



# **YOUTH-LED PROJECTS**

## **Mental Health Expansion Grant**

### **2024 - 2025**




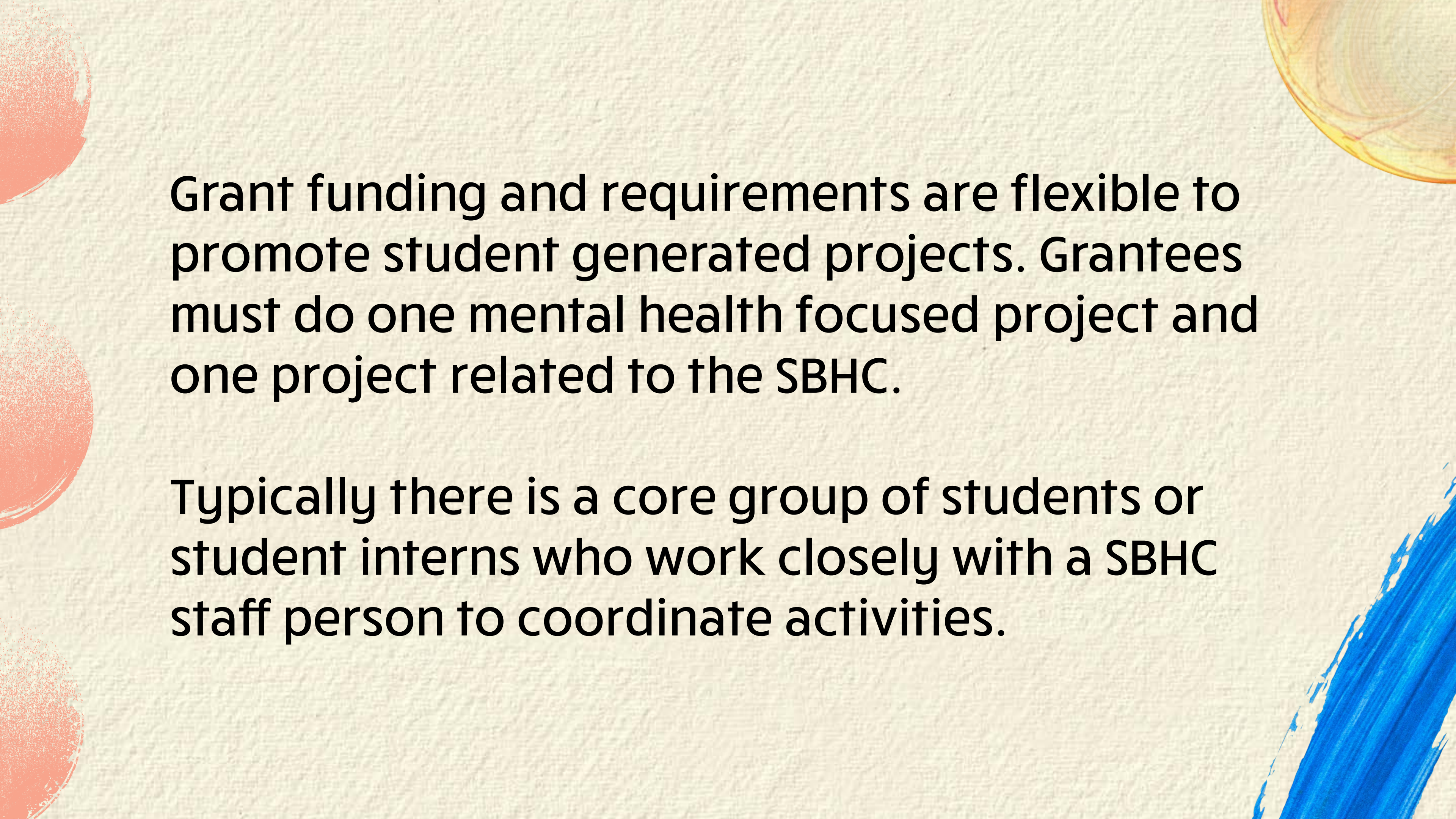
***Adolescent and School Health  
School-Based Health Center Program***



**The Youth-Led Projects Grant supports activities that reduce mental health stigma and promote school-based health center (SBHC) access.**


**With a focus on prevention, the Youth-Led Projects Grant provide students the opportunity to build community and leadership skills while addressing topics that matter to them.**





**Grant funding and requirements are flexible to promote student generated projects. Grantees must do one mental health focused project and one project related to the SBHC.**


**Typically there is a core group of students or student interns who work closely with a SBHC staff person to coordinate activities.**




**Award amounts, staffing models and activities vary by site. All sites must submit a narrative grant report annually. Responses to the reports for the 2024 - 2025 school year were used to create this summary.**

**Common Acronyms:**

- **YAC - Youth Action / Advisory Council**
- **SHAC - Student Health Action / Advisory Council**
- **SWAG - Student Wellness Action / Advisory Council**
- **PAB - Patient Advisory Board**



In the 2024 - 2025 school year:

- 29 SBHCs in 9 counties received funding
  - Over **10,000** students participated in activities or accessed resources through the this grant
  - Nearly **400** students were closely involved in planning or leadership roles in projects
- 



# **Site Specific Summaries**

# CENTER FOR HUMAN DEVELOPMENT

- Solidifying a Youth Advisory Council
- Hosting a Stress Less Event Featuring a GIANT Bunny!
- Distributing YAC Sacks / Care Kits During Finals
- Displaying Student Art in SBHC

2 SBHCs in Union County




# CHEMAWA

- Hope Squad:
  - Training for students on culturally specific suicide prevention and peer support
- Listening Sessions to gather youth feedback on:
  - Redesigning the Youth Advisory Council, clinic remodel and universal screening practices
- Wellness Fair

1 SBHC in Marion County

# YOUTH ADVISORY COUNCIL APPLICATION



 CHEMAWA INDIAN  
HEALTH CENTER

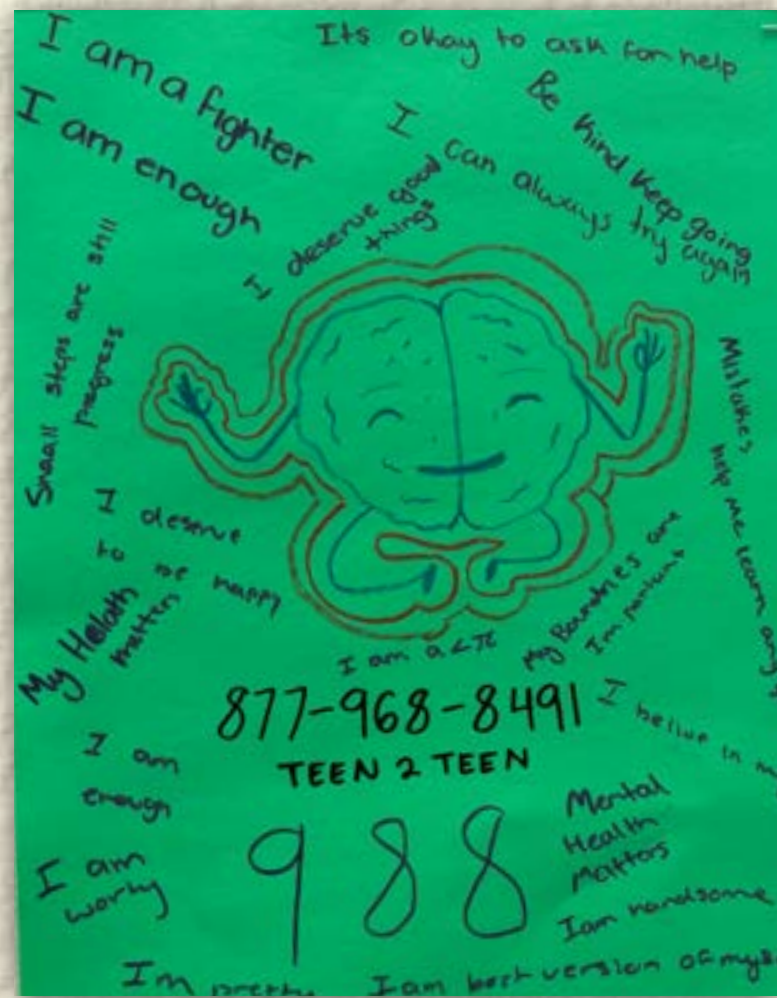
## Youth Advisory Council *Mission & Goals*

**H**  **PE**  
**S Q U A D**<sup>®</sup>

# COMMUNITY COUNSELING SOLUTIONS

- Weekly Youth Advisory Council Meetings and Monthly School Wide Events at High School
- Kindness Week Events
- Suicide Prevention Art / Poster Projects at Middle School

2 SBHCs in Umatilla County



It's OK to not be ok!  
...But it's not ok to feel Unsafe..  
Call 988  
If you're going through a crisis today!

PRIORITIZE  
YOUR  
MENTAL  
HEALTH!

YOU ARE LOVE

Reach Out!

Teen To Teen Youth  
(877-968-8491)  
Local Crisis Line  
(611-276-6207)

Reach Out!

Call 988 or text teen to teen (839863)

# CROOK COUNTY

- Youth Mental Health Summit
  - Day long summit for students in Crook and Jefferson County with an emphasis on maintaining mental well-being
  - Activities related to suicide prevention, healthy relationships and accessing healthcare
- Community Partners Breakfast
- Warm and Fuzzies Dog Adoption Event

1 SBHC in Crook County



**Learn about mental health in a fun environment.**

**Challenge your friends to a race in the 30 foot inflatable obstacle course!**

**Age 14-18**


*Public Health Week*  
**Community Partners Breakfast**

# DESCHUTES COUNTY

- SBHC Assessment Tool
  - SBHC tours with student feedback
- SBHC Promotional Videos
- Sources of Strength Activities
- Mental Health Week Events
- Creation of Youth Ambassador Program
- Student Art Contest

5 SBHCs in Deschutes County





ADOLESCENT HEALTH INITIATIVE

**YOUTH-LED HEALTH CENTER ASSESSMENT TOOL**

FOR PRIMARY CARE HEALTH SETTINGS

**RANKING EXAMPLE**

ASSESSMENT TOOL ITEM #4:  
The health center is open during times that are convenient for young people.

0 1 2 3 4

NO SORT OF YES

The health center is only open from 8am-4pm.    The health center is open until 7pm one night a week.    The health center is open until 7pm three nights a week.

## Method

- 60 students completed the Adolescent Health initiative "Youth-Led Health Center assessment tool".
- Students rated the health center on four main categories:
  - 1) Physical Space
  - 2) Creating a welcoming environment
  - 3) Policies
  - 4) Services and education offered
- Each category was broken down into 26 different categories
- Students rated using a scale of 0-4\*



- [La Pine SBHC video](#)
- [Bend High SBHC video](#)
- [Redmond High SBHC video](#)
- [Mountain View High SBHC video](#)

# MULTNOMAH COUNTY

- Student Health Action Councils Meetings Across All 9 Schools
- Mental Health / Resource Events
- Stop the Bleed Trainings
- Vaccine Awareness Campaign
- Career Support
  - College to County Internship Program

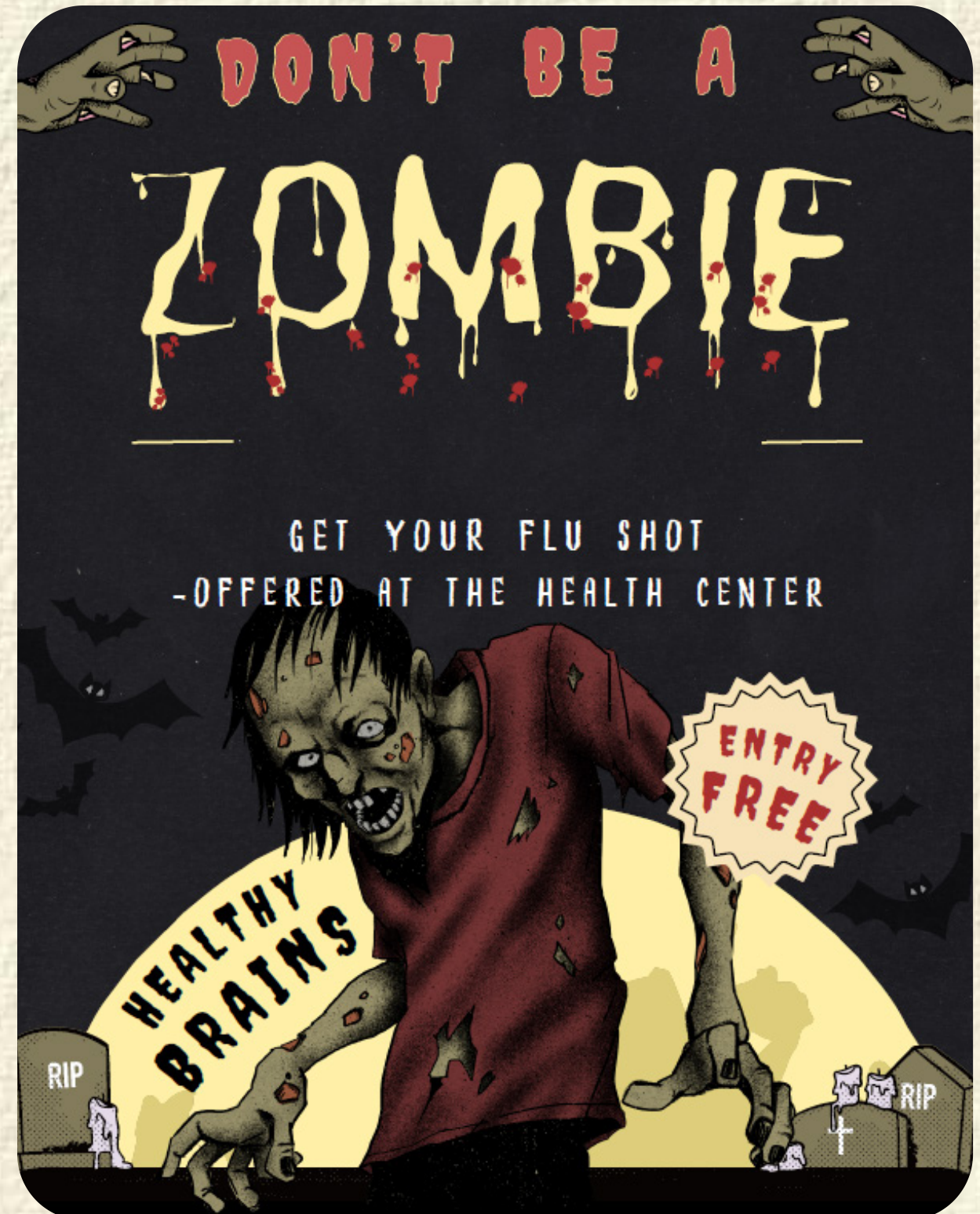
9 SBHCs in Multnomah County



**Multnomah County Health Department**  
@multcohealth.bsky.social

+ Follow

💖 Thank you to the Student Health Action Councils (SHAC) at McDaniel, Cleveland, Jefferson, Parkrose and Reynolds High Schools for partnering with Multnomah County Behavioral Health Prevention and Wellness team for putting on May [#MentalHealth](#) pop-ups. [#MentalHealthMonth](#)



# NEIGHBORHOOD HEALTH CENTER

- Student Wellness Advisory Group
  - SBHC Tabling, Video Tour, Clinic Feedback, Healthy Relationship Events
- Student Led Media Projects
  - "Be Real, Be Well" Video Project
  - Mental Health Podcast
  - Adulting 101 Book
- School Leadership Class Collaboration

2 SBHCs in Washington County



## *Adulting 101: flying solo*

### **Table of Contents**

- Housing and Home Maintenance.....pg 4**
- Transportation and Car Maintenance....pg 14**
- Finance and Budget.....pg 24**
- Health/Wellness.....pg 27**
- Hobbies & Special Interests....pg 42**
- Dining....pg 48**



Podcast

### **The Real Talk Podcast**

Real Talk

[Spotify](#)  
[Link](#)

# OUTSIDE IN

- Patient Advisory Board - student-led advisory group focused on practice and policy improves within SBHC (workflows, advertising, etc.)
- Sana Sana - culturally specific Latine group focused on connection and health related topics (bullying, nutrition, etc.)
- Youth Advisory Council - school club focused on community building activities (school wellness events, stress-less finals week care kits, etc.)

1 SBHC in Clackamas County



# Join

OUR

## Patient Advisory Board

**APPLY HERE**



## P.A.B.

Patient Advisory board

### What is P.A.B.?

P.A.B. is a twice monthly group of people invested in helping the Health Center become better.

### How do I join?

You have to be a patient receiving a service at the health center to join. If you are are interested talk with the front desk.

### When do they meet?

Patient advisory board meets twice a month. On the second and fourth Thursday of the month.



# Join

OUR  
**Youth  
Advisory  
Council**

**EVERY TUESDAY  
3:15PM-4:30PM  
HEALTH CENTER**

CONTACT SIENNA DAY  
FOR MORE INFO

## What is it?

YAC is a space to hang out and develop health promotion projects like in class presentations, outreach events, and art campaigns.

## Why would I join?

To develop impactful projects with peers while still having lots of fun brainstorming new ideas to improve the health and wellbeing of the school.

## Who can join?

Any Milwaukie High School or Milwaukie Academy of the Arts student. You are not required to be a current patient to participate.

## How do I join?

Drop by any Tuesday after school from 3:15-4:30 or reach out to Sienna Day at [daysi@nclack.k12.or.us](mailto:daysi@nclack.k12.or.us) for more info.



# PEACEHEALTH

- Slide Show for Advisory Period on Local Health Resources
- Student Created SBHC Mural and (Award Winning) Seasonal Window Art
- Sources of Strength Mental Health Festival
- Consent and Confidentiality Presentation for Students

2 SBHCs in Lane County

Presented by Churchill Youth Action Council:

# Minor Consent and Confidentiality Laws in Oregon and Churchill High School Student Resources

School Year: 2024-2025

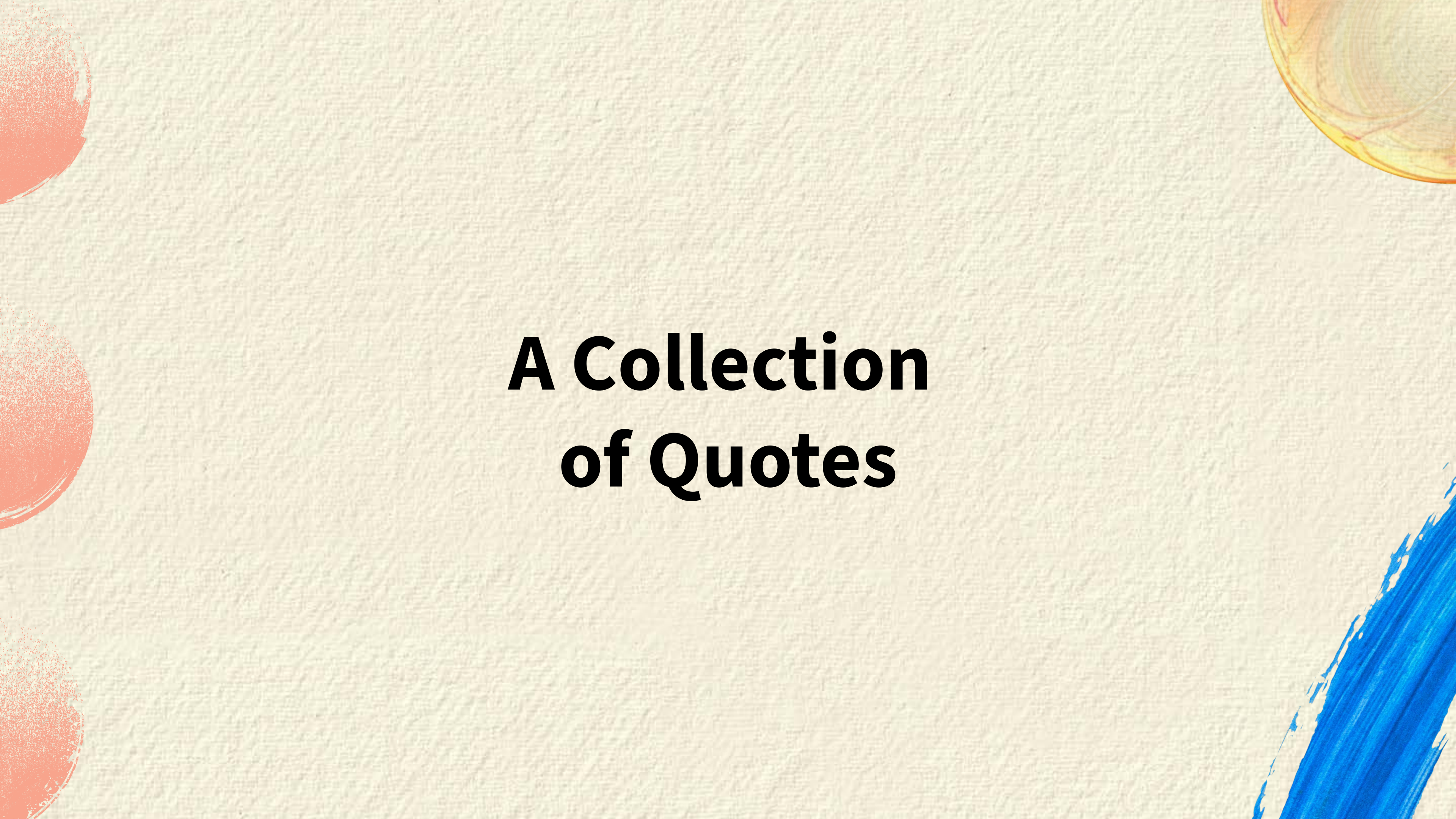


# **VIRGINIA GARCIA**

- **SBHC Promotion at School and Community Events**
- **Ongoing Bilingual Student Health Advisory Council Meetings**
- **Mental Health Events for Students**
  - **Gratitude Jar**
  - **Petals of Peace**

4 SBHCs in Washington County





# **A Collection of Quotes**

I have not seen an opportunity like this for people my age. I am excited to make the health center even better [through the Patient Advisory Board].  
– PAB Member

This year we had more students engaged in our SHACs than ever before.  
– SBHC Staff

More students at each school know about the School-Based Health Centers this year than any year in the past due to the continuous work to promote them.  
– SBHC Staff

[The grant activities] helped spark conversations about mental health and promote the centers as approachable spaces. It also helped SHAC members build confidence in leading projects and connecting with peers, which created a more inclusive and supportive school environment.

– SBHC Staff

The grant not only empowered students to take the lead in health education efforts but also strengthened the visibility and integration of the SBHC within the school community.

– SBHC Staff

This type of work helps break down stigma around mental health and help seeking behavior.

– SBHC Staff



# **Questions, Comments or Concerns?**

[mikah.rotman@oha.oregon.gov](mailto:mikah.rotman@oha.oregon.gov)

**School Mental Health Specialist**

