Healthy RC Teen Summit

Connect with yourselves,
your friends,
your community.

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City of Rancho Cucamonga
Preceptor: Hope Velarde, MPH

Introduction & Background

Since 2008, Healthy RC has successfully cultivated city-community partnerships and improved health across the community.

These partnerships include dedicated residents, community organizations, and public and private entities working together to make Rancho Cucamonga the healthiest it can be!

Healthy RC and their Youth Leaders address teen health in the community through the annual Teen Summit. This is a free wellness event for local high school teens that includes an inspiring keynote speaker, activities, wellness breakout sessions, and an informative panel discussion.

#RepresentationMatters Guest Panel

The focus groups conducted prior to the event indicated that most teens were struggling with their mental health; especially due to the social isolation that has resulted from COVID-19. Due to this, we really wanted to reconnect teens in the community through fun activities that inspire self-expression and vulnerability. It was inspiring to see the teens openly share their struggles and it showed that we successfully created a safe space where they felt comfortable to be vulnerable.

In addition to all the activities, we arranged a resource fair that included many wonderful local organizations. This was an important component that showed teens where they can turn for support in moments of need.

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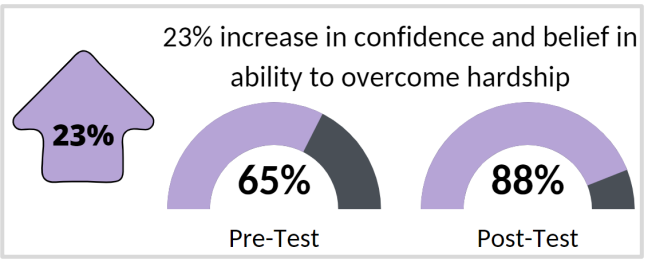
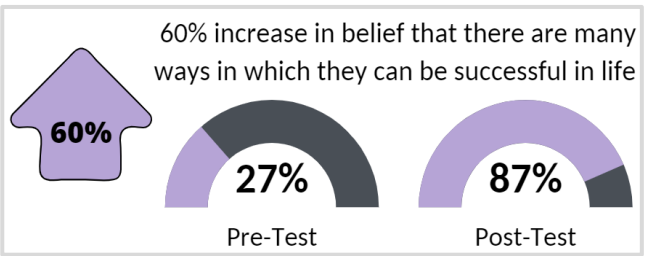
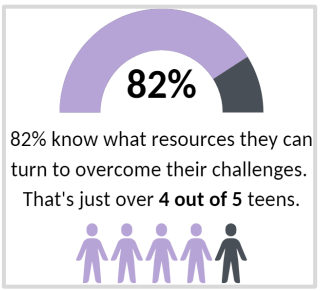
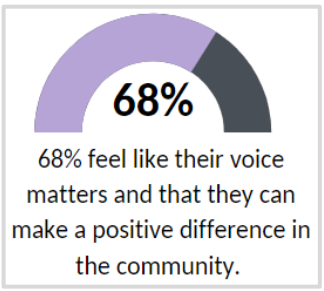
Results

From the pre and post tests conducted, we noticed an overall increase in the teen's confidence and belief in themselves.









In addition, we asked the teens what one thing is that they can take back with them to their daily lives and here are some quotes:

> "That I always have someone to talk to and I can always look forward to the future."

> "I will take all the information I learned today and use it to be a better version of myself."

The feedback from the teens indicated that the 2022 Teen Summit was successful in uplifting and inspiring these students. Many indicated that they learned new and useful coping skills to assist with their mental health struggles.

Acknowledgments

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