



YEAH! Council

Youth Educating Adults on Healthcare
Youth Advisory Council

Spring 2010

Volume 2, Issue 2

Support Groups—working to empower youth with special healthcare needs in NH

For information on how to join our council, or to be put on the mailing list—please contact us at:

Yeahcouncil@yahoo.com

or

1-800-852-3345

ex 4525

The transition to adulthood is a difficult time for anyone. Life is full of decisions, changes and challenges; but pair those typical life changes with the already existing challenges of living with a special health care need and the transition to adulthood and independence becomes a far more daunting task.

The members of YEAH council feel that one of the best ways to help in their quest for independence is support, and yet, finding support groups that cater to youth is a challenge in itself. There are many support groups in the state of NH for parents of children and youth with disabilities and healthcare needs of all sorts, but very few that are there to support the youth themselves. In discussing this at a recent meeting the youth of the YEAH council felt that while support groups focused on specific disabilities were very helpful, at this time in their lives, they were seeking a more generic group, geared towards their age and the unique challenges they were facing as they make their way to adulthood. They brought their request before the Partners in Health of Manchester, and YEP was born.

YEP stands for the YOUTH EMPOWERMENT PROJECT. It is a new social/ support group meeting monthly at the Manchester VNA for youth with special health care needs between the ages of 15 and 25. Half the time is spent in support mode discussing current challenges and garnering support from each other. The second half of the meeting is spent relaxing and chatting with peers. Future plans for the group include discussing banking, health meal planning and possibly planning a dance or movie night.

Some YEAH members are also in a group located on the Seacoast called Ethel's Tree of Life. Ethel's Tree of Life, Inc. (ETL) is dedicated to working with young people who live with any disabilities and/or special needs. ETL students learn to say "I can!" through our many and varied learning experiences! Building Life and Work Skills assists a very vulnerable population prepare for successful adulthood. Many young people with disabilities wish that someone would ask them what they would like to do in life? ETL helps you know the things you will need to know in order to live on your own! Find friends after high school! Think about college! Check us out at ethelstree.org

We are working on compiling a list of similar groups for our website. If you would like to be listed please send us an email at yeahcouncil@yahoo.com

Inside this issue:

Support Groups	1
New Project Info	2
Council Info	2
Transition Coalition Save the Dates	2
Spotlight on.....	3
Slam Book	3
Newsletter Sign Up	4

Check out our Website!

www.yeah-councilnh.com



YEAH! Council

NHHCTC and YEAH Council's New Project:

Save the Date!
Meds Training—June 2010 -

Get Your "Ticket" for Health Care Transition

YEP meetings—5/14
6/11

Meeting Dates:

YEAH—5/14

YEAH—6/11

The YEAH Council wants to help youth and young adults as they make their way through the maze of health care services on their journey to independence. We have joined with the Health Care Transition Coalition to create useful information for youth, parents and providers about this health care transition process.

We designed a "Movie" poster highlighting transition to appear in your doctor's office and "Tickets" with the theme "You are now entering 'The Transition Zone!' There will be a ticket for youth, for parents and providers all with useful tips and resources.

We are calling this effort the "Ticket to Adult Health Care Independence" campaign and are taking the campaign materials to primary health care providers' offices in April, May and June. Ask your doctor for your "Ticket" so that you can start planning for your future.

Check out the YEAH Council's New Book Recommendations! More information available on our website:

The Short Bus

By Jonathan Mooney

The Front of the Class

By Brad Cohen and Lisa Wysocky



Come and join the YEAH Council on Facebook!

We have an active discussion group featuring members of our council as well as youth, professionals and family members from the Greater New England area who have an interest in living with special health care needs. Come introduce yourself and join in!!

Go to Facebook and search YEAH Council



Our Mission Statement:

We are here to assist you. We are here to help teens and young adults get the information they need to live independently, to live a successful life and make decisions about healthcare, to inform your doctors and physicians about your healthcare and general needs and make information easily accessible to teens who may lack parental guidance. Our purpose is to help the transition from childhood to adulthood, dependence to independence and pediatric medical care to adult medical care go more smoothly.

Who is the YEAH Council?

The YEAH (Youth Educating Adults on Healthcare) Advisory Council thought that it was a useful tool and wanted to share it with other youth with chronic health conditions. The council is made up of: Adam B., Nicole T., Mary D., Zach H., Charles M., Jonathan H., Kalie W., James O. Cordelia W. and Mathew B. and is facilitated by Karin Harvey-Olson. The group comes together monthly to discuss issues involved in what it means to be a young adult with a chronic health condition, and how best to make the transition to the adult healthcare system. Their work to educate other youth on how to handle your transition to adulthood, as well as educating the medical professionals about what they can do to facilitate the transition.

I was born on August 12 1987, making me 22 years old. I suffered a collapsed lung shortly after birth, and that coupled with my learning disabilities makes me disabled, or should I say "differently abled." Even though I have these conditions I still do alot, in the summer I love to swim, and ride my bike, Bowl, mini golf, listen to music, movies, and alot more. Im attending Great Bay Community College and graduating in May with my associates degree in Liberal Arts, hoping to go into computer work or law school after. I live in Exeter with my family, and I couldn't be happier.

The YEAH Council is working on a SLAM book! It will be a collection of thoughts about certain topics written by youth with special healthcare needs. It will be put together in a really cool way and will be an awesome collection of feelings and ideas about what it means to live with a special healthcare needs. A Slam Book is a notebook which is passed among youth. The keeper of the book starts by posing a question, or introducing a subject and the book is then passed round for each contributor to fill in their own thoughts on the topic.

The YEAH Council has chosen the following 13 topics:

1. Healthcare
2. School
3. Family
4. Parents
5. Romance/ relationships
6. Friends
7. Getting around/ transportation
8. Independence
9. Living on your own
10. Visions of the future
11. Work
12. Travel
13. Perceptions

Please forward them out to friends and family between the ages of 15 and 25, with special healthcare needs have them write a little blurb, about whichever ones interest them, it can be just a few, or all of them. We would like to have these submitted to us by the end of August so that we can start to read through them and work on getting all of the necessary things to be able to put the book together. As entries are chosen we will work on getting authorizations and releases etc. E-mail is the easiest way to submit entries - to yeahcouncil@yahoo.com. Any questions can also be directed to that address. Thanks for your help!!!



The Council is supported by NH Family Voices with assistance from Special Medical Services & The Hood Center for Children & Families. The newsletter is published through a grant from U.S. Dept. of Health and Human Services, Health Resources and Services Administration #H84

NH Family Voices

129 Pleasant St
Concord, NH 03301

Phone— 603-271-4525
yeahcouncil@yahoo.com

Interested In Receiving this Newsletter?

