



MARCH 2023 NEWSLETTER

## COMMUNITY WELLNESS

LATIN AMERICAN YOUTH CENTER

Hello



Spring

# Sexual Wellness and Advocacy by Teens (SWAT)

**ROSA REYES - SRH YOUTH DEVELOPER**

The SWAT program continues to make improvements to the middle school curriculum. This month we will focus on compiling age-appropriate resources for middle school students. We are also gearing up for the summer. We will educate two cohorts of students in the SYEP Summer Youth Employment Program hosted by LAYC's Community Wellness and Education Departments.

## Testing Services (CTRL) and Community Outreach

**SILVIA PENATE - TESTING AND OUTREACH COORDINATOR**

In observance of National Women and Girls HIV/AIDS Awareness Day, we focused on creating more information about women using PrEP and PEP and perinatal HIV awareness. We partnered up with LAYC Drop-in Center, Career Academy, Columbia Heights Educational Campus (CHEC), and tested 85 people for the month of March! We hope to continue providing HIV, STI, and pregnancy testing to all wards in DC by connecting with more partners.

Contact Silvia at [silvia.penate@layc-dc.org](mailto:silvia.penate@layc-dc.org) for more information on how we can partner up and provide testing or resources for your youth!

### **Testing Hours for the Next Month:**

Monday - Thursday

2:00 - 6:00 pm

Walk-in and Appointment accepted

**No HIV testing after 5:00 pm**

### **Services:**

Testing for HIV, STIs (Chlamydia and Gonorrhoea), and Pregnancy Only

### **Nurse Practitioner:**

Thursdays only from 4:00 - 7:00 pm

**Appointment only**



# Reproductive Health

## **JENNIFER FLORES – REPRODUCTIVE HEALTH SPECIALIST**

Graduation is coming up for our first Parenting Journey Cohort! Four young moms will be graduating!! We are recruiting our second cohort starting mid-April!

Our 3rd pilot has KICKED-OFF for the Young Parent Peer Program (YP3). A peer-to-peer program centered on exploring and achieving participants' five-year plan encompassing their SRH needs.

We distributed diapers to over 153 families for the month of March! Every month we partnered with other programs and sites at LAYC, including Rita Bright, Promotores, Social Services, Housing, Prince George's site, and Silver Spring site, to distribute diapers and baby items. Diaper and nursery bundles for youth 24 and under can sign up!

Please contact Jennifer via text at (202) 741-9408 or email at [jennifer.flores@layc-dc.org](mailto:jennifer.flores@layc-dc.org), or Silvia at [silvia.penate@layc-dc.org](mailto:silvia.penate@layc-dc.org) for more information.

# Many Ways of Being (MWB)

## **FRANCE ROBINSON - PREIS YOUTH DEVELOPER**

The PREIS team has started implementation and it is going swimmingly! With 4 different cohorts underway they are busier than ever. They have now made partnerships with 4 schools and are building strong bonds with youth. The Peer Ambassador program is proving successful with over 100 youth screened and 74 youth enrolled in the program, the numbers are soaring since the pilot. We are looking to reach more youth as we add additional cohorts in the future. Any support connecting our team with schools is still greatly accepted and appreciated.

# Advancing Health Literacy

## **FIN FINNEY - COMMUNITY MOBILIZER**

The Advancing Health Literacy team would like to inform you that DC's COVID Centers are now permanently closed. Any individual seeking support with vaccination services is encouraged to reach out to us. We will be working hard this April to complete our first 6-week session of the Chronic Disease Self Management Program.

Our team would like to highlight Strong Start this Autism Acceptance Month. Strong Start supports children with developmental delays between the ages of 0 and 3 years. They work hard to bridge the gap between the care team and family. Interested parties should speak with their health care provider or call (202) 727-3665.

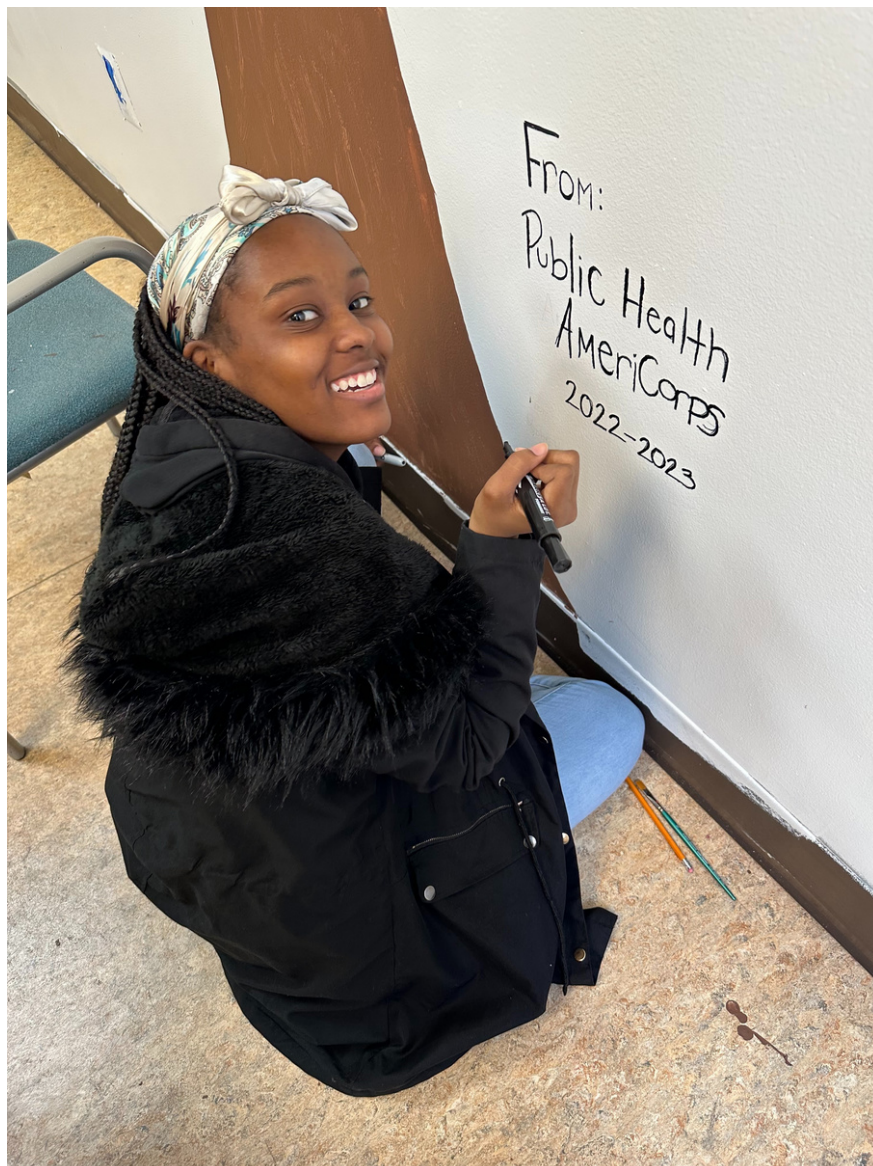
We would also like to thank UPO for having us at their Marching into Health and Wellness Fair. Our team was happy to connect with individuals from all over DC to tell them about the amazing services that are hosted right at LAYC.



# AmeriCorps Team

## **ETHAN KOW - AMERICORPS MEMBER**

Throughout this month, our AmeriCorps members spent time repainting and redecorating their AmeriCorps room/office, with the inclusion of a tree painting that is going to showcase all the current members as well as the future cohorts to come. One of our members also had the pleasure of attending the **Marching into Wellness** expo this past Saturday in Congress Heights with one of LAYC's amazing Health Promotions team members, Fin Finney. We are grateful for a successful and eventful month!



# Community Prevention Network

## ***NOLA RICH - DC OPIOID RESPONSE COMMUNITY MOBILIZER***

In March...

- The DCPC/DCOR team hosted multiple Narcan workshops for community members.
- The DCPC/DCOR team held a community conversation with Medical Assistant students at LAYC Career Academy regarding substance use in the community.
- The DCPC/DCOR team had an outreach event distributing Narcan, fentanyl test strips, and educational materials at The Potter's House.
- The DCPC/DCOR team collaborated with GW's Urban Health Program to provide workshops on various public health related topics at the LAYC Drop In Center, LAYC Career Academy, and George Washington University.
- The DCPC/DCOR team hosted its second monthly Substance Use Disorder prevention workshop in collaboration with the Mount Pleasant Library.
- The DCPC/DCOR Team collaborated with the ANCI A Education, Youth, and Families committee to develop a public group of involved parents and students for public health support.

Keep up with us by following our social media!



@dcpcwards1\_2

# Food and Nutrition

## **JULIA KANN - PROGRAM MANAGER FOR FOOD AND NUTRITION**

I want to offer a glimpse into the Food & Nutrition Program through a breakthrough moment last Tuesday afternoon. For the first time since this program began, three separate hands-on food, nutrition, and garden classes occurred simultaneously. We are growing!

In LAYC's Teen Center, a group of 11 youth met for an afternoon cooking and nutrition class; the halfway point of a ten-week class cohort. After playing games to draw connections across the food system (how do apples get from an orchard to our hands?), they whipped up dozens of apple muffins, which they happily devoured.

Meanwhile, two floors up, youth in LAYC's Young Parents Program were talking about challenges of making and eating hearty breakfasts when cooking time is sparse. After a discussion on nutrition strategies, they cooked and ate a delicious meal together -- some with babies in-arm.

Finally, just down the road at the Rita Bright Family & Youth Center, elementary-age youth learned about fruits and vegetables of the rainbow. After lively discussion and colorful drawing (right), they happily put their talk into action -- destemming grapes, slicing oranges, and hulling strawberries to make a rainbow fruit salad packed with vitamins and nutrients from the different colors.

This one Tuesday afternoon was a testament to how much the Food & Nutrition Program has grown over recent years.

And there's more to come: we're already planning a new summer collaboration to unite staff from across LAYC's Community Wellness department to provide teens with a six-week community wellness intensive -- including, of course, plenty of cooking, growing food, and nutrition! Stay tuned for more.



**Food & Nutrition Program Manager:** Julia Kann ([julia@layc-dc.org](mailto:julia@layc-dc.org))  
**Food & Nutrition Coordinator:** Kristen McLester ([kristen.mclester@layc-dc.org](mailto:kristen.mclester@layc-dc.org))  
**Food & Nutrition Specialist:** Chris Herrera ([christopher.herrera@layc-dc.org](mailto:christopher.herrera@layc-dc.org))  
**Youth Garden Specialist:** Emma Creamer ([emma.creamer@layc-dc.org](mailto:emma.creamer@layc-dc.org))

# Thank you for your continual support!

## **CONNECT WITH US:**

### **Sexual and Reproductive Health**

Lauren Lapointe - lauren@layc-dc.org

Silvia Penate - silvia.penate@layc-dc.org

Rosa Reyes - rosar@layc-dc.org

Altagracia Kubinyi - altagracia@layc-dc.org

Dereck Myers - dereck.myers@layc-dc.org

France Robinson - france.robinson@layc-dc.org

Jennifer Flores - jennifer.flores@layc-dc.org

### **Health Promotions**

Christopher Charles - chris@layc-dc.org

Darsheeka Patel - darsheeka@layc-dc.org

Gian Simone - gianpablo.simone@layc-dc.org

Fin Finney - fin.finney@layc-dc.org

Nola Rich - nola.rich@layc-dc.org

Cory Myrtil - cory@layc-dc.org

Jacobo Larios - jacobob@layc-dc.org

### **Food and Nutrition**

Julia Kann - julia@layc-dc.org

Kristen McLester - kristen.mclester@layc-dc.org

Chris Herrera - christopher.herrera@layc-dc.org

Emma Creamer - emma.creamer@layc-dc.org