GETTING TO 'Y'
NEW HAMPSHIRE

Getting to 'Y' is an evidence-informed practice and an Association of Maternal and Child Health Program's BEST PRACTICE.

Participation increases youth Health Literacy, Self-Efficacy, Community Engagement, Leadership, Knowledge, and Protective Factors.

OUTCOMES

INCREASED COMMUNITY ENGAGEMENT

INCREASED KNOWLEDGE (PHYSICAL/MENTAL HEALTH)

INCREASED SELF-EFFICACY

- Since 2008, 100+ teams in VT, NH, MA, Cherokee Nation (OK), Indiana
- Designated a Best Practice by the Association of Maternal and Child Health Programs, included in their national Innovation Station database.
- Rated by the Vermont Dept of Health as an Evidenced-based Practice.

WHAT IS GETTING TO 'Y'?

WHAT

Getting to 'Y' youth and adult teams receive training and support to bring meaning to their local YRBS data with learning tools and skills:

- Attend a regional training to analyze your local YRBS data, identify community assets, strengths and areas of concern. Teams develop a plan of action to implement solutions.
- Frame and implement action steps to improve areas of identified concerns.
- Host a Community Dialogue to share their work and priorities with their local community and lead meaningful multi-generational discussions.

WHO

High School and Middle School students and teachers, counselors, or other youth serving organizations focused on youth health and wellness. The recommended Core GTY Team composition is 1-2 adults and 8-10 youth. Success requires strong youth-adult partnerships and a commitment to hold regular team meetings over the course of the academic year.

HOW

For more information about GTY NH, please contact the GTY NH Project Director: Elizabeth Brochu, 603-536-9793 or ebrochu@cadyinc.org

GTY in six easy steps:

Attend training
An adult advisor and five to eight youth leaders attend project orientation and training.

Plan and conduct the Data Analysis Retreat
The core team and a diverse group of 15 to 20 peers they have recruited analyze and interpret the YRBS data for their school or community.

Plan and Conduct the Community Dialogue Event
The core team plans and leads a multi-generational discussion, where they share their interpretations of the data with community members, share ideas, get input, and create preliminary action plans.

Finalize a Plan of Action and Make it Happen
The core team meets to prioritize the next steps, assign tasks, and start making positive changes based on their analysis and discussions.

Reflect and Celebrate
Teams celebrate successes and identify lessons learned.

Keep it Moving
Action steps can be carried forward into the following school year, and the team can recruit new members to analyze new data as it becomes available.

CADY
Communities for Alcohol- and Drug-Free Youth

Department of HEALTH & HUMAN SERVICES

UP for LEARNING
Unleashing the Power of Partnership for Learning

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SCHOOL PARTICIPATION BENEFITS

(COHORT TWO)

- **FREE - FREE - FREE*** First 50 **Public** Schools to sign up for a regional training will receive:
  - FREE GTY NH Student Training.
  - FREE Evidence-Informed Best Practice Youth Programming.
  - FREE Technical Assistance from GTY NH HUB and UP for Learning.
  - FREE Dover Y2Y ***One Voice Youth Empowerment Toolkit*** for Implementation of In-School strategies. *(Limited to first 27 MOU schools)*
  - FREE CADY ***Prevention Accelerator Messaging Toolkit*** with School Branding to raise perception of risk on substance misuse. *(Limited to first 27 MOU schools)*
  - FREE GTY NH Promotional Material.
  - **BONUS $3,000** GTY NH Implementation Stipend.

- **$1,000 STATEWIDE STUDENT SCHOLARSHIPS.** Six student scholarship awards ($1,000 each). GTY NH student leaders submit application, essay, and two letters of recommendation.

- **ENGAGEMENT.** Student Engagement and Empowerment with Real-World Local Solutions.

- **RAISE YRBS AWARENESS.** Students will understand WHY they take the YRBS and the importance of this surveillance tool.

Please Note:

*FREE Toolkits for Implementation of In-School strategies are available for the **FIRST Twenty-seven (27) schools to sign the Cohort #2 MOU for GTY NH Implementation.**

*NH P*rivate Schools are also welcome to participate in GTY NH but will not receive stipends or toolkits.*

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