle: Yes No

Please pre-view the syllabus (attached). What could get in the way of your regular attendance of training and meetings? How often would you miss meetings?

For those living in the Anchorage and MatSu valley areas ONLY- How will you be able to attend the meetings in person? Please let us know if you need help with transportation. _____

Will you be able to meet in Anchorage for an in-person, 2-day training on Saturday and Sunday, September 5-6, 2020 (all expenses paid)? *This meeting will require members outside of Anchorage and the MatSu to travel with an **adult guardian** to Anchorage either on Friday evening or first thing Saturday morning before 8:00 a.m. and depart on Sunday evening, September 6, 2020.*

Please fill the circle: Yes No

Youth: By signing below, I agree to participate in YAHA for one year and miss no more than one meeting. I will do my best to act as a positive ambassador for YAHA and the Division of Public Health.

Youth Signature

Date

Parent/Guardian: My signature affirms that I am aware and supportive of my child's application to the Youth Alliance for a Healthier Alaska. I have read the one page informational flyer and I understand what will be expected of my youth. I understand that I will need to accompany my youth or assign a guardian to travel with them for the first meeting in Anchorage on September 5-6, 2020. I agree with the time commitment and transportation plan. Parent comments:

Parent/Guardian Signature

Printed Name

Telephone Number(s)

Parent Email Address

Would you like to receive email updates on your youths progress this year? Please fill in the circle Yes No

Date

Completed applications (pages 5-9) are due no later than Friday, May 20, 2020 at 5:00 p.m. (please hand deliver to our office, mail to the address below, fax, or email to the address below)

To: Youth Alliance for a Healthier Alaska

ATTN: Jennifer Baker

Alaska Division of Public Health

Women's, Children's & Family Health

3601 C Street, Suite 322

Anchorage, AK 99503

Fax: 907 269-3465

Phone: 907 269-4517

jennifer.baker@alaska.gov

YAHA Applicant Letter of Recommendation #1
From a School Representative (teacher, counselor, principal, etc.)

Name: _____

Relationship to Applicant: _____
(must be an adult other than the applicant's parent or guardian)

Please write a letter addressing the applicant's strengths and why they would be an asset to the Youth Alliance for Healthier Alaska (YAHA). YAHA is a statewide group of community minded teens that takes action on issues that affect their community. YAHA advises the Alaska Division of Public Health on issues affecting teens such as substance abuse, violence, suicide, injury, teen pregnancy, nutrition, and fitness.

Sponsoring Adult Signature

Telephone

Date

Email Address

**YAHA Applicant Letter of Recommendation #2
From a Community Member**

Name: _____

Relationship to Applicant: _____

(must be an adult community member other than the applicant's guardian or school representative)

Please write a letter addressing the applicant's strengths and why they would be an asset to the Youth Alliance for Healthier Alaska (YAHA). YAHA is a statewide group of community minded teens that takes action on issues that affect their community. YAHA advises the Alaska Division of Public Health on issues affecting teens such as substance abuse, violence, suicide, injury, teen pregnancy, nutrition, and fitness.

Sponsoring Adult Signature

Telephone

Date

Email Address

Thank you!

Final Application Submission Must Include:

1. Demographics and Meeting Dates Agreement (page 5)
2. Complete & Legible Answers to YAHA Membership Questions (Page 6)
3. Youth & Parent Signature Page (Page 7)
4. Letter of Recommendation from a School Administrator or Teacher (Page 8)
5. Letter of Recommendation from a Community Member (Page 9)

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