

2022-2023 End of Year Report

Okanogan Healthy Youth

Organization: Room One
Prepared by: Shannon Russell

Dear Partners & Supporters,

Since the program's inception in 2015, OHY has grown and adapted based on the needs of the young people it serves, while still keeping their unique experiences at the center. This past year benefited from a focus on mental health support as the world moves out of pandemic isolation and back to regularly scheduled programming. As we look ahead, we will use the information and tools gathered through last year's community programming and youth engagement to inform what is next for Okanogan Healthy Youth.

One big change this year came in the form of a bittersweet transition as we said a (sort of) goodbye to Caitlin Cordell, Co-Lead of the Okanogan Health Youth Program. While she is still contracted to facilitate the ILC Empowerment Groups (you can read about those in this report!), we wish her all the best as she pursues a career in tattoo and digital art.

As always, none of this would be possible without backing from all of you—we continue to be honored and humbled by our community's support.

With gratitude,
Shannon Russell

The Big Picture

Okanogan Healthy Youth's engagement with local schools, the Methow Valley community and beyond!

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MVSD Community Learning Partnerships

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FYRE / Youth Leadership Council

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Sexual Health Push-In Lessons

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Direct Pregnancy Prevention Services

These programs are funded, in part, by the **Burning Foundation** and a contract from the **Department of Health** as part of their Washington Youth Sexual Health Innovation & Impact Network.

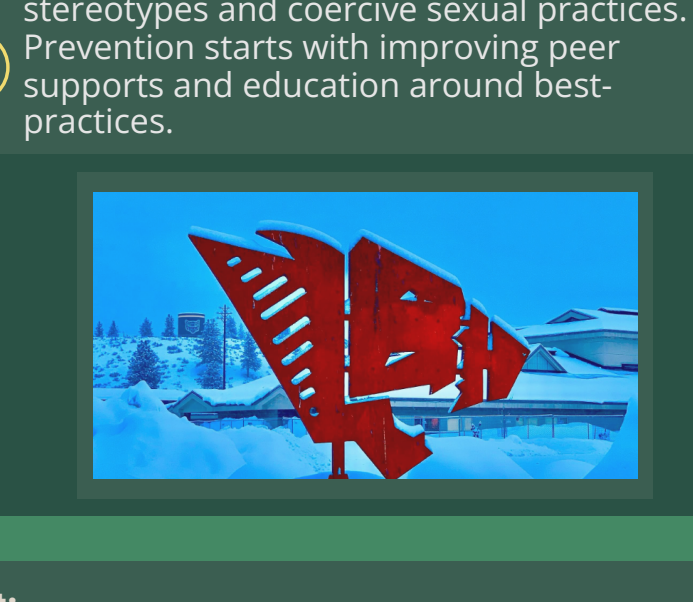
Thank you!

MVSD Community Learning Partnerships

Room One's Okanogan Healthy Youth team is committed to fostering a strong relationship with the Methow Valley School District and continued collaborations aimed at education that will support violence prevention and promoting healthy relationships

Film Screenings

In November of 2022, OHY and LBHS partnered to present "The Mask You Live In" to 25 male-identified parents and leaders in our community. There was enough positive feedback to support a second, larger screening in March of 2023. That event drew 75 people of all genders together and was supplemented with a discussion panel with male-identified coaches, teachers and parents from within the school district.



Quotes from exit-evaluations:

"Such an important conversation. The more opportunities for our community to continue this conversation, the better."

"I felt struck with a familiar feeling when [the film] talks about silence culture because it is far too real. Even 'the nice guy' struggles to do the right thing when faced with calling out a fellow male."

The documentary is a youth-centered look at the ways that masculinity is defined by social expectations and guided by adult influences in the home, classroom, sports and the community.

This conversation is **important**: Violence and trauma are prevented through awareness about the impact of gender stereotypes and coercive sexual practices. Prevention starts with improving peer supports and education around best practices.



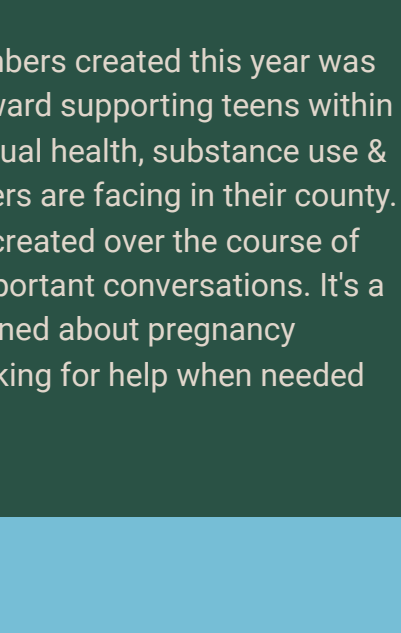
Addressing Sexual Harassment:

- Throughout the fall and winter of 2022-2023, our OHY team met with senior leadership within the MVSD to review their student-handbook's sexual harassment policies and discuss how to ensure that the staff response is appropriate and trauma-informed
- In April 2023, OHY created and presented to LBHS staff a one-day advisory lesson regarding how to talk to 7th and 8th grade students about sexual harassment and prevention

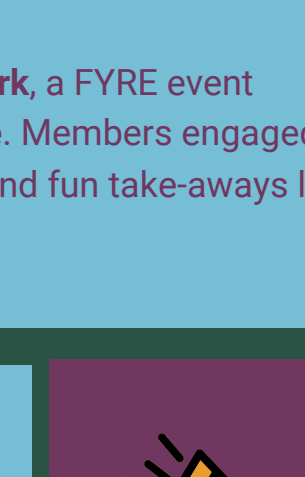
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FYRE Partnership & Youth Leadership Council

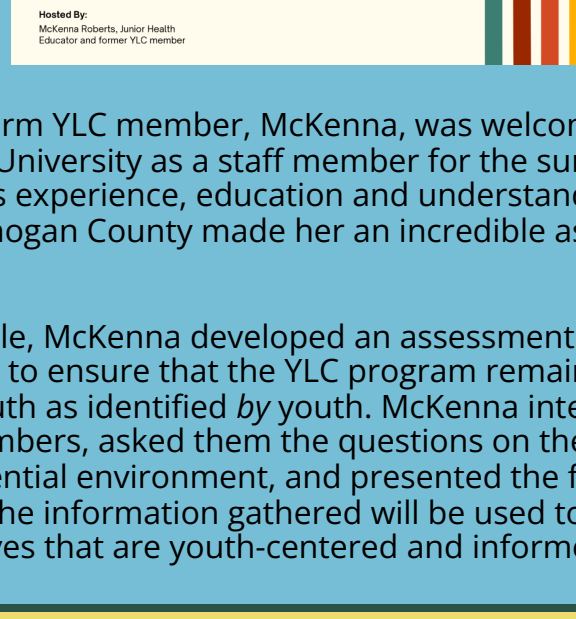
OHY and the Foundation for Youth Resiliency and Engagement in Omak partner in supporting the Youth Leadership Council's mission to provide comprehensive sexual health information and resources to every young person in Okanogan County



The goal of the YLC's peer-educators program is to support youth and young adults in serving as sexual and reproductive health experts. During monthly meetings, an average of 12 members and facilitators continued to educate themselves on topics including sexual health, healthy vs. unhealthy relationships and how to discuss sensitive topics with peers. In February 2023, members created and presented on sexual health topics in order to sharpen leadership skills and build confidence.



Recognizing the Value of Youth Voice



A former long-term YLC member, McKenna, was welcomed back from her first year at University as a staff member for the summer season at FYRE. McKenna's experience, education and understanding of the needs of youth in Okanogan County made her an incredible asset to the YLC this past year.

As part of her role, McKenna developed an assessment in early summer 2023 that strove to ensure that the YLC program remained focused on the needs of youth as identified by youth. McKenna interviewed 10 current YLC members, asked them the questions on the assessment in a safe and confidential environment, and presented the findings to FYRE and OHY staff. The information gathered will be used to create ongoing learning objectives that are youth-centered and informed.



Push-In Lessons in the Classroom



Ensuring that Okanogan County youth have access to comprehensive sexual health education is a cornerstone of OHY's work. During the sexual health curriculum in fall of 2022, Room One's OHY team supported the Liberty Bell High School Health Teacher in delivering lessons on expectations surrounding gender as well as discussing what sexual harassment could look like and what to do in response.

Gender-Based Expectations

During OHY's support of the sexual health curriculum, students were divided into gender-specific groups and asked "What would you want young men/women to know about being a young woman/man?"

Female student: "You would know how draining it is to fit beauty standards"

Male student: "It's hard because we don't talk very much about things going on in our lives"

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Empowerment Groups

MVSD includes the Independent Learning Center (ILC) where gender-specific empowerment groups are held and co-facilitated by ILC and OHY staff



Groups are held over five weeks and ILC students have the option to participate in any of the three offered: female-identified, male-identified and gender-nonconforming

Girl's Group

Boy's Group

Topics included:

- Anger and the Important Role it can play in Self-Protection
- Healthy vs. Unhealthy Relationship Signs and Actions
- Music as a Tool for Stress Relief

GNC Group

Topics included:

- Creating your own Personal Pride Flag
- Navigating Unhealthy Family Dynamics
 - Body Dysmorphia
 - Stress Reduction Tools

Topics included:

- Neurodivergent Minds
- Healthy Relationships via One Love videos
- Music as a Tool for Stress Relief
- Self Love

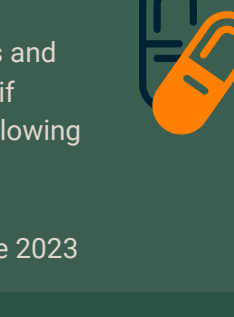
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Providing Pregnancy Prevention Supplies

Room One's One Stop Support Center offers condoms, pregnancy tests and Plan B to anyone who requests it. In an effort to reduce barriers to access, recipients do not need to be clients or provide any documentation or identification. OHY and the rest of the Room One team are trained on discussing the proper uses of each pregnancy prevention method as well as offering follow-up support if requested.

Condoms

- Available in the lobby of Room One as well as in each restroom accessible by clients
- Available at outreach tabling events



Pregnancy Tests

- Available on walk-in basis during Room One's open hours
- Recipients discuss with staff how to use the test in a confidential space
- 10+ tests given between July 2022 and June 2023



Plan B

- Available on walk-in basis during Room One's open hours
- Recipients discuss with staff how to use the pill in a confidential space
- Recipients are educated by staff on the side effects and strongly encouraged to see a medical professional if experiencing severe pain or if they test pregnant following use
- 10+ medications given between July 2022 and June 2023



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