

Eastern Adirondack Health Care Network Healthy Youth Initiative Northeastern, Chazy, and Northern Adirondack

Sponsoring Agency:

The Eastern Adirondack Health Care Network (EAHCN) is a coalition of agencies and organizations spanning the region of Essex, Clinton, and Franklin Counties with a mission to improve the health status of our communities, and the access and delivery of health care in the region, throughout the collaboration of our members. The goal of this project is to delay onset of teen sexual activity through healthy youth development activities, education programs, and social marketing.

Key Partners:

Behavioral Health Services North
Chazy Rural Central School District
Northeastern Clinton Central School District
Northern Adirondack Central School District
Parents Plus for Prevention

PROGRAM COMPONENTS

Teen Outreach Program:

Teen Outreach is a program that focuses on positive youth development and works with adolescents during the transitional period as they enter into adulthood. Teen Outreach Programs combine community service activities with curriculum-guided discussions. The program works to prevent early pregnancy and lower school dropout rates by connecting youth to positive experiences and building developmental assets.

Choosing the Best:

Choosing the Best is an abstinence only educational program that provides a classroom based curriculum for middle and high school students. The program is research-based and founded on a medical model to engage students, teach relationship skills, promote character education, and encourage parental involvement. The topics covered include; emotions and sexual relationships, STDs, teen pregnancy, healthy relationships, setting boundaries, assertiveness skills, and other related topics. Choosing the Best encourages young people to delay the onset of sexual activity until later in life. Our primary target population is middle school aged youth.

Adventure Based Counseling:

Adventure Based Counseling (ABC) is a program of carefully selected challenge activities, structured so as to promote the learner to take initiative, make decisions, and be accountable for the results, in a small group environment. ABC consists of a carefully constructed sequence of activity selection, group briefing, goal setting, activity completion, and process debriefing. Activities are structured incrementally so that skills development parallels the graduated difficulty of the tasks. Specific skills are taught and resources are provided appropriate to the activity. Core concepts of ABC are the "Full Value Commitment" and "Challenge by Choice".

Not Me, Not Now Media Outreach:

This is a national campaign that is abstinence-oriented and has focused on youth making smart decisions about waiting to have sex. It emphasizes the importance of following your dreams and not letting sexual relationships get in the way. The slogan has been so widely marketed that the phrase alone is equated with abstaining from sex until a later age. The focus of the campaign is to encourage smart choices about sex and help young people to build self-esteem and to follow their own ambitions and not give in to peer pressure. The campaign will be used in our media outreach and will include newsletters and novelty items. Public service announcements and other print media will be developed by youth as part of a peer education campaign. We will also hold a mini-conference for parents, caregivers, and youth to disseminate information about promoting positive youth development and how to avoid high-risk behaviors such as alcohol and other drugs, early sexual debut, and violence.

Educational Outreach Activities:

These will include Parent Education classes to help parents talk with their children about important issues they are facing. Educational outreach will also provide Asset Building workshops for parents and youth using the Search Institutes Developmental Asset Building Model. This promotes positive youth development and encourages community-building activities.

Search Institute's website: www.search-institute.org

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