

## YOUTH MASTER PLAN – HEALTH & SAFETY SUBCOMMITTEE

### Elements of the current situation

1. Teen health center
  - Psychiatric nurse, full spectrum
2. Churches have internal teen health programs
3. A lot to offer – especially collaborations
4. Childhood obesity
5. Good resource of pediatrician/pediatric services
6. Good drug/STD awareness in middle/high school
  - 5<sup>th</sup> grade (7<sup>th</sup>?)
7. High school has nurses/counselors
8. Lakewood Hospital Community Center
9. Health careers internship program @ Lakewood Hospital
10. “Youth Pages” phone numbers, health passed out in high school/library
11. counseling @ City Department of Health
12. Do we have “safe places” for youth to be?
13. School nurses monitor immunizations, physicals, etc.
14. Teens have access to medical help.
15. YMCA
16. Family Room – nurse (weekly)
17. Family Room relationship w/Lakewood Hospital
18. H2O (Middle & High school)
19. Health Department – immunizations, lead testing, etc.
20. Early Childhood PTA
21. Safe public transportation (circulator)
22. North Coast Health Center
23. Unity Group @ high school – diversity/acceptance/teacher

### Projected needs for Youth in 5-10 years:

1. Need to communicate access and availability of resources to Lakewood’s diverse populations.
2. Need CAT teams to assess situation and implement actions.
3. Need psychiatric services for all ages – serve emotional needs/health counseling, ADHD, psychiatrist “owns our children”.
4. Schools that encourage mental “safe development”
5. Coordination/comprehensive place, list, unity, to share info.
6. Safety in parks/community.
7. Support after treatment – promote health vs. treat illness
8. Drug addiction/alcohol counseling need to not accept drugs.
9. Aware of ‘home alone’ children.
10. Specific programs to address childhood obesity – cater to families.

11. Physical activity for kids/more accessibility/drop-in/fun night/open gym for kids.
12. Teen Driving/Awareness of safe driving.
13. Food in schools – healthy food needed.
14. Programs to help youth feel/be successful.

Question 1:

#### Services

1. ER care easy access (but long wait)
2. immunization at Health department
3. Durg/STD awarness program
4. OB/GYN card
5. Lakewood Hospital Community Cneter
6. LHS Internship programs
7. youth pages

Question 2:

#### Needs

1. psychiatric needs
2. programs for shape down – obese children
3. nutritional counseling
4. need providers for young adults 18-20 to transition to adult providers with medicaid
5. safe housing
6. more recreation opportunities for less organized sport i.e. basketball fun nights
7. more park safety monitoring
8. helmet education
9. available dentists for children all health benefits
10. Howard Dorenkott, head of Lakewood Hospital ER
11. Cindy Walsh – Teen Center

Rita Ryland's notes:

What do we have now in Lakewood?

- Teen Health Center
- Mary Hall – Division of Youth
- Lakewood Hospital – ER
- H2O
- Church youth groups
- School counselors – DARE program

- Family Room – Toni Gelsomino and all her programs
- Relationship of dept of health w/Lakewood Hospital – teen moms, social worker Cindy Walsh, RN's lactation specialist
- Drugs and alcohol counseling through division of youth & private counseling
- I will invite a young man from Unity Group and ask him to bring a teen girl.
- Alcohol/drug counseling relationship \_\_\_\_\_
- Continued services \_\_\_\_\_ std's, \_\_\_\_\_ HIV
- Uncertainty of a \_\_\_\_\_ in Lakewood
- Terrorism/feelings of powerlessness
- Helping Lakewood youth be successful

Community will or has a large diversity of ethnic population.  
 Good resources for children from infants to young adults.  
 Be aware of home alone children.