

# YOUTH ADVISORY BOARD

October 27, 2024

## MEETING MINUTES

### Welcome and Introductions

### New Member Orientation

- After the meeting, new members stayed on for a brief orientation.
- Overview of Youth Board expectations, goals and processes.
- Focusing on what members will gain over the next two years.

### Youth Submitted Topics of Feedback & Open Discussion

- Common topics submitted for discussion from YAB members:
  - Sexual Health & STDs, Family Planning
  - Youth Health Care in Public Schools
  - Drug Use Among Youth
- These topics can be explored through discussions or guest speakers.
- Discussed drug use amongst youth, STD health and youth healthcare.
- Heather Kapella shared resource on transition from pediatric to adult healthcare: [gottransition.org](http://gottransition.org).
- Decisions made after drug use or drinking are the focus among youth.
- Discussion on providing sports physicals and mental health services to adolescents in rural counties.
- Heather works with UND Family Medicine to expand health services to rural counties, including sports physicals and mental health checks and discussed expanding health services to rural areas in North Dakota for school children.
- Recognize need for healthcare access on Tribal land, particularly in North Dakota and South Dakota (SD brought up from YAB member experience).
- YAB member brought up an approach they saw implemented on youth concerns: High school students created music video addressing drug abuse in their community, highlighting its impact on young lives.

### Wellness Fair Report and Volunteer Opportunities

- Keep an eye out for emails on opportunities for training and networking.
- Discussion on implementing inclusive programs for youth, including training for Naloxone administration and hands-only CPR/First Aid.
- Discussed a group of high school students in Colorado who developed a buddy program to support younger students in local elementary schools.
  - Suggestions of pairing experienced individuals with younger peers to provide guidance and support, while also noting that pairing seniors with freshmen in college could be beneficial, and grouping elementary and middle school students with high school students could also be a solution.
  - Participants discuss implementing a mentorship program in small schools.

- One suggestion was setting an age requirement for volunteering with younger children, possibly 16 or older, to ensure proper supervision and appropriate support as it's important to have experienced adults in the room to provide guidance or advice from personal experience, while also recognizing the value of peer-to-peer support and expression.
- Kindred is interested in starting a chapter of Youth Move national in North Dakota and wants to convene a group of young people to help start the chapter and share their experiences.
  - Discussion on becoming a chapter of Youth Move, a national organization for young people.
  - Heather provided resources for connection and a checklist for chapter readiness and mentions that Minnesota has a statewide chapter.
  - YAB members interested in meeting with Kindrynn on the Youth Move chapter raised hands. They will get an email connecting each other so that Kindrynn can organize further conversation on that external project.
- There is a conference in Fargo in March, "Power Up Your Voice," that focuses on children with disabilities but available and applicable for everyone, as it's working on how to use your voice and advocate and feel more confident speaking up.

### Upcoming Events & Initiatives

- **Youth Events in Williston:** Katarina shared details about smaller upcoming events in Williston, including collaboration with local tribes. She mentioned that Youth Board members will have the option to volunteer for these events.
- **Youth Board Experience:** Katarina emphasized how much enjoyment these events bring and how they often serve as highlights of her year. She noted that they are an excellent opportunity for board members to interact and engage with the community.

### Meeting Structure & Expectations

- **Next Meeting:** The next official Youth Board meeting will be held on **December 15th**. Members were reminded to confirm they had received the meeting invite and to attend.
- **Meeting Format:** Future meetings will include introductions, guest speakers, feedback from project coordinators and discussions on potential projects and community concerns.
- **Topic Brainstorming:** Members were encouraged to think about topics they are passionate about, or feel are missing from the community and bring these ideas to future meetings.

### Youth Board Tasks & Projects

- **Projects:** Katarina encouraged members to brainstorm project ideas, focusing on community needs and issues experienced by or relative to youth.
- **Task Force Development:** Board members were invited to propose ideas for new task forces. Katarina mentioned the possibility of expanding the Youth MOVE National Chapter in North Dakota as one example of a potential task force.