

Evergreen Youth and Family Services

BEMIDJI AND BELTRAMI COUNTY

Objectives

- Youth ages 9-17 who are residing at the Evergreen Shelter will be 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 gained and skilled 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 12-18, from area schools, group homes, and the county detention center will 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 the schools (students receive class credit in some schools), group homes, and county detention center.
- Rock Sober activities and groups reinforce positive adolescent development, healthy relationships & communication skills, supporting pregnancy and STD/STI reduction and alcohol/drug prevention through ongoing activities that support youth's healthy lifestyle choices and healthy development.

Curricula

Live It! Youth Component

The Division of Indian Work's Live It! curriculum was designed specifically for American Indian teens ages 11-18, to date it is the only culturally-specific sexuality 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/or definitions and activities to promote healthy decision-making when it comes to sexual activity among youth. Live It! appeals to American Indian youth by utilizing experiential learning. These experiences include bringing in elders to share tribal knowledge and practices around sexuality, story-telling, and culturally-specific visuals used in all information presented. Training will be implemented by the Division of Indian Work. Evergreen implements this program at in its Rock Sober program as well as in a local charter schools 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. Overall, [SHARP](#) program goals are to deepen STI/HIV knowledge, improve

correct condom use, reduce sexual risks and alcohol use and set long-term goals to utilize knowledge and skills learned during the session. Evergreen implements this program at their shelter in Bemidji, which serves homeless and runaway youth from Bemidji and surrounding areas.

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 sites, public schools, group homes, and the county detention facility giving them access to 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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