

# **It's More Than Magic: How Theory Informs Youth-Led Programming**

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**Ohio Adolescent Health Partnership Summit 2016**



STARK COUNTY  
**Youth Led  
Prevention**  
*StarkMHAR.org*

**YOUTH TO YOUTH**  
INTERNATIONAL

*Mission 1*

*Mission 2*

Overarching goal of  
YLP in Ohio

*Young people will engage in the SPF  
to create and implement a strategic  
plan that uses evidence-based  
strategies to create community-level  
change.*

*Mission 3*

*Mission 4*

# Youth Empowerment Conceptual Framework

Conceptualizing youth-led:  
What does it look like?

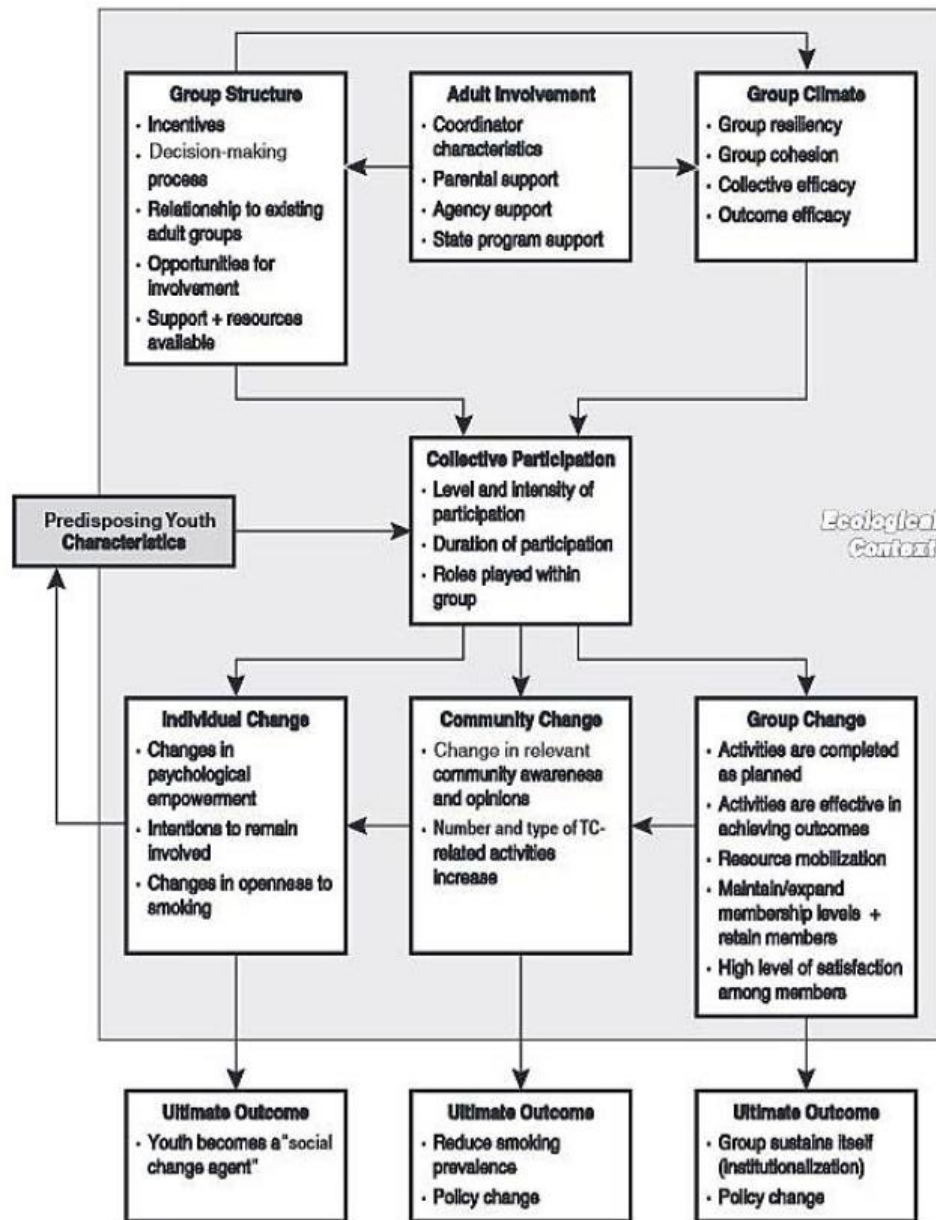


Figure 1. Youth empowerment conceptual framework.

# Strategic Prevention Framework:

## How we create change



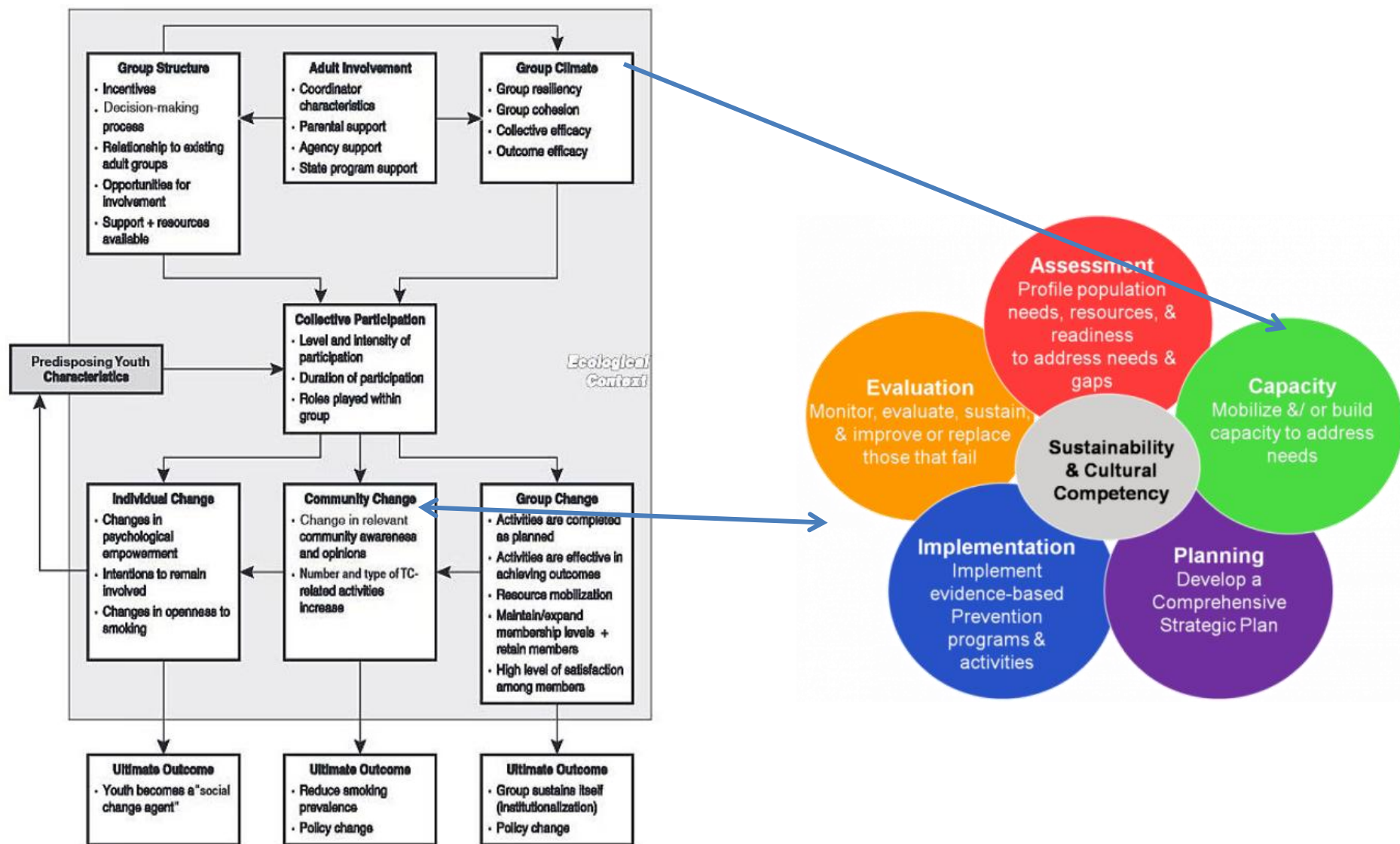


Figure 1. Youth empowerment conceptual framework.

“A goal without a plan is just a wish”



## Let's prepare for Youth Led Prevention! Using the Youth Empowerment Conceptual Framework to make it happen.

- ✓ It is a template to conceptualize youth led prevention.
- ✓ It is a planning tool for adults.
- ✓ It is a fluid and responsive illustration of your community's YLP efforts.

# Think of it as a recipe for YLP success...



- ✓ A description of the product that you plan on creating.
- ✓ Consider this your “elevator speech”.
- ✓ A succinct overview of your YLP.



# The Essential Ingredients...

✓ Who are the youth?



# ✓ Adult Involvement



# ✓ Group Structures



# ✓ Group Climate





# What happens when you combine the ingredients?

Collective  
Participation  
the essential work of  
the YLP



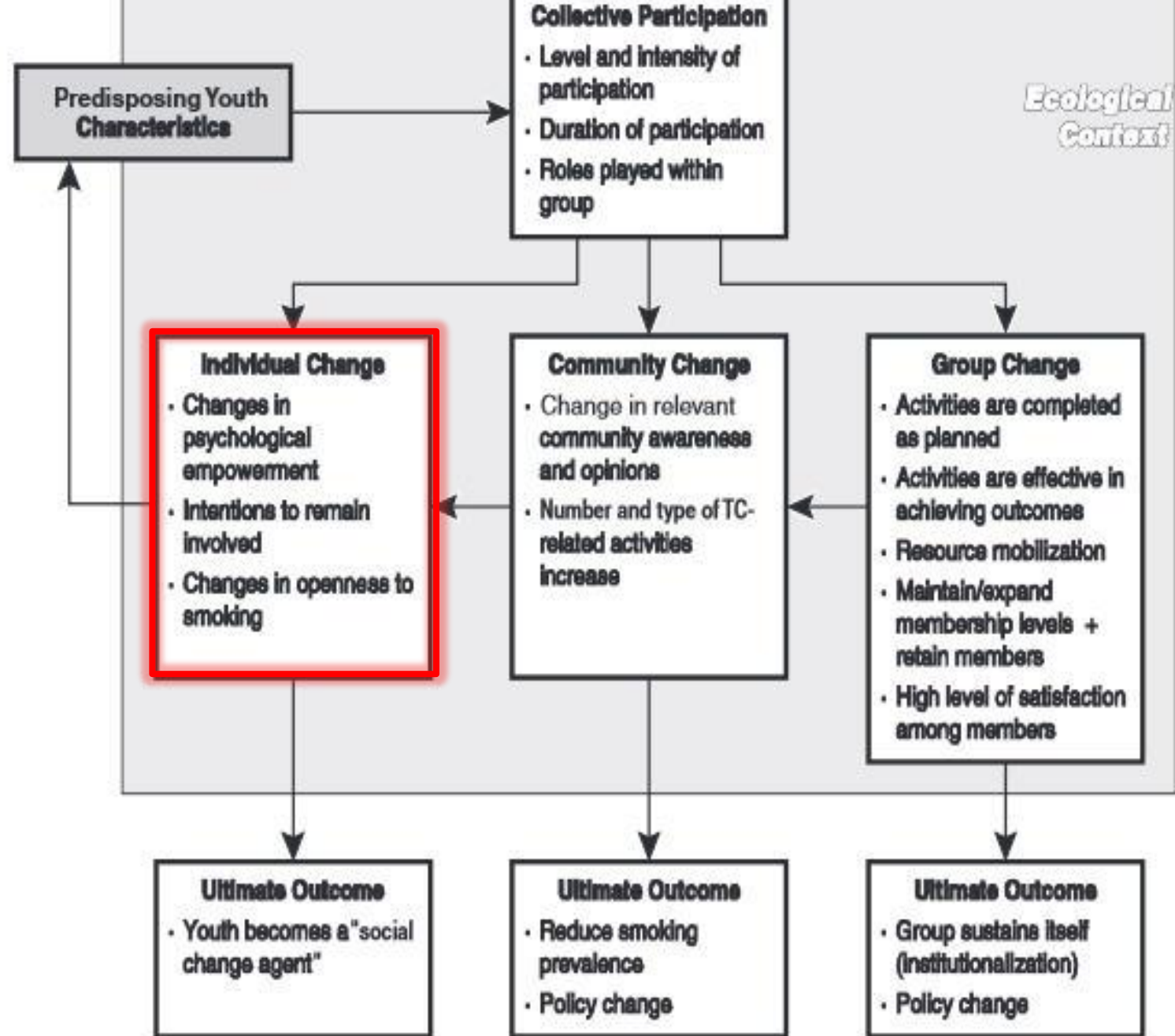


Figure 1. Youth empowerment conceptual framework.

# Individual Change

- ✓ Emotional Empowerment
  - ✓ Cognitive Empowerment
  - ✓ Behavioral Empowerment
- 

## Ultimate Outcome

Youth see themselves as able to create change in their community



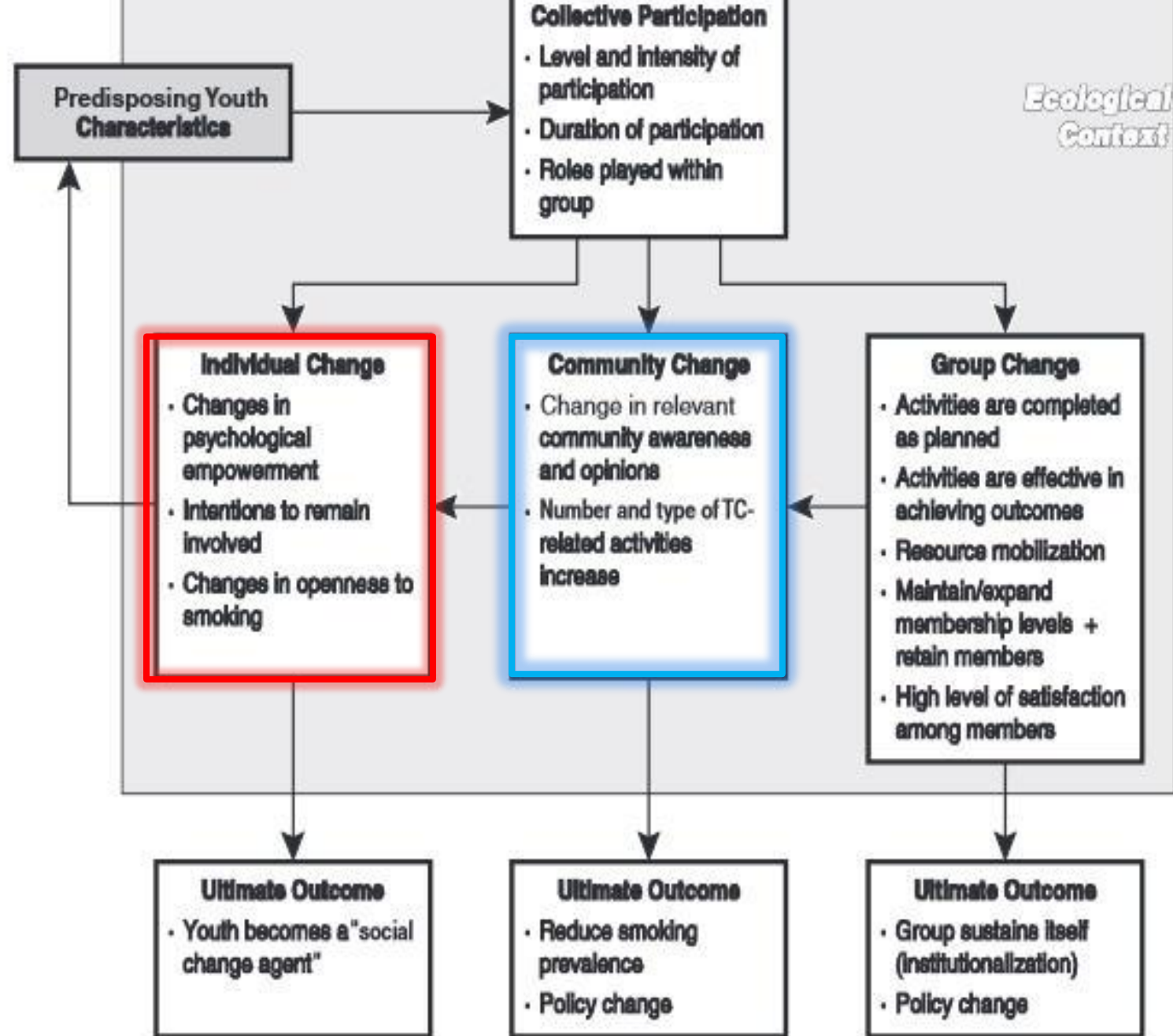


Figure 1. Youth empowerment conceptual framework.

# Community Change

- ✓ Youth collectively identify short-term outcomes through the use of the Strategic Prevention Framework
- ✓ Data driven process



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## Ultimate Outcome:

Youth collectively identify long-term outcomes related to community climate based on a data driven process

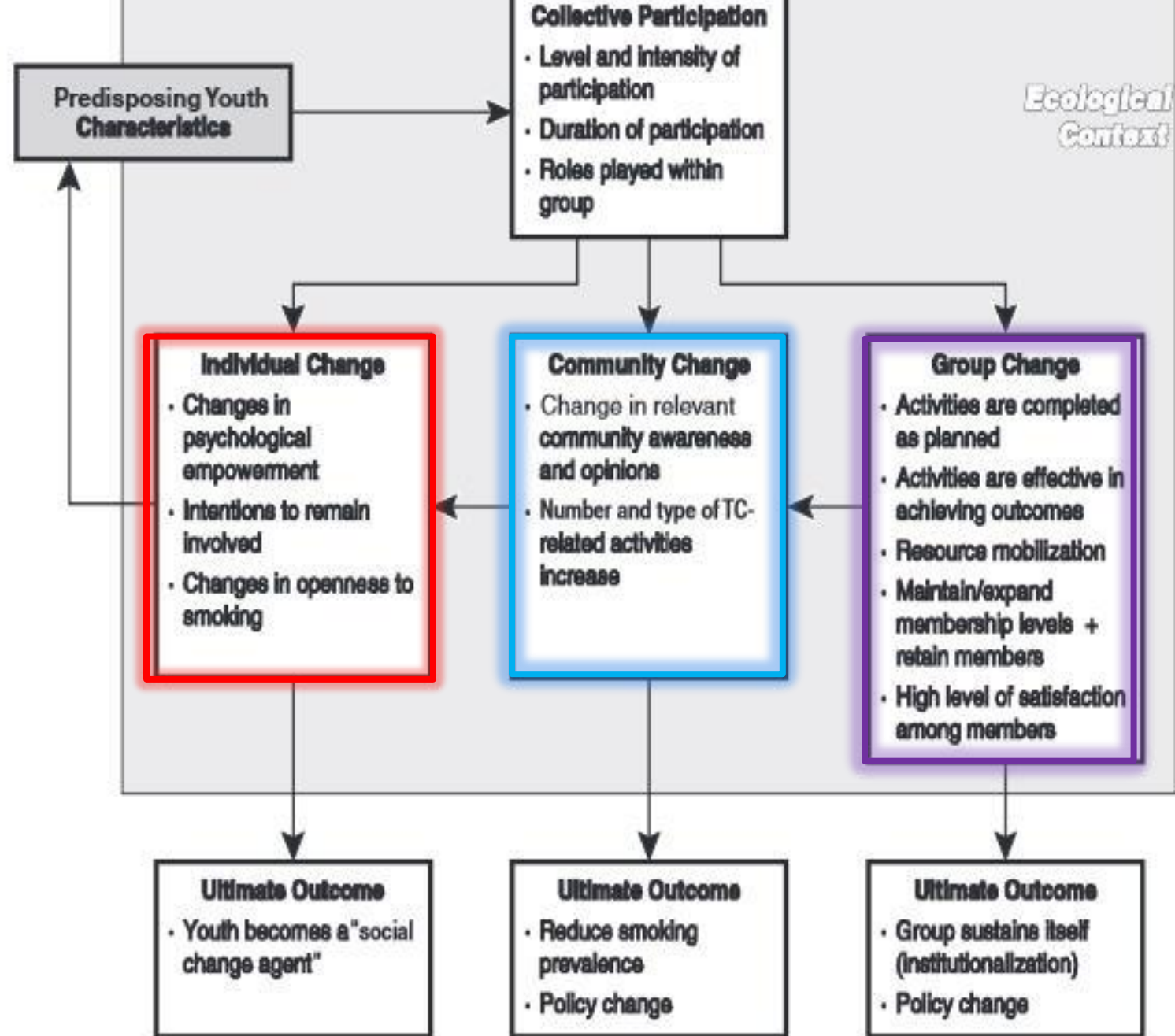


Figure 1. Youth empowerment conceptual framework.

# Group Change

An environment and structure is established to collectively create community change

- ✓ Group Cohesion
- ✓ Group Resiliency
- ✓ Collective Efficacy

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## Ultimate Outcome:

Youth are equipped to work collectively to create community change

# Ohio Strategic Prevention Framework (SPF): Strategic Plan Map

YLP Name Here

Overall Theory of Change:  
Insert "If-Then Proposition(s)" here.

Community Logic Model			Theory of Action			Measurable Outcomes	
Problem Statement	Intervening Variable(s)	Strategy	Demonstrating Capacity Inputs: Human / Material Resources	Time Line Specific <u>Activities</u> for each Strategy	Outputs <u>Results</u> of Activities	Shorter-Term Outcomes (2 years)	Longer –Term Outcomes (5 years)
<p>The problem statement should be written in language that everyone in the community is able to understand.</p>	<p>Insert data/information from needs assessment process here.</p> <ul style="list-style-type: none"> <li></li> </ul>	<p>We have selected the following CSAP strategies:</p> <p>Provide more detail on the strategy. Be sure to separate your activities by CSAP strategy (and potential sub-strategies).</p>	<p><u>Budget:</u> Total Budget: \$</p> <p>Percentage of Total Budget Allocation: XX%</p> <p>In-Kind: \$</p> <p><u>Staffing (Paid or Volunteer):</u> Number of staff members: XX</p> <p>Total FTE's: XX</p> <p><u>Vendor(s)/Sub-contractor(s):</u> Name (Total Cost)</p> <p>Services Provided:</p> <p><u>Materials:</u> Brief Description (Total Cost)</p> <p><u>Travel:</u> Brief Description (Total Cost)</p> <p><u>Other:</u> Brief Description (Total Cost)</p>	<p>What are the key things that have to happen to get the strategy complete? What is your timeline? Be sure to separate your activities by CSAP strategy (and potential sub-strategies).</p> <p><u>Strategy #1</u> DATE: Activity</p> <p>DATE: Activity</p> <p>etc.</p>	<p>What will your activities result in?</p> <p>This column should correspond with the <u>Activities</u> column. Be sure to separate your activities by CSAP strategy (and potential sub-strategies).</p>	<p>This column should have 1:1 correspondence with the intervening variables column + as measured by _____.</p> <ul style="list-style-type: none"> <li></li> </ul>	<p>This column should have 1:1 correspondence with the "Data to Support Problem Statement" box n + as measured by _____.</p> <ul style="list-style-type: none"> <li></li> </ul>
<p><u>Data to Support Problem Statement:</u></p> <p>Insert data from the needs assessment process here.</p>							

<https://www.ohio.edu/voinovichschool/services/ohio-adult-allies.cfm>

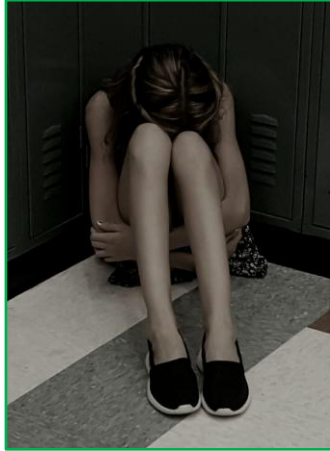


- **Photography as a visual story-telling method.**
- **Way to describe your reality, your perspective in a visual way.**
- **Ultimately to raise awareness and generate discussions that will begin to create social change**

<https://photovoice.org/>

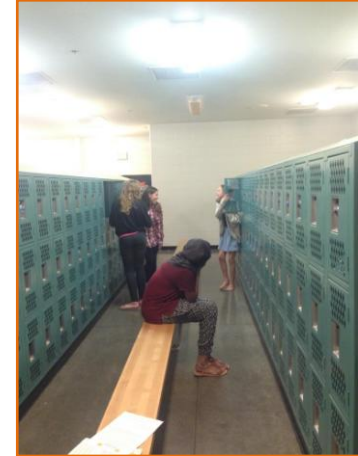


# T.G.I.F.'s PhotoVoice Project



"Exclusion happens in the locker room."

"Everyday people are suffering on the inside and are left alone without friends and are excluded."



"I see students picking up papers that other people have dropped."



# Intervening Variables

## Questions that get at intervening variable:

- What contributes to X?
- Why do you think X happens?
- What are some of the things that lead to X?
  - But Why?

### Alcohol Use; BUT WHY?

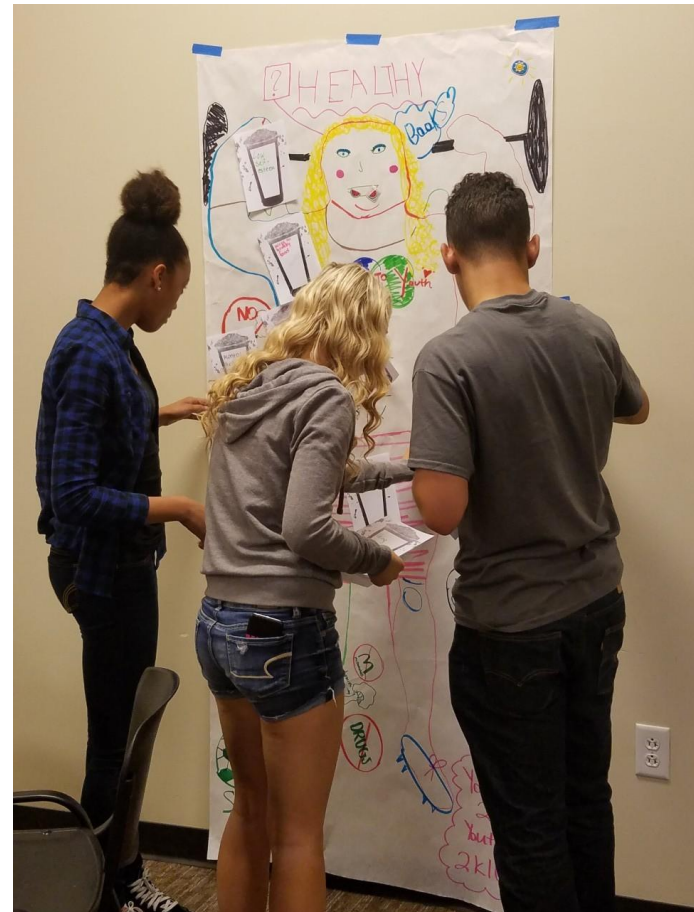
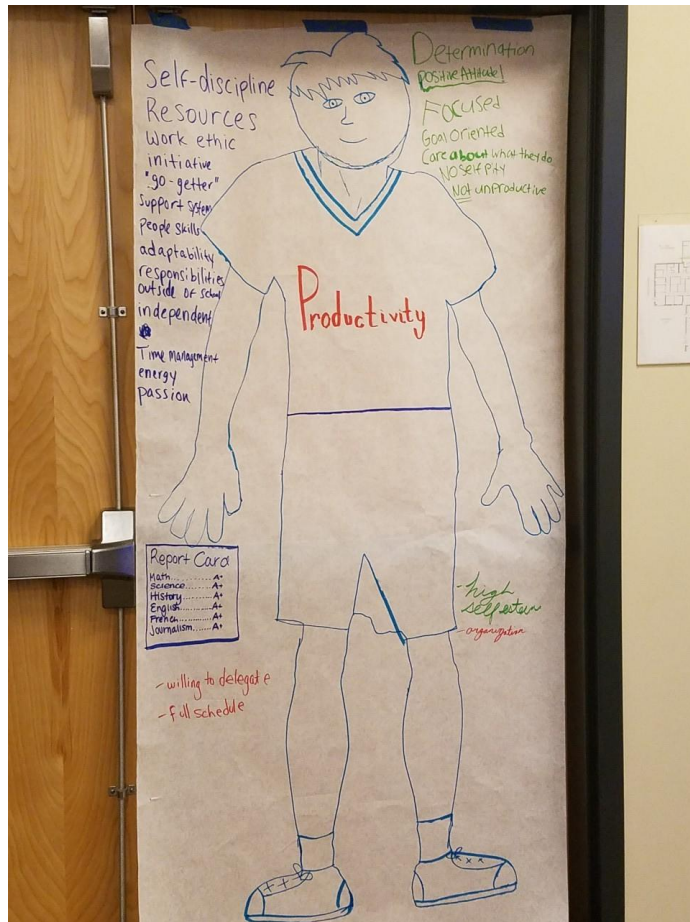
- Stress
- Peer Pressure
- No consequences
- “The norm”

### Anxiety/Stress; BUT WHY?

- Lack of sleep
- Disease/ Mental Illness
- Academic pressure
- Pressure to fit in

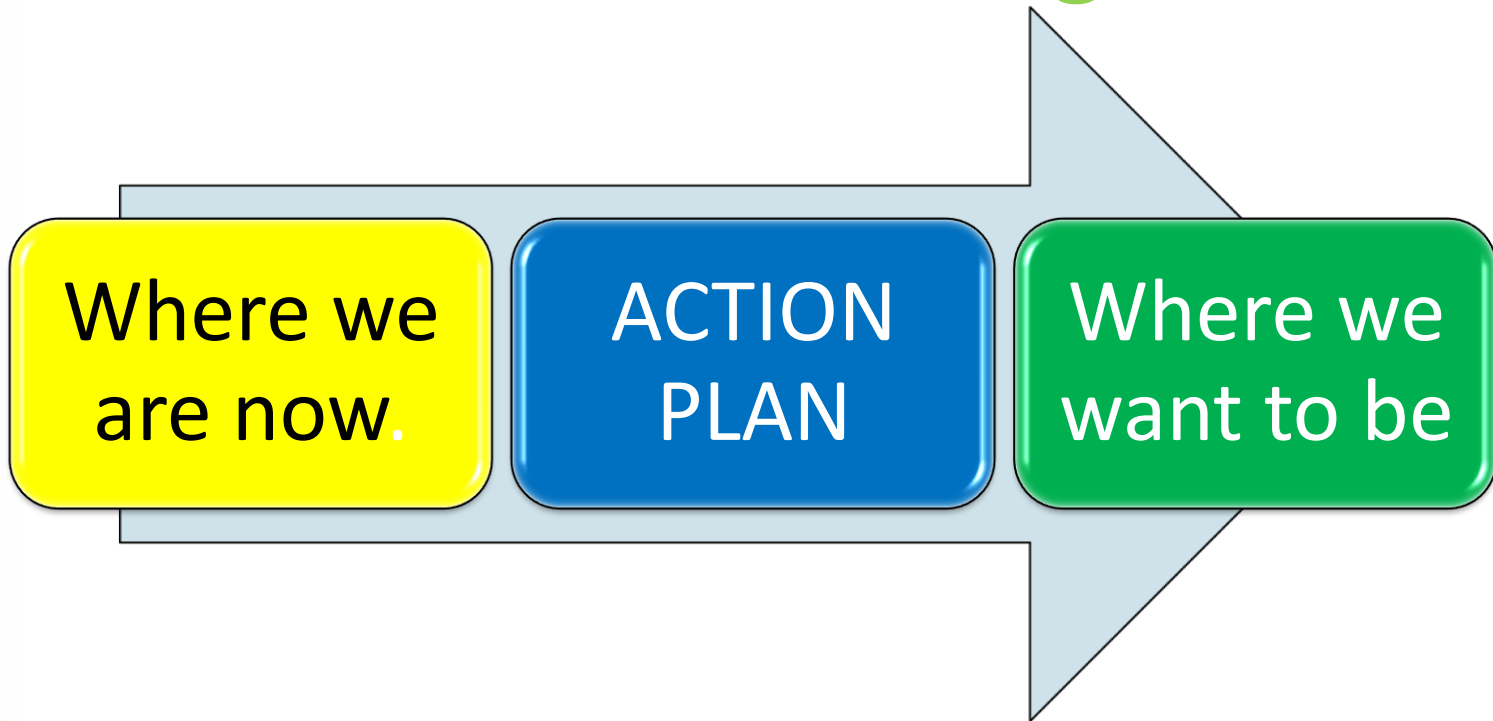
### Violence; BUT WHY?

- Bullying
- Mental health
- Not knowing how to handle anger, stress



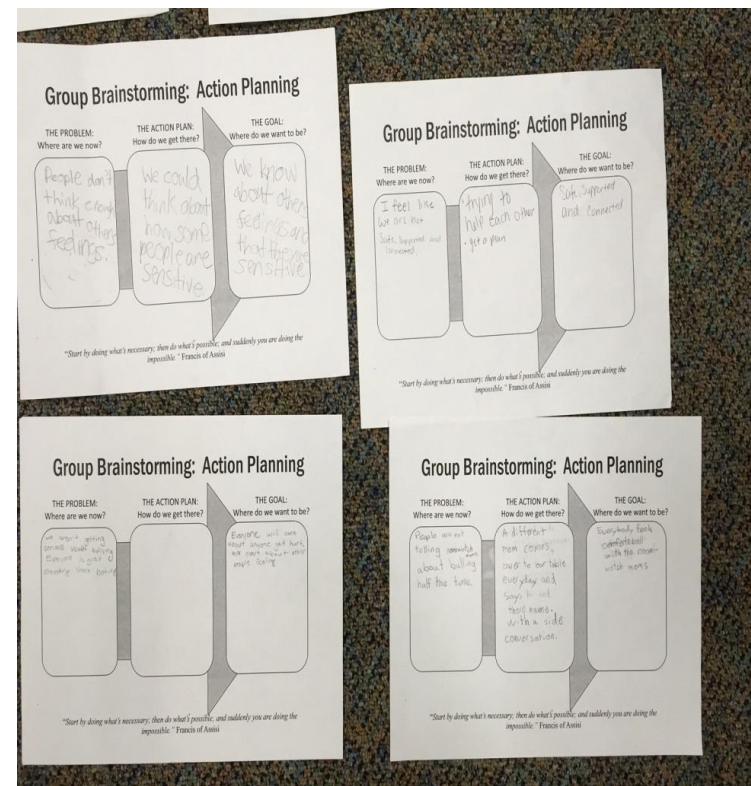
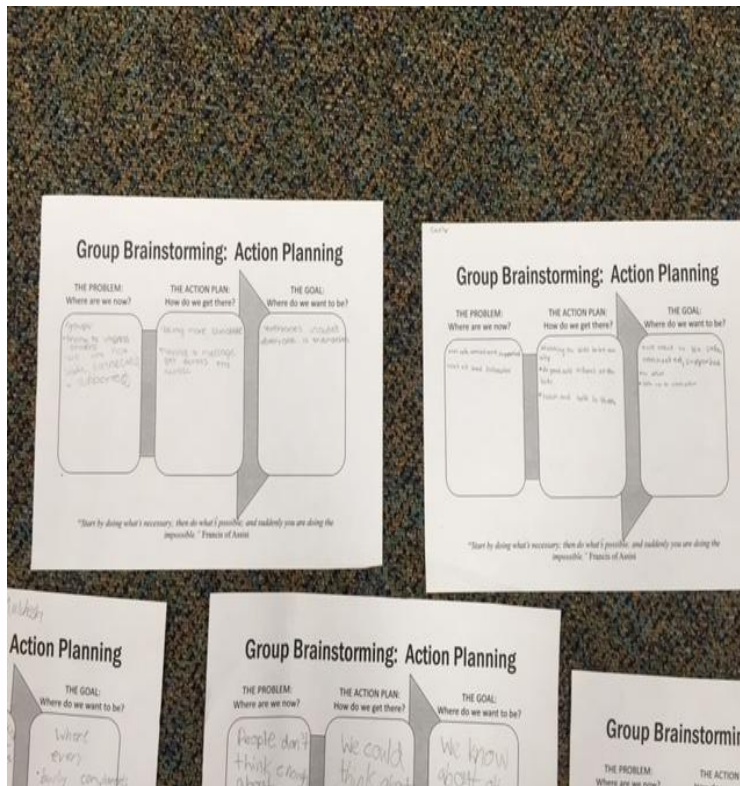
- Step 1: What does a healthy, happy teen look like, do, involved with, etc?
  - Step 2: What barriers get in the way of that?
- \*\*During this step, adult ally is asking "But why" and adding those to list*

# Group Brainstorming: Action Planning



**What can we do in order to get from where we are now to where we want to be?**

# Brainstorming Examples



# Youth Survey

## Harmful/Hurtful Behavior Survey

Made by: St. Gabriel's 5th/6th Peer Leadership Group

What is Your Favorite Food?

Your answer

What is Your Favorite Subject In School?

Your answer

Do You Feel Safe and Comfortable Here At School?

0 1 2 3 4 5  
No, not at all ☐ ☐ ☐ ☐ ☐ ☐ Yes, very

What do you think harmful and hurtful behaviors are at school?

\*Do not include any names please!\*

Your answer

Do You Think Students Follow the St. Gabriel Motto?

☐ Yes

☐ No

How Comfortable Do You Feel About Informing an Adult About Harmful and Hurtful Behavior?

0 1 2 3 4 5  
No, not at all ☐ ☐ ☐ ☐ ☒ ☐ Yes, very

Have you ever experienced harmful or hurtful behavior done to you?

☐ Yes

☐ No

Have you ever been hurtful or harmful to another student?

\*Please be honest. This survey is done anonymously and no students will be identified

☐ Yes

☐ No

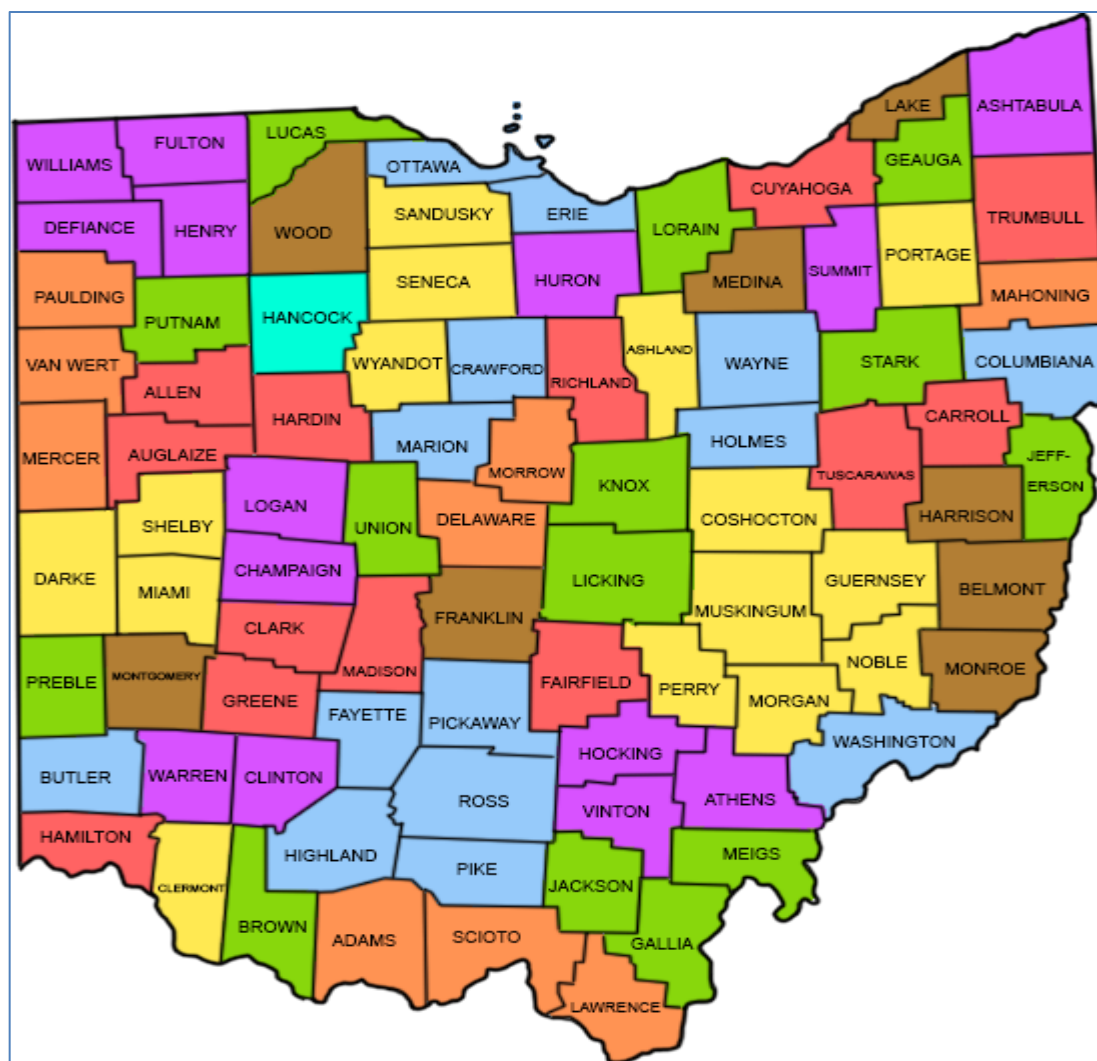
How often do you feel on-line cruelty (i.e. cyber bullying) occurs?

1 2 3 4 5  
Never ☐ ☐ ☐ ☐ ☐ Always

How often do you feel harmful or hurtful physical behavior occurs (i.e pushing, tripping, punching, etc...)

1 2 3 4 5  
Never ☐ ☐ ☐ ☐ ☐ Always






An advertisement for the Crisis Text Line. It features a large smartphone screen in the center. The screen displays the text: "Ur not Alone", "txt 4HOPE", and "to 741-741". Below this, there is a green button that says "4hope" and a grey button that says "How can I help?". To the right of the phone, there is a red banner that says "CRISIS TEXT LINE |". Below the phone, there is a red banner that says "Crisis Text Line made available by". At the bottom of the advertisement, there is a black banner with white text that says "We're there anytime, day or night, to help with whatever is hurting you." To the right of this text is the Crisis Help Line logo, which consists of a stylized figure holding hands, and the text "Crisis Help Line", "330-452-6000", and "starkmhrsh.org". To the right of the logo is the text "MENTAL HEALTH AND RECOVERY SERVICES BOARD of Stark County".

Ur not Alone  
txt 4HOPE  
to 741-741

CRISIS TEXT LINE |


4hope

How can I help?

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 **MENTAL HEALTH  
AND RECOVERY  
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starkmhrsh.org





Central Ohio Learning Collaborative



<https://www.ohio.edu/voinovichschool/services/ohio-adult-allies.cfm>

Stephanie Christie  
L.S.W., O.C.P.S. II



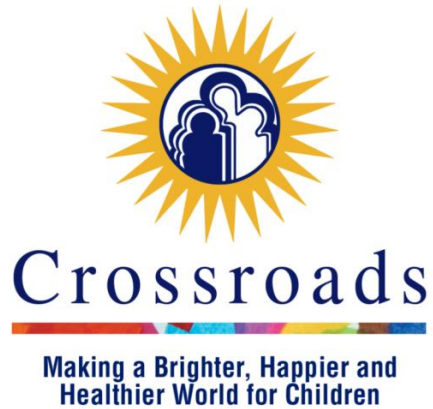
A program of CompDrug

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