

2024 ADOLESCENT PREGNANCY
PREVENTION GRANTEE CONFERENCE



BUILDING BRIGHTER FUTURES
WITH TODAY'S YOUTH LEADERS

JUNE 25-27 | SAN FRANCISCO, CA



BUILDING BRIGHTER FUTURES
WITH TODAY'S YOUTH LEADERS

JUNE 25-27 | SAN FRANCISCO, CA

Field-tested Strategies for Supporting Youth Well-being: Lessons from Ohio (State PREP)

Lauren McHenry, Nationwide Children's Hospital

Tyler Arvin, Nationwide Children's Hospital

Maurice Cole, Cuyahoga County Board of Health

The views expressed in written training materials, publications, or presentations by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

Funding Stream: State PREP
Grant #: 2301OHPREP



Department of
Youth Services





Lauren McHenry (she/her)

Nationwide Children's Hospital
Ohio PREP Districts 3 and 5

Lauren.McHenry@nationwidechildrens.org



Maurice Cole (he/him)

Cuyahoga County Board of Health
Ohio PREP District 2

MCole@ccbh.net



Tyler Arvin (he/him)

Nationwide Children's Hospital
Ohio PREP District 5

Tyler.Arvin@nationwidechildrens.org

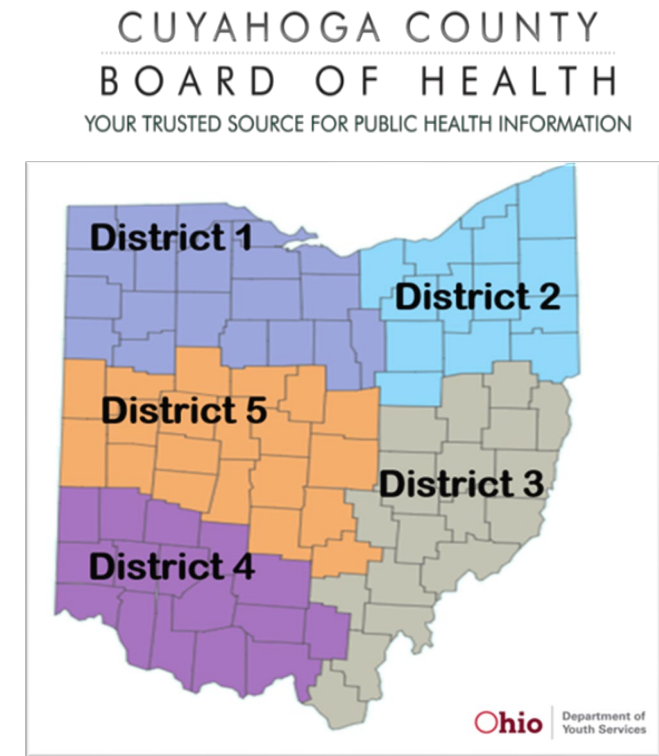
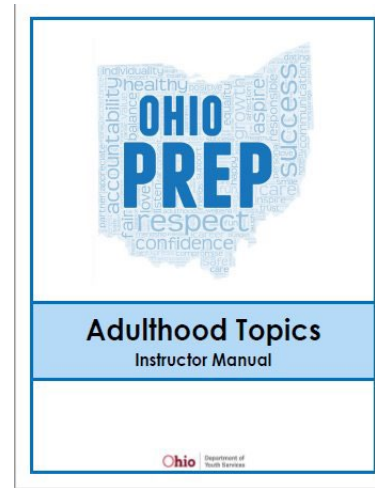


Learning Objectives

1. After viewing this presentation, participants will be able to demonstrate the need for employing youth well-being practices through an understanding of the current national state of youth mental health and well-being.
2. After viewing this presentation, participants will be able to identify at least three distinct strategies (mindfulness practices) for supporting youth well-being that were employed by Ohio PREP in a variety of implementation settings.
3. After viewing this presentation, participants will be able to identify the benefits of integrating youth well-being practices within APP programming as observed by Ohio PREP facilitators.

We are Ohio PREP:

Ohio PREP targets youth that are involved in the juvenile justice system and/or child welfare system, who attend alternative schools, and/or who are pregnant or parenting.



Youth Mental Health: A National Crisis

Poor mental health and suicidal thoughts and behaviors are increasing for nearly all groups of youth.

*CDC's 2021 Youth Risk Behavior Survey



1 in 5 children
has a significantly impairing
mental disorder; yet
less than half
get the treatment they need*

**National Institute of Mental Health*

Mental Well-being and Ohio PREP

- Youth we serve are disproportionately affected by mental health disorders.
- Mental well-being impacts ability to learn, participate in, and enjoy APP programming.
- Mental health has been linked with increased sexual risk behaviors in youth.



Integrating Youth Well-being into Practice

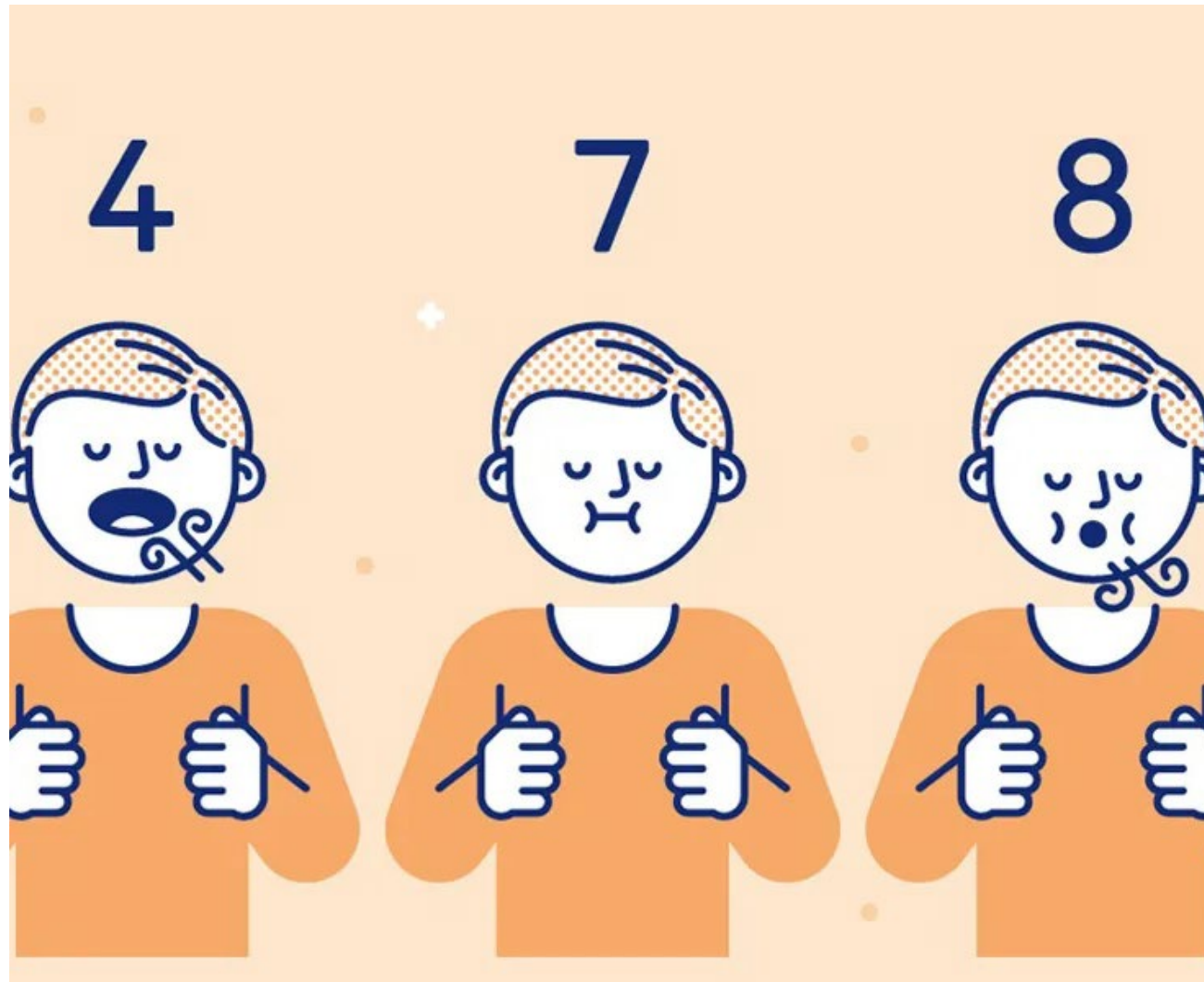


- In the PREP classroom
- During staff trainings
- During professional meetings



De-Escalation During Youth Programming

- 4-7-8 Breathing Technique used during PREP implementation.
- Youth practiced self-regulation through breathwork.



Let's try a Mindful Moment: "Take 5 Breath"

1. Sit up tall and align your spine. Close one hand into a fist.
2. As you breathe in, open one finger at a time. When you finish inhaling, your hand is open.
3. As you breathe out, close your fingers, one at a time. Breathe out and pull in each finger, closing your hand back into a fist.
4. This completes one round of Take 5 Breath. This can be repeated as many rounds as needed.
5. Great job practicing Take 5 Breath! What changes do you notice in your brain, body, and breath?



What is a Wellness Day?

- Builds skills that support well-being
- Creates opportunities for relationship-building, personal growth, and fun
- Engages youth and youth-serving professionals in a positive experience
- Normalizes conversations about mental health and well-being

MINDFULNESS is noticing your thoughts, feelings, and physical sensations in the present moment without harmful judgement.

Implementation Sites

- Community-based Residential Campuses (2)
- Community-based Juvenile Correctional Facilities (2)
- DYS Juvenile Correctional Facilities (2)
- Alternative School Classroom (1)



Stressed Teens and MBSR-T

Founder of Stressed Teens, Gina M. Biegel, LMFT, taught mindfulness-based stress reduction skills and tools at 4 implementation sites.

MINDFULNESS-BASED SERVICES FOR TEENS, FAMILIES, & PROFESSIONALS

ABOUT US:

Stressed Teens offers the evidence-based Mindfulness-Based Stress Reduction for Teens (MBSR-T) program in a variety of settings and formats. We teach mindfulness-based interventions and provide skills for pre-teens through late adolescence. MBSR-T can improve youth's functioning and quality of living socially, physically, and psychologically. MBSR-T is adapted from Jon Kabat-Zinn's adult MBSR program.



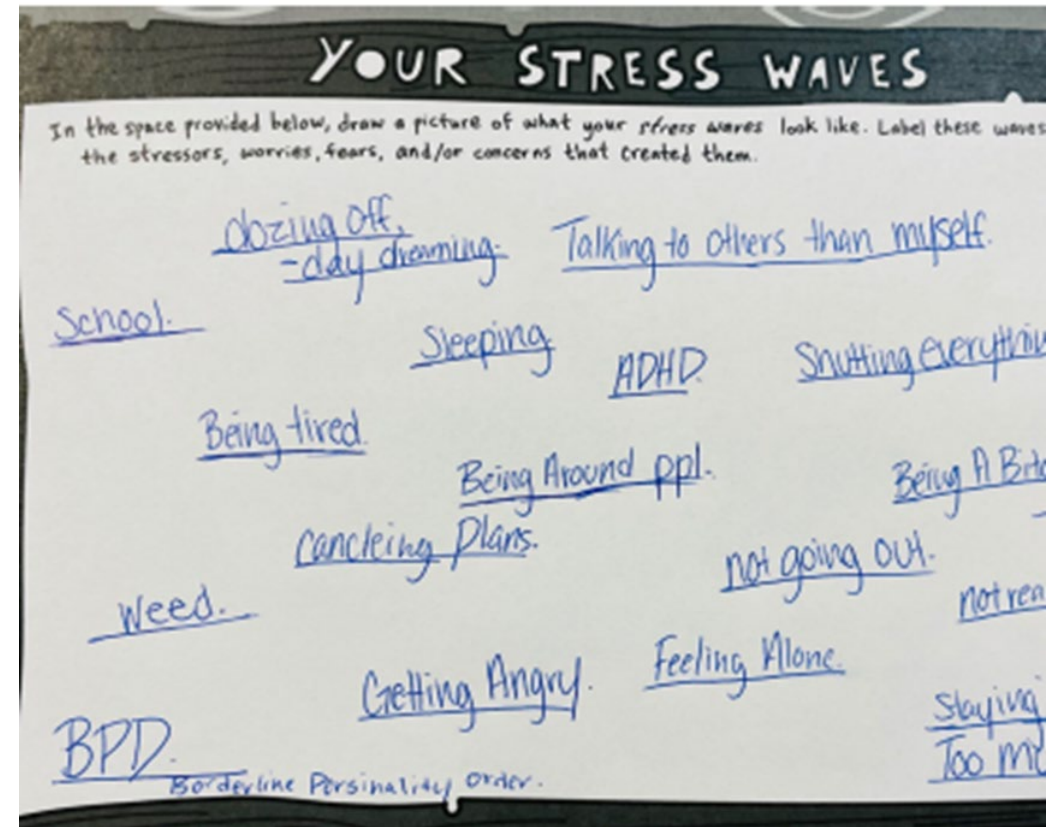
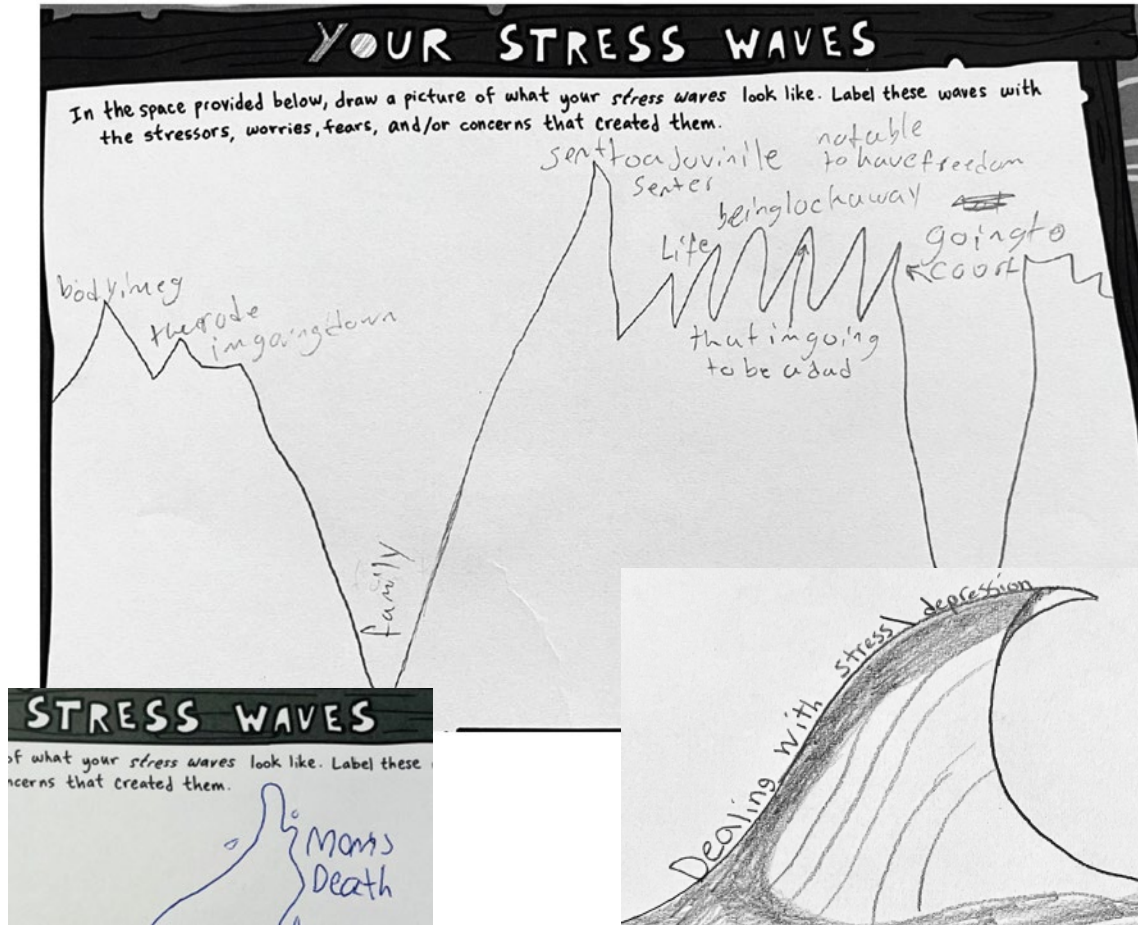
- Youth and youth-serving professionals participated together
- Learning activities included:
 - Large group discussion
 - Guided meditation and visualization exercises
 - Guided mindful journaling
 - Mindful eating activity
 - Identifying positive coping skills

Creating a Positive Experience



- Allowed youth to choose a special meal
- Wellness-themed giveaway items
- Break from regular school/programming
- Voluntary participation

Identifying Stressors

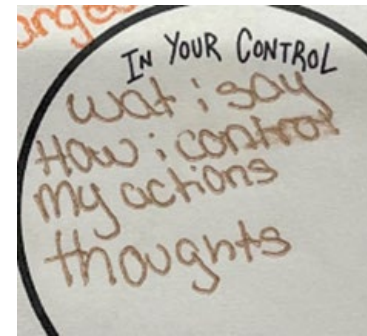
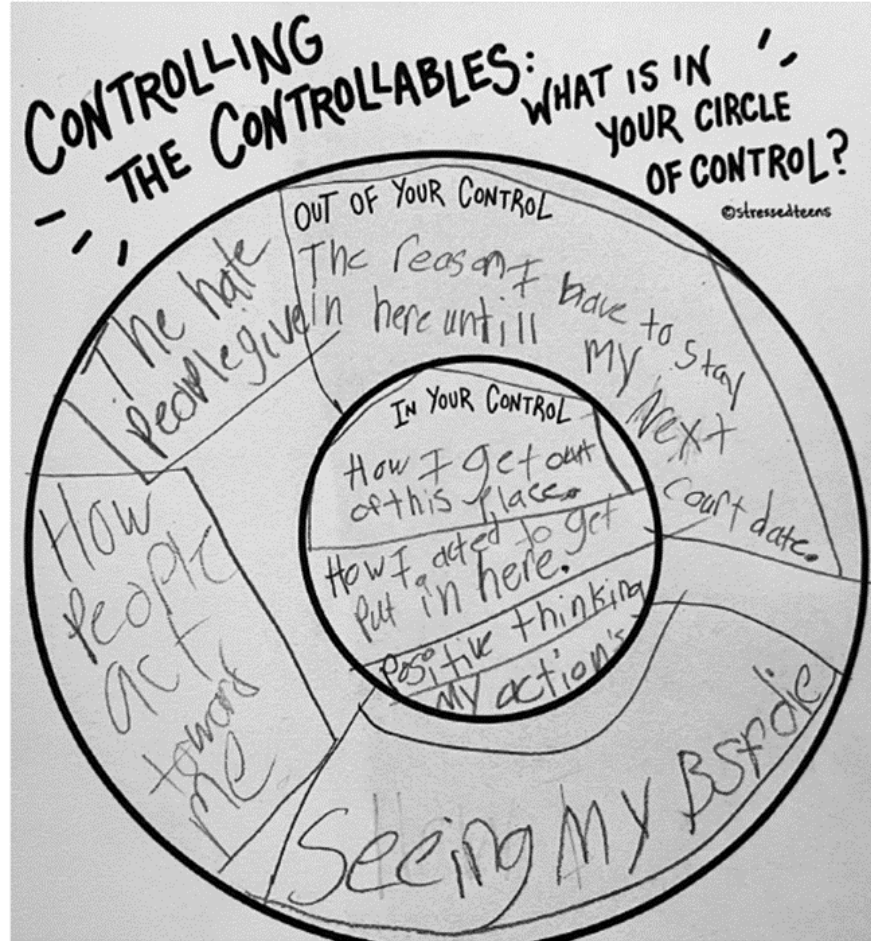


OUT OF YOUR CONTROL
 what people say about me. The 100k's people give me.

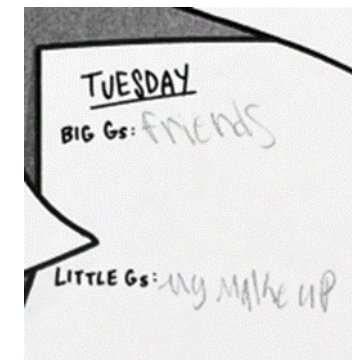
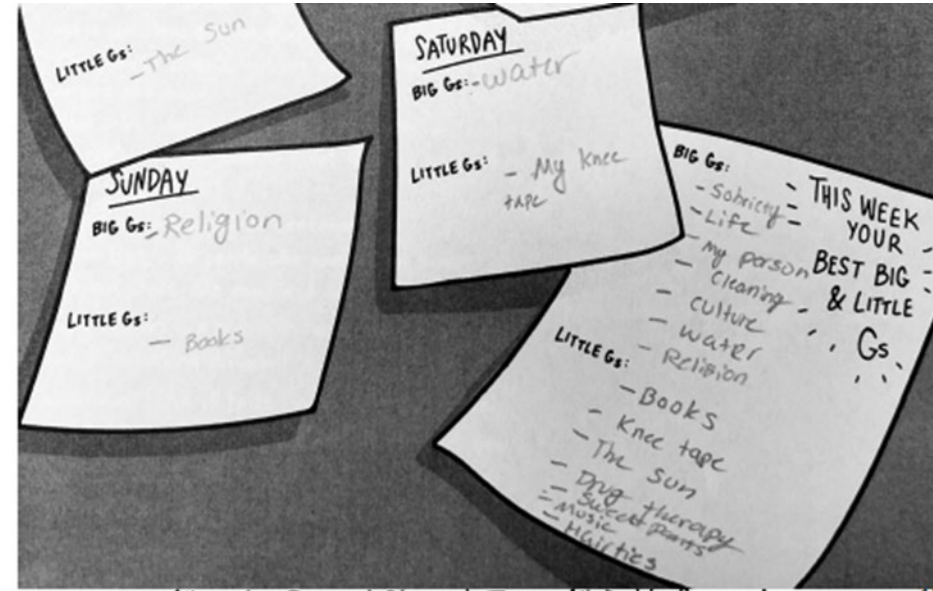
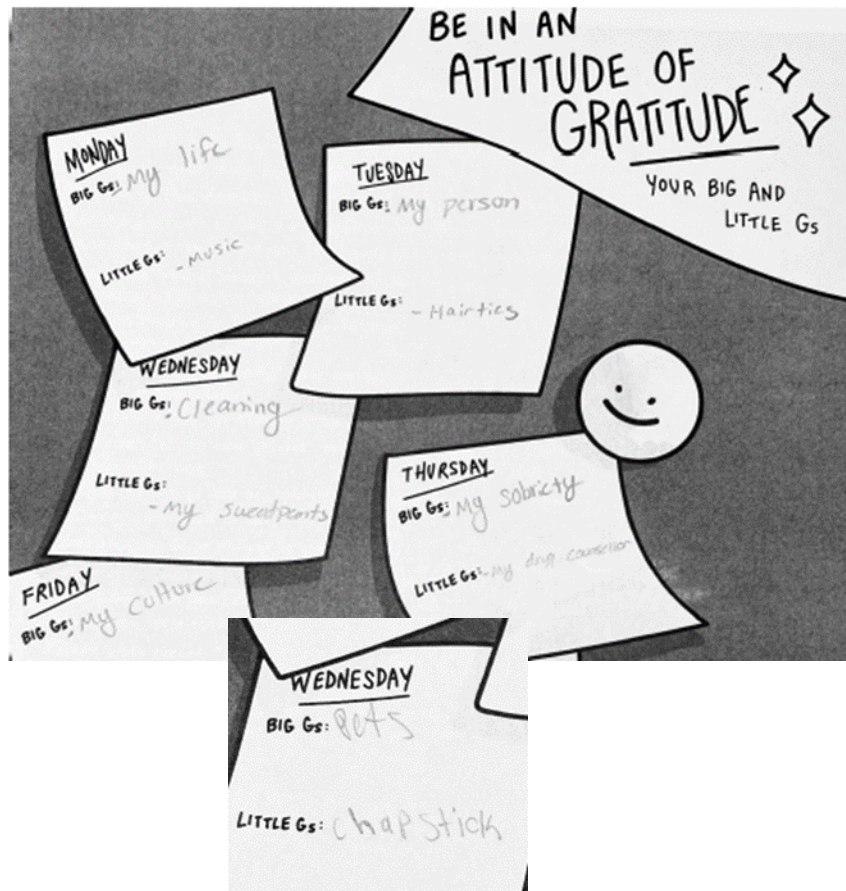
Losing my baby.

OUT OF YOUR CONTROL
 going 2 jail leaving when ever wanted
 getting arrested ever wanted
 getting charged
 IN YOUR CONTROL
 what i say

My future
 Peoples thoughts



Practicing Gratitude





Resources for Parents, Teens, and Professionals

What are Positive Coping Skills?

- ☛ Mental reminders, strategies, or actions that can support your mood, ease your stress, and help you manage your problems.
- ☛ These skills help you deal with, manage, and live your life in healthy ways.
- ☛ Positive coping skills are also the actions people can engage in that ease their problems and pain, and hopefully make them feel better.

If you build it, will they come?

- Focus on mindfulness
- Invite PREP family
- Offer incentives
- Provide breakfast/lunch
- Have fun and hope for good weather



Mindfulness Practices

* CUYAHOGA COUNTY BOARD OF HEALTH & OHIOGUIDESTONE PRESENT: *

D2 OHIO PREP WELLNESS DAY

3 AUG 2023

10:00am - 2:00pm

FREE EVENT FOR PREP YOUTH & FAMILIES!

Food Trucks - Door Prizes - Wellness Activities and more!

Staff, Clients, Foster Youth & Families are invited to join us for a day of fun and self healing! There will be door prizes, team building activities, free food, and all guests will leave with a special thank you gift!

Please RSVP to mcole@ccbh.net by 7/27/23 with total number of youth/staff in attendance.

Helwig Environmental Center
8740 Lewis Rd. Olmsted Falls, Ohio 44138

Decorative icons at the bottom: a row of 15 smiley faces in various colors (yellow, green, pink, blue).



Check in with your emotions



Draw, color, or doodle



Practice breathing techniques



Practice yoga or stretch



Spend extra time outside

**Do something
today that your
future self will
thank you for.**



De-escalation Station:

- Draw or color
- Fidget break
- Puzzle or brain teaser
- Sensory break
- Talk to a trusted adult





Low Ropes Course

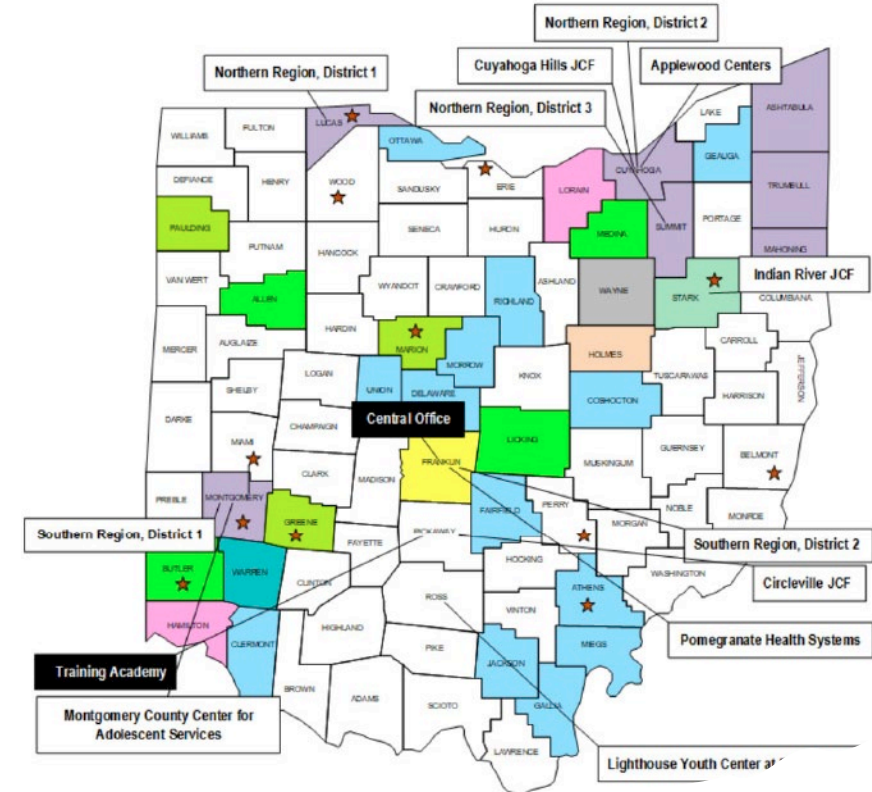
SLAK CLE

"Elevating mental and physical performance by utilizing balance, speed, agility, strength, and coordination"





Food Trucks - Barrio and Hippy Sips

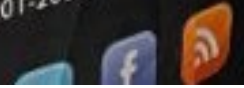


Wellness Day at DYS



CUYAHOGA COUNTY
BOARD OF HEALTH

YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION
5550 Venture Drive Parma, Ohio 44130
216-201-2000 www.ccbh.net





Wellness Day at DYS

- Family support
- Healthy snack
- Mindfulness exercise
- We are Ohio PREP

Acknowledgements



Voinovich School of
Leadership and Public Affairs



MINDFULNESS-BASED SERVICES FOR TEENS, FAMILIES, & PROFESSIONALS

ABOUT US:

Stressed Teens offers the evidence-based Mindfulness-Based Stress Reduction for Teens (MBSR-T) program in a variety of settings and formats. We teach mindfulness-based interventions and provide skills for pre-teens through late adolescence. MBSR-T can improve youth's functioning and quality of living socially, physically, and psychologically. MBSR-T is adapted from Jon Kabat-Zinn's adult MBSR program.

SERVICES:

10-WEEK CERTIFICATE TRAINING
FOR PROFESSIONALS IN MBSR-T
30 CE/CME Credits Available

4-WEEK MINDFULNESS GROUP FOR
TEENS & YOUNG ADULTS IN MBSR-T

MINDFULNESS-BASED PSYCHOTHERAPY
& COACHING FOR TEENS & FAMILIES

WHOLE-SCHOOL MINDFULNESS-BASED
SOCIAL AND EMOTIONAL (SEL) PROGRAM
Year Long

PROFESSIONAL 1:1 MENTORING AND
PRACTICUM OFFERINGS

www.Stressedteens.com



ON OUR
SLEEVES®



Department of
Youth Services



OhioGuidestone
WHERE NEW PATHS BEGIN



Mindful Moment: Create a Thunderstorm

Works Cited

- [Centers for Disease Control \(CDC\) Youth Risk Behavior Surveillance System \(YRBSS\)](#)
- [National Institute of Mental Health \(NIMH\) - Transforming the understanding and treatment of mental illnesses \(nih.gov\)](#)
- [The Movement for Children's Mental Health - On Our Sleeves](#)
- [Youth Involved with the Juvenile Justice System | Youth.gov](#)
- Quolke, M., Holmstrand, L., & Belkin, S. (2023). Ohio PREP, 2022-2023 federal data evaluation. Athens, OH: Ohio University's Voinovich School of Leadership and Public Service.

Questions?





Lauren McHenry (she/her)

Nationwide Children's Hospital
Ohio PREP Districts 3 and 5

Lauren.McHenry@nationwidechildrens.org



Maurice Cole (he/him)

Cuyahoga County Board of Health
Ohio PREP District 2

MCole@ccbh.net



Tyler Arvin (he/him)

Nationwide Children's Hospital
Ohio PREP District 5

Tyler.Arvin@nationwidechildrens.org



Session Evaluation

Please complete a brief evaluation form for all workshop, forum and networking sessions by scanning the following QR code or visiting the following link:

<https://bit.ly/2024Evaluations>

