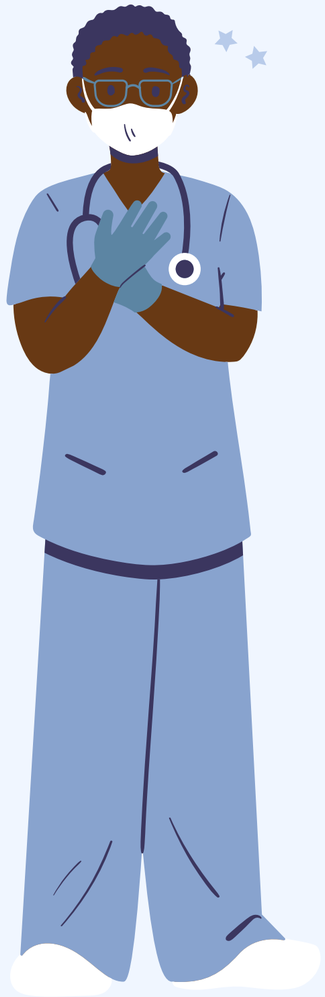
Metro Public Health Department

Youth Advisory Board



Who are we?







The work.

A glimpse of our efforts throughout this year!



- Produced a **PSA** to raise mental health awareness for high school students during test-taking season.
- Launched and managed an **Instagram** page promoting mental well-being and heart health.
- Hosted the first **YAB Podcast**, featuring expert guest speakers to spread mental health awareness reached over **100** listeners.
- Formed a committee to write **letters of appreciation** to healthcare workers.
- Three members participated in a **summer internship** where YAB members conducted health education sessions in seven community centers during the summer of 2024.
- Increased board membership from **6 to 16** members.

THE YAB PODCAST

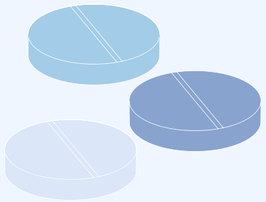


Reached 100+ listeners

Nichelle Foster, LMFT, LADAC 2 of MPHD was our first guest with more to come!.

Most anticipated project

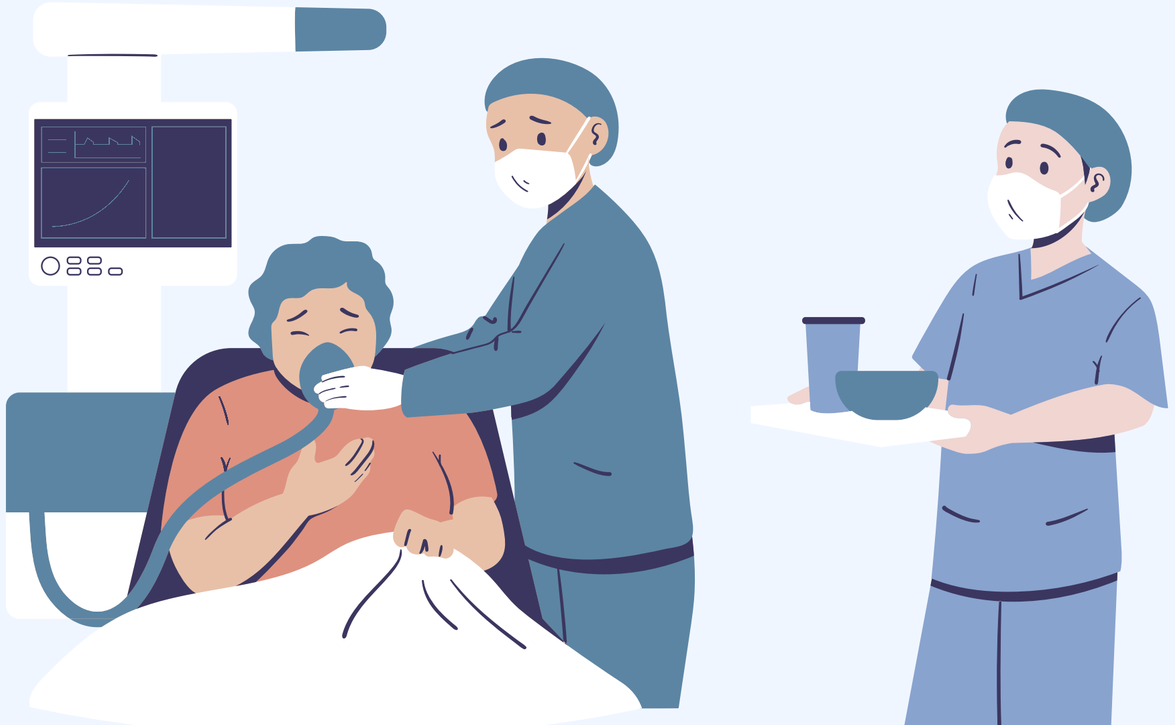
Thie project required teamwork and collaboration with other Metro agencies. There are plans to create more podcasts within the upcoming year.



YAB Internship Experience

Delivered six educational sessions on a variety of public health topics to seven community centers.

Over 100 youth participated. It was one of the children's favorite events based on feedback from the youth. .



Restructure



Subcommittees have been formed based on interests.

Separated but unified.

Subcommittees host their own meetings then report out at monthly YAB meetings.

It took a while to get organized, however, it is what the board needed.



In conclusion



Moving forward, we would like to ask for:

- A chance to present annually to the Board of Health.
- A small budget to implement programs and initiatives in the community based on board interests.



Thank you!



