

# The Use of Non-Traditional, Peer-Led Education to Eliminate Access to Care Barriers in Adolescents

**Hannah Sokoloff-Rubin**, Planned Parenthood Columbia Willamette

**Nicole Mayer, MPH**, Multnomah County (formerly at Virginia Garcia  
School Based Health Centers)

**Hannah and Nicole**

## Basic Background

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- Reproductive Health Coalition of Washington County
- Teen train the trainer
- Planned Parenthood's Teen Council and Virginia Garcia's Student Health Advisory Committees (SHACs)



**Nicole:** Basic Background: two years ago, as a result of our community health improvement plan, we were part of creating a reproductive health coalition in Washington County that brought together all major sexual healthcare providers and community partners to talk regularly about improving access to care. The most common issue raised was the need to provide better education for youth. In response to that, the coalition decided to put on an access training for youth. **The goal was to use youth educators from two different community health programs, Planned Parenthood's Teen Council and Virginia Garcia's Student Health Advisory Committees, to train youth in the community on how to access sexual healthcare**

# Curriculum

- Youth educator focus
  - Work with each groups strengths
- Interactive
- Inclusive
- Stations
  - Pelvic exam/Cancer screening, STIs, LGBTQ+ Health, Birth Control Methods, Important Paperwork



**Hannah:** The activities were designed with youth educators in mind, and workshopped with them in rehearsal. We centered interactive activities and made sure to create an inclusive space by talking about LGBTQ+ health issues, insurance and affordable care, and having all materials available in spanish and english, with an in person spanish translator day of. We made use of roleplays, brainstorm, and discussion to lift up the knowledge in the room and involve everyone. Have different informational stations that students can interact with during breaks on their own time

# Peer Education Model: Scaffolding

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- Authentic Youth Voice
- Create space
- Scaffolding



**Hannah:** Scaffolding and authentic youth voice

- emphasis on collaboration and positive outcomes
- create space for input, choice, and shared leadership
- scaffolding: supporting while building! Model and think aloud, tap into prior knowledge and passion, give structured practice time, pre-teach vocabulary and technical information, use visual aids to help cue, build in space for feedback from beginning

# Recruitment

**Embajadores de Acceso y Conexión**  
Sé la persona que sabe las respuestas

¡Taller de Entrenamiento GRATIS! ¡Comida GRATIS! ¡Premios GRATIS! Todos recibirán una tarjeta de regalo por \$5 para gastos de transporte  
¡Traducción simultánea al Español!

Century High School  
2000 SE Century Blvd  
Hillsboro, OR 97123  
27 de Abril, 2019  
11am - 2:30pm

¿Quieres aprender acerca de cómo obtener servicios de salud sexual y ayudar a otros en tu comunidad? Ven, recibe el entrenamiento por parte de estudiantes de preparatoria y por tu participación recibirás un certificado de Embajador de Acceso y Conexión. Este es un evento incluyente - todos son bienvenidos, edades de 13-18!

Patrocinado por la Coalición de Salud Reproductiva del Condado de Washington.  
¿Preguntas?  
Comunicate con Hannah al 413.537.5921  
REGISTRATE en Eventbrite <https://accessambassadors.eventbrite.com>

**Access Ambassadors:**  
Be the Person with the Answers

Free Workshop! Free food! Free Prizes!  
Everyone will get a gift card and \$5 for travel  
¡Traducción simultánea al Español!

Century High School  
2000 SE Century Blvd  
Hillsboro, OR 97123  
April 27, 2019  
11am - 2:30pm

Want to learn more about how to access sexual healthcare and how to help others in your community?  
Come get trained by local teens and receive an Access Ambassador certificate! This is an inclusive space - all are welcome ages 13-18

Sponsored by the Reproductive Health Coalition of Washington Co.  
Questions? Call/text Hannah at 413.537.5921  
SIGN UP on Eventbrite at <https://accessambassadors.eventbrite.com>

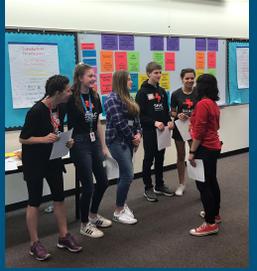


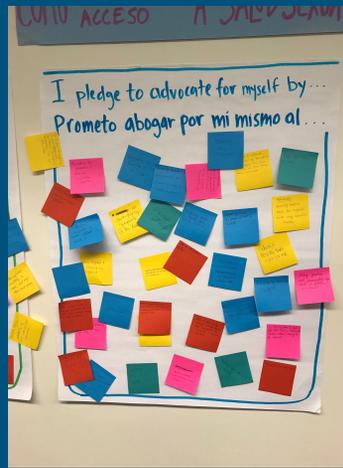
**Nicole:** Involve the young people (student designed flyer)! Make it a group challenge (recruitment goals for each group, student tabling at school). Think about accessibility and what is appealing to the people you're trying to recruit. Remove as many barriers as possible (raffle, location, money for transportation). Make it clear that you are respecting their time and that they will get something out of it (incentives, gift cards and certificate). Accountability and organization (eventbrite. Sends reminders for you, gives more information, can ask questions about dietary restrictions, personal info, etc.) Use your community partners - parents and teachers know youth! (collaborate across different orgs, get everyone excited).

# Setting the Scene



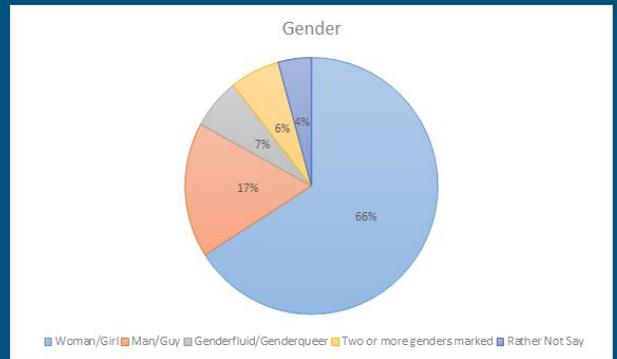
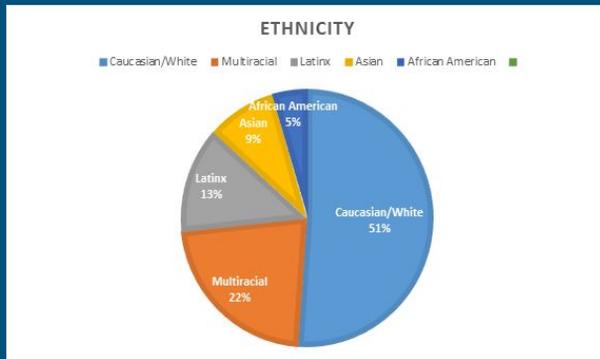
**Nicole and Hannah:** Be organized, sign in table and food are key, create a schedule that is realistic with arrival and departure times, music and high energy, inclusive space -- show people that they are welcome! Pronouns on name tags, gender neutral bathrooms, use peer educators to welcome and direct people (signs are big!)





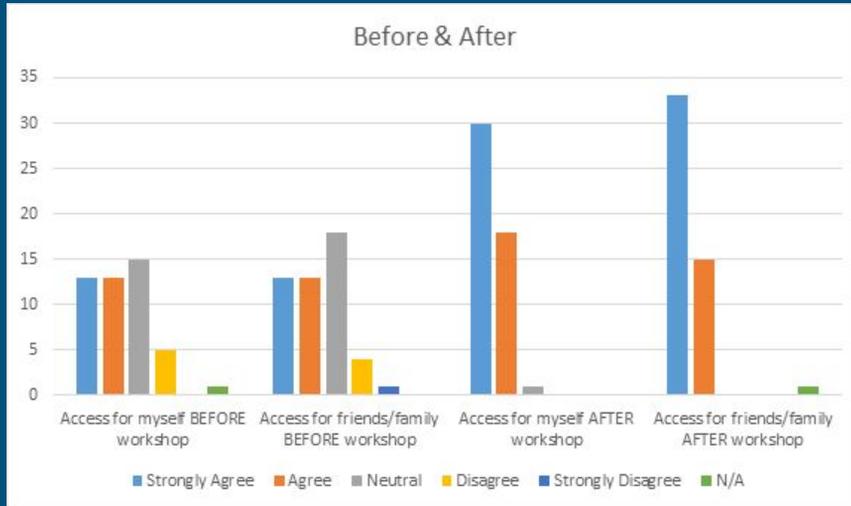
# Impact

We had 56 students from 18 Schools Join us!



**Hannah:** Data we collected -- who we reached, what they said

# Impact cont...



**Nicole**

**Prompt was “ I feel confident accessing sexual healthcare for myself”**

# What did they have to say?

What did you like best about this workshop?

- The way I learned many ways of finding help.
- It included and informed a range of ages and schools.**
- It was interactive and I got to meet people.**
- Different events, respecting.
- It felt that the purple questions about health services and the corresponding answers were really informative.
- I liked the fun part of the workshop, it wasn't boring and I liked learning in a fun environment.
- The sense of community and all of the resources.**
- The Teen Council/SHAC members were awesome!**

Draw a face of how you felt in this workshop:

**100% of teens  
drew a smiley  
face!**

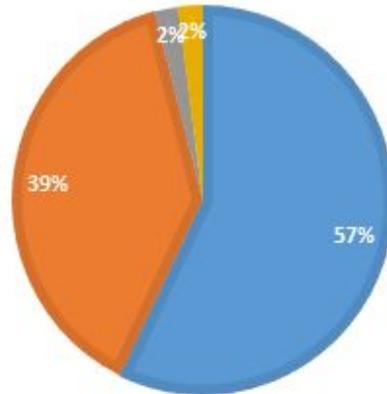


**Nicole**

**Hannah: add that people wanted more**

**AFTER THE TRAINING, I AM CONFIDENT IN MY ABILITY  
TO BE A RESOURCE FOR FRIENDS/FAMILY NEEDING  
REPRODUCTIVE HEALTH CARE**

■ Strongly Agree ■ Agree ■ Neutral ■ No answer marked

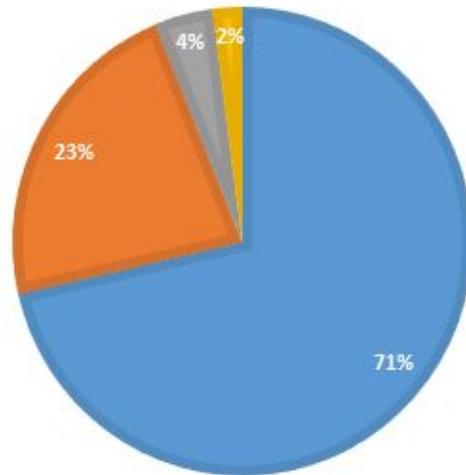


**Hannah:** 96% add disagree or strongly

One session isn't enough to create behavior change but it did create a shift in attitude that could likely pave the way to change

## I WOULD RECOMMEND THIS WORKSHOP TO OTHERS

■ Strongly Agree ■ Agree ■ Neutral ■ Unknown ■



**Nicole:** 93% disagree, strongly disagrees

# Looking forward



**Hannah:** We are thinking about the sustainability of Access Ambassadors and looking to do something again this year that will continue the momentum of this program and also fit within the coalition's capacity