

Evergreen Youth and Family Services

BEMIDJI AND BELTRAMI COUNTY

Objectives

- Youth ages 9 to 17 who are residing at the Evergreen Shelter are given the tools to reduce their sexual risk factors, increase their knowledge of STI/HIV and condom use, and set goals to generalize the knowledge and skills gained learned through the Sexual Health and Adolescent Risk Prevention (SHARP) curriculum. The sexual health curriculum is supplemented with many topics preparing youth for adulthood.
- Youth, ages 12 to 18, from area schools, group homes, and the county detention center participate in the Live It! curriculum to increase knowledge, confidence, and skills and reduce the risk of STDs, HIV, and pregnancy. Classes are offered on-site in schools (students receive class credit in some schools), group homes, and county detention center.
- Rock Sober integrates a positive youth development approach where youth form a sober circle of supports and friends to promote a sober lifestyle. Rock Sober facilitates bi-weekly, after-school support groups for youth. These meetings include positive peer support and accountability. The Coordinator guides discussions on the dynamics of addiction, coping strategies, relationships and communication, pregnancy and STD/STI prevention, building assets, and healthy lifestyles. On Friday nights, Rock Sober spends the entire evening having some drug-free fun.

Curricula

Live It! Youth Component

The Division of Indian Work's Live It! curriculum was designed for American Indian teens, ages 11 to 18. To date, it is the only culturally-specific sexual health curriculum in Minnesota or the U.S. Live It! promotes abstinence as the only 100% effective way to avoid pregnancy. It uses cultural teachings, medical terminology and information with activities to promote healthy decision-making when it comes to sexual behavior or intimate relationships. Live It! appeals to American Indian youth by utilizing experiential learning. These learning experiences include inviting elders to share tribal knowledge and practices around sexuality and maturation, storytelling, along with traditional and cultural visual aids. The Division of Indian Work provides materials and support for presentations. Evergreen implements this program in Rock Sober as well as in local charter schools and the juvenile detention center that serves a large population of American Indian youth.

Sexual Health and Adolescent Risk Prevention (SHARP)

This four hour, single-session, group-based intervention is designed to reduce sexual risk behaviors among high-risk adolescents in juvenile detention facilities. The program is delivered in small groups of up to 10 youth and seeks to increase condom use and reduce alcohol-related sexual risk behavior. The evidenced-based SHARP curriculum intends to deepen STI/HIV knowledge, improve correct condom use, reduce sexual risks and alcohol use and set long-term goals to utilize the knowledge and skills learned during the session. Evergreen teaches this curriculum at their shelter in Bemidji, which serves homeless and runaway youth. The Evergreen Shelter Program is the only runaway and homeless youth shelter in northwest and northcentral Minnesota.

Accomplishments

- [Annual two-day conference](#) serving 400 parents and youth-serving professionals in Bemidji and surrounding region.
- In addition to serving runaway and homeless youth at the Evergreen Shelter, PREP educators established working relationships with charter schools, alternative education centers, public schools, group homes, and the county detention center giving our facilitators an opportunity to teach traumatized and at-risk youth.
- Hundreds of at-risk youth have received pregnancy and STI/HIV prevention education with support from MN PREP.

Populations Receiving Live it! and SHARP Curricula

- American Indian Youth
- Homeless and Runaway Youth
- Youth in Foster Care
- Youth in Juvenile Justice System

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For more information: [Minnesota Department of Health – MN PREP Website](#)

To obtain this information in a different format, call: 651-201-3623. Printed on recycled paper.

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