

YOUTH ADVISORY BOARD (YAB)

March 24, 2024



MEETING MINUTES

Welcome/Introductions

Report on YAB Projects

- HE COVID-19 Grant: In 2021, the board received \$50,000 to do a project related to COVID-19. The board proposed educating peers on important topics to YAB members (financial, physical, mental and sexual health).
 - It ended up becoming a financial health campaign. We were hoping to put together scripts, film multiple videos, and have a campaign that would run as social media ads, but we could only complete the financial health portion.
 - A task force was created and met regularly to discuss the vision, meet with media vendors, review scripts, etc.
 - The campaign launched on February 1, 2024. After the campaign closes at the end of May, the final videos will be posted on Health and Human Services' Instagram, Facebook and YouTube channels.
- PHIG Grant: The board received \$20,000 to do a project. The board created a community event with some basic training to promote services and organizations in the community or a community within ND that people might not know about.
 - This included things like first aid training such as CPR, Narcan or naloxone training to help people who might have overdosed on opioids. The focus was on peers in the community.
- What came from this idea was an event called Gateway to Health. We partnered with Bismarck State College in North Dakota's Gateway to Science Museum, and we thought that would be a great draw to bring the community in. They got free access to the museum for the whole day, swag bags, and entries into prize drawings. Food trucks were outside, along with Touch a Truck. A health fair was upstairs, and HHS services and other organizations were on site.
- We will be having this event again this year on August 10th. If you want to volunteer, there are different shifts throughout the day, and if you do sign up to volunteer, you will be reimbursed for your travel.

YAB Core Components

- Be youth-led.
- Maintain consistent, structured meetings.
- Foster community building
- Offer a space for youth to share their opinions on health-related matters.
- Describe the unique needs of the youth community.
- Focus on planning, implementing and reflecting on meaningful projects and topics to help improve youth health.

Board Requirements

- Commit to attend and participate in 75% of meetings.

- Use your voice to vote for decisions.
- Act as an ambassador and advocate for youth, community and the YAB.
- Engage youth through discussion and leadership opportunities.
- Required to be on at least one taskforce.

Introduction to Health Equity and Public Health

- What is Public Health: This science-based, evidence-backed field strives to give everyone a safe place to live, learn, work and play. Public health improves our quality of life, helps children thrive, reduces human suffering and saves money. Every day, the public health field is working – often behind the scenes – to prevent hazards and keep people healthy.
- What is Health Equity: health equity means the attainment of the highest level of health for all people, where everyone has a fair and just opportunity to attain their optimal health regardless of race, ethnicity, disability, sexual orientation, gender identity, socioeconomic status, geography, preferred language, or other factors.
- What is the Mission of the YAB: The mission is to create a consistent environment for youth between the ages of 15 and 21 to make a difference in North Dakota communities by using peer influence to plan, implement, and advise on meaningful projects and topics that will improve the health of North Dakota youth. The NDHHS YAB provides an opportunity for young people to learn about and implement community-wide planning and enhance leadership skills and responsibility.

Questions/Open Discussion

- Would like to brainstorm ideas at the next meeting – topics that the YAB might want to learn more about.

Next meeting and closing

- May 19, 2024 at 3:00 PM

In Attendance

Katarina Domitrovich	Max Hanson
Ashton Hollingsworth	Cady Wang
Ellie Ahlfeldt	