



Youth can inspire, impart knowledge, and make a difference in your practice or organization.

Who are the VT RAYS and how can they help you improve the healthcare landscape for young adults and adolescents in our state?

The VT RAYS (Raising Awareness of Youth Services) is the Vermont youth health advisory group of 14–21-year-olds that amplifies the voices of young adults and adolescents to improve access, quality, safety, and effectiveness of youth health equity and services across the state.

Under the leadership of the Youth Health Improvement Initiative at the Vermont Child Health Improvement Program (VCHIP) and VT Afterschool, in partnership with the Vermont Department of Health, the RAYS have the unique ability to connect with primary care practices and public health organizations throughout Vermont to help identify adolescent health priority areas.

VT RAYS can bring the youth voice and perspective to your work through:

- Performing clinic assessments and site visits to primary care practices
- Providing feedback on health care systems and how to best communicate with youth
- Creating videos about topics that are important to adolescents and young adults to share with schools, health centers, or others
- Developing or providing feedback on educational materials for adolescents and young adults
- Working with other public health organizations on health promotion campaigns
- Participating in storytelling events, panels, presentations, or staff trainings

Previous examples of RAYS projects include:

- Youth-led environmental surveys, which provided an opportunity for youth to engage healthcare providers in conversations on increasing a practices' youth friendliness.
- Visiting pediatric practices to share ideas for creating a more inviting environment for young adults.
- Reviewing and sharing feedback on primary care welcome packets for adult family and primary care practices for preparing young adults for transitioning to their practices.
- Reviewing and providing feedback on a vaping information handout for UVM Children's Hospital pediatric pulmonology.
- Conducting speaking engagements at the UVM MC Pediatric Grand Rounds.
- Publishing, through the American Academy of Pediatrics (AAP) Council on School Health (COSH), personal stories about experiences during the COVID-19 pandemic written by two VT RAYS members.
- Participating in a panel discussion, "Hot Topics in Social Justice: Important Issues that Impact Youth Mental Health," at VCHIP's 2022 CHAMP Learning Session.
- Creating a clinic poster to encourage young people to schedule their annual well care visit.
- Creating a video to share a youth perspective on issues that affect adolescent health care.
<https://healthandlearning.org/pcp-well-visit-info/>

For more information visit [the VT RAYS website](#)
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