



NMASBHC

New Mexico Alliance for School-Based Health Care

SBHCs + GRADS = Better Health

Healthcare Support for Parenting Teens



NMASBHC and NM-GRADS Recruiting Young Men for Services

The following are outreach strategies that SBHC staff and GRADS teachers may wish to consider using in order to fully serve the male youth and young fathers in their school(s). This positive youth development approach is focused on engaging young men based on their interests and assets.

Activities/Sports

If some percentage of an SBHC or GRADS' target audience are involved in extracurricular activities, organized sports or have general interest in athletics, a partnership with school activities/athletic directors, coaches and trainers may be useful:

- Coordinate sports physicals (recommended by NMASBHC and NMDOH to be delivered as part of an EPSDT) with school athletic or activities staff in order to save families time and bring patients to SBHCs who may not otherwise be utilizing the services.
- Expectant or parenting fathers may assume they need to discontinue participation in extracurricular activities in order to have time to parent; while this may be true in some cases, GRADS staff may wish to facilitate a meeting with the student, family and activities/athletic staff about this issue if they feel that the participation is what is keeping them motivated to stay in school. If participation results in high school graduation, it could be critical for the young man, and by extension, his child.
- Since there is a high likelihood that the activity staff members who young men come in contact with could be male and may also be fathers, these individuals can become excellent parenting mentors; GRADS staff may wish to consider inviting male coaches/teachers to present to young fathers informally or build formal mentoring relationships.

Health Careers

New Mexico has a shortage of health professionals, and leveraging young men's interest in this career field or spurring that interest can also result in their improved engagement in their own health care and that of any children they have:

- GRADS and SBHC staff may wish to collaborate with any health career organizations at their campus such as Semillas de Salud (<http://www.ecfh.org/SemillasdeSalud/>), HCOP (<http://hsc.unm.edu/programs/diversity/students/student-pipeline-programs/>) or Health Career Pathways (<http://www.hms-nm.org/center-for-health-innovation/forward-nm.html>); this partnership can result in greater participation by students in all of the services. That youth engagement can also make the services more youth-friendly.
- Expectant fathers may have a heightened interest in their job prospects given the new responsibility with which they are faced; helping them explore health careers at a time when they may have greater exposure to the health care system can give them new ideas and encouragement.
- Recruit young men to participate on their School Health Advisory Council (SHAC) or develop a Youth SHAC where many young men can participate and build their resume for post-high school pursuits. Providing leadership opportunities around health related issues can encourage young men to be more proactive about their own health.

Mentorship Programs

- Promote inter-generational dialogue among current/past young-fathers, allowing young fathers to speak with fathers of different ages who are responsible and maintaining healthy families.
- Sponsor opportunities for mentors to discuss how they overcame challenges and the benefit of staying active, nutrition, cultural history, interpersonal communication, conflict management, and health literacy.

For more information on this and other NMASBHC Best Practice and Tip Sheets related to healthcare for expectant and parenting teens, please visit NMASBHC's website at www.nmasbhc.org or contact NMASBHC at (505) 404-8059. Please note that the contents of these tip sheets are general and not a replacement for information from the sponsoring agencies or healthcare providers.

NMASBHC and NM-GRADS

Recruiting Young Men for Services

The following are outreach strategies that SBHC staff and GRADS teachers may wish to consider using in order to fully serve the male youth and young fathers in their school(s). This positive youth development approach is focused on engaging young men based on their interests and assets.

Male Friendly Clinics

- Implement male-only hours with an attempt to make sure there are male staff or volunteers present.
- Partner with male activity/athletic staff members and health teachers by providing information or presentations on nutrition, physical activity, or other health topics; when students see that the male coaches and teachers they trust value the SBHC, they are more likely to utilize the SBHC.

Success of the Father = Doing Right by his Child

Developmentally, adolescents are tuned into issues of justice. The GRADS Programs and SBHCs can build on this asset that young fathers have by framing participation in services as their right and a way they can “do right by their child”:

- Share with young fathers their right to access health care for themselves and their children.
- Share with young fathers their right around excused school absences related to their child.
- Share with young fathers their right to participate in GRADS classes, even if they are outnumbered by young mothers.
- Share with young fathers their right to seek confidential behavioral and reproductive health care in New Mexico.
- Host a support group at the SBHC or through GRADS case management for young fathers with a name like: “Know Your Rights as a Dad.”

Good Health of the Father = Good Health of the Child

Young men may be concerned about how to contribute to the health of their child, particularly since they don't have the built-in role that mothers have based on carrying, delivering and breastfeeding the child. Building awareness of the ways that taking care of their own health can ensure good health of their child, can be an excellent way to engage young fathers:

- Talk to young fathers about how an annual comprehensive wellness exam can ensure he is healthy enough to be a good dad and how it is good role modeling for his child.
- Talk to young fathers about the immunizations they need prior to the birth of their child in order to protect their child.
- Share statistics with young fathers about how their education and health contribute to good outcomes for their children.
- Engage young fathers in a discussion about how making sure their home, vehicle, etc. are safe for a child can be an important role to play (e.g. babyproofing, eliminating smoking in the home, etc.): http://kidshealth.org/parent/firstaid_safe/home/childproof.html
- Make sure that young fathers know that sometimes feeling overwhelmed is normal when taking on this new responsibility but that there are resources for behavioral health (e.g. their SBHC) and that postpartum depression anxiety and depression can also impact young men.

Summary

New Mexico School-Based Health Centers (SBHCs) and GRADS classes have some similar challenges in recruiting young men to serve. Some of the strategies in this brief can work for both programs and may work best when, where present, both programs collaborate to reach out to young men. The strategies included in this brief are those recommended to NMASBHC by SBHCs that have been successful recruiting males and based on feedback from young men queried.



For more information on this and other NMASBHC Best Practice and Tip Sheets related to healthcare for expectant and parenting teens, please visit NMASBHC's website at www.nmasbhc.org or contact NMASBHC at (505) 404-8059. Please note that the contents of these tip sheets are general and not a replacement for information from the sponsoring agencies or healthcare providers.