

Name of Project: Bethel Regional High School Clinic Program for Adolescents

Name of Organization: Yukon Kuskokwim Health Corporation

EIN/Tax ID #: 92-0041414 **Tax Exempt:** Yes

Mailing Address: P.O. Box 528 **Community:** Bethel **Zip Code:** 99559

Provide an overview of the project you would like to implement with these funds.:

The Bethel Regional High School Health Center (BRHSC) opened in August 2016 and has served the community for the past year and a half. The clinic was the brainchild of the Seattle Children's Hospital – Alaska track residency program and ultimately came to fruition as a joint collaboration among the Yukon-Kuskokwim Health Corporation (YKHC), the Bethel Public Health Center (BPHC) and the Lower Kuskokwim School District/Bethel Regional High School (BRHS). The goal of the school-based clinic is to provide accessible and confidential care to adolescents in the middle and high school community and to improve their health status and promote health awareness. Services include: sports physicals, well visits, acute visits, confidential STI and pregnancy testing, counseling and treatment. Referrals are placed to behavioral health, dental, optometry, and any other consulting service. The health center continues to expand, with recent developments including immunization campaigns, fundraising, and efforts to incorporate the students and community members more formally into the workings of the clinic. The school-based providers recognize that providing optimal adolescent health care extends well beyond the confines of the acute sick visit and therefore are seeking out fresh and creative ways to more effectively engage the youth of our region. In an effort to improve the health status and promote health awareness with the region's adolescent community, BPHC public health nursing and YKHC providers propose to facilitate the Healthy Relationship Plus Program (HRPP)

(<https://youthrelationships.org/hrpp>). This program applies the core principles of the Fourth R classroom-based programs, but outside of the classroom setting. This violence-prevention program is designed to promote positive, healthy relationships via a curriculum focusing on competency-enhancement. It is designed for small groups (6-25 youth/session, ranging from 12-18 years old) and focuses on mental health and suicide prevention and drug and alcohol use. The public health nurses and providers who will facilitate this program will supplement the curriculum to include sexual health and contraception information by adding sessions pulled from the standard Fourth R program. Please see the website for a sample session topics and curriculum. The program is supported and endorsed by the Alaska Department of Education & Early Development, the Alaska Department of Health and Social Services, the Council on Domestic Violence and Sexual Assault, and the Alaska Network on Domestic Violence and

Sexual Assault. If awarded this grant, all monies will go towards purchasing program materials, training facilitators, and creating a safe and comfortable space within the high school clinic. The clinic currently has limited furniture. To provide a suitable space for this program, we would ideally purchase chairs for all students and the facilitator, a table, pens/pencils for the students, masking tape, object(s) to use as a talking stick, stress balls, poster board and markers. We will provide healthy snacks and cab vouchers for participants. All remaining funds will go towards furniture that will continue to be used by the clinic.

Amount Requested: \$7541

Date Funds are Needed: April 1,2018 - December 31, 2019

Budget

	YKDWIP	Other	Total
Personnel	\$0	\$16,800	\$16,800
Travel	\$1050	\$0	\$1050
Supplies	\$2900	\$0	\$2900
Facilities	\$3591	\$0	\$3591
Other	\$0	\$0	\$0
Total	\$7541	\$16,800	\$24,341

Personnel: Personnel costs will be incurred by YKHC and BPHC. Costs are based on the average hourly salary for RNs/MDs, 2 cohorts of 16 sessions, 2.5 hours of staff time per session, and 4 hours of training time.

Travel: Cab vouchers will be provided on an as needed basis to participants. Total travel costs are based on an average cab voucher \$7 for 150 vouchers.

Supplies: Supplies for facilitators and students include easel pads, stress balls, talking sticks, tape, markers, pens, pencils, poster boards, paper/notebooks, etc. are estimated to cost \$540. Healthy snacks will also be provided to students at a cost of \$75/session.

Facilities: Facilities equipment needs include chairs and tables for 25 participants. Remaining funds will be used to purchase additional furniture and decor for the BRHSC with a goal to improve acceptability of the clinic as a safe, comfortable, and youth-friendly space for students. Decisions on types of decor and furniture will be made with student input.

Other Expenses: none

How many individuals will directly benefit from the award?: Max of 50 youth, ages 12-18 years of age.

Describe the impact you expect funds to have on individuals.: Desired outcomes of the Healthy Relationship Plus Program include: -Learn about healthy relationships -Improve communication skills -Build resilience -Learn

coping strategies -Develop leadership skills -Provide a place where students have a voice to discuss what matters to them

How will you know if your project has been successful?: Participants will be asked to complete the following post-program questionnaire. These

questionnaires will be reviewed and the results used to inform next steps. 1.

How much did you benefit from this program (circle one)? Not at all very little neutral somewhat to a great extent 2. What did you get out of the program?

3. What did you like best about the program? 4. How would you change it or add to the program? 5. Would you have an interest in participating in this

program again? Yes / No 6. Would you recommend this program to others?

Yes / No 7. How effective was the program at helping you with the following

(circle one): • Learn about healthy relationships: Not at all very little neutral

somewhat to a great extent • Improve communication skills: Not at all very

little neutral somewhat to a great extent • Learn coping strategies: Not at all

very little neutral somewhat to a great extent • Develop leadership skills: Not

at all very little neutral somewhat to a great extent • Provide a safe space to

discuss important matters to me: Not at all very little neutral somewhat to a

great extent

Please provide any other comments that you have here.:

Date: 3/5/2018