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Healthy WAY: Wellness in All Youth

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Model

- Call for proposals released
- Teams identified within the local high schools which included:
 - students
 - teachers
 - community members
- Each submitted proposal must include:
 - research question
 - project summary
 - supporting data
 - implementation strategy
 - resources needed
 - outcomes and measurement
 - budget
- **Workshops**
 - Opportunity to work with mentors from the community with knowledge of community issues
 - Competitive process
 - Presentation of results at end of day
- **Six-month implementation phase**
 - Leadership at each school to keep moving forward
 - Regular reporting/accountability to UK CERH project manager

**Empowering Youth
to Create Solutions**



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Pikeville High School Mentor and Students- The Empty Chair Project

Healthy WAY encourages student led teams to work collectively on an identified problem, by reviewing local data, trends, and research to develop a strategic plan of action with key stakeholders in their schools and communities.

UK Center of Excellence
in Rural Health

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Anticipated Outcomes

- Students gain leadership and problem-solving skills
- Learn to analyze health data, trends and research
- Develop a strategic plan of action
- Collaborate with key stakeholders in their schools and communities
- Design and implement a grant budget

Conclusion

Community organizations can partner to invest in initiatives like Healthy WAY to restore hope and resilience in our youth. Tips to ensure success include: Organizational support, a staff mentor dedicated to the project for the entire period, partners in the school systems and venues for the students to share their outcomes.

*"It helps problem solving and speaking abilities for the students involved and can make a huge impact on your community. It not only can change the lives of people it serves, but also the ones who put the idea together. I would recommend doing this every year and offer it to more students throughout the region for more of our students to be involved in this amazing experience." *Pikeville High School Student Participant*