Youth Health Education Workshop

This workshop provides education for young people that seek to draw out their own knowledge and to supplement this knowledge with honest information, enabling them to make their own choices. These workshops also engage young people in role plays and other dynamic activities, so that they leave the workshops not just with textbook knowledge, but with the experience of acting on that knowledge.

Some of the topics we cover are:
Health and fitness, teen smoking, teen pregnancy, drug abuse, sexually transmitted diseases, health disparities, medical research and leadership skills.

How long does the workshop take?
4 days July 24th-27th 2012 Tuesday thru Friday from 9:00-5:00

Who can attend?
Youth ages 13-19 years old

Cost
The workshop is FREE, and participants are given a $20 stipend for participating. Lunch will be provided free each day.

Where are we located?
Our office is on 5050 Ames, BUT the 4 day program will be at North High School 4410 N 36th St, Omaha

Why?
To improve the health and wellness of people in our community by giving youth in our neighborhoods the tools, guidance and direction to make a difference.

Who do I contact?
Ira F. Combs RN BS
Community Liaison, Nurse Coordinator-North
Phone (402) 595-1458 Fax (402) 595-1459
Email: icombs@unmc.edu

Areas of Focus
1. How can I be my own health advocate, and advocate for others? Being an advocate means arguing for and supporting a cause. This means standing up against all the direct and indirect messages that say you don't deserve to stay healthy.

2. What does self-esteem have to do with safer sex? We hear the term self-esteem so often these days; it is easy to forget what it really means. When a young person has a sense of what is possible for themselves, and feels validating his/her daily struggle, his/her future orientation improves. Young people who believe in their future take the time to think about lowering their health risks-like practicing safer sex.

3. Harm Reduction-Harm Reduction is an approach to substance use that aims to meet people where they're at. It is a theory that aims not to judge people for their use, but hopes to educate individuals as to how to be more safe and healthy, in whatever way may be realistic for them.

4. Cultural Competency and Sensitivity- The adjustment or recognition of one’s own culture in order to understand the culture of a others.

5. Research- The essential part of research is improving the standard of health in minority communities.

6. Hands on skills-Learning practical healthcare skills CPR/First Aide, Medical Basics doing Vital signs.
Skills taught at the work shop

1- CPR and First Aide class.
2- Course on Leadership, and group management.
3- How to take blood pressure, blood sugar, pulse and temperature
5- Learn how to present information in a public forum, that's appealing and interesting. (Marketing)
6- Becoming a health advocate for yourself and others.
7- Learn the techniques of networking to get information, and support for programs.
8- Principles of medical research, a practical and ethical view relating to minorities, and underserved populations.

What will happen when we put the pieces together? We hope that as a result of this workshop, youth will be inspired to trust their hearts and to take healthy action, thereby making a positive difference in themselves, their families, schools, organizations, and in the community. They will reach for the higher good with anyone they touch. We also hope that youth that participate in this program may be encouraged to pursue a career in healthcare.

Over that past nine years 700 youth have gone through the YEOH program.
Youth Expressions of Health 10 (YEOH) Application

Youth Information

Last Name ___________________________ First Name ___________________________
Street Address ___________________________ City ___________________________ State _____ Zip __________
Gender ________ Age ________ DOB ___________ Home Phone ___________________________
Social Security Number ___________________________ School /grade________________________

Parent or Guardian Information

First Contact ___________________________ Second Contact ___________________________
Daytime Phone ___________________________ Daytime Phone ___________________________
Cell Phone ___________________________ Cell Phone ___________________________
Email ___________________________ Email ___________________________

Emergency Contact (if not one of the above)

Name ___________________________ Phone ___________________________ Relationship to Child ___________________________

PLEASE NOTE: The Director reserves the right to withdraw any youth whose influence or actions are deemed harmful or who will not abide with rules and policies of the program.

EMERGENCY CARE: In case of emergency if parent or guardian cannot be reached, I hereby grant permission to the staff and/or volunteers of UNMC College of Public Health Center for Reducing Health Disparities or the local Emergency Department to provide urgent medical treatment for my child.

PLEASE CHECK ONE: My child ( ) HAS a special medical or dietary need. ( ) DOES not a special medical or dietary need.

Signature of Parent/Guardian ___________________________ Date ___________________________

1. Why are you interested in coming to YEOH program?

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

2. Essay:

   You must write a one-page essay on the following topic, and include it with this application form.

   “What is one of the greatest problems in our community and what would you like to do to correct it?”

3. T-SHIRT SIZE:  Adult Small ( ) Adult Medium ( ) Adult Large ( ) Adult X-Large ( ) Adult XX-Large ( ) Adult 3X ( )

4. I would like to be considered for a position on the “Alpha Team” ( ) (for participants that have attended YEOH previously)

All applications must be submitted by no later than July 6th to the above address, confirmation of acceptance to program will be sent by letter or phone by July 13th.