Teens in Medina County Spoke Up on Issues that Affect Them and Their Peers....

and We Listened!

A Report from Living Well Medina County as a result of the Medina County Community Needs Assessment 2012, Medina County Community Health Improvement Plan 2013, and the United Way of Medina County’s E4 Summit 2014.
Thank you to the Students from the following Schools and Districts for your participation in one or more of the following activities: the data collection in 2012, the Youth Summit in 2014, and the Youth Asset Inventory in 2015.

Thank you to the Administrators who supported these activities.

- Brunswick City Schools
- Buckeye Local Schools
- Blackriver Schools
- Cloverleaf Schools
- Highland Local Schools
- Medina City Schools
- Wadsworth Schools
- Medina County Career Center
What Teens Said:
Part of the Problem

Living Well Medina County, the coalition to commission the Community Needs Assessment in 2012, identified Youth Mental Health & Suicide as a priority in the Medina County Community Health Improvement Plan 2013.

17% of Medina County youth reported they had seriously considered attempting suicide in the past 12 months.¹

Medina County youth reported the following causes of anxiety, stress and depression ¹:

- Academic success (41%)
- Fighting with friends (31%)
- Sports (26%)
- Fighting at home (25%)
- Dating relationship (22%)
- Other stress at home (25%)
- Peer pressure (19%)
- Breakup (17%)
- Death of close family member or friend (14%)
- Parent divorce/separation (11%)
- Poverty/no money (9%)
- Caring for younger siblings (8%)
- Parent lost their job (5%)
- Alcohol or drug use at home (5%)
- Ill parent (4%)
- Family member in the military (3%)
In part as the result of the assessment, the United Way of Medina County planned a youth-focused summit. For two days in February 2014, more than 200 Medina County high school students filled Westfield Insurance’s Blair Center. These students participated in the inaugural E4 Youth Summit (Engage, Educate, Equip and Empower), a special opportunity to make their voices heard, feel the support of the community, and learn important lessons in civic engagement and problem-solving using the Appreciative Inquiry approach.

On the first day of the summit, students were divided into focus groups of eight, based on answers from their E4 Youth Summit applications. Each group was facilitated by one trained adult volunteer and one trained student volunteer from the 2014 Junior Leadership Medina County class. Youth shared stories of overcoming adversity, identified areas for positive change in their school or community, and worked on creating a shared vision for their future. The focus groups completed a questionnaire facilitated by Lorain Community College and the following general themes emerged as concerns:

1. Too Much Pressure
2. Bullying
3. Lack of Caring, Trustworthy, Approachable Adults
4. Social Media Use
5. Depression and Suicide
6. No Outlets for Youth
What Teens Brainstormed: Innovative Ideas for Their Schools and Communities

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<thead>
<tr>
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<th>Peer to Peer Mentoring</th>
<th>Business Mentoring</th>
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<tr>
<td><strong>Black River</strong></td>
<td>Student Board</td>
<td>School Newspaper</td>
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<td>Class representatives having a voice within the district</td>
<td>Report on school activities &amp; conduct student interviews</td>
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<td><strong>Brunswick</strong></td>
<td>Brunswick Teens United</td>
<td>Professionals of Tomorrow</td>
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<td>Monthly events with time after to talk. Whisper Box</td>
<td>Jr. &amp; Sr. pair with local business leaders for monthly mentoring and skill building sessions for help with career discernment</td>
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<td><strong>Buckeye</strong></td>
<td>Peer Center (Olweus)</td>
<td>Community Shindig</td>
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<td>National Anti-bullying program. Student facilitated</td>
<td>High school event sponsored by local businesses, playing games, having fun.</td>
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<td>School speaker once a quarter</td>
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<td><strong>Cloverleaf</strong></td>
<td>Colt Force</td>
<td>Levy Support</td>
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<td>Each month brings awareness to important topic, designed to educate &amp; positively influence</td>
<td>Educating the community and rallying support to pass levy. (Levy passed May 2013!???)</td>
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At the end of Day One, students voted on several different initiatives to bring to their school.

The three ideas with the most votes were:
1. Peer to peer Mentoring
2. Business Mentoring
3. County Wide event

Below are the specific programs students designed that reflect these areas during Day Two. After students created their vision, they presented their ideas to the whole group.

<table>
<thead>
<tr>
<th>Peer to Peer Mentoring</th>
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<td><strong>Highland</strong></td>
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<tr>
<td>Know, 1 Cares</td>
<td>The Hornets’ Nest</td>
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<td>Student supporting each other through monthly assemblies with speaker followed by small group discussion</td>
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<tr>
<td><strong>Medina</strong></td>
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<tr>
<td>Bee Connected</td>
<td>Medina United</td>
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<tr>
<td>Group of 4, one from each class offering support and friendship throughout high school years. Meet weekly to plan monthly activities.</td>
<td>4 Events per year: 2 fun, 1 volunteer, 1 business outreach. Students only. Activities, bands, teen nights on square</td>
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<td><strong>Wadsworth</strong></td>
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<tr>
<td>Team SuPEERior</td>
<td>Wadsworth Involvement Initiative</td>
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<td>Beginning of year kick off, mixed grade small group pairings with advisor to support students throughout the year.</td>
<td>Involve community with school through community service. Offer different volunteer opportunities</td>
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The county-wide event known as Unity in the Community is planned for June 12, 2015 at the Medina County Fairgrounds. Details follow in the United Way section of this booklet.
What We Heard: What We Did

Since the data collection process in 2012, Medina County agencies have listened, collaborated, and implemented programs to support Medina County teens. The following highlights some of those programs and is not intended to be an exhaustive list.

Medina County Coalition to Prevent Suicide
- Youth Suicide Prevention Video Contest (2013-14 & 2014-15)
- Participation in Suicide Prevention Out of the Darkness Walk 2014
- Coalition is developing a suicide prevention walk for 2015 with a more local focus
- Mental Health and Addiction materials (resource packets) are now being distributed through county emergency rooms for patients that present with such needs for referral information

Alternative Paths (AP)
- Development of school-based counseling program in Buckeye Local Schools in partnership with United Way of Medina County.
- Crisis Intervention staff have worked closely with school districts to address children in crisis referred by the schools. Schools may send students to AP for a crisis assessment for “clearance” to return to school.
- Staff have been utilized for panel discussion with school personnel to address issues relating to youth suicide prevention and crisis intervention

Solutions Behavioral Healthcare, Inc.
- In partnership with the United Way, initiated a program to develop resiliency in youth. The resiliency programs are in two school districts (Medina, Wadsworth) and encompass five schools. Wadsworth district- central intermediate, middle school, high school and Medina district - A.I. Root middle school and Clagget middle school. This project also services the Medina County Juvenile Detention Center.
- Providing prevention programs sponsored through the FACT program in Brunswick to Black River, Edwards Middle School in Brunswick - these too focus on the topics mentioned this morning.
- Prevention activities that target many of the identified issues occur in the following districts - Medina, Brunswick, Buckeye, Cloverleaf, and Wadsworth.
- Huddle programs (peer led prevention programs) are provided in all districts.
United Way of Medina County
- Through our Community Impact agenda, UWMC funded three program partners, allowing them to place mental health professionals within four schools: Medina, Wadsworth, Buckeye and Cloverleaf
- Applied for and received $20,000 grant to make available United Way E4 Youth Venture to Medina County youth ages 12-20. Youth Venture is a youth-led, youth-created process where students combine passions and skills to solve a challenge in their community.
- Provided seed funding to two E4 teams that formed from E4 Youth Summit
- Continue to work with 3 additional teams from E4 Youth Summit
- Doubled number of school supplies collected for Stuff the Bus
- One Book, One Community- Collaborated with Medina County District Library and many local businesses and organizations to raise funds to purchase Wonder for every 6th grader in Medina County. Wonder is an inspirational book that deals with overcoming adversity, bullying and self-esteem.
What We Have: Medina County Assets

The youth of Medina County are by far our biggest asset. Without their willingness and openness to share their feelings, ideas, and experiences, programs could not be successful.

Secondly, Medina County has leaders in healthcare, social services, non-profits, and businesses who have shown that they know that Medina County youth ARE our #1 asset.
Medina County Asset Inventory for Youth:
1) Source of Quantitative Data:

2) Source of Qualitative Data:
United Way of Medina County E4 Summit, 2014 prepared by The Public Services Institute of Lorain County Community College

3) Youth Final report developed by:
Medina County Health Department MONTH 2015

Additional information and data about Medina County health indicators can be found at:
http://medina.oh.networkofcare.org/ph/

Reports can be found at:
http://www.medinahealth.org/info/Health_Assessment_Data_Reports