

Empowering Tomorrow Leaders: The Role Of Youth in Boards

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OREGON

SCHOOL-BASED
HEALTH ALLIANCE

CME and CE Information

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- Association of Social Work Boards (ASWB)
- Commission on Dietetic Registration (CDR)

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Chloe Acosta, she/her

- ★ Communications & Political Science Major
- ★ OSBHA Board Secretary
- ★ Working with OSBHA since 2021
- ★ Works with a variety of civic engagement and advocacy groups around the state
- ★ Passionate about social justice, youth empowerment, and health equity





Patti Zavala, ella/she/her

- ★ Youth Programs Manager
- ★ Youth-Adult board liaison
- ★ Working with OSBHA since 2021
- ★ Over 15 years of experience working with youth and families
- ★ Passionate about youth-adult partnerships, community building and nature.

Presentation Overview



01 Objectives

02 OSBHA and youth
Programming

03 Youth-Adult
Partnerships

04 Directly from youth

05 Q&A


06 Closing





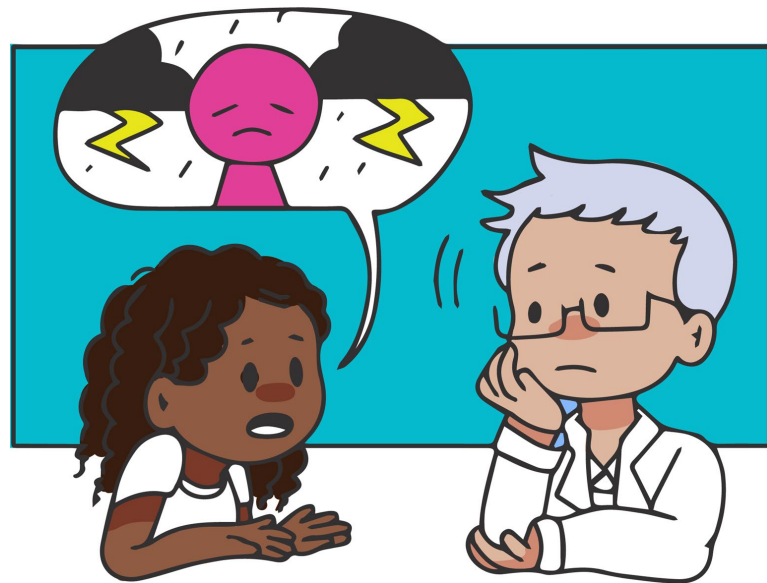
01 Objectives



- Recognize the potential challenges faced by youth serving on boards, including both structural and interpersonal barriers.
 - Demonstrate an understanding of effective strategies to mitigate these challenges, fostering a more inclusive and supportive board environment.
 - Apply the insights learned to advocate for and implement changes within your organization, promoting greater youth participation and contribution in decision-making processes.
- 



02 OSBHA and Youth Programming





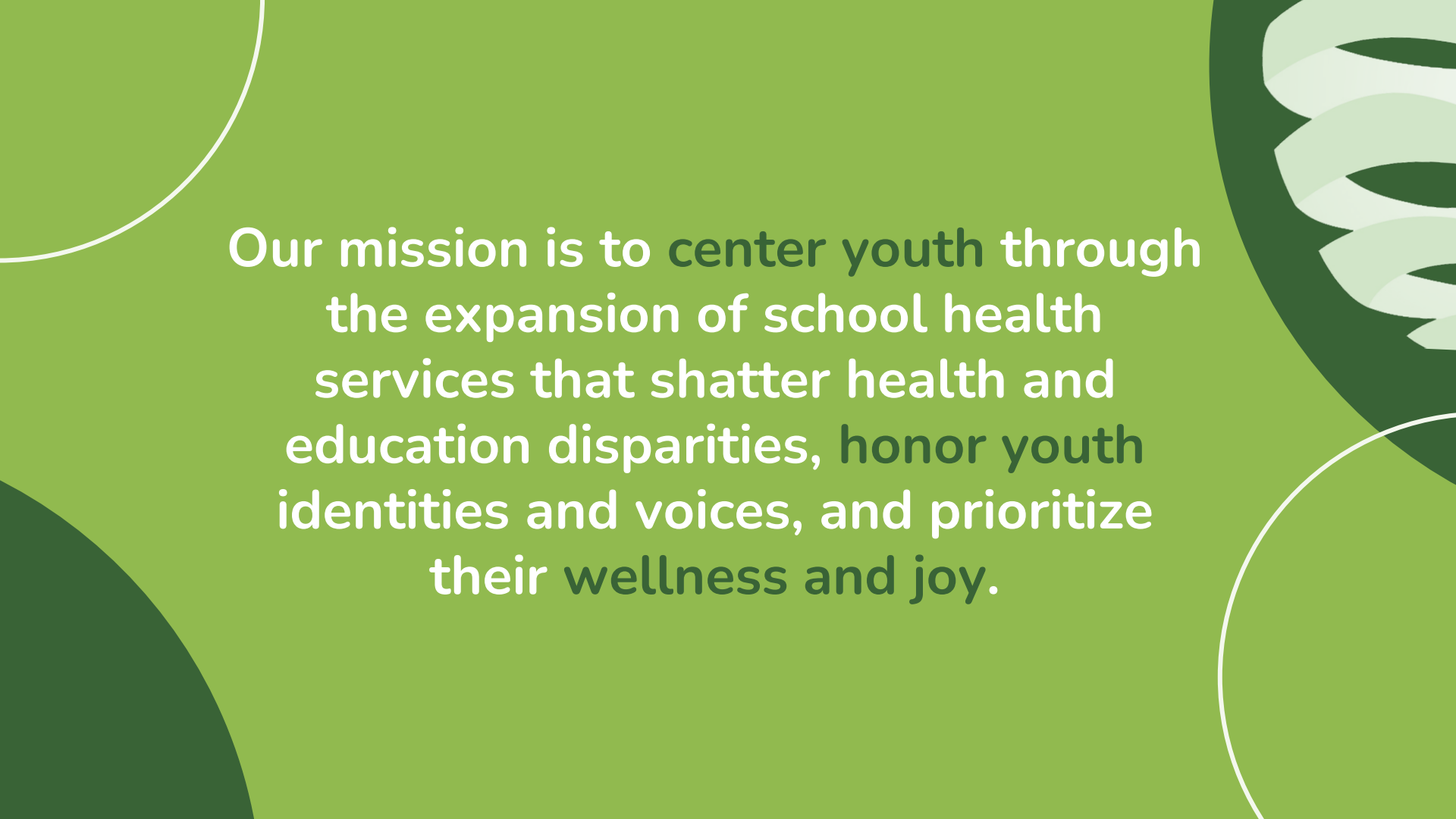
Oregon School-Based Health Alliance

We represent a renewed commitment to the health and academic success of Oregon's youth. Our vision is that all children and youth are healthy, learning, and thriving. Our purpose is to protect and expand the value of school-based health centers and generate community commitment to local success.

We do this in three core ways:

- **Policy and Advocacy Leadership**
- **Education and Community Engagement**
- **Coordinating and Strengthening Services**



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Our mission is to **center youth** through the expansion of school health services that shatter health and education disparities, **honor youth identities and voices**, and **prioritize their wellness and joy.**

Youth Programming

Youth Voices for Youth Health initiative



Student Health Advocates (SHA)



Youth Corps Internship





Advocacy Day



Youth Action Councils (YAC)



Youth-Adult Partnership annual conference

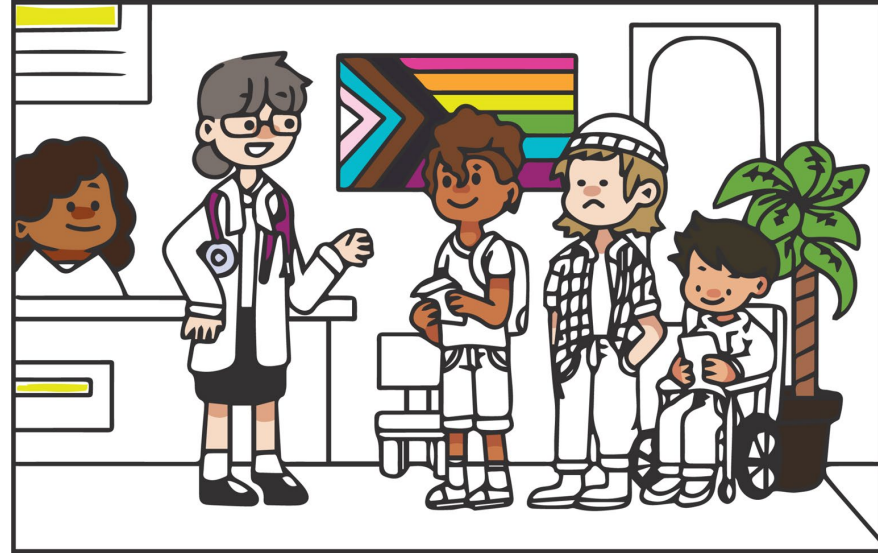


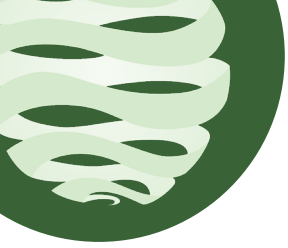
Youth on the OSBHA board



03

Youth-Adult Partnerships





**How many of you know what youth-
adult partnerships are**



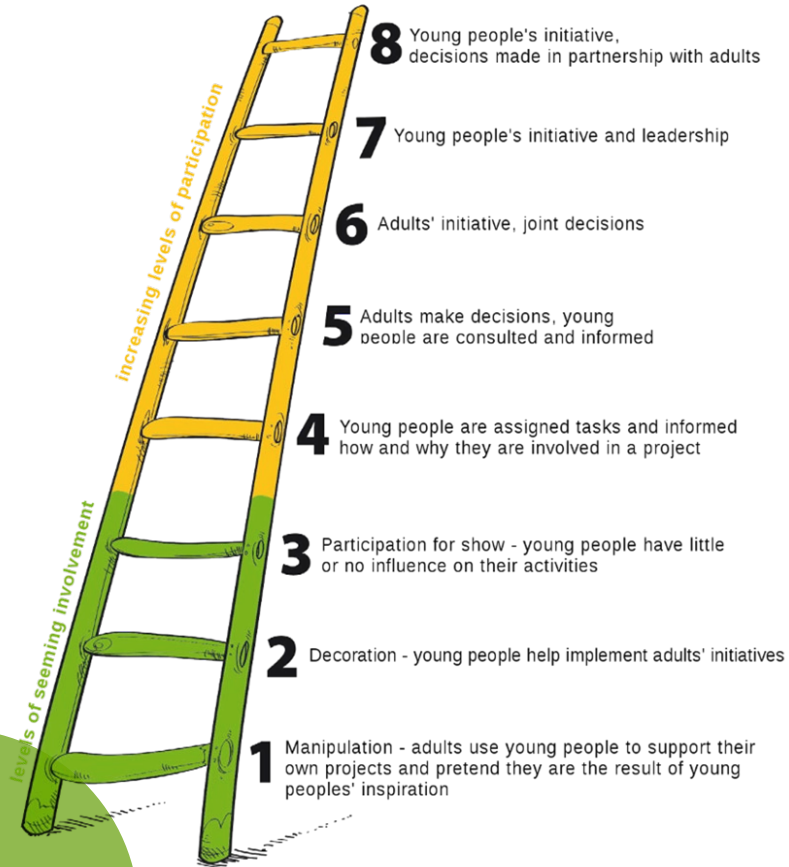


Youth-Adult Partnership (Y-AP) is defined as a group of youth and adults working together to make decisions and take action on important issues.

Y-AP Settings and Activities



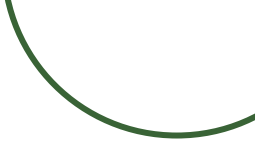
Avoid Tokenism



- Give youth the right to define their own engagement
- Involve youth in planning, implementing, and evaluating of work
- Trust youth to rise to the occasion rather than underestimating their potential
- Listen more than you speak

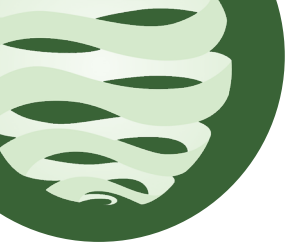
Why WE Promote Y-AP?

- Y-AP is an issue of social justice. This is expressed in the saying, “Nothing about us, without us.”
- Y-AP strengthens democratic society. By actively participating in group decision-making, young people develop the skills, knowledge, and dispositions they need to be active and engaged community members
- Y-AP is developmentally responsive practice. Youth thrive in settings that support their ability to make a difference



04 Youth Perspective





What is your Why story?



Chloe's experience with Advocacy Day



Chloe's experience with OSBHA's conferences



Chloe's experience with Youth Corps Internship



Chloe's Board Timeline

June 2023

Attended a Board Meeting as a guest

November 2023

Applied and interviewed for the Board

April 2024

Appointed to serve as Board Secretary

1

2

3

4

5

September 2023

Had a 1:1 with the Board Chair

December 2023

Accepted and attended my first meeting as a Board Member



OSBHA Board of Directors

3

Youth Members

All 3 have previous experience with OSBHA youth programs

12

Members

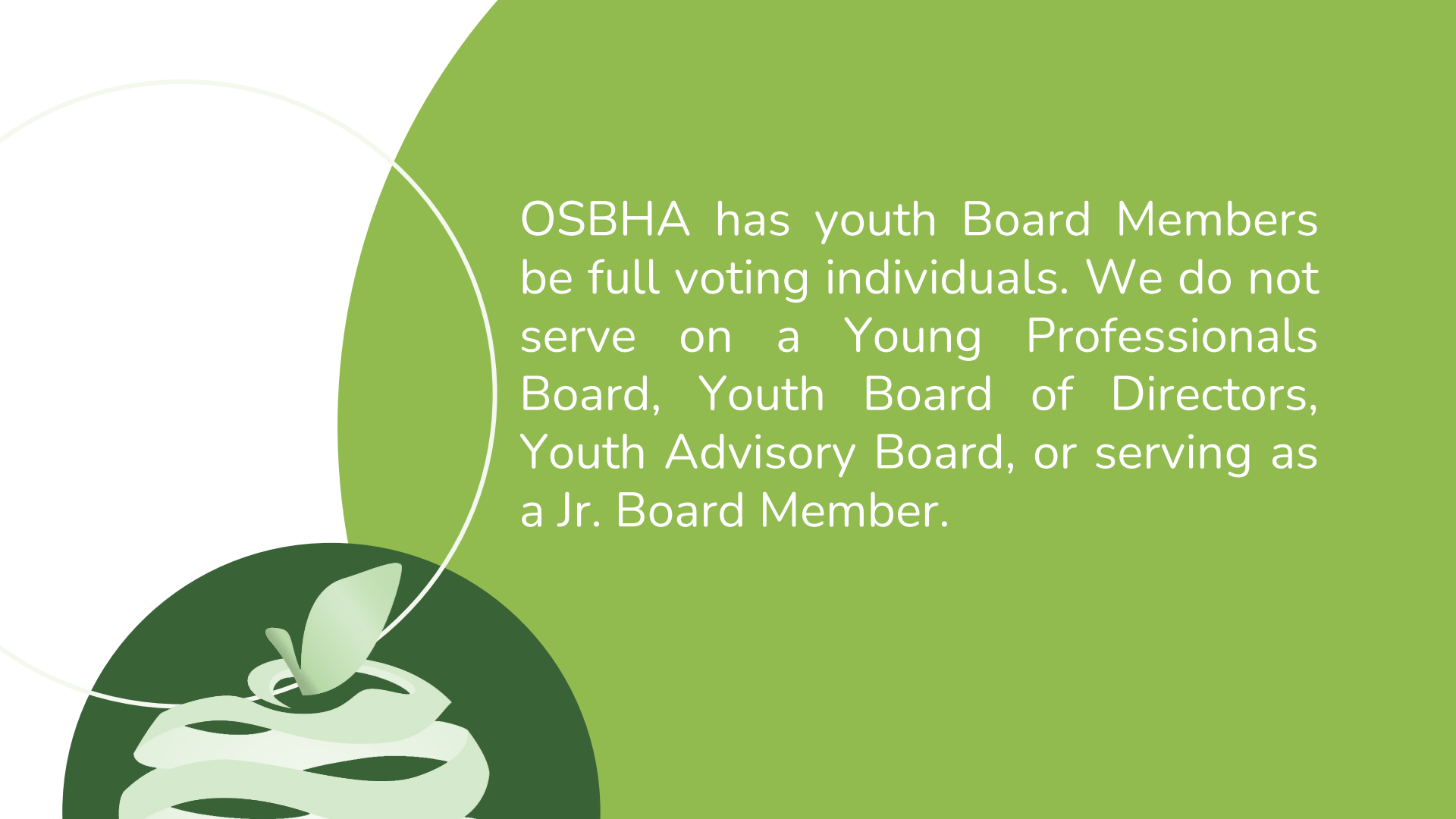
All dedicated to supporting youth health

1/3

Youth Members

Of our Board we dedicate to youth



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OSBHA has youth Board Members be full voting individuals. We do not serve on a Young Professionals Board, Youth Board of Directors, Youth Advisory Board, or serving as a Jr. Board Member.



83%


Percent of the surveyed
Board Members who
identified being white

82%

Percent of the surveyed
Board Members who
are over the age of 50

64%

Percent of the surveyed
Board Members who
identified as male



Barriers Youth Face

Perceived Lack of Credibility

leading to their contributions being undervalued or overlooked.

01

02

Time Constraints

leading to time management issues.

Limited Knowledge

Hindering their ability to contribute meaningfully.

03

04

Decision-Making Power

They may feel they have less influence in decision-making processes





Barriers Youth Face PART 2

Meeting Locations

Leading to lack of participation or not being able to participate altogether

01

02

Compensation

Leading to pursuing paid opportunities over a Board.

Meeting Times

Leading to being excluded from meetings

03

04

Not Being Taken Seriously

Feeling like you are “just a kid”



Why is it important to include with youth?

Diverse Perspective

Brings a new and fresh perspective; Life through a different lens

Create Future Leaders

Provides valuable skills and experience to the next generation

Improved Communications

Help to bridge the generational gaps and understanding

Organizational Credibility

Shows the organization values and respects all age groups





Why is it important to include youth? PART 2

Engagement

ensures that
decisions are relevant
to young people

Inclusion

ensures their voices
and needs are
represented

Advocacy

Help raise awareness
and support for the
organization





Board of Directors Responsibilities

Committees

Finance, Fundraising,
Development, and
Policy

Budgeting

Ensures financial
health of the
organization

Fundraising

Leverages
personal networks
to solicit donations

Advocacy


Acts as
ambassador to the
organization

Events

Assists with
planning and
organizing events

Strategic Planning

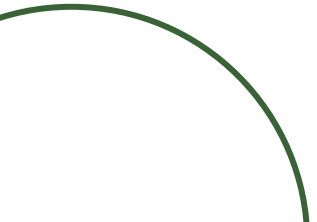
Works with ED to
create long term
goals/plans



Key Points to Takeaway

- ★ **Build in systems for accountability and camaraderie among board members**
- ★ **Welcome all forms of participation –not just financial**
- ★ **Don't stop at recruitment**

Q&A



Thank You!



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