

## **Englewood Department of Health**

### **Reach and Teach Program 25 Year Report: 1989-2014**

#### **Introduction**

The Reach and Teach Program, sponsored by the Englewood Health Department and Englewood Hospital and Medical Center, provides health education/counseling services to adolescents. Reach and Teach puts emphasis on HIV/AIDS prevention/education and substance abuse education, although it touches upon other health topics. The program is designed for youth ages 12-21 and works with various community-based groups and organizations. Reach and Teach is unique in that it targets non-mainstream, hard to reach young people often neglected by most youth serving agencies.

#### **Program Background**

- The Reach and Teach program was spearheaded as a HIV/AIDS awareness program for youth in August 1989. At the time, it was the only HIV/AIDS prevention/education effort for youth in Bergen County. This landmark program, in partnership with Englewood Hospital & Medical Center, also provided information about other health related issues important to adolescents.
- The Englewood Health Department designed and implemented a health education model that focused on the growing needs of adolescents regarding HIV/AIDS, sexually transmitted diseases, teen pregnancy prevention, smoking, alcohol and substance abuse, and other youth related issues. Over the past 25 years, the program has established active partnerships with public and private schools, churches, school faculty, parents, and health and human service agencies.
- Currently, the program has a full-time outreach counselor. In its 25 years, it has reached over 120,000 young people in Englewood and throughout the County, in non-traditional settings such as street outreach, school cafeterias, parks and pools, youth forums, college fairs, barber shops and beauty salons, and fast food establishments. There has been significant outreach at the schools and churches.
- The Englewood Health Department developed partnerships with individuals, agencies, institutions and youth dedicated to the promotion of health and wellness among Englewood's adolescents and families. One such partnership was the Englewood Coalition for Adolescent Health (ECAH), sponsored by the Englewood Health Department and funded by the New Jersey Department of Health and Senior Services. Programs and services of the ECAH were facilitated by an Adolescent Health Grant Coordinator, which was established in 1998. In 2010, the ECAH was defunded due to

severe, fiscal cutbacks in New Jersey. However, the operation of the Reach and Teach Program was continued by the Englewood Health Department.

### **Program Services**

- HIV/AIDS and other sexually transmitted infections education
- Substance abuse education
- Promoting positive self-esteem
- Bullying education and prevention
- Nutrition education
- Pre-teen and teen pregnancy prevention
- Street outreach
- Safer sex education
- Teen phone hotline
- Referrals to appropriate health and human service agencies
- Workshops
- Informal and formal presentations

### **Outreach to Youth**

- Reaching youth of all ages, with focus on teens ages 12 to 21, through individual, family and group contact
- Organizing and scheduling presentations for youth groups in churches, recreation centers, classrooms, clubs, etc.
- Promoting the use of the “Phone-A-Friend” hotline
- Organizing peer counselor recruitment, training and an outreach network

### **Outreach to Adults**

- Organizing and scheduling presentations to adults working with youth (school personnel, youth ministers, parents, etc.)
- Participating in street, church, or other non-traditional outreach events to educate adults and parents of health related issues related to the youth.

### **Methods**

Activities include:

- Literature distribution
- Interactive educational games
- Educational presentations
- Workshops (including formal classroom teaching)
- Group discussions

- Video focus groups - youth and adults
- Group activities such as role play
- Networking with community service agencies
- Newsletter, media access (TV, media, newsprint)
- Street outreach
- Health Improvisation Theater Group

### **Education**

- Establishing contact with the public and private school personnel (administrators, teachers, counselors, school nurses, guidance counselors, social workers, and truancy officers.)
- Providing information, consultation, technical assistance and/or referrals
- Organizing seminars/workshops and conferences for the general public within community service organizations such as churches, library, and the hospital
- Developing a resource library of HIV/AIDS, sexually transmitted infections, substance abuse, anti-smoking and other teen related videos, pamphlets, books, posters, and other materials for community use
- Disseminating information to other health and human service agencies
- Providing HIV/AIDS education/prevention training for anyone working with youth
- Publicizing HIV/AIDS education/prevention through electronic and print media and publication

### **Dissemination/Recognition**

Reach and Teach has gained professional recognition through presentations at the American Public Health Association, schools, libraries, churches and other professional conferences. It is a much needed resource, as evidenced by the growing number of requests for the counselor's time and teaching aids from youth service agencies and faith-based organizations.

### **Program Uniqueness**

Reach and Teach is the only program within Bergen County geared to providing preventive health information targeted to youth. In addition, approximately 95% of youth currently benefiting from the program are minority teens. The program has used traditional and non-traditional approaches to reach youth (table display at McDonald's, parks and pools, college fairs, basketball games, etc.).

In its 26th year, the program is alive and thriving through financial support from the local community hospital, which provides the salary of a full time worker and facility space for special events. We also have the support of a City Manager and City Council who see the value of

reaching out to youth. The Reach and Teach Outreach Counselor is visible in the community and provides continuous service to Englewood youth.

Another unique feature of the program is the emphasis on tailoring all activities to the specific needs of the target population. Displays with health messages are often set up in the schools, at the library, beauty and barbershops, and in the Health Department waiting room. In addition, lectures, seminars, presentations, and workshops on various teen health issues are offered to the public. Young people are encouraged to participate, to become involved in all educational events, and to feel a sense of ownership in the program.

The Englewood Health Department's youth programs have provided continuous support to youth – focusing on health issues, but also exploring emergent crises effecting youth in our community. Young people have come to rely on services provided by the Health Department, knowing that issues brought to our attention will get a speedy response. The Health Department has served as an advocate for youth needs on a number of health issues, and we have raised the consciousness of our Board of Education, teachers, administrators, and parents on the importance of acknowledging and identifying early the problems affecting youth, which interfere with their progress in school.

We have been fortunate to have a solid partnership with the Englewood Hospital & Medical Center, which has provided a major contribution to this program since its beginning. The Reach and Teach Program theme is "Education Today is Prevention for Tomorrow". This program has addressed issues that promote self-esteem and decision-making while engaging young people in interactive involvement, raising their awareness, and making them cognizant of the consequences of "risky" behavior.

The hospital's involvement not only brings much needed dollars to the program, but provides other resources that a large institution can provide. The staff has promoted outreach events in joint partnership events with hospital staff. In our schools, during cafeteria outreach and classroom teaching, our youth counselors provide informal workshops and presentations to Dwight Morrow High School / Academies @ Englewood and middle school students. Our Reach and Teach youth counselor is in great demand at numerous health events in the community, and is very creative in adapting the HIV/AIDS message to many diverse groups in the City. The Community Youth Health Educator with the Reach and Teach Program and the Health Educator work jointly to plan and provide specific youth focused health programs to promote healthy behaviors.

### **Reach and Teach 1989 Highlights**

- Obtained Program funding for part-time outreach worker from Englewood Hospital and Medical Center.
- Rummage Sale Fundraiser
- Adolescent Family Life Issues Project
- World AIDS Day - Youth and AIDS
- STD Workshop for Patient Care
- Episcopal Denomination - AIDS Day
- Shiloh AME Zion Church - AIDS Awareness
- Galilee United Methodist Church - AIDS Overview
- First Seventh Day Adventist Church - AIDS Awareness
- Shiloh Community Outreach Program - AIDS Overview
- Hispanic Health Fair
- Parkview Halloween party
- Dwight Morrow High School - AIDS Workshop
- Mayfest
- Summer Sales Days
- UNICEF Street Fair

### **Reach and Teach 1990 Highlights**

- Rummage sales to raise money for program costs, i.e. buttons, bookmarks, literature
- In-depth four day training of outreach worker - supplemented by ongoing supervisory and planning sessions
- In-depth three-day training on adolescent sexuality
- Youth Summit - Showcased the Reach and Teach Program at the Youth Summit sponsored by the County Prosecutor's office and the NAACP at the Bergen County Vocational Technical School
- Youth on the Move - AIDS Awareness Presentation - weekly visits to rap with youth on a one-on-one basis
- Dwight Morrow High School - AIDS Awareness Presentations to four classes
- First Baptist Church - Youth Awareness AIDS/STD presentation
- Presentation at the 118<sup>th</sup> Annual Conference of the American Public Health Association held in New York City; poster session entitled "New Initiatives with Public/ Private Collaboration for STD/AIDS Education," Gave national exposure to the Reach and Teach Program
- Weekly counseling at Englewood Hospital STD clinic
- Implementation of Phone-a-friend Hotline
- Continuous presence at community events scheduled for area youth
- Development and distribution of Reach and Teach material
- World AIDS Day Women and AIDS Conference

### **Reach and Teach 1991 Highlights**

- Received funding to create full time outreach position
- Rummage sale fundraiser
- Dwight Morrow - Lunch room health education displays
- Merchant Project - AIDS Education Distribution points & referral networks
- Presentation at the 119<sup>th</sup> annual conference of The American Public Health Association held in Atlanta, Georgia - “The Challenge of Educating Youth on AIDS- A Role for Community Organizations
- Great American Smoke Out - School Project
- “Shop Talk”- AIDS Awareness Project
- World AIDS Day-1991 - “Sharing the Challenge”
- Joint Seventh Day Adventist Meeting - AIDS overview

### **Reach and Teach 1992 Highlights**

- Merchant and Beauty Salon Projects - AIDS materials distributed to the public through these local businesses
- Municipal Court - outreach to youth; one youth assigned for community service
- Friends of the Englewood Health Department Fundraiser - debut concert of Englewood Chamber Players featuring Ulysses Kaye’s composition - Pieta
- STD workshop to area youth on Health Department lawn
- Mayfest - with the help of Dwight Morrow High School youth distributed STD/AIDS and anti-smoking material to youth in attendance at the event
- AIDS Awareness Display Tables - twice a month display table set up along with give-aways in the high school cafeteria to inform students of AIDS
- Collaboration with Englewood Youth Council - targeted to 40 youth; four health related sessions held
- Great American Smoke Out - Table display with pamphlets and give-away set up in the middle of school cafeteria to give anti-smoking information to kids
- World AIDS Day: “A Committed Community” - Two video sessions held for youth. Sessions focused on transmission and prevention through the use of a game, videos and discussions

### **Reach and Teach 1997 Highlight**

#### ***STD Clinic***

The Reach and Teach worker and the Public Health Nurse continued to provide weekly STD counseling sessions at the Englewood Hospital and Medical Center.

### ***Shop Talk***

The worker continued outreach with shop owners and their customers through periodic visits, leaving pertinent health literature and informal, one on one encounters. As in the past, the worker has full cooperation of shop owners and those receiving the material.

### **Participating Shops**

- Brennon's Barbershop
- Hair's To You
- Uptown Barbershop
- Touch of Beauty
- Les' Barbershop
- Deluxe Beauty Mart
- Ben's Barbershop
- New Look Beauty Salon
- Pablo's Beauty shop
- Final Touch
- Jessica's Beauty Shop

### ***DMHS & Uptown Barbershop Table Displays***

Regular table displays were set up at Dwight Morrow High School's cafeterias and outside of Uptown Barbershop because of the volume of youth congregating there. In addition to the disseminating literature, models such as "Smoky Sue" and "Blubber Busters" were used to demonstrate negative health habits and consequences.

### ***Pool Outreach***

Englewood's municipal pool is another successful place to provide outreach education for children below age 15.

### ***Municipal Alliance "Young Achiever"***

The worker presented various workshops, focusing on harmful effects of drugs and alcohol to the "Young Achievers" group at the Janis E. Dismus Middle School. This is a substance abuse prevention program for at-risk youth.

### ***Video Session***

The worker arranged video/discussion sessions at the Health Department and DMHS for community youth. Session topics included HIV/AIDS, teen pregnancy and sexual harassment.

### ***DMHS Positive Image & Jabari Society Forum***

"Uniting Our Tri-Town Youth" - Presentation given at a youth forum for Hackensack, Teaneck and Englewood focused on promoting unity amongst the towns' youth.

### ***Ramapo College AIDS Awareness Day***

A day the college designates for the recognition and remembrance of those who have, or who have died from, HIV/AIDS. The Reach and Teach worker provided a display along with other agencies such as Straight and Narrow and Norrell Health Care.

### ***West Side Infant Day Care Center***

The day care center is established for teen mothers and their babies. The center offers quality day care as well as parenting classes for its moms. The Reach and Teach counselor conducted a presentation titled “How Getting High Can Get You AIDS” and covered the following issues: risky behaviors, the effects of drugs and alcohol and environmental influences.

### ***Let’s Celebrate Englewood***

The City of Englewood sponsored its annual “New Jersey Pops Symphony” show again this year. The Health Department displayed Reach and Teach and environmental materials for the public and was on hand to answer any health related questions. A reporter from the Press Journal took picture of the Reach and Teach worker interacting with youth.

### ***Colombian Festival***

In celebration of Colombian Heritage, the Lions Club held its annual Colombian Festival at Durie Park. Reach and Teach offered literature, materials in Spanish and showed a Spanish video about HIV/AIDS.

### ***Jazz Concert***

This year’s Jazz concert attracted over 1,000 people. Various Reach and Teach materials were disseminated with the help of staff and two student volunteers. Also, those who attended the event were given the opportunity to register to vote.

### ***Great American Smoke-Out***

An anti-smoking display and brief presentation were provided at Janis E. Dismus Middle School in recognition of the Great American Smoke-Out. Brown ribbon were made and distributed as part of the Health Department’s waiting room display.

## **Reach and Teach 1998 Highlights**

### ***Dwight Morrow High School Table Display***

Table displays were arranged in both North and South cafeterias where students and teachers meet for lunch. Literature on HIV/AIDS, STDs, sex, substance abuse, sexual harassment, teen pregnancy, teen parenting, self esteem, smoking, as well as giveaways, were distributed to the students. Video on those issues were also shown. The students use this time to engage the

Reach and Teach worker in conversation on issues relating to the literature displayed. A total of 9 visits were made to the Dwight Morrow High School North and South Cafeterias.

### ***Shop Talk***

The Youth Health Educator visited local beauty salons and barber shops to distribute Reach and Teach literature on HIV/AIDS, smoking, health issues and self-esteem. “Giveaways” were also available to customers and store owners. A total of eight visits were made to beauty salons and barber shops on Palisade Ave.

### ***Street Outreach***

The Youth Health Educator set up seven Reach and Teach table displays on Palisade Avenue on various topics.

### ***Park Outreach***

The Youth Health Educator visited the following parks: Mackay Park, Durie Park, Morris Park, Trumble Park and Denning Park. Reach and Teach tables were set up and displays of literature, pamphlets and giveaways were available for distribution. The educator also engaged in conversation with youth, camp counselors and parents. A total of 12 visits were made to Englewood Parks.

### ***Pool Outreach***

The educator visited Englewood pool where youth gather for recreational activities in the summer. Literature on HIV/AIDS, STDs, exercise, stress management, smoking, and drugs were distributed. The Youth Health Educator also engaged in conversation with youth on some of the issues.

### ***Englewood Day at Mackay Park***

The displays included information about sexually transmitted diseases, breast and testicular self-examination, and smoking. For the youth we demonstrated the effect smoking has on the lungs using “Smoky Sue” and the smoking game. A model of the female breast and the male testicles were also displayed. The presence of the self-examination displays proved to be helpful, because we learned that most adults do self examinations incorrectly. This display provided an opportunity to teach individuals the correct procedure for searching for lumps within their breasts and testicles. Water bottles, pens, comic books, Reach and Teach balloons, stickers, and key chains were also distributed.

### ***African American Caribbean Festival***

At this event, approximately 100 adults and children were encountered by the Reach and Teach Community Youth Health Educator.

### ***Shiloh A.M.E. Zion Church Community Health Fair***

On May 2, 1998, the Reach and Teach Worker participated in the Shiloh A.M.E. Zion Church’s

Health Fair, in MacKay Park's John Wright Arena. "Smoky Sue" was demonstrated and pamphlets were distributed to youth and adults. Contacts with other agencies providing services at the fair were obtained for future use.

### ***Health and Fitness Day***

A display included literature on exercise, nutrition, sexual harassment, and dating violence. Reach and Teach giveaways were also displayed.

### ***New Jersey Pops Concert***

A displayed literature on stress, exercise, eating and depression, and Reach and Teach giveaways were distributed. The Youth Health Educator interacted with the children as a vehicle to reach adults who were in attendance.

### ***Colombian Festival***

There was an assortment of information in Spanish on HIV/AIDS, immunization, sex and alcohol, truth about cancer for both men and women, facts about drugs, literature on hepatitis B, skin cancer, and comic books. Reach and Teach giveaways were distributed, such as water bottles, pens and pins, etc.

## **Presentations**

### ***The presentation to youth at the Summer Enrichment Program***

The presentation focused on stress and how to deal with stress. Students were engaged in brain storming to discuss issues on stress and situations that cause stress in their lives. Students played the "Emotion Commotion" card game and gave the coat of arm as an art project. Literature on stress was also distributed along with Reach and Teach giveaways.

### ***Smoking Presentation at Morris Park Day Camp***

The impact of smoking cigarettes on the organs was illustrated. Using coffee straws, the Youth Health Educator demonstrated to youth what happens when a smoker develops emphysema. The youth showed interest in the presentation and in the visual materials on display. They raised many questions and stated that either their parents or somebody in their household smoke. The discussion then focused on the dangers of second-hand smoke. The youth received anti-smoking stickers.

### ***Smoking Presentation at Mackay and Durie Park Day Camp***

The presentation included a demonstration of healthy lungs, using "Smokey Sue" to show the effects of cigarette smoking on the lungs. The youth were introduced to some of the deadly chemicals that are in cigarettes which are known to be in other materials. Some examples are as follows: arsenic from rat poison, benzene in gasoline, nitric acid in fertilizer, butylamine in rubber, propylene glycol found in antifreeze, and benzopyrene found in coal. The youth were very surprised to learn that these chemicals which are deadly are also found in cigarettes. The Youth Health Educator also demonstrated to the youth the impact of emphysema using coffee

straws in which the youth had to inhale and exhale for a minute. The youth received anti-smoking stickers and Reach & Teach giveaways.

### ***Youth Camp Carnival***

The Camp Carnival was an event that united all the recreation summer camps in Englewood. They participated in events together, such as a basketball game, talent show, and dance competition. The Youth Health Educator distributed smoking literature and Reach and Teach giveaways. The youth and teens appreciated the presence of the Reach and Teach program.

### ***Shop-Rite Supermarket Outreach***

The Youth Health Educator displayed literature on stress, exercise, eating, and male/female facts. The Youth Health Educator also distributed Reach and Teach giveaways. Individuals who approached the displays were very happy to know that their local Health Department is reaching out to the community and handing out free literature on relevant health issues.

### ***Outreach Education Events***

The Youth Health Educator engaged children at the Hawaiian Luau, outreach events at McDonald and Wendy, New Jersey Net's Hoop Zone, Galilee Church United Methodist Health Fair, Jazz and Blues Festival, Soul Concert, Jazz Concert and Community Baptist Church's Health Fair. At all these outreach events, literature was distributed on various health issues such as HIV/AIDS, STDs, Dating and Violence, Sexual Harassment, Drugs, Stress, as well as Reach and Teach giveaways were also distributed.

### ***Training***

The Youth Health Educator attended Acquaintance Rape training in Trenton, NJ. The event was well organized and very interesting. This training provided the Youth Health Educator with the ability to understand the victim, provide the survivor with support and referrals, and coping with negativity such as using drugs and alcohol and self mutilation. This training also equipped the Youth Health Educator with the ability to present to students information on date rape, sexual assault, HIV/AIDS, and emotional sexual readiness.

## **Reach and Teach 1999 Highlights**

### **Dwight Morrow High School Outreach**

During the school year, displays and literature were set up in the cafeterias and nurse's office thirteen times. Topics addressed HIV/AIDS and other sexually transmitted diseases, pregnancy prevention, abstinence, violence, substance abuse and tobacco use, and stress. The Youth Health Educator frequently engaged in conversations with youth and reviewed the literature on display. In addition, one classroom presentation was conducted called Safer Sex.

Since most of the students were very knowledgeable about HIV/AIDS and other STD's, the goal of these interactions with youth was to influence them to be responsible in the "heat of the moment", and to focus on what they want to accomplish in life. The teens were also aware of the pressure to have sex from peers, movies, music and advertisements. They were informed that not all teens are sexually active and that it's okay to practice abstinence. Emphasis is made to teens who are participating in sexual activities that they must practice safer sex methods including always using a latex condom.

Two half-court basketball shoot-out contests were conducted, one for boys and one for girls during game half-times. Prizes of Reach and Teach memorabilia were awarded and literature concerning adolescent health issues was displayed. Adult and teen fans cheered, but more importantly, health education topics were presented and discussed with parents, school staff, and teens.

The Youth Health Educator works in conjunction with the Adolescent Health Grant Coordinator when conducting Health Education Among Teens (H.E.A.T.) interviews, trainings, and presentations. Health Education Among Teens is an eight-week training program and currently has seven Dwight Englewood High School students and six Dwight Morrow High School students participating. Their goal is to become peer health educators focused on adolescent health issues. Of the nine who completed the 1998 training series, two have frequently participated at many Reach and Teach community and school events, and five graduates continue to attend this year's current training lending support to the new up and coming peer health educators. The Youth Health Educator will continue to include H.E.A.T. graduates in future Reach and Teach activities.

### ***Future Forum 1999 - Are You Ready?***

The success of this Herculean event was due to the team effort of all health department staff. Bringing teens and staff from 14 Bergen County High Schools and the recruitment of 70 mentors, plus providing appropriate space, hand-outs, and follow-up, required that the Youth Health Educator assist major coordinators of this conference. During the two months prior to the event, the Youth Health Educator helped prepare and deliver program materials and met with teen participants and school personnel. On the day of the conference, the Youth Health Educator assisted at registration and greeted conference participants, directed traffic flow to the various programs, collected evaluations and served as trouble shooter when needed.

### ***West Side Infant Day Care Center***

Eight teenage mothers and one teen father attended a presentation on HIV/AIDS and STD's (especially Gonorrhea and Chlamydia). Upon review of their pre-tests, it was clear that the teens had a great deal of misinformation demonstrating the need for the Reach and Teach presentation. In addition to providing factual information, discussions followed about the responsibilities and difficulties of being a teen parent. All the parents agreed to serve as a resource to other youth considering sexual activity in follow-up presentations in the upcoming months.

### ***Bloodborne Pathogen Training Of City Employees At The Department Of Public Works***

In partnership with a Public Health Nurse, the Youth Health Educator conducted this training to ensure the proper use of precautions against HIV/AIDS and hepatitis.

### ***Reach And Teach 10<sup>th</sup> Anniversary***

This major event held at Englewood Hospital and Medical Center was widely attended by youth, teens, local dignitaries, and health department staff. In addition to the many speeches and displays, the highlight of the day was the presentation and follow-up question and answer period by the two HIV positive representatives of New Jersey Buddies.

### ***Enrichment Summer Program***

Janis E. Dismus Middle School offers a summer educational enrichment program for 11-14 year olds. After an initial fact-finding meeting assessing the needs of the participants, a Public Health Nurse and the Youth Health Educator returned to offer two presentations, one on smoking and the second on stress.

Many of the youth had already seen the displays on the effects of smoking at their school and were already turned off to smoking. They did suggest a display for teachers. The presenters, therefore, focussed on second hand smoke. When discussing stress, youth learned about the different types of stress they might experience, both good and bad. They played a card game called Emotion Commotion, and did an arts and crafts project expressing stress.

### ***Health Department Open House***

The public was invited to an open-house, designed to inform them of the many services and staff at the Englewood Health Department. In addition to the usual display arranged by the Youth Health Educator, an infant simulator (computerized doll) demonstration was performed for Channel 10.

### ***Youth Carnival***

The Reach and Teach Program and the Recreation Department co-sponsored a display set up at Mackay Park including literature on smoking, stress, nutrition, and alcohol with plenty of Reach and Teach giveaways. In addition, the Youth Health Educator arranged for the Colgate Dental Van, and Dr. Juss to assist in presentations and dental check-ups for youths who had parental permission.

### ***Reaching Out/Reaching In - Teen Pregnancy Prevention***

This program is designed to focus youth's attention on the consequences of their decisions regarding drug use, and sexual activity. The main portion of this program is called, "Baby, Think it Over". Youths are loaned a computerized infant simulator for a 24 hour period. This doll truly provides a temporary yet realistic parenting experience. Youths then write a one-page essay describing their experience, how they felt about the responsibility, and what impact did this

have on their decisions to be sexually active. Three youths participated in this program this summer, and all reported that parenting was too time consuming, embarrassing, and expensive. One realized she's too "selfish" now to have a baby. All agreed to postpone parenthood. The thirteen teens in the current H.E.A.T. training will participate in this program.

### ***Summer Outreach Activities***

Reach and Teach staff conducted many activities during the summer including frequent visits to city parks, barbershops, and street outreach on Palisade Avenue. The Youth Health Educator provided up to date literature and information concerning many health topics, programs and resources.

### ***Colombian Festival***

This exciting event gave Reach and Teach and other Health Department staff a wonderful opportunity to meet the Hispanic Community. In addition to the usual materials displayed, included were brochures about services the department offers as well as testicular, breast and skin cancers. All were provided in Spanish. A Spanish-speaking interpreter was present as were two youth volunteers. One bilingual youth particularly focused on presenting the Reaching Out-Reaching In Program including, "Baby, Think it Over", demonstrating the infant simulator, computerized doll, used to demonstrate parenting to teens.

### ***Shiloh AME Zion Church Health Fair, Lawn Symphony Concert and the Sanford Family Block Party, and Englewood Sidewalk Sale***

At these events, the Youth Health Educator set up and staffed the Reach and Teach display.

### ***Youth Summit***

The Violence Institute of UMDNJ in Trenton hosted a one day conference for four to five teen representatives from high schools throughout New Jersey. The Youth Health Educator served as a facilitator to three groups of teenagers. The discussions focused on ways to reduce the use of alcohol and drugs among adolescents, thereby reducing the incidences of violence while under the influence.

### ***Impact 2000 Training***

The Youth Health Educator and the Adolescent Health Grant Coordinator were trained and certified as Impact 2000 trainers sponsored by The New Jersey Department of Health and Senior Services. This is an alcohol abuse prevention program geared to adolescents 11-14, but can be used for older teens as well. Upon completion of this training, the staff received the Fatal Vision Goggles that simulate the effects of being drunk. These goggles are frequently used in Reach and Teach activities.

### ***Teen Violence Conference***

This conference, sponsored by UMDNJ was attended by the Youth Health Educator and the Health Educator. Upon completion of this event, the two staff members conducted staff training with information obtained from the seminars attended. The Youth Health Educator presented

“Violence in High Schools: How Do We De-Fuse It”, “Community Approaches that Decrease Youth Violence”, and “General Information from Group Discussions”.

### ***Male Involvement In Teen Pregnancy***

This conference was hosted by the Program Coordinator of “Teens on Track”, a male, teen pregnancy prevention program located in Camden, New Jersey. The agency incorporates athletic, recreational activities with educational activities and provides a medical component as well. Physicals for sports, employment, HIV testing and counseling, STD treatment, and one-on-one counseling are all available for males 10-19 years of age. This agency is unique in that it entirely focuses on male only issues.

### ***What Works: Identifying Best Practices For Helping Adolescents***

The Youth Health Educator attended three workshops at this conference. The first, “Improving Teen Health” focused on a study conducted by the Education Department of Planned Parenthood called, “Unequal Partners”, describing the teen-adult relationship. The second workshop, “Helping Teens Access Health Care” described a school-based program that links adolescents with health care services in their area. The third, “High Tops”, reported on an excellent peer health education theater program. Information was relayed to health department staff.

The Reach and Teach Program has had a profound impact on the youth it served. It allowed them to voice their opinions and concerns as well as taught them about responsibility and viable health issues affecting them today. Many had the opportunity to participate in workshops and projects dealing with these issues and share this information with their fellow peers in an attempt to promote behavioral change.

## **Reach and Teach 2000 Highlights**

### ***Colombian Independence Day Festival***

This event celebrates Colombian heritage and takes place at Mackay Park. The Health Department displays educational materials and information in both English and Spanish on programs and services, as well as health related issues.

### ***Breast Cancer Walk-a-thon***

Co-hosted by Mayor Fader and his wife, the purpose of this initiative was to raise funds for the Breast Cancer Center at Englewood Hospital & Medical Center for the delivery of free and low cost mammograms to women.

### ***Great American Smoke out/ Kick Butts Day***

Across the country, thousands of kids took part in activities that expose how tobacco companies lure young people into lifelong addiction. A display table was set up at the schools with literature regarding the effects and consequences of smoking. Three demonstrations were conducted with students to test lung capacity, estimate yearly costs and identify chemicals and tobacco.

### ***Health Education Among Teens (H.E.A.T.)***

This was an 8 week training program involving youth from local area high schools. The goal of the program is to train youth to become peer health educators to focus on identifying adolescent health issues.

## **Reach and Teach 2001 Highlights**

### ***3rd Year Resident Program***

This program is designed for 3rd Year Residents to experience outreach with adolescents first hand. Residents are allowed to educate the adolescents using terminology that is easily understood.

### ***The Balm in Gilead (Week of Prayer for the Healing of HIV/AIDS)***

Black Churches across the nation observe the first full week of March as the Week of Prayer for the Healing of AIDS. This is to work through Black Churches to stop the spread of HIV/AIDS in the African American community, and support those infected with or affected by HIV/AIDS. The Englewood Health Department participated by setting up a display table for both Community Baptist Church and First Baptist Church.

### ***Health Conference (VIBE Center – Dwight Morrow High School)***

Various youth serving agencies were present to answer problematic scenarios given by the VIBE Center. These scenarios served as a way for us to increase students' awareness of the services available from different agencies (Rape Crisis Center, Planned Parenthood, and many more).

### ***World AIDS Day***

The Englewood Health Department and Korean Community Church co-sponsored a commemorative event of multi-cultural and creative expression including participation of the Latino Heritage Club, Pantomime – Silent Praise, Korean Community Church – Body worship, Ebenezer Baptist Church Mass Choir, Project Faith, Planned Parenthood, and American Red Cross. To conclude the program, we conducted a call for action candlelight vigil which inspired some of the local groups to become more involved in helping to fight this pandemic.

### ***Red Ribbon Week***

Red Ribbon Week is a national observance during October to acknowledge young people that are drug free and to promote a drug free environment. We conducted assemblies at Lincoln Elementary School, Janis E. Dismus Middle School, Dwight Morrow High School, and Academies@Englewood to raise awareness of the effects of substance abuse both directly and indirectly.

### ***Bioterrorism Symposium***

The symposium included a panel of doctors, a nurse, an FBI agent, a mayor, a Bergen County Freeholder and U.S. Senator Jon Corzine. The panel detailed anthrax, smallpox and other biological and chemical weapons, the role of the government, and security and control measures.

### ***Future Forum 2001***

This event is held every two years and serves as a day to bring youth together for an opportunity to explore issues affecting young people in today's society. Co-sponsored by the Englewood Health Department and Englewood Hospital & Medical Center, the goal of the day was to enable students to establish linkages, share resources, broaden horizons and improve communication between students from neighboring towns.

- Abstinence/Safe Sex Workshop
- Puberty/STD Workshop
- Prom Precaution Workshop
- Panel Discussion about Substance Abuse

### **Reach and Teach 2002 Highlights**

- Healthy Weight Week Outreach
- World Tuberculosis Day Outreach
- Black HIV/AIDS Awareness Day Outreach
- Cervical Cancer Awareness – Pap Smear Day
- Tourette Syndrome Teacher's Workshop
- Children of Alcoholics Week Outreach
- Englewood Junior Police Academy (HIV/AIDS Session)

### ***SANKOFA Violence Prevention/Leadership Development Program***

This is a national violence prevention model developed by UMDNJ. Over 25 students participated in the training and discussed issues such as family and dating violence and developing skills in mediation, conflict resolution and alternatives to violence.

### ***Galilee V-free Campaign***

The V-free Anti-Violence Campaign is a movement to rid communities of violence, vandalism and victimization. Galilee United Methodist Church hosted a youth event to educate teens about Violence Prevention Strategies. We set up a display table about violence and forms of substance abuse that can lead to violence (Impact 2000 was conducted).

### ***Peer Leadership Training***

The Health Education Among Teens (H.E.A.T.) Program students continue to participate in volunteer community service. Students volunteered their time to the health department's rabies clinic this past winter and interacted with the Adolescent Health Coalition members to describe concerns related to smoking, substance abuse and sexual activity on school grounds.

The Health Improvisation Theater Teens (H.I.T.T.S), initiated by the Englewood Health Department, fulfilled their goal of providing educational messages about current health issues through dramatic theater. The teens continued to volunteer their time this past year and performed at Mt. Olive Baptist Church for a youth empowerment event. The H.I.T.T.S.

performers also dedicated their time to this year's World AIDS Event at Ebenezer Baptist Church.

Students continue to volunteer, assisting staff with special community events rendering important service to the community.

### **Reach and Teach 2003**

#### ***HIGHLIGHTS***

- Teen Pregnancy Prevention Month Outreach
- Effects of Marijuana Use Outreach
- Relationship Outreach (Do all relationships lead to sex?)
- St. Paul's Episcopal Church – Sexual Health Workshop

#### ***Minority Health Awareness Day*** (Health Fair)

This event was in observance of National Minority Health Awareness Month. The topics addressed included Blood Pressure Screening, Cholesterol Screening, and Confidential HIV/AIDS Testing. Agencies that participated are National Kidney Foundation, National Lupus Foundation, Bergen County Counseling Center, NJ Foster Care, WIC (Women, Infant, and Children), and many more.

#### ***Shop Talk 2003***

This health conference is aimed at educating barbershop, beauty salon and nail technicians, workers and owners on relevant health related issues. Presentations covered prevention and education on topics such as HIV/AIDS, Sexually Transmitted Infections, information on testing and treatment, small group discussions and role playing scenarios.

#### ***Game of Life***

(Janis E. Dismus Middle School – Dwight Morrow High School -- Academies@Engelwood)  
The Game of Life is an interactive, unique, and educational program whose goal is to familiarize students, faculty and school administrators about service agencies in Englewood and throughout the County.

### **Reach and Teach 2004**

#### ***HIGHLIGHTS***

#### ***World AIDS Day Roundtable Discussion***

“Men Living on the Down Low – Empowering Women in the Fight against HIV/AIDS.”

The Youth Health Educator discussed transmission, prevention, testing and empowerment strategies for women in the community, both young and old. The video presentations were “Living Positive- Women and AIDS,” and “No More Secrets, No More Lies.” Discussants present were Mary Latka, Ph.D of New York Academy of Medicine, and Michael J. Stirrant, Ph.D of HIV/Center for Clinical and Behavioral Studies at Columbia University and New York Psychiatric Institute who shared their experience and offered information.

### ***Health Improvisation Theater Teens (H.I.T.T.S)***

The Health Improvisation Theater Teens program has become an integral component in educating students on a variety of health issues. By utilizing dramatic techniques through creative monologues and dialogues, students address current and emerging health issues affecting youth.

### ***Public Health Week / HIV/AIDS Confidential Testing***

The Youth Forum held at the American Red Cross addressed “Making Proud Choices – The truth about HIV/AIDS, STD’s and Teenage Pregnancy.” The Health Improvisation Theater Teens (HITTS) performed, a video presentation on HIV/AIDS was displayed, and Dr. Blanche Skurnick, Physician, facilitated a discussion and raised awareness of statistical information on STD’s and HIV/AIDS.

## **Reach and Teach 2005**

### ***HIGHLIGHTS***

#### ***Bridging the Gap Meetings***

“Bridging the Gap,” facilitated by the faculty advisor of the Interact Club, meets on a weekly basis and is attended by approximately 25 student delegates from both Dwight Morrow High School and Academies @ Englewood. These meetings are designed to provide students with an opportunity to openly discuss some of the everyday issues the students face on the campus. The Youth Health Educator and Health Educator participate in these meetings and offer support and assistance with identified, health issues.

#### ***National Coalition of 100 Black Women Health Symposium***

The National Coalition of 100 Black Women hosted a health symposium for women, men, and teens focusing on health, economic empowerment, public advocacy, personal development, and fine arts. The Youth Health Educator participated in this event by setting up a display table with a large assortment of health literature pertinent to the health of women, men, and youth.

#### ***Health Improvisational Theater Teens (HIITS)***

The Health Improvisational Theater Teens (HIITS) is a teen drama group that focuses on health related issues pertinent to youth. Young people who participate in this group meet regularly and through the use of improvisation, creative skits and scenarios, dramatic dialogue, monologue and debate, possess the ability to raise awareness in the community and stimulate discussion of health issues affecting their peers. Through theatrical presentations, HIITS teens address issues that are often difficult to openly discuss and provide accurate information. In addition, these talented teens serve peer as health educators and advocates for adolescent health.

## **Reach and Teach 2006**

### ***HIGHLIGHTS***

#### ***School Outreach***

Cafeteria outreach is conducted at Janis E. Dismus Middle School, Dwight Morrow High School, and Academies @ Englewood. The Great American Smoke-out, Red Ribbon Week, World AIDS Day, Kick Butts Day, and Public Health Week are some of the special events acknowledged. Students are encouraged to take pamphlets and talk openly with the health educators on a health topic of their choice. The Youth Health Educator approaches the students to discuss the topic of the month. This allows the students to ask questions and voice concerns on any topic.

#### ***Third Year Resident Program***

The Youth Health Educator provides an outreach experience for the third year medical students of the Englewood Hospital and Medical Center. Residents are afforded the opportunity to educate youth using simple terminology that can easily be understood. While residents get a first-hand experience with adolescents in the community, it also exposes them to the principles of community health and outreach.

#### ***The Youth Advisory Board***

The Englewood Health Department provides an after school activity program for the students of Dwight Morrow High School and Academies @ Englewood in conjunction with the Englewood Coalition for Adolescent Health (ECAH). The Youth Advisory Board addresses important topics related to teenagers like college preparation, peer pressure, relationships, and career choices.

#### ***Reaching Out, Reaching In***

This program aims to prevent teenage pregnancy, reduce infection of STDs, and help students avoid alcohol/drugs through interactive classroom lessons. It also provides preventive health information to help teens make the right decisions and choices to keep their bodies healthy. The program is conducted for 8<sup>th</sup> grade students at the Janis E. Dismus Middle School. The highlight of the program is “Baby Think It Over” (BTIO), with lifelike dolls designed to allow students to have real life, parenting experience.

Participation in the BTIO program has altered the way many students perceive parenthood, and has made them realize that a baby is an immense responsibility and commitment that can interfere with their present and future goals.

## **Reach and Teach 2007**

### ***HIGHLIGHTS***

#### ***Keeping It Real***

Targeting the students of Dwight Morrow High School and Academies @ Englewood, this program trains students to become peer educators. For 4 to 6 weeks, the students go through a series of training sessions that cover pertinent health issues confronted by teenagers today. After graduating from the program, the students receive a stipend and go into the community and the schools to educate their peers on topics such as sexuality, anatomy, HIV/AIDS, STIs, and pregnancy prevention. The Peer Educators were recognized by the Mayor of Englewood at the June 19, 2007 Englewood City Council Meeting and received certificates for completion of the program.

#### ***Cafeteria Outreach / "Table Talk"***

Cafeteria outreach is conducted at Janis Dismus Middle School, Academies @ Englewood, and Dwight Morrow High School once a month. Various health topics, in adherence with the National Public Health Observances of the Month, are discussed. Students are provided with appropriate information and are encouraged to take brochures/pamphlets for themselves, family, and/or friends. The Youth Health Educator interacts closely with the students as an objective health resource during their lunch break, directly engaging them so that they will become more involved in the programs that are beneficial to their success and healthy lifestyle.

#### ***Beauty Salons and Barbershops Outreach / "Shop Talk"***

The Youth Health Educator is an outreach worker whose role is to make the community aware of important public health issues such as HIV/AIDS, STDs, diabetes, heart health, exercise, stress, breast cancer, prostate cancer, smoking, drug abuse, etc. Two (2) Friday afternoons and one (1) Saturday a month, the Youth Health Educator reaches out to the local businesses through education sessions conducted inside the various establishments. Educational materials in English and Spanish are provided to the clients.

## **Reach and Teach 2008**

### ***HIGHLIGHTS***

#### ***365 Fit Race***

This new component for the adolescents of the community was conceived and implemented by the Englewood Coalition of Adolescent Health and Englewood Health Department. It is designed to teach the youth how to stay active all year long, and how to burn calories even at home by doing different tasks around the house. The goal is to reduce adolescent obesity.

#### ***Keeping It Real***

Designed and implemented by the Englewood Health Department, this program targets high school students who, after receiving training, become certified peer educators and are able to teach their peers about health issues of concern to the adolescent population. Topics such as

sexuality, HIV/AIDS, sexually transmitted diseases, anatomy, and pregnancy prevention are addressed and discussed with the participants.

## **Reach and Teach 2009**

### ***HIGHLIGHTS***

#### ***Englewood Public Library Summer Youth Program***

Reach and Teach partners with the Englewood Public Library for a 6-week, Summer Youth Program. It is meant to stimulate the literary minds of Englewood's youth while building confidence through activities focused on positive self-esteem, overcoming peer pressure, bullying, and community services. The program is facilitated by the Young Adult Librarian and Reach and Teach Youth Health Educator. It has a two-part program that includes positive developmental workshops and a literary component. Arts Horizon plays an active role in teaching poetry and collages, creative writing, dance, acting, and music to the participants. With the assistance of student volunteers from the local high schools, the program is able to run smoothly.

#### ***Reaching Out, Reaching In (RORI); Baby Think It Over (BTIO); and Baby Think It Over....Again (BTIOA)***

These programs focus on teen pregnancy prevention through the use of informal lectures, group discussions, the use of computerized infant simulators, and an assembly.

Reaching Out, Reaching In is designed to address the developmental issues in adolescents such as physical, cognitive, social/emotional, and health behaviors. The 4-session program is about self-esteem, substance abuse, sexually transmitted diseases, and teen pregnancy prevention. It is intended to teach students about the consequences of risky behaviors.

At the end of the program, the students are encouraged to participate in Baby Think It Over, where parental consent is required for students to take the computerized, infant simulators home for the weekend. The goal of the program is to give students an idea of the challenges of parenthood. Upon returning the dolls, the students must share their experience with the class about how it has affected their views about parenthood in the Baby Think it Over session.

Baby Think It Over....Again is a summation of the RORI and BTIO programs offered to the 8<sup>th</sup> graders. It is a means of addressing the students before they leave for their summer break, and a reminder that will hopefully stay with them as they are under less adult supervision. In May 2009, BTIOA hosted a guest speaker and Health Educator who presented a very detailed and relatable Power Point presentation to the students about STDs, HIV/AIDS, teen pregnancy, peer pressure, and oral/vaginal/anal sex. To further emphasize precaution, an improv group had an interactive teaching session with the students; displaying scenarios to get out of peer pressure situations.

## **Reach and Teach 2010**

### ***HIGHLIGHTS***

#### ***Englewood Coalition for Adolescent Health (ECAH)***

Community agencies that deal with adolescent issues have formed a network called the Englewood Coalition for Adolescent Health. Its role is to promote health and wellness amongst youth. Meetings are held throughout the year to discuss issues that include, but are not limited to, obesity, substance abuse, high-risk sexual behavior, and violence. ECAH interacts with other organizations to create events that impact adolescent health by providing programs that lead to positive changes in the attitudes and behaviors of youth. June 30, 2010 will mark the end of the Englewood Coalition for Adolescent Health due to State funding changes.

#### ***Game of Life***

“Game of Life” is an annual event, organized by the Englewood Coalition for Adolescent Health (ECAH), held at Janis E. Dismus Middle School, to familiarize students with community resources. It is attended by many organizations/ agencies. Students are given real life scenarios where they are confronted with different needs/situations that require them to go into the community to seek help. They are provided with information about available resources and they, then, become familiar with the services offered. Based on their scenarios, the students are to shop around for the agencies/organizations that will best serve their needs. The Englewood Health Department plans to continue the annual Game of Life at the end of ECAH’s grant year.

#### ***Red Ribbon Week***

During this specially designated week, emphasis is placed on substance abuse. Students are taught about recreational drugs and how they affect their mind and body by altering different psychological functions. Displays about club drugs, marijuana, heroin, and their derivatives are made available, for both students and faculty. Also displayed are replicas of narcotics and other dangerous drugs, including barbiturates, amphetamines, inhalants, cocaine, heroin, and drug paraphernalia. Students are encouraged to “Pledge to be Drug Free” by signing a poster board, after which they are given drug-free memorabilia for their participation.

### **Ten year synopsis**

During the past ten (10) years, the Reach and Teach Program has gained tremendous respect and acceptance from the community, evidenced by the number of requests for involvement of the program in various community events and school activities. The program has demonstrated a strong interest in teen health issues and has raised awareness among teens as well as adults. The Reach and Teach Program has made a profound impact on the youth it serves. This program has afforded youth an opportunity to voice their opinions and concerns, and taught them about responsibility and viable health issues affecting them today. The youth related events of this program have given youth the opportunity to participate in workshops and projects dealing with these issues and share the information with their peers in an attempt to promote positive behavioral change. The Reach and Teach Program of the Englewood Health Department has

conducted very successful events and activities in the past ten years, and expects to take these programs to a new and higher level of innovation, creativity, and impact on the health and wellness of the youth of Englewood in the next ten years.

## **2011 HIGHLIGHTS**

### **The Englewood Youth Advisory Board (YAB)**

The Englewood Youth Advisory Board (YAB) first established under the Englewood Health Department and the Englewood Coalition for Adolescent Health has been newly reinstated by the Urban League for Bergen County and the Englewood Health Department.

YAB is a committee comprised of Englewood high school and middle school students who act as a liaison between Englewood City Officials and its youth. The mission of YAB is to plan, promote, and implement programs/events to serve the Englewood Community. The Englewood Youth Advisory Board's purpose is to express the ideas of youth, work as a team with the Youth Health Educator, assist in planning, promoting and implementing programs to serve youth, plan and participate in youth related services which benefit the City of Englewood, foster greater involvement of youth in municipal affairs, hold forums on concerned activities, act as an advocate for youth and teens, and have fun and network with other teens. Some initiatives include violence, teenage pregnancy, STDs/HIV/AIDs, and famine prevention. YAB believes in "Giving Youth a Voice with a Cause."

### **Beauty Salons and Barbershops Outreach / Shop Talk**

The Youth Health Educator is also an outreach worker whose role is to make the community aware of important public health issues such as HIV/AIDS, STDs, diabetes, heart health, exercise, stress, breast cancer, prostate cancer, cervical cancer, smoking, drug abuse, etc. Two Friday afternoons and one Saturday a month, the Youth Health Educator reaches out to the local business through education sessions conducted inside the various establishments. Educational material, in both English and Spanish, is provided to clients.

### **Cafeteria Outreach/ "Table Talk"**

Once a month, at Janis E. Dismus Middle School, Academies at Englewood and Dwight Morrow High School, cafeteria outreach is conducted. Various health topics, in line with the National Public Health Observances of the month, are discussed. Students are provided with appropriate information and are encouraged to take additional brochures/pamphlets for themselves, family and/or friends. The Youth Health Educator interacts closely with the students as an objective health resource during their lunch periods, directly engaging them so that they will become more involved in the programs that are beneficial to their success and healthy lifestyles.

### **Game of Life**

"Game of Life" is an annual event, organized by agencies of the Bergen Family Center, held at Janis E. Dismus Middle School with community resources. It is attended by many organizations/agencies. Students are given real life scenarios where they are confronted with different needs/situations that require them to go into the community to seek help. The students are provided with information about available resources and they, then, become familiar with the

services offered. Based on their scenarios, the students are to shop around for the agencies/organizations that will best serve their needs and concerns.

### **Reaching Out, Reaching In (RORI), Baby Think It Over (BTIO) and Baby Think IT Over...Again (BTIOA)**

These programs focus on teen pregnancy prevention through the use of informal lectures, group discussions, the use of computerized infant simulators, and an assembly.

Reaching Out, Reaching In is designed to address development issues in adolescents such as physical, cognitive, social/emotional, and health behaviors. The 4-session program is about self-esteem, substance abuse, sexually transmitted diseases, and teen pregnancy prevention. It is designed to teach students about the consequences of risky behaviors.

At the end of the program, the students are encouraged to participate in Baby Think It Over, where parental consent is required for students to take the computerized infant simulators home for the weekend. The goal is to give students an idea of the challenges of parenthood. Upon returning the dolls, the students must share their experience with the class about how it has affected their views about parenthood in the Baby Think It Over session.

Baby Think It Over...Again is a summation of the RORI and BTIO programs offered to the 8<sup>th</sup> graders. It is a means of addressing the students before they leave for their summer activities, and a reminder that will hopefully, stay with them as they are under less adult supervision. BTIOA hosted a guest speaker and Health Educator who presented a very detailed and relatable PowerPoint presentation to the students about STDs/HIV/AIDS, teen pregnancy, peer pressure, oral, vaginal, and anal sex. To further emphasize precaution, an improv group had an interactive teaching session with the students; displaying scenarios to get out of peer pressure situations.

### **Keepin' It Real**

Designed and implemented by the Department of Health, this program targets high school students who, after receiving training, become certified peer educators who are able to teach their peers about health issues of concern to the adolescent population. Topics such as sexuality, anatomy, and pregnancy prevention are addressed and discussed thoroughly with the participants. Towards the end of the program, the student participants are to conduct outreach with the Youth Health Educator at the middle school and high school on issues covered during the peer education training.

### **National School Breakfast Week**

In observance of National School Breakfast Week, the Youth Health Educator, Rami Tannenbaum of Pomptonian Food Services, ShopRite, and the Janis E. Dismus Middle School created a free breakfast event to encourage students to not only get excited about school breakfast, but more importantly to have breakfast every morning. According to Kids' Health.org, kids who do not eat a healthy breakfast tend to reach for sugary snacks during the day. These students eat more calories, perform poorly during school, and are more likely to have a higher Body Mass Index (BMI).

With the generous support of ShopRite and Pomptonian Food Services, the Youth Health Educator is able to teach the students about healthy eating by providing the students with samples of healthy breakfast options. The three individuals teamed up to cook and/or prepare a breakfast consisting of eggs, turkey bacon, whole wheat bagels, muffins, French toast, fresh fruits, and orange juice.

### **Englewood Public Library Summer Youth Program**

Reach and Teach partners with the Englewood Public Library for a 6-week Summer Youth Program. It is meant to stimulate the literary minds of Englewood's youth while building confidence through activities focused on positive self-esteem, overcoming peer pressure, bullying, and community services. The program is facilitated by the Young Adult Librarian and the Reach and Teach Youth Health Educator. It is a two-part program that includes positive developmental workshops and a literary component. Arts Horizon plays an active role in teaching poetry and collages, creative writing, dance, acting, and music to the participants. With the assistance of student volunteers from the local high schools, the program is able to run smoothly.

## **2012 HIGHLIGHTS**

### **Reaching Out, Reaching In (RORI) and Baby Think It Over (BTIO)**

These programs focus on teen pregnancy prevention through the use of informal lectures, group discussions, the use of computerized infant simulators, and an assembly.

Reaching Out, Reaching In is designed to address development issues in adolescents such as physical, cognitive, social/emotional, and health behaviors. The 5-session program is about self-esteem, substance abuse, sexually transmitted diseases, and teen pregnancy prevention. It is designed to teach students about the consequences of risky behaviors.

At the end of the program, the students are encouraged to participate in Baby Think It Over, where parental consent is required for students to take the computerized infant simulators home for the weekend. The goal is to give students an idea of the challenges of parenthood. Upon returning the dolls, the students must share their experience with the class about how it has affected their views about parenthood in the Baby Think It Over session.

### **Staying Safe in Seventh (SSIS)**

Staying Safe in Seventh is designed to empower students to take responsibility for their well-being by developing health-related skills and cultivating healthy habits. The 5-session program is about body image, stress management, sexual harassment, teen dating violence, and bullying. It gives students the opportunity to develop an understanding of behaviors, and skills that reduce health risks. It also enhances the health and well-being of self and others, to set personal health goals, and the effects of health behaviors on the community.

### **Keepin' It REAL**

Designed and implemented by the Department of Health, this program targets high school students who, after receiving training, become certified peer educators who are able to teach their peers about health issues of concern to the adolescent population. Topics such as sexuality,

anatomy, and pregnancy prevention are addressed and discussed thoroughly with the participants. Towards the end of the program, the student participants are to conduct outreach with the Youth Health Educator at the middle school and high school on issues covered during the peer education training. At the completion of the program, students receive community service hours towards graduation.

### **Cafeteria Outreach/ “Table Talk”**

Once a month, at Janis E. Dismus Middle School, Academies at Englewood and Dwight Morrow High School, cafeteria outreach is conducted. Various health topics, in line with the National Public Health Observances of the month, are discussed. Students are provided with appropriate information and are encouraged to take additional brochures/pamphlets for themselves, family and/or friends. The Youth Health Educator interacts closely with the students as an objective health resource during their lunch periods, directly engaging them so that they will become more involved in the programs that are beneficial to their success and healthy lifestyles.

### **Beauty Salons and Barbershops Outreach / Shop Talk**

The Youth Health Educator is also an outreach worker whose role is to make the community aware of important public health issues such as HIV/AIDS, STDs, diabetes, heart health, exercise, stress, breast cancer, prostate cancer, cervical cancer, smoking, drug abuse, etc. Each month, the Youth Health Educator reaches out to the local businesses through education sessions conducted inside the various establishments. Educational material, in both English and Spanish, is provided to clients.

### **Red Ribbon Week**

During this specially designated week, emphasis is placed on substance abuse. Students are taught about recreational drugs and how they affect the mind and body by altering different physiological functions. Different displays about club drugs, marijuana, heroin, and their derivatives are made available for both students and faculty. Students are encouraged to ***Pledge to be Drug Free*** by signing a poster board, after which they are given little Drug Free memorabilia for their participation.

### **Wellness Day**

Wellness Day takes place on the same day at each of the public schools in Englewood. It was created to teach students about living a healthy lifestyle. Wellness Day includes multiple workshops, speakers, and activities that are planned for students according to their age and interests.

### **Englewood Public Library Summer Youth Program**

Reach and Teach partners with the Englewood Public Library’s 6 week Summer Youth Program. The partnership is meant to stimulate the literary minds of Englewood’s youth while building confidence through activities focused on positive self-esteem, overcoming peer pressure, bullying, and community service. The program is facilitated by the Young Adult Librarian, Ms. Lynn Kaminski, and the Reach and Teach Youth Health Educator. Arts Horizon plays an active role in jewelry making, painting, and music to the participants. With the assistance of student volunteers from the local high schools, the program is able to run smoothly.

## 2013 HIGHLIGHTS

### **Reaching Out, Reaching In and BABY THINK IT OVER**

Reaching Out, Reaching In is a 5-session program designed for 8th grade students attending Janis E. Dismus Middle School. During health classes, they are educated about self esteem, drugs, STIs/HIV and pregnancy prevention. The curriculum is designed in the form of formal lectures and interactive activities to address developmental issues in adolescents such as physical, cognitive, social/emotional, and health behaviors. The program focuses on the consequences of risky behaviors.

At the end of Reaching Out, Reaching In, students are encouraged to participate in *Baby Think It Over*, a program which requires parental consent for students to participate. Students are given a computerized infant simulator to take home and care for during a weekend. The purpose is to educate students about the challenges of becoming a teen parent and inform them of the cost and realities of parenthood. Upon returning the dolls, the students must share with the class their experience and how it has affected their views about parenthood.

### **Staying Safe in Seventh (SSIS) *Staying Safe in Seventh***

Staying Safe in Seventh is a 5-session program for the 7th grade students at Janis E. Dismus Middle School. It is designed to educate students on body image, stress, flirting, sexual harassment, dating violence and bullying. The program gives students the opportunity to develop an understanding of these issues, and learn skills that reduce health risks and cultivate healthy habits. It also enhances the health and well-being of self and others, encouraging young people to set personal health goals and learn the effects of health behaviors on the community.

### **Cafeteria Outreach**

Once a month, during the lunch periods at Janis E. Dismus Middle School, cafeteria outreach is conducted. The Youth Health Educator discusses information on national health observances, encouraging the students to become more involved in programs that are beneficial to their success and healthy lifestyles. Students are provided with appropriate information and are offered additional brochures and pamphlets for themselves, family and/ or friends. During this time, the Youth Health Educator interacts closely with the students, as an objective resource, directly engaging them and requiring the students to answer health related questions to receive a small reward such as a pencil case, pencil or bookmark.

### **Red Ribbon Week**

During Red Ribbon Week, activities are organized during students' lunch period at Janis E. Dismus Middle School. Students are educated on different types of drugs such as inhalants, depressants, hallucinogens and stimulants and how they affect the mind and body by altering physiological functions. They are encouraged to Pledge to be Drug Free by signing a pledge to "say no to drugs" and are given a red ribbon and drug-free memorabilia (book marks, sharpeners and pencils). The significance of the event is to symbolize a healthy, drug-free lifestyle.

### **Teen Leadership Conference**

The Bergen Family Center and Kaplen JCC on the Palisades presented the Third Annual Teen Leadership Conference. This year, 220 students from various high schools in Bergen County

were invited to attend the all day event. Students participated in a variety of workshops on prevention and education: depression/ suicide, eating disorders, stress and pressure, homophobia, bystander intervention, drugs and alcohol, and sexual health. The Youth Health Educator facilitated the sexual health workshop focusing on STIs and pregnancy prevention.

### **World AIDS Day**

The Health Department sponsored a World AIDS Day event for Dwight Morrow High School and Academies of Englewood students. The purpose of this event is to create awareness of HIV/AIDS and reduce the incidence of new cases of the disease. The significance of the theme was to focus on getting the number of new HIV cases, AIDS-related deaths, and discrimination against people living with HIV/AIDS to zero. Students were taught about the difference between HIV and AIDS, transmission, risky behaviors, myths and facts and barrier methods. Statistics were presented on persons infected with HIV/AIDS globally and nationally, leading to residents of New Jersey, Bergen County and the City of Englewood. The Health Department also invited a guest speaker from Bergen County, who is HIV positive and an HIV tester, to give a powerful message on risky behaviors and preventing an HIV/AIDS diagnosis.

A creative arts contest, also sponsored by the Health Department, was part of the program. The winner, Aaliyah Mangan, a 12th grade student from Dwight Morrow High School, received a certificate of appreciation and prize to acknowledge and reward her efforts for the poem she submitted.

### **Dwight Morrow High School- The ZONE**

The Zone is a school-based youth program that is run by the Bergen Family Center from Dwight Morrow High School. The Health Department conducts two outreach sessions a month to educate students on different national health observances. During the sessions, students play jeopardy, bingo or engage in informal conversations that provide students with the appropriate information. The students really enjoy the game aspect of jeopardy and/or bingo and are able to learn new health information.

## **2014 HIGHLIGHTS**

### **Reaching Out, Reaching In (RORI) and Baby Think It Over (BTIO)**

These programs focus on teen pregnancy prevention through the use of informal lectures, group discussions and the use of computerized infant simulators.

Reaching Out, Reaching In is a 5-session program designed for 8th grade students in health classes attending Janis E. Dismus Middle School. The curriculum covers self esteem, drugs, STIs/HIV and pregnancy prevention. Reaching Out, Reaching In is designed in the form of formal lectures and interactive activities to address developmental issues in adolescents such as physical, cognitive, social/emotional, and health behaviors. The program focuses specifically on the consequences of risky behaviors.

At the end of Reaching Out, Reaching In, students are encouraged to participate in Baby Think It Over, which requires parental consent for students' participation. Students are given a computerized infant simulator to take home and care for during the weekend. The purpose is to educate students of the challenges of becoming a teen parent and inform students of the cost and

realities of parenthood. Upon returning the dolls, the students must share their experience with the class about how it has affected their views on parenthood.

### **Staying Safe in Seventh (SSIS)**

Staying Safe in Seventh is a 5 session program for seventh grade students attending Janis E. Dismus Middle School. It is designed to educate students on body image, stress, flirting, sexual harassment, dating violence and bullying. The program gives students the opportunity to develop an understanding of behaviors and skills that reduce health risks and cultivate healthy habits. It also enhances health and well-being, teaches students to set personal health goals, and examines the effects of certain health behaviors on the community.

### **Teen Leadership Conference**

The Youth Health Educator and Health Educator attended a Teen Leadership Conference for Bergen County high school students. A table with educational information and materials on abstinence, drugs, alcohol, sexual harassment, bullying and sexually transmitted infections was set up. This was available for the teens to take home with them, as well as giveaways such as hand sanitizer, pens, and pencils. The teens were especially interested in the abstinence brochure. The Teen Leadership Conference is a great opportunity for students to meet students from other schools and tackle important issues occurring in the United States and around the world. Students were able to attend workshops throughout the day which focused on social justice issues in the community, diversity, hunger, poverty, human trafficking, drug and alcohol abuse, domestic violence, and what actions can be taken. The keynote speaker, Daniel Trust, a Rwandan Genocide survivor and social advocate, made students aware of his life experiences as a child in Africa and of the things people take for granted in the United States.

### **Wellness Day**

Wellness Day is an annual, day-long event consisting of multiple workshops, speakers, and activities that are planned for students according to their age and interests. The Youth Health Educator conducted a pregnancy prevention workshop for students at the middle school with the help of a Public Health Intern. The workshop provided information on various types of birth control methods that are currently available. Students were able to try on the empathy belly, a pregnancy simulator that lets one know what it feels like to be pregnant. This allowed students to experience over 20 symptoms and effects of pregnancy including: weight gain of 30 pounds, lower backaches, difficulty breathing, and fatigue. Students quickly realized the difficulty of carrying 30 pounds and the inability to move normally due to the size and weight of the empathy belly. After completing the contraceptive methods activities, the students played “condom lineup” as a class. The purpose is for students to learn how to use a condom correctly and understand that there are many steps involved in the process. Condom lineup also opened up discussions among the students about how to speak with their partner about sexual activity, using protection, and increasing their confidence in condoms as a reliable form of contraception against pregnancy and sexually transmitted infections.

### ***The Zone at Dwight Morrow High School***

The Englewood Health Department staff conducts monthly sessions to educate students about different National Public Health Observances. During the sessions, students play jeopardy, bingo

or engage in informal conversations that provide students with appropriate health information.  
2014 topics covered:

*Sexually Transmitted Infections (STI) and Alcohol Awareness Month.* Students learned about different types of sexually transmitted infections and the consequences of drug usage. They were very competitive and learned many new terms such as “alcohol poisoning,” “black out,” and “hormonal birth control methods.” The students also learned about pelvic inflammatory disease, which can be a consequence of untreated sexually transmitted infections in women.

*Prom Precautions.* The Youth Health Educator discussed topics such as alcohol, drugs, transportation, sexual health and precautions that can be taken during prom celebrations. The students also learned terms used for social engagements and the consequences of their decisions.

### **Sticker Shock Campaign**

The Youth Health Educator and Health Educator conducted the Sticker Shock Campaign with a representative from The Center for Alcohol and Drug Resources. This program raises awareness among establishments that sell alcohol, and their customers, to not sell or buy alcoholic beverages to or for anyone under the age of 21. Two students from Dwight Morrow High School and Academies at Englewood placed over 150 bottle hangers and stickers on alcoholic beverages in three Englewood establishments: Jerry’s Gourmet, Englewood Liquors and C & R Beverage Company. The purpose of the conducting Sticker Shock in Englewood was to educate parents, guardians, and friends about the consequences of purchasing alcoholic beverages for minors.