



Youth Engagement Gap Analysis

All Together Now

Hailey Taylor
Jillian Leikauskas
Kayla Donohue

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01

Background

VT Youth Project Chittenden East Data

86%

**Students
interviewed**

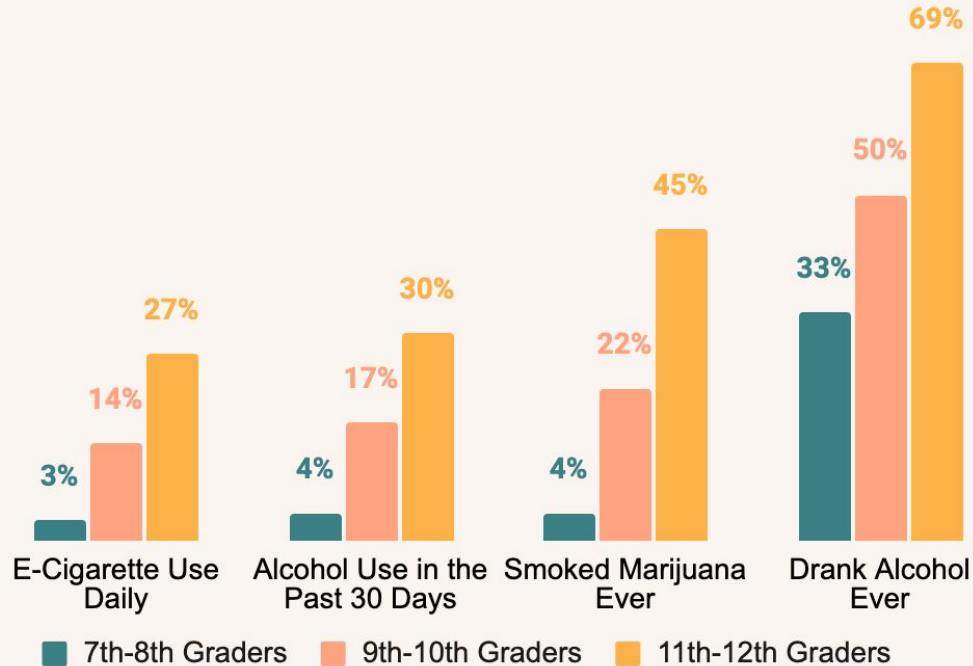
91%

**It's good to
live in the
community**

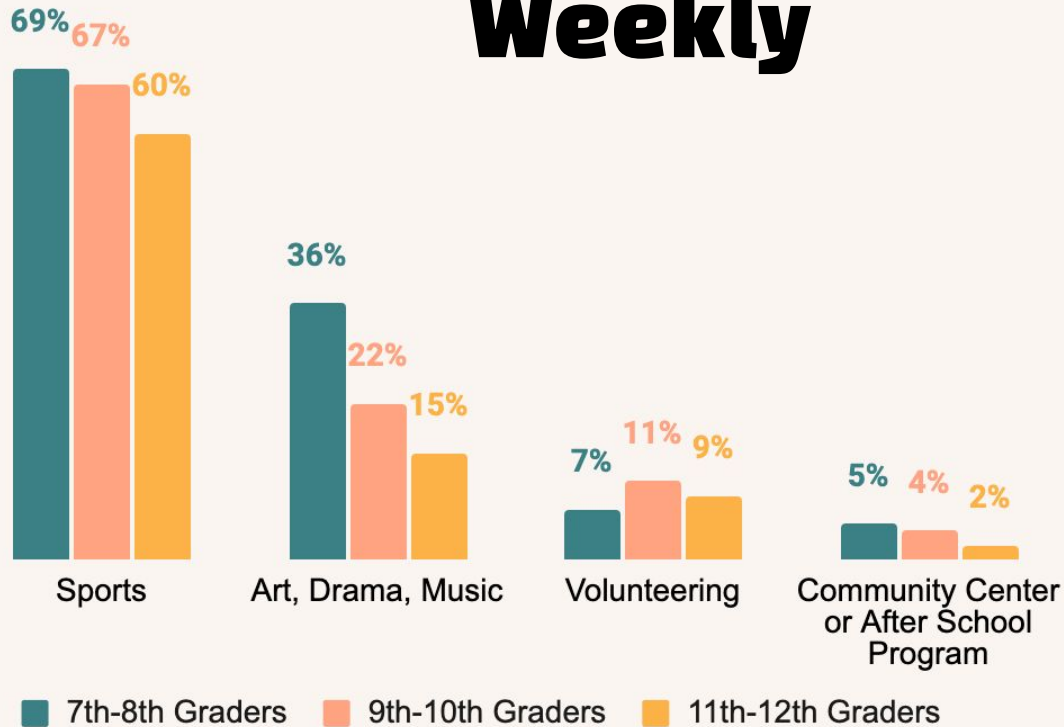
1,005

**Surveys completed from Browns River Middle School,
Camels Hump Middle School, MMU High School**

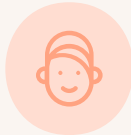
Data Regarding Substance Use



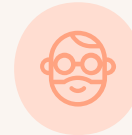
Data Regarding Activity Participation at Least Twice Weekly



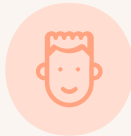
VT Youth Project survey findings top community concerns:



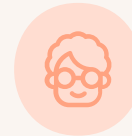
Youth mental health
and substance use,
particularly cannabis



Lack of organized
leisure activity for youth



Limited community
resources and inequity



Disconnection



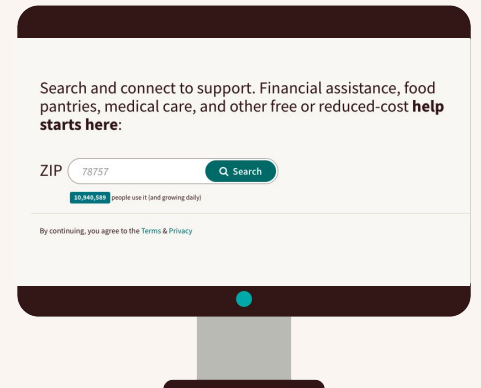
What is All Together Now (ATN)?

A youth and community designed fellowship that builds awareness and compassion for equitable mental health and wellbeing opportunities for youth.

What is Find Help?

From food assistance to help paying bills and many more free or reduced-cost programs, our search is an easy way to get services, connect people to what they need, and quickly follow up.

Search and connect—findhelp.org works for you.





What do we need to launch?

- Branding and design
- Community resource mapping
- Youth engagement gap analysis



02

Gap Analysis

ATN Youth Engagement Gap Analysis



Goal:

Qualitative interview and data collection on existing program ideas and youth idea gathering



Methods:

Reviewed previous material, met with Stefani (ATN) and Katie (Find Help), interviewed 1 MMU student, conducted 2 focus groups with 4 community partners

MMU Student Interview Results

Activities You Do to Connect with Friends

Golf

MMU Ambassador

LEO (outside school)

Activities You Haven't Liked

MMU Ambassador -
this turned into a
group of friends

Activities You Would Like to Have

Collaborate with MMU
mental health club

How Do You Learn About Activities Now

Not sure



Community Partner Focus Group Findings

Community Assets

Community cares

Dedicated volunteers willing to make improvements

Prosper

Selectboard support

Areas of Improvement

Lack of mental health professionals

Rural community and lack of resources

All volunteer supported

Activity Ideas for Youth

Teen Center

Mentorship, internship, job opportunities

In school vs. in community

Healthy risk-taking opportunities

Advertising Ideas

School-based

Social media

Local businesses or events

Word of mouth



Next Steps

Develop interview questions

Identify a youth leader to interview peers



Identify another student group

MPH students,
undergraduate public
health students



Implement youth recommended activities

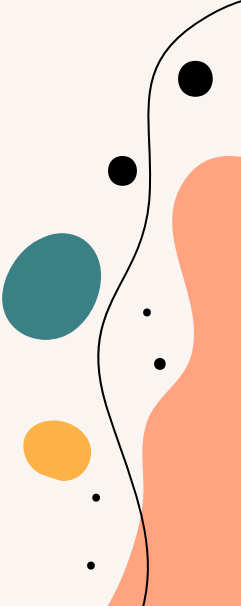


Recommended Interview Questions

What do you like to do after school?

If you had 1 million dollars, what activities, clubs or sports would you organize?

How do you find out about events?





03

Evidence-based Activities

Activities in All Together Now



Goal:

In order to meet the needs of teens in Vermont, All Together Now must have activities youth want to participate in



Question:

What activities should All Together Now encourage the development of in this community?

Models to fill the “Third Space”

- Organized activities
- Youth input
- Trained professionals
- Accessible opportunities

**Finnish
Youth Work**

**Iceland’s
Planet
Youth**

**Ontario and
Cornell
Models**

The Finnish Youth Work Model

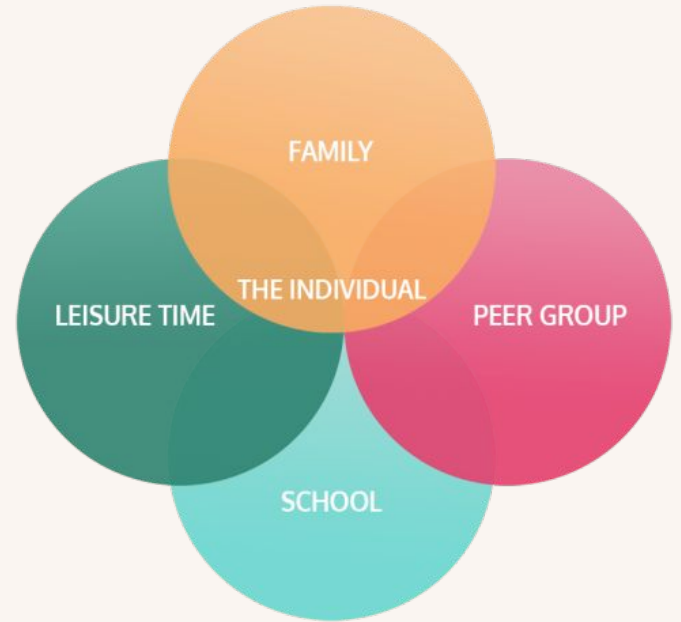
- 249 municipalities
- Every municipality has youth center
- Encouraging **hobby development**
- Trained youth workers



Icelandic Prevention Model

“Planet Youth”

- Theory based framework
- Multilevel interventions: laws, parental contracts, recreation funding
- Implementation unique to community



Ingalls, Ontario

- Permanent youth council
- Youth-lead youth center
- Wide variety of programming
- Space to hang out
- Mentorship

Cornell Extension

- Cornell student volunteers
- Began with 4-H
- Brings programming to mobile home parks



Putting it into practice!



The background features a white canvas with various abstract elements. In the top left, there is a large teal shape with a black outline, surrounded by several black dots of varying sizes and a single orange dot. In the top right, there is an orange shape with a black outline, a small pink circle, and a teal circle. In the bottom left, there are an orange oval and a pink oval. In the bottom right, there is a cluster of teal, teardrop-shaped dots. A large, light orange circle is positioned in the upper center, containing the number '04' in a bold, orange, sans-serif font.

04

Engaging Youth

Advertising All Together Now to Youth in Vermont



Goal:

In order to meet the needs of teens in Vermont, All Together Now must be made a known resource



Question:

How does All Together Now advertise specifically to youth in local communities?

Youth-Associated Concerns

Low utilization of health services

Impact of the COVID-19 pandemic



Changing relationships and family dynamics

Educational, social, and performance stressors

Barriers to Youth Engagement

Why is engaging teens in public health projects so difficult?



Stigma

Mental health is highly stigmatized and teens have a high drive to be socially accepted



Lack of knowledge about resources

Parent health literacy, including knowledge of resources, is closely tied with their children's health literacy



Misrepresentation

Young people that do participate in their communities are more likely to be wealthier and more educated

Addressing Barriers to Youth Engagement

Share personal stories

Direct contact with someone with a mental illness reduces stigma and improves both attitudes and knowledge about mental health.

Use youth-developed resources!

Talk to teens about what they need in order to directly reach them. Don't lecture them, empower them!

Set appropriate expectations

Understand that teens are busy, allow flexibility but speak to them like competent adults!



Putting it into practice!

Knowing what we do now about barriers to engagement and addressing them, how can we advertise All Together Now and their services to teens?



Teens as teachers

TAT programs and the use of student ambassadors can help spread the word



Knowing how, and when, to use social media

90% of 13 - 17 year olds have used social media



Youth as partners

Adults should view youth not as objects or subordinates, but as equals

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