Summer Development Environmental Health Modules for Youth that Explores Links Between Environment and Health in High-Risk Communities

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Acknowledgements: Stefanie Sarnat, Thomas Glasen, Jessica Dugan, Renata Caines

Background

Youth in High-Risk Communities Face:
High rates of poverty, substance abuse, community violence, environmental hazards, limited youth-supportive resources, and mental health care options.

As a Result:
Environmental health disparities from the physical, social, and built environment may disproportionately affect youth living in high-risk communities.

Purpose:
Develop environmental health modules for Crossroads for Kids/C5 New England a non-profit that serves youth from risk-filled environments.

Discussion

Module Components:
(1) Introduction, (2) Core Competencies, (3) Message, (4) Activity, & (5) Debrief
Each module explores EH issues through poetry, imagery, case studies, scenarios, discussion, and dialogue.

Creating the Modules:
The foundation for the modules is based off the Leadership Challenge Model from the research of James M. Kouzes and Barry Z. Posner.

Community Service:
C5 youth will get a guidebook that has information on environment & health organizations they can volunteer with & resources to find other organizations.

Results

Five Transformative Summer Experiences for the C5 Teen Leadership Program

<table>
<thead>
<tr>
<th>Year 1-Eighth grade</th>
<th>Year 2-Freshman</th>
<th>Year 3-Sophomores</th>
<th>Year 4-Juniors</th>
<th>Year 5-Seniors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning to Lead Myself</td>
<td>Learning to Lead Others</td>
<td>Expanding My Horizons</td>
<td>Exploring My Future 60</td>
<td>Engaging My Community</td>
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<tr>
<td>&quot;Character-Driven&quot;</td>
<td>&quot;Community-Focused&quot;</td>
<td>50 service hours</td>
<td>&quot;College-Bound&quot;</td>
<td>&quot;Committed to a Better Future&quot;</td>
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<tr>
<td>30+ service hours</td>
<td>40 service hours</td>
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Developed Six Environmental Health Modules for Hammer Year

<table>
<thead>
<tr>
<th>Module</th>
<th>Description</th>
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<tbody>
<tr>
<td>Food Justice</td>
<td>Promote Community Action After Summer in Environmental Health Fields</td>
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<tr>
<td>Environmental Justice</td>
<td></td>
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<tr>
<td>Childhood Lead Poisoning</td>
<td></td>
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<tr>
<td>Housing Conditions</td>
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<td>Neighborhood Infrastructure</td>
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<tr>
<td>Climate Change and Health</td>
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Methods

Development of the Modules:

1. Extensive literature review. Articles that were reviewed fully and synthesized focused on environmental health and youth, and environmental health in high-risk communities.

2. Interview with the Director & Americorps volunteer that is in charge of community action at Crossroads.

3. Contact & connect with Boston Cares, Generation On, and Community Action coordinator at Crossroads so that youth can have access to EH volunteer opportunities and be able to log in their service hours.

Conclusion

Limitations:
(1) Limited amount of topics covered, (2) Resources & time at camp are limited, (3) Not every staff is trained or is knowledgeable in EH, (4) limited amount of organizations that focus on environmental health= limited volunteer opportunities for youth in this field.

Future plans:
(1) Short staff training, (2) increase number of topics covered, (3) include other C5 classes.

Concluding thoughts:
Empower and educate youth to take a stance on environmental justice threats since they are the most vulnerable.

Promote Community Action After Summer in Environmental Health Fields

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