



Youth Expression of Health

You're young, you've got great ideas and you're dissatisfied with what is happening in your community... well, let's do something!

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 21st thru 24th 2009
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 **\$30** 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.

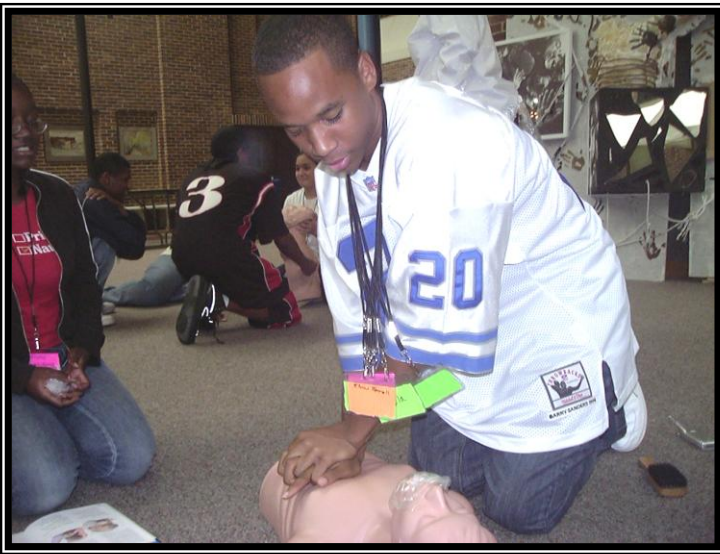
3. Harm Reduction-Harm Reduction is an approach to substance use that aims to meet people where they're at. It is a theory that aims not to judge people for their use, but hopes to educate individuals as to how to be more safe and healthy, in whatever way may be realistic for them.

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.





YEOH 2005

Skills taught at the work shop

- 1- CPR and First Aid 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.
- 9- Learning common phrase in Spanish, Sudanese, and American Sign Language.

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 six years 482 youth have gone through the YEOH program.



YEOH 2004



YEOH 2008

Youth Expression Of Health 7 (YEOH) Application



University of Nebraska Medical Center- College of Public Health Center for Health Disparities
 5050 Ames Ave., Omaha Nebraska 68104. Office 595-1458 Fax 595-1459

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 MHERO or the local Emergency Department to provide urgent medical treatment for my child.

Signature of Parent/Guardian _____ Date _____

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

2. Essay:

Please write a one-page essay on the following topic, and include it with this application form. One of the qualities of a good problem solver is the willingness to work hard. Please describe a personal experience that required you to work hard an experience in or out of school.

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

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

All applications must be submitted by no later than July 9th to the above address, confirmation of acceptance to program will be sent by letter or phone by July 16th.