

Project ALPHA: Adolescents Learning Positive Habits

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PROJECT DESCRIPTION and GOALS

Project: Decrease health disparities among teens by teaching reproductive health and domestic violence awareness to adolescent boys in a juvenile detention facility. The Fellows met with the teens on a weekly basis focusing on interactive discussions.

Site: Dobbs Youth Development Center in Kinston, NC

Goals: Provide a lifelong impact on health literacy and education, as well as teen dating and domestic violence prevention, and seek to offer skills that will empower the boys as they transition back into the community.

Curriculum

The Fellows covered the following topics using both the King County Curriculum and Love is Not Abuse (LINA) from BreaktheCycle:

- Reproductive health
- Pregnancy prevention
- Sexually transmitted disease prevention
- Domestic violence and teen partner violence prevention
- Anti-bullying behaviors

RESULTS

- 60 young men participated in the program
- 15 chose to write a pledge and sign it
- 20 chose to participate in the Hand Project



The Hand Project

The boys were asked to think of a word or phrase that they want to remember from Project ALPHA when faced with challenges and tough decisions in the future and write it on their hands in the form of a pledge. The participants took pictures of their hands which they can keep. As an inspiration and motivating force, the Fellows created a photo collage for display in their housing units.

The Pledge

The young men were asked to write a pledge to themselves in their own words about any of the topics discussed and sign it. The Fellows also gave participants certificates of completion that will go in their permanent files.

SUSTAINABILITY

Brody's Student National Medical Association will take over Project ALPHA and continue implementing and improving the project with the help of future medical students at the Brody School of Medicine so it can continue to impact incarcerated youth. The Schweitzer Fellowship is providing sustainability funds for snacks and program materials.

ACKNOWLEDGEMENTS

The Fellows would like to thank the Albert Schweitzer Fellowship, the Brody School of Medicine, and the NC Division of Juvenile Justice for support of their project. They would also like to thank their BSOM faculty advisor, Dr. Roytesa Savage, and site mentors, Mr. Glenn Elmore, Mrs. Jameka Patrick, and Mrs. Dale Floyd, as well as the staff at Dobbs YDC for their continued guidance. They would like to thank Holly Bullock and Vontrelle Roundtree, 2011-2012 Schweitzer Fellows, for their initiation of reproductive health education at the YDC. Finally, They would like to thank Krisitin Everett and Brody SNMA for continuing work on our project.

