



HEALTH HACK

PRESENTED BY
FAMILYCARE
HEALTH



Presenters:

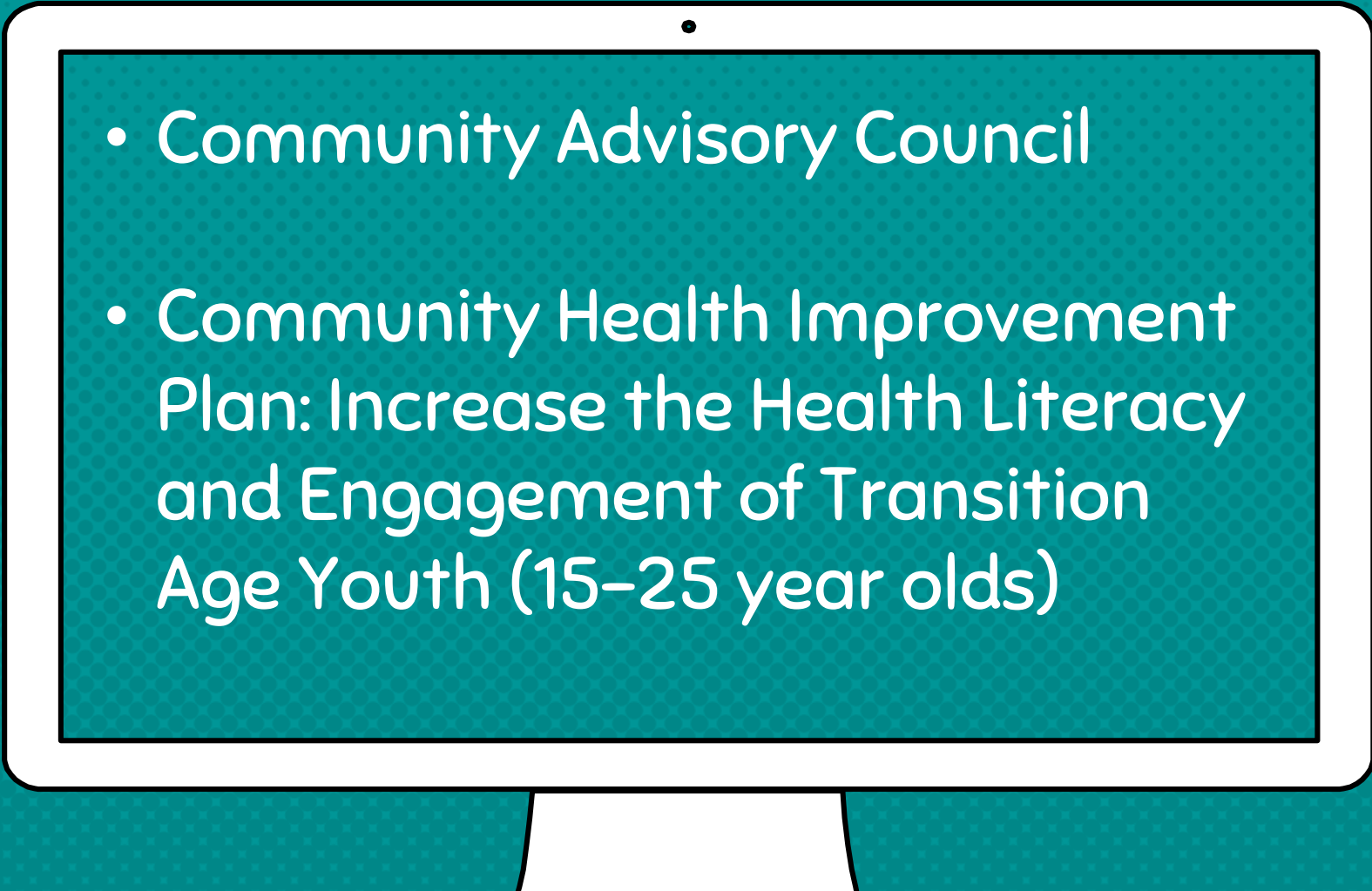
Tia Barnes, Youth MOVE

Ashley Green, FamilyCare Health



Objectives

- × Explain how to incorporate youth and community partner voice into the planning and design process for all elements of the program
- × Describe how to communicate with youth and young adults about their healthcare needs in a youth-friendly and culturally responsive way
- × Describe the importance of including youth-friendly activities that suit diverse learning styles in order to promote optimal information retention for participants
- × Demonstrate at least one activity that helps youth to be engaged and informed about the health system

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- Community Advisory Council
 - Community Health Improvement Plan: Increase the Health Literacy and Engagement of Transition Age Youth (15–25 year olds)

Youth to Drive Process- Listening Sessions

- × Better understanding of health care system and access points
- × An adult or peer to assist with navigating systems
- × Youth wanted to be involved in whatever was created







Next Steps:
Continued
partnering with
community



TAY Health Literacy Learning Collaborative

- Hired Youth M.O.V.E to assist in facilitation and creation of what the Collaborative decided
 - Partnered with youth/youth serving organizations
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**Collaborative Provided
Input/Direction on:**

- 1) Health Systems Navigation
Curriculum
- 2) Health Promotion/Campaign
Ideas

Health Hack Curriculum:

- × M1: Figure out what health, wellness, and self-care means to youth
- × M2: Understand what is health insurance and how to use it
- × M3: What to expect when you go the doctor and how to use your voice

Module Characteristics

Icebreakers

Every module starts with icebreaker so youth can continue to get to know each other and get comfortable

Various Learning Styles

We utilize powerpoints, videos, group activities, and games so youth can engage in the information in various ways

Ground Rules

Important to help youth know what to expect and how they can care for themselves if something comes up

Facilitator Tips

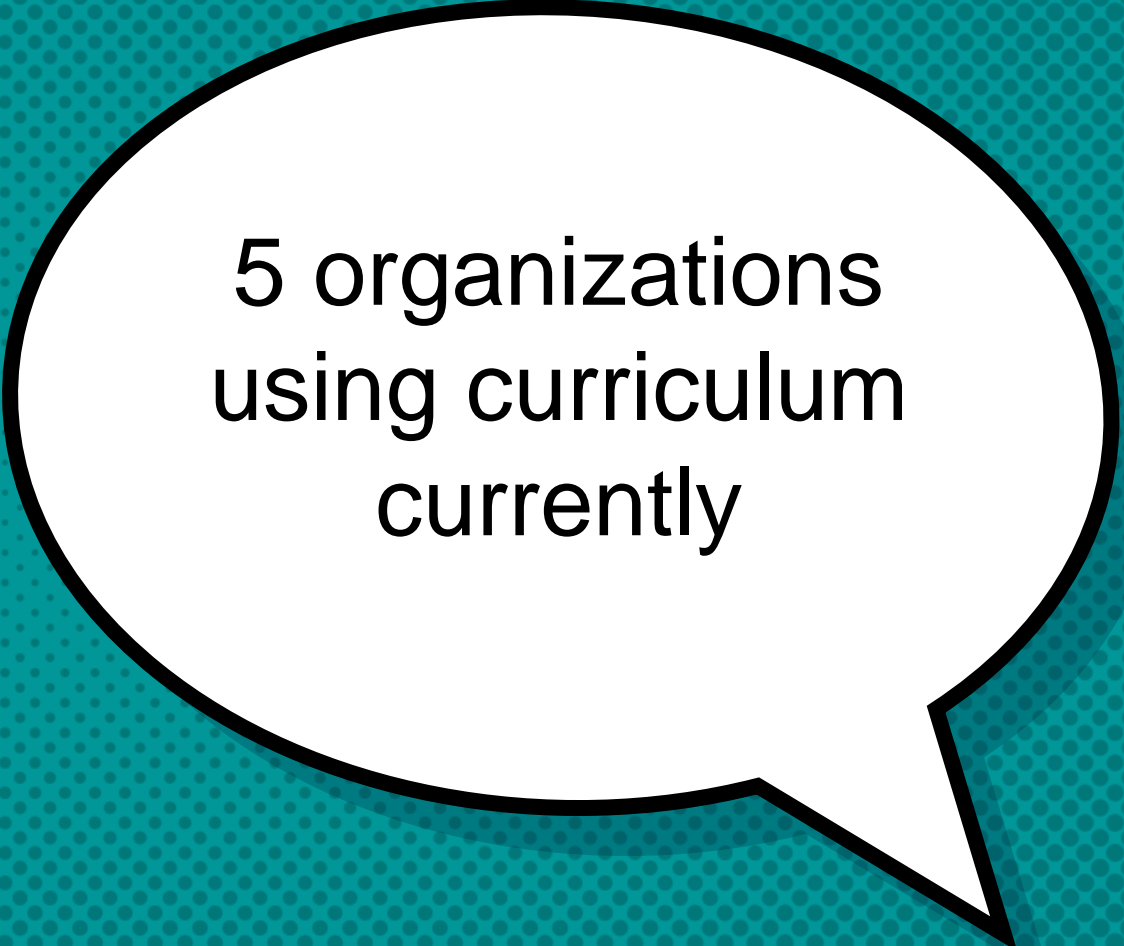
Options for introverted/extroverted groups and provides tips for facilitators on questions they can ask to probe conversation

Activity Example

HEALTH HACK: ACCESSING HEALTHCARE SCENARIOS

You broke your arm and see the bone sticking out of your skin.	You notice that your discharge smells and looks different than usual.
You have a stuffed-up nose, a bad headache, and chills.	You have a fever accompanied by a rash, or have been vomiting for 24 hours or more.
You have a wart on your finger.	Your right leg gets sore when you walk on it.
You got punched in the face and think you might have a concussion.	You have been feeling dizzy all day and fainted at your job.





5 organizations
using curriculum
currently

Evaluation

- Youth Feedback and Organizations Feedback
- Pre/Post Test to measure increase/decrease in health literacy



A white computer monitor with a black outline is centered on a teal background with a subtle pattern of small white dots. The monitor's screen displays the text "Health Promotion: 3 videos made" in white, sans-serif font. The monitor has a small black dot at the top center of its bezel and a white stand at the bottom.

Health
Promotion:
3 videos made

Next Steps

- Updates/Expansion
- Focused resources
being built on website
for youth



Interested?
Contact Ashley Green at
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