





Project Name: Teen Wellness Connection, UCSF Science & Health Education Partnership		
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Website: https://sep.ucsf.edu/programs/high-school-students/teen-wellness-connection/		SEPA Project URL https://nihsepa.org/project/teen-wellness-connection/
Program Description The Teen Wellness Connection (TWC) annually supports 25 public high school students as they work together to plan and lead the Teen Wellness Summit on Mental Health. Working with local university researchers and health professionals as well as other community-based health organizations, TWC students learn about teen mental health in a 3 week-long summer intensive on the UCSF campus, then use their new knowledge and expertise during the next 5 months to inform the design of a daylong Summit for their peers.		
Program and Participants		Program Goals
Program type <input checked="" type="checkbox"/> Out-of-school program		<p><u>Develop a community of practice:</u></p> <ul style="list-style-type: none"> - Students build skills, gain knowledge and resources - Encourage the next generation of students to pursue a career in STEM - Safe space for vulnerable and open dialogue <p><u>Support teens to organize and lead annual Summit:</u></p> <ul style="list-style-type: none"> - Students become empowered as ambassadors and advocates for public health <p><u>Develop a validated instrument to measure “Belonging in Science.”</u></p> <ul style="list-style-type: none"> - Test the impact of TWC on student sense of belonging - Share survey with others <p><u>Publish research in peer-reviewed journals</u></p> <ul style="list-style-type: none"> - Inform and advance the science education community's understanding of adolescent belonging in science
Setting(s): <input checked="" type="checkbox"/> Informal		
Types of participants <input checked="" type="checkbox"/> Students <input checked="" type="checkbox"/> Scientists		
Grade level(s) of participants <input checked="" type="checkbox"/> High (9-12)		
Characteristics of the populations you serve relative to DEIA: Most students are from backgrounds underrepresented in the sciences		
 <p>Summer Intensive: UCSF Presenter</p>  <p>Teen Wellness Summit on Mental Health</p>		

Evaluation	Key Accomplishments and/or Findings
<p>Constructs measured</p> <p><input type="checkbox"/> Content knowledge <input type="checkbox"/> Skills</p> <p><input type="checkbox"/> Nature of science <input type="checkbox"/> Career awareness</p> <p><input checked="" type="checkbox"/> Attitudes (e.g., interest, identity, belonging)</p> <p><input type="checkbox"/> Quality or fidelity of implementation</p> <p><input type="checkbox"/> Other (describe):</p>	<p>Summer Intensive (3 weeks in July-August)</p> <ul style="list-style-type: none"> - 12 presentations from UCSF and SF mental health community - Group building, field trips, discussion - Senior leaders facilitate icebreakers, small group discussion - New for year 3: Showcasing mental health learning through Expressive Arts component (spoken word and photography) <p>After School Meetings (September-March)</p> <ul style="list-style-type: none"> - Small teams work on planning all aspects of the Summit - Teams: Presenters and programming, Raffle sponsors, Food, Decorations, Entertainment, Media, Design, Outreach, and Marketing - Continued icebreakers and group building rituals
<p>Methods</p> <p><input checked="" type="checkbox"/> Tests/surveys <input checked="" type="checkbox"/> Interviews/focus groups</p>	<p>Teen Wellness Summit (Saturday in March)</p> <ul style="list-style-type: none"> - Daylong event on the UCSF campus - Goal is to host 150 students, grades 9-12 as well as adult mentors/teachers/coaches - 2 keynotes, 12 breakouts, student and adult tracks, catered lunch, resource fair, lunchtime entertainment, raffle
<p>Design characteristics</p> <p><input checked="" type="checkbox"/> Comparison or control group</p> <p><input checked="" type="checkbox"/> Pre/post surveys or assessments</p> <p><input checked="" type="checkbox"/> Longitudinal tracking of participants</p>	<p>Belonging in Science Survey (BiSS)</p> <ul style="list-style-type: none"> - Ongoing meetings with UC Berkeley's BEAR team - Developing, testing, disseminating the BiSS to a diverse group of SFUSD students as well as TWC students
<p style="text-align: center;">Project Lessons Learned</p> <ul style="list-style-type: none"> • Community Building and Senior Leaders are fundamental to creating a successful community of practice • Balance of guiding and releasing responsibilities during Summit planning leads to a sense of ownership and success • Repeated topic of Mental Health 3 times due to resonance with student participants 	
Questions, Advice Wanted, or Topics of Discussion for the SciEd Community (optional)	
<ul style="list-style-type: none"> • Belonging in Science • Teen Mental Health • Senior Leader Program 	