

May 10, 2018

Healthy Hearts, Healthy Minds Youth Equity Event



#LiveHealthyLane

Live Healthy Lane's Lane Equity Coalition (LEC) is grateful for the youth who participated in the May 10th Event: *Healthy Hearts, Healthy Minds*. The youth shared some of the health-related issues that concern them, as well as some factors that help them thrive. By using their voice at the *Healthy Hearts, Healthy Minds* event, youth played a part in supporting others sharing similar concerns. The LEC event also provided an opportunity for collaboration among organizations supporting youth, which is in line with Live Health Lane's Community Health Improvement Plan (CHIP) goal: *To strengthen collaborations and align resources to improve community wellbeing*. This summary document: 1) captures what the LEC heard from youth presenters, and 2) provides information about local organizations supporting youth in Lane County with the purpose of strengthening collaboration.

What we heard

1. Health-related issues that were presented at the event include:
 - sexual violence
 - the rape culture
 - racism
 - discrimination
 - anxiety/mental health issues
 - youth homelessness, primarily due to unsafe and/or toxic home environments
 - unique barriers to health for LGBTQIA+ community
 - exclusion of youth from the "Me Too" Movement
 - negative impacts of toxic masculinity on youth
 - the toxic nature and influences of social media (unrealistic images and portrayals)

2. Some factors that can help youth thrive include:
 - social connections
 - safe spaces and safe people
 - local services for youth to detox in a safe environment
 - free access to gyms and other physical activity
 - Further action to end school shootings (e.g. Song: *Thoughts and prayers are not enough*)

Take home messages

1. Programs supporting youth such as [Centro Latino Americano](#), [Youth ERA](#), [15th Night](#), [GRRRLZ Rock](#), and many others (see [youth organizations](#)) have a tremendous impact on youth health and in turn success (i.e., Lane County has various programs that help youth thrive).
2. Creative expression is a critical outlet/coping strategy (see: [Flex Studios](#)); art is a way for youth to find their self-expression.
3. Youth want and need concrete support from and engagement in the systems serving them (e.g. healthcare beyond enrollment, addiction treatment, housing, etc.).

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Local resources for organizations supporting youth

NAMI of Lane County is hosting Suicide Post-vention Trainings for providers, schools, and community partners. This is meant to prepare such entities to react and respond to their systems in an effective way

- To inquire and/or register for a training, please call NAMI of Lane County: 541-343-7688

Adolescent and Family Services (AFS) clinics, located at Oregon Social Learning Center and Centro Latino Americano are providing a proven, family-based drug treatment program for teens (12-18) in English and Spanish. Treatment is delivered at no cost to families as part of a research study funded by the National Institute on Drug Abuse:

- [Adolescent and Family Services Website](#)

Connect with other organizations supporting youth:

- [Click Here](#)

Call-to-Action to *Live Healthy Lane* partners

If your organization is working to address any of the above health-related issues some youth experience in Lane County, share your information with us to be featured on social media, or connect with us to be added to Live Healthy Lane's youth resource guide.

LEC Quarterly Event: Sex, Health & Equity

January 10, 2019

5:00 – 8:00pm

Free Dinner & Tabling (5:00 – 5:30pm)

LCC Center for Meeting & Learning

JOIN US

Together, we can do more than each of us can do alone.

LiveHealthyLane.org   