

2021- 2022

State of Alaska - DHSS

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

- Adolescent Health

[YOUTH ALLIANCE FOR A HEALTHIER ALASKA]

This form is an application for 2021-2022 YAHA membership. The State of Alaska is seeking collaboration with 10 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. For this session, members will collaborate on a statewide community action project focused on sexual and reproductive health, and mental health. The completed application, supporting materials, signature page and a letters of recommendation are due April 15, 2021 no later than 5:00 p.m. to the WCFH office (as submitted here or by hand delivery, mail, fax, or email for the letters of recommendation).

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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 14-21 from across Alaska. We are interested in health and are enthusiastic about shaping how our state responds to youth issues that we all experience.

2020-2021 Members:

Avery, Palmer, 11th

Ben, Palmer, 9th

Camas, Anchorage, 11th

Denali, Anchorage, 11th

Heidi, Anchorage, graduate

Karri, Ketchikan, graduate

Lillian, Anchorage, 10th

Noon, Anchorage, 12th

Sharon, Anchorage, 12th

Zoryna, Anchorage, graduate

What we can do: In the 2020-2021 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 hometowns 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 4, 2021 - May 31, 2022

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*

9/4-5/2021 9AM-3PM each day	YAHA Leadership Orientation-Participatory Action Research Design (12 hours) Review: Your role in YAHA and in Alaska Public Health Journal: Resources for me, resources for my community YSA: TBD <input type="checkbox"/> ACTION 1: Select Assessment Method and Draft Instruments (Due 9/12) <input type="checkbox"/> ACTION 2: Communities Assessment Instruments due 9/30/2021 <i>Coffee Talk 9/12</i>
10/3/2021 1PM-4PM	Data Collection and Analysis- Assessing your Communities Planning what we're going to ask in our assessments (Discussion Lead:) Review: Community Interviews and Community Assessment YSA: TBD <input type="checkbox"/> ACTION 3: Community Resource Interview due 10/31/21 (1 hour) <i>Coffee Talk 10/17</i>
11/7/2021 1PM-4PM	Using Data for Social Change: Community Assess. Review <input type="checkbox"/> ACTION 4: Community Assessment Analysis Due 11/17/21 <input type="checkbox"/> ACTION 5: CAP Questionnaire DUE: 11/30/21 (.5 hour) <i>Coffee Talk 11/21</i>
12/5/2021 1PM-4PM	Draft Proposed Content (PH TOPIC TBD Discussion Lead:) YSA: TBD <input type="checkbox"/> ACTION 6: Mid-Session Reflection 1/8/2022 (.5 hour) <input type="checkbox"/> ACTION 7: Elevator Speech 1-pager (.5 hour) <i>Coffee Talk 12/12</i>
1/9/2022 1PM-4PM	Review My Life Plan Design Draft (PH TOPIC TBD Discussion Lead:) YSA: TBD Review: Mid-Session Reflections, YAHA Recruitment and Application <i>Coffee Talk 1/23</i>
2/6/2022 1PM-4PM	Healthy Relationships (PH TOPIC TBD Discussion Leads:) Review: Evaluation Plan, Project Progress and Dimensions of Health Check-In YSA: TBD <input type="checkbox"/> ACTION 9: Recruitment Efforts due 2/27/22 (.5 hour) <i>Coffee Talk 2/20</i>
3/6/2022 1PM-4PM	Health Literacy & Youth Friendly Clinics (PH TOPIC TBD Discussion Lead:) Review: New member interviews, returning member applications YSA: TBD <input type="checkbox"/> ACTION 10: CAP Video Presentation 4/15/22 <i>Coffee Talk 3/20</i>
4/3/2022 1PM-4PM	Youth Mental Health in Alaska (PH TOPIC TBD Discussion Leads:) YSA: TBD Review: Final CAP debrief & Preparing for Session Close and 2019-2020 Session <input type="checkbox"/> ACTION 11: Graduate & Exit Interviews due 4/24/22 (.5 hour) <i>Coffee Talk 4/17</i>
5/1/2022 1PM-4PM	Session Debrief (PH TOPIC TBD Discussion Lead:) Review: Final YAHA Session meeting, Project Presentations & Session Debrief <input type="checkbox"/> ACTION 12: Complete Program Post Survey due 5/31/22 <i>Coffee Talk 5/15</i>

*May be subject to changes

Method of Instruction

YAHA members will be encouraged to participate in all in-meeting/teleconference discussions and to conduct a community action project, following the action items in the schedule. 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

Required Activities/Opportunities	Factors to Gain Points	Number of Opportunities	Hours	Total Hours Available
Active Participation in Orientation (compensated with experience and food)	Attendance in orientation, YAHA Introduction, Leading a Lesson Plan	2	6	12
Active Participation in Session Meetings	Attendance at beginning and end of meeting, leading a public health discussion	7-8	3	21-24
Lead-On (TBD)	Attendance and Planning, may include presentation	1		12
Complete Individual Action Assignments	Submission of Action Assignment Paperwork or Presentation	10	.5	5
Total		19-20		41-50

Additional Opportunities and Engagements include weekly check-ins on Wednesdays, monthly coffee chats, new applicant interviews and other opportunities to be engaged with each other may happen.

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: April 15, 2021 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 October 3rd, 2021 (excluding holidays) for a 3 hour block, as agreed on by the Alliance, until May 1, 2022?

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 4-5, 2021 (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 5, 2021.*

Please fill the circle: Yes No

This page is for applicants who have graduated from high school who are eligible to participate in our YAHA-YA (YAHA-Young Adult).

YAHA-YA is an exciting new addition to the YAHA family in which people who have graduated high school are able to participate within YAHA to learn more about public health, be a mentor to younger YAHA members, work on projects related to public health in the state, be a voice for youth/young adults and an opportunity to be supported as part of the YAHA community.

(Optional) There are many avenues for participation within YAHA. What are some opportunities you want to be engaged in as part of YAHA? Select all that apply.

- Learning more about the basics of Public Health
- Learning more advanced principles of Public Health
- Learning about opportunities and pathways to work in Public Health
- Working on projects with youth serving agencies to improve youth interventions/services
- Mentoring youth in YAHA
- Teaching basic public health concepts within YAHA
- Encouraging youth to learn about/participate in Public Health
- Receiving support on a project to improve your community
- Other (please specify)

If there is anything else you would like the YAHA interview committee to know, please feel free to enter below.

Please respond to the questions below. For question prompts #11 and #13, you may submit a written answer (500 words or less per question) on another piece of paper OR creatively respond to the questions. If you choose to respond creatively, for each question: (1) you may create a visual (infographic, drawing, flow chart, cartoon etc.) response as part of the paper application on another page OR (2) you can create an audio or video response (feel free to be creative!) Please email audio or video files to Jennifer.baker@alaska.gov. Note: If the file is large, please send a link using an online storage platform like youtube, vimeo etc.

Prompt 1: What pressing public health issue are you interested in that youth in your community are facing? How do you think this issues needs to be addressed? (Example: I'm interested in improving mental health of my peers and _____ is what is missing...)

Prompt 2: In what ways has the COVID-19 pandemic impacted how you are involved in your community? (Example: volunteering at a shelter, serving on community council, etc.)

This year, YAHA worked with a partner agency to develop "My Best Alaskan Life Plan," a tool designed to empower youth through goal setting for their lives, health, and futures. Please find the outline chart in a separate pdf. Choose a category or section you will choose to give feedback on.

- All About You**
- Healthy Individual and Relationship Support**
- Looking Into the Future of Family**
- What's Your Next Big Move?**

The Jamboard slides can be found separately from the application. Now answer these questions in response to the My Best Alaskan Life Plan. Please answer all questions.

What would you change, remove, or include in this tool to make it better for you and your peers?

In thinking of question flow, are there any questions a user would find difficult to understand or respond to?

What kind of information would you want youth to have while reviewing this category?

Do you have any resource suggestions for youth who may need help related to this category?

Suggest a diffusion strategy. When and how could your peers use this tool?

(Optional) Any other comments?

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

Youth: If you are selected for round 2 of applications (telephonic interview), we would like to know times you would be available for the interview. (Select all available times).

- | | |
|--|--|
| <input type="radio"/> Thursday, April 22, 3-4 pm | <input type="radio"/> Monday, April 26, 3-4 pm |
| <input type="radio"/> Thursday, April 22, 4-5 pm | <input type="radio"/> Monday, April 26, 4-5 pm |
| <input type="radio"/> Thursday, April 22, 5-6 pm | <input type="radio"/> Monday, April 26, 5-6 pm |
| <input type="radio"/> Friday, April 23, 3-4 pm | |
| <input type="radio"/> Friday, April 23, 4-5 pm | |
| <input type="radio"/> Friday, April 23, 5-6 pm | |

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 4-5, 2021. 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 Monday, April 15, 2021 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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