



# Bay Area Newsletter

The Center for Cities + Schools, UC Berkeley

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## Upcoming Events, News and Resources



## CC+S Partners with The California Endowment to Launch the Y-PLAN Healthy Cities + Schools Initiative!

In November, over 75 education and civic partners across the Bay Area and Sacramento gathered in Richmond to launch the Y-PLAN Healthy Cities + Schools Initiative. Daniel Peddycord, Director of Public Health for Contra Costa Health Services opened the morning with a keynote on the important link between place and health, and the imperative to engage young people as critical actors to change the places where they live to promote individual and community health. A civic partner panel with representatives from the cities of Richmond, Oakland, Sacramento, Contra Costa Health Services, California APA, and the Association of Bay Area Governments presented a menu of health-action projects to engage students in their work. The day concluded with a hands-on training in the Y-PLAN methodology.

The Y-PLAN Healthy Cities Initiative is a cross-sector collaborative envisioned as a two-year action research effort to prepare districts, teachers, and community/civic partners in the public health field to work collaboratively with students on authentic community health challenges. Rather than being another add-on to already demanding school activities, Y-PLAN is aligned to the Common Core curriculum and fits into the health pathways model fulfilling pathway requirements as an integrated academic project and innovative form of in-school civic work-based learning.

CC+S will focus on providing direct support to Health/Linked Learning Pathways and TCE Building Healthy Communities on:

- **Educator Capacity Building:** Professional development, curriculum support to plan integrated-curriculum health action projects in partnership with civic leaders.
- **Civic Partner Capacity Building + Project Development:** Develop a sustainable network of civic and public health professionals to partner with schools and students as legitimate stakeholders in local planning and policy development.
- **Action Research:** Work closely with partners to document outcomes for Y-PLAN students and civic partners/adult aid Y-PLAN.

**“I learned the difference between equality and equity. I’ve also learned adults aren’t the only ones who can make a difference. Us teens, including freshmen, have the power to change and to improve our school and our community.”**

–Y-PLAN Student,  
Richmond High School



### ■ Y-PLAN Healthy Cities Youth Conference Coming in June!

Learn about the awesome action Y-PLAN students are taking to build healthy cities across the nation at the first annual Y-PLAN Healthy Cities Youth Conference! Students from Bay Area, New York, D.C., Detroit, Dallas, and Shanghai will join this interactive project showcase.



### ■ New Public Health Equity Y-PLAN Curriculum Available for Y-PLAN Healthy City District Partners!

CC+S developed a Y-PLAN Instructor and Curriculum Guide that includes new lessons to scaffold student inquiry and understanding of the lens of the social determinants of health. The curriculum also includes updated tools for students to conduct qualitative and quantitative community action research. A big thanks to Public Health Solutions, key thought partners in this process!





# Bay Area Newsletter

## City Projects and Spotlights



- **Oakland/ OUSD Final Presentations: April 28**
- **Richmond/ WCCUSD Final Presentations: April 25**

### News

#### Emerging research finds authentic client and community based projects build students' college, career, and community readiness!

In a Y-PLAN project, students work as consultants for a professional client on a community policy project. A new study conducted by CC+S indicates it is the authentic client and connection to community that distinguishes Y-PLAN from other forms of project based learning or service learning, and leads to strong student engagement. Students reflect that the real accountability and deadline builds and necessitates career, college, and community readiness skills such as critical thinking, creativity, collaboration and communication. Over 90% of students surveyed in 2015 (N=290) report their experience in Y-PLAN increased their desire to be involved in improving their community, and introduced them to new ways to solve issues affecting their local community.

### Civic Partners

- City of Richmond
- City of Oakland
- City of Sacramento
- Institute for Local Government
- Walk Sacramento
- California APA
- Contra Costa Health Services + Public Health Solutions
- Association of Bay Area Governments



### Education Partners

#### West Contra Costa Unified School District

- Kennedy High School IT Academy
- De Anza High School Health Academy
- Richmond High School

#### Oakland Unified School District

- MetWest High School
- Skyline High School

#### Sacramento Unified School District

- Health Professions High School
- Hiram Johnson High School



### Planning Healthy, Vibrant Cities For and With Young People In:

#### Oakland

##### Creating a Healthy, Equitable, Youth-Friendly Downtown

**Schools:** Skyline High School Health Academy + MetWest High School

**Client:** City of Oakland Planning Department  
**Community Partner:** Association of Bay Area Governments

**Project Question:** How can downtown Oakland better serve the needs of youth now and in the future? How can the City of Oakland create a more resilient, sustainable, and equitable Downtown?

"Y-PLAN pushes us to open our minds – to get youth who are students of color, who have families that live in the community, who are representing a different generation to the planning table, to hear what reality is for them and to incorporate that in the process."

– Y-PLAN Client, City of Richmond

### Richmond

#### Leveraging Technology to Create a Healthy, Vibrant Downtown

**Schools:** Kennedy High School IT Academy + De Anza High School Health Academy

**Clients:** City of Richmond + Richmond Main Street Initiative

**Project Questions:** (1) How can downtown Richmond better serve the needs of youth now and in the future? What is the role of technology in achieving this vision? (2) What are business and community strategies for bringing healthy food options to Downtown in a way that is attractive, accessible, and beneficial for residents?

#### Awareness and Access to Mental Health Resources for Richmond Youth

**Schools:** Richmond High School Health Academy

**Clients:** Contra Costa Health Services, West Contra Costa Unified School District

**Project Question:** What are the perceptions of mental health care in Richmond and how can the county, city, and school district promote access to mental health services in middle school students?

### Sacramento

#### Youth Driven Needs Assessment to Identify Community Health Priorities

**Schools:** Hiram Johnson Health Academy + Health Professions High School

**Client:** Walk Sacramento

**Project Question:** What elements of the school and neighborhood community affect student health? What features are health-promoting, and what features are health detracting?

### Creating Youth Friendly Downtown In Oakland + Richmond

Guided by the belief that when you plan with and for youth, its possible to create policies and places that are better for everyone, the City of Richmond and the City of Oakland are partnering with CC+S to engage young people in the visioning and development of downtowns. Downtowns are unique because regardless of where you live, there is a sense of ownership and pride; they are a place for everyone. As our partners at the City of Oakland like to reference, Downtown Oakland is like the community living room. These projects provide an important opportunity to engage students from across each city in the visioning and creation of a more vibrant, equitable, economically prosperous, and youth-friendly downtown to better serve all residents now and in the future.

