



2024

EDUCATION TEAM

ANNUAL REPORT



Dae Akre-Fens, Health Mentor

Lillie Albright, Health Mentor

Ben Herstig, Health Mentor

Gabby House-Fitzgerald, Director of Education

Caroline Hickey, Community Engagement Coordinator

Nicole Lewandowski, Lead Health Educator

Jace Schroeder, Health Educator

Talsi Tice, Clinic Health Mentor

Claire Weiss, Youth Programs Coordinator

2024



Staff and YAB at Smoke Free Generation's Day at Capitol in February 2024.



Staff and YAB MDH's Youth Summit in June 2024.



myHealth Education Team members Jace and Dae tabling at QQuest 2024



myHealth Education Team hosted the 2024 Mirror Ball Gala



YAB at Fall Retreat



myHealth Education Team members Lillie, Nicole and Talsi tabling at back to school event in August 2024

INSIGHTS



Approximately
21,465

attendees of presentations
including youth, caregivers
and professionals*

*includes duplicates



800+
hours of services
provided

15+

school districts
served



650+

Presentations and
engagements



85

1:1 student meetings
with a health mentor



78%

of attendees learned
something new



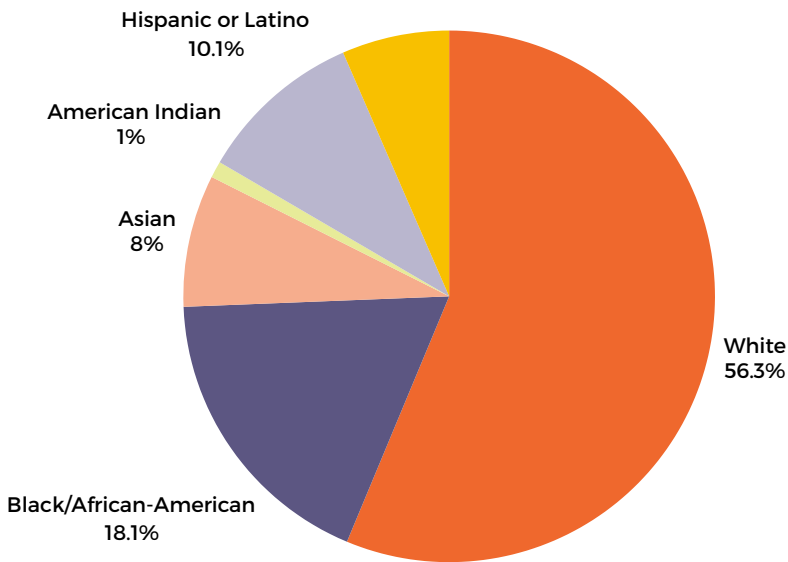
56

Resource tabling
engagements

2024

DEMOGRAPHIC BREAKDOWNS

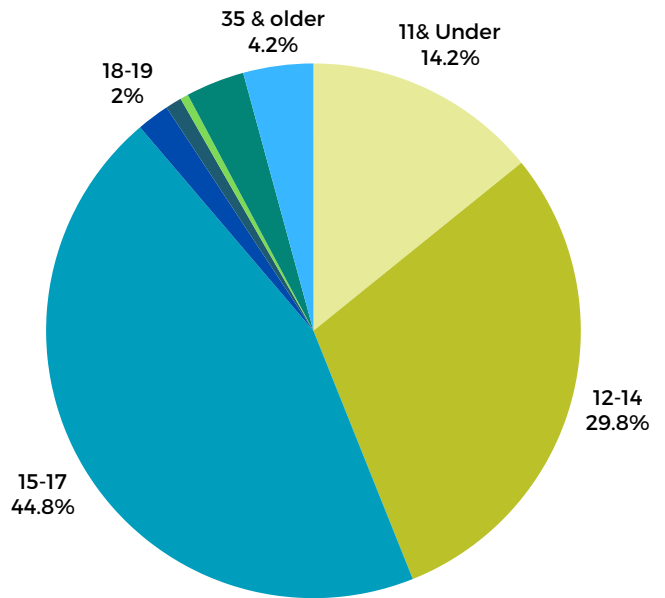
Race/Ethnicity of Attendees*



*data is gathered using MDE reporting statistics

This demographical breakdown is similar to state census data

Age of Attendees*



*age is assumed based on grade level

The education team saw mostly high school aged students during the year of 2024.



approximately
2,500+
attendees with
disabilities served

data is gathered using MDE reporting statistics



approximately
4,400+
attendees identified as
LGBTQIA+

data is gathered using MN Student Survey Data



approximately
1,200+
attendees were parents
or caregivers

data is estimated based on presentation content

During 2024 YEPCI, OPA and Middle School Health Mentor numbers are all tracked separately using different metrics. Data compilation across programs is estimated, demographic charts are based on data collected by SRHS programming.

2024

COMMUNITY PARTNERS

Alice Smith Elementary	Hopkins Pride	OutFront
Anoka-Hennepin School District	Hopkins VirtualEDU	PARTNERS: Youth Work
Andover High School	Hopkins Public School District	Perpich Center for Arts Education
Beyond New Beginnings	Horizons Public Health	Planned Parenthood
Blake Upper School	International School of Minnesota	Richfield ECFE
BLinK Summer Programing	International Spanish Language Academy	SAGE Academy
Bloomington Jefferson High School	Jordan Juvenile Alternative Facility	SAIL Minnetonka
Carver County Public Health	L.H. Tanglen Elementary School	Scouts
Chanhassen High School	LTD Brewing Co.	Shakopee High School
Chaska High School	Minneapolis College of Art and Design	Smoke-Free Generation
City of Hopkins	Meadowbrook Elementary School	SouthWest Metro High School
Eden Prairie Community Education	Minneapolis Public School District	St. Louis Park High School
Eden Prairie High School	Minnetonka East Middle School	St. Louis Park Middle School
Edina High School	Minnetonka West Middle School	St. Louis Park Public School District
Eisenhower Elementary School	Minnetonka High School	Terra Nova Academy
Family Legacy Center	Minnetonka ECFE	Tokata Learning Center
Franklin Academy	Minnetonka Public School District	Transitions Plus- SLP
Gatewood Elementary	Minnesota School Outreach Coalition	Upward Bound
Giving Voice Conference	Monticello School District	Waconia High School
Hennepin Technical College	More than Pink- Waconia	Wayzata High School
Hopkins High School	New Beginnings	Wayzata East Middle School
Hopkins North Middle School	Newport Health Care	Wayzata West Middle School
Hopkins West Middle School	North Hennepin Community College	Wayzata ECFE
Hopkins Community Education	Oak View Middle School	West Education Center
Hopkins Police Department	Orono Community Education	World Learner School

And more! These are partners myHealth facilitated at in 2024. The education team continues to build partnerships for future engagement opportunities.

Student Feedback

“did a really good job connecting with us”

“I learned a lot of coping skills that will be helpful in my future and when I feel stressed.”

“...made everyone feel super comfortable and I learned a lot”

2024 HIGHLIGHTS

January

In January 2024, the education team provided presentations to over 3,000 individuals! It was one of the busiest months to date for the education team. This included over 120 hours of facilitation, 103 presentations and over 3,116 educational materials handed out to community members!

February

Caroline Hickey hosted a Parents are Sexuality Educators class at the clinic for caregivers of kids age 10-14. 5 families attended and had some great discussion on how they can support their young people, answer their questions and connect them to trusted resources!

March

YAB and the YEPCI team attend Smoke Free Generation's Day at the Capitol and met with 13 different representatives and house members to advocate for limiting the sale of flavored tobacco products. Jace and YAB member Samantha led a training on how to speak with representatives to the 100s of youth and adults in attendance!

April

Educator Nicole led a series of presentations for students at Franklin Academy, a school for students with ASD and other learning differences. They learned about healthy boundaries, relationships, puberty and hygiene! Parents were also able to attend a session to learn how they can support their kids.

May

The Teen Leadership Council at Hopkins West Middle School completed their year long evaluation project with the Wallace Foundation to gain understanding on how the Health Mentor Model is best implemented with middle school students. This project emphasizes youth voice and peer education!

June

Health Mentor Dae facilitated the final series of FLASH, an evidence-based intervention myHealth is using at the high school in 9th grade health as part of the Health Mentor Model. Dae taught a total of 15 lessons to 15 separate classes, that is 225 lessons in one school year.

2024

July

myHealth received funding to expand the Health Mentor Model to Hopkins North Middle School. With this expansion and other vacant positions, three health mentors were hired during the month of July. The education team had to add new desks to accommodate 8 educators!

August

The education team hosted resource tables at back to school events in middle and high schools across the west metro. These tables allow families to get connected to myHealth's clinic and education services at a time they are seeking resources to support their students during the school year.

September

The education team participated in numerous professional development opportunities to build their skill set and knowledge to be prepared for classroom implementations. Trainings are offered internally, through granters, and other local and national youth serving organizations.

October

The education team assisted in the planning and hosting the 2024 Mirror Ball. Educators created a video of interviews with youth and partners to share with attendees the importance of providing youth with high quality, inclusive health education. Educators also provided speeches and play trivia with attendees.

November

The education team participated in MNSOC's annual QQuest conference for queer middle and high school youth. Educators hosted a variety of workshops, affinity space and resource tables. In addition educators assisted in event planners in ensuring it went smoothly. Many remarked "wow myHealth is everywhere and so helpful!"

December

Clinic Health Mentor Talsi began providing birth control education to clients during initial clinic visits. This position is intended to assist clients with their sexual health and wellbeing by providing education and motivational interview to supplement the great care they receive from myHealth nurses and providers!