



TOGETHER FOR YOUTH ANNUAL REPORT

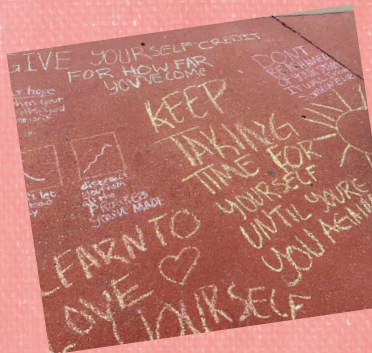


**WORKING
COLLABORATIVELY TO
IMPROVE ADOLESCENT
SEXUAL HEALTH
OUTCOMES & STRENGTHEN
YOUNG FAMILIES.**

Serving:
Black Hawk, Bremer,
Buchanan & Butler Counties

2021 - 2022

Together For Youth Programs



Adolescent Sexual Health Education

TFY's Certified Adolescent Sexual Health Educators provided 547 sessions to 2,768 students (8,907 duplicated) in middle and high schools and youth serving agencies. Presentation topics most often asked for by students, schools, and teachers include abstinence, contraception, sexually transmitted infections (STIs), sexual consent, internet safety, healthy relationships and the Iowa Safe Haven Law. We served 22 schools and youth-serving agencies in four counties. TFY Health Educators were trained in a new evidence-based curriculum; Power Through Choices, that was implemented with students in out-of-home placements. Health Educators also implement Rights, Respect, Responsibility, Draw the Line, Respect the Line, & Making Proud Choices curricula into their programming. Teachers had the following to say about Educators: "The students like learning from someone that doesn't judge them." "All of the students were engaged and learning. She is a bright spot in our curriculum." "The Health Educator is very professional and I do not question anything that she brings in or does with our students."

Individual Sexual Health Education (IHE)

Our individual sexual health educators provided 191 sessions to 91 students. IHE is offered in the Success Street School-Based Health Clinics. This service includes motivational interviewing techniques providing sexual health education, pregnancy testing, STI testing & treatment as well as referrals to community health resources. The collaboration with Peoples Community Clinic providers has enhanced IHE to ensure students are being tested and treated on site to alleviate barriers to care.

SiHLE Sistas Informing, Living & Empowering (SiHLE)

SiHLE is an evidence-based curriculum specifically for African American females between the ages of 14 to 18. SiHLE served 61 participants with a total of 97 sessions at 3 schools. One of the SiHLE graduates shared how the program impacted her. "SiHLE changed my thought process on getting involved in school activities and finding my place at this school. I really didn't know what I wanted to do or where I was going. My grades weren't the best and I was not motivated to do anything because I felt lost. Going through this program motivated me to engage in school and earn better grades which eventually led to me enrolling in Hawkeye Community College's Nursing program."



Circle

Girls Circle is an evidence-informed program for middle and high school aged students who identify as female. Circle completed 3 programs at Central Middle School, Holmes Junior High School, and West High School reaching a total of 26 students. Participants learned about healthy relationships, body image, sexual health, communication styles, domestic violence, what it means to be a leader, and how to be responsible when using social media.

"Honest communication is key to any relationship"

"We can use different coping methods to deal with our struggles"



"I became more confident in myself. I also learned how to trust myself."

Young Parents Together (YPT)

YPT is a weekly support and education group for expectant and parenting teens and their children. YPT served 52 teen parents and 25 of their children. **YPT successes include:** 100% of participants prevented an unplanned subsequent pregnancy. 90% of participants graduated high school/completed their GED, 88% of YPT babies born were of a healthy birth weight, and 100% of YPT participants increased their knowledge of child development and parenting.

YPT was highlighted by Healthy Teen Network in the following article:

"Zooming, No Contact Deliveries, and Food Bank Drive-Throughs-Engaging Young Parents (and Parents-to-Be!) During A Pandemic"

An inside look at how some Healthy Teen Network members leveraged partnerships, personal & professional growth when facing the challenges of pandemic life. BY DEBORAH CHILCOAT, MEd at Healthy Teen Network MAY 8, 2021



{Click the photo for the full article}

TFY's Young Parents Together (YPT) program for expectant & parenting teens & their children, was one of the featured programs in this article. The following is an excerpt from the full article that also featured Arizona Youth Partnership, United Way Family Center in Brooklyn, NY, Healthcare Access Maryland, & Healthy Babies/Promise Heights.

"We've heard from the CDC, Dr. Fauci, and just last night, I saw Spike Lee's COVID vaccination campaign on television. But since the pandemic began, the experiences of young people who are pregnant & parenting have not made national headlines.

I'm going to change that with this blog post. In the Fall of 2020, I reached out to colleagues across the country to understand how they were managing to connect with youth who are pregnant & parenting during the pandemic. Really, I asked them to write this blog for me. Alas, they were so busy meeting the needs of young people that I wound up interviewing them instead. I came away from these conversations with hope & pride for both the young people & their growing families & the adults who care for them. As you will read, each conversation is unique. Still, there are common themes that emerged: partnership, personal & professional growth, mental health challenges, virtual life, & operational changes. Most of all, though, was a genuine concern for the health and well-being of young people who, even in the best of times, are just trying to succeed. Thank you to these fabulous adults for their time & care for young people! Before COVID, young people came together weekly at the local food bank to have a small meal, socialize, & receive education in breakout groups—a prenatal group & a parenting group—facilitated by YPT. When the pandemic started, the food bank set up a drive-through in their parking lot, so folks could pick up boxes of food. YPT leveraged that existing partnership to distribute educational resources, & YPT participants earned incentives for coming. YPT was able to increase their contact with existing participants, & recruit new participants, during COVID while distributing materials at the drive-through, & referrals to other services also increased. By the fall, the number of youth tripled during the pandemic! For the young parents, connecting outside of the group setting was challenging & loneliness was real, but as the staff saw the young people talking back-and-forth from their cars at the food bank's drive-through, they knew it was a positive sign. "Baby Bucks" & gas cards were great incentives for attending weekly virtual sessions & utilizing the food bank drive-through. The team said, "Zoom participation was low, but now, it's great!" YPT participants are more committed to attending, & the group is stronger. Brooke & Jill said it helped to be "more flexible in how we meet." They went on to say that the "youth call it a family." Strengthening relationships extended beyond the young people, too. The team said that they got to know participants' parents a lot more during the pandemic, & staff wellness was a priority. Routine check-ins were essential to share, learn, & support one another. "We are facing it together." The team got "COVID creative," as they put it, when the pandemic started, by learning how to use Zoom & Google Classroom—skills that are relevant & transferrable across all types of learning and work."

TFY Would Like to Thank Our Fiscal Year 2021 Funding Partners

Amerigroup Foundation
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Callie Youngblut
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Cedar Valley United Way
Guernsey Foundation
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Women For Good (Partnership with Northeast Iowa Food Bank)

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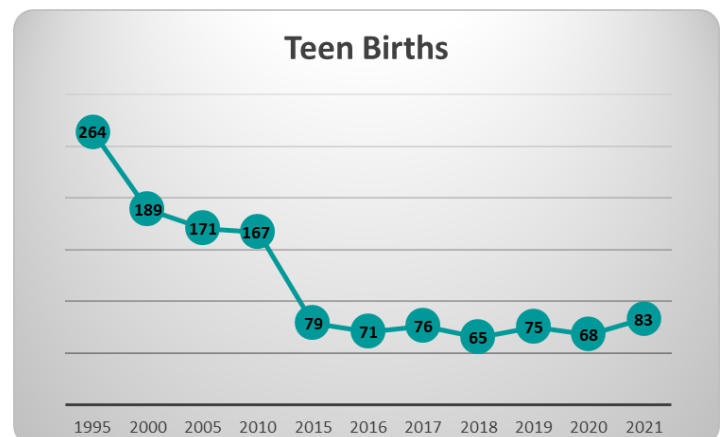
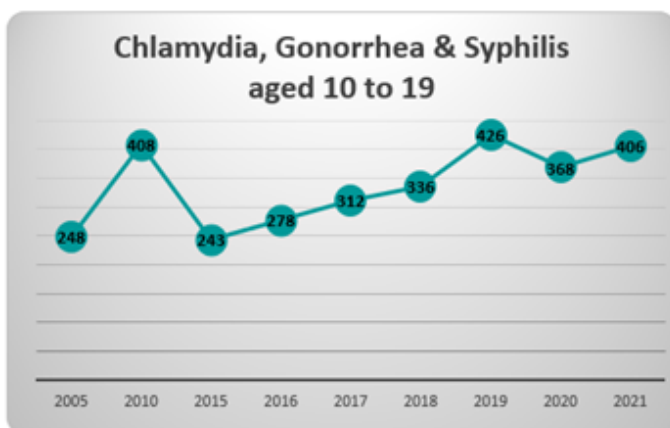
***Thank you to SuccessLink for serving as the Together For Youth Fiscal Agent.**

The Amerigroup Foundation provided funding this year to the Young Parents Together program. YPT worked closely with Warren, Amerigroup's Community Relations Representative throughout our funding cycle. Warren had the following to say about YPT: *"The YPT program is very innovative in reaching teens to make them part of the decision making. YPT staff garnered teen feedback on the topics they were interested in and invited those speakers into YPT. YPT also introduced teens to several organizations to promote volunteerism. The education YPT staff provide incorporates the whole person. Often times the teen families are food insecure. The program is held each week at the Food Bank so they can access the food pantry to obtain common items such as diapers and baby wipes. YPT encourages and promotes teen parents to complete their education. YPT not only incorporates teen moms, but includes the dad's and grandparents."* Warren nominated YPT for the Iowa Wild Hockey "Hero of the Week".



Brooke Olson, Resource Director, Jill White, YPT Coordinator, and Joni Spencer, TFY Supervisor attended the January game to receive the YPT "Hero of the Week" award.

The charts below include 2021 data for Black Hawk County teen births and teen STI rates.



Together For Youth

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