



Like many, I am really excited to put this cold weather behind me and welcome the spring sunshine and flowers. In the public health world, though, spring also brings mental health awareness, as May is Mental Health Month. As you probably know, the Hult Center dedicates much of its energy to mental health education and awareness, including suicide prevention. The keyword there is *prevention*. Although, we do step in to assist schools and families when there has been a death by suicide, we would really like to reach individuals before an event occurs. In addition to our continued effort to educate youth, we have been working to capacity build in suicide prevention. We are training medical students and residents, nursing students and college faculty, and even local pastor associations. We hope that those 4,000 individuals who have participated in our suicide prevention trainings this past year will be able to effectively prevent a suicide and get that person connected to help. Our efforts have also increased in suicide post-vention. Our team has provided one-on-one consultations with school administrators and counselors to review policies and practices in school settings in order to avoid suicide contagion, or copycat deaths. We have also been working with local media stations on how to best report on suicide.

We realize that the Hult Center cannot tackle this public health crisis alone. So, we are working with anyone and everyone to spread suicide prevention awareness and best practices in an effort to decrease suicides in Central Illinois. I hope that you will read about all of our efforts in this edition of the Hult Center's Youth Education Newsletter. If you would like more information on the Hult Center's mental health programming, please do not hesitate to reach out to me by calling the Hult Center at (309) 692-6650 or by emailing me at [hbill@hulthealthy.org](mailto:hbill@hulthealthy.org).



All the Best,

Holly Bill, BS, CHES  
Assistant Manager  
[hbill@hulthealthy.org](mailto:hbill@hulthealthy.org)

Thank you to the Peoria Regional Office of Education and community partner agencies for coordinating and volunteering for this year's Peoria Substance Abuse Prevention (SAP) Teen Summit! This event was a huge success, with over 200 Peoria County youth attending. Students had the opportunity to learn about a variety of topics, including leadership, healthy relationships, substance abuse, and suicide prevention. Thank you, UnityPoint Health Foundation for sponsoring the event, and Methodist College for providing the space at no charge!

The Hult Center is excited to announce new funding from the City of Peoria's Community Development Block Grant (CDBG). Funding will be used to address two of our community's health priorities: mental health and reproductive health. We are excited for this new partnership!

Be sure to check out our Healthy Heroes section on page 6! We are in need of volunteers for summer 2019.



## **Thank you to our Uncorked Sponsors!**

**\$5,000**

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# Hult Center for Healthy Living Youth Health Education Programs

309-692-6650 or [info@hulthealthy.org](mailto:info@hulthealthy.org)  
for details, fees, and scheduling

## Social-Emotional Wellness Programs

### QPR: Question, Persuade, Refer Youth and Adults

This evidence-based training will train individuals to identify suicidal behaviors and save lives through innovative, practical, and proven strategies for recognizing the signs of crisis.

**\*In-house & Outreach**

### Youth Mental Health Matters Grades K-12

This program covers a variety of mental health topics and also provides the opportunity for students to request additional counseling services. Sessions vary by grade level and include a variety of topics including: anger management, conflict resolution, bullying & cyber-bullying, suicide & depression, self-esteem, addiction, positive coping skills, body image & eating disorders, as well as self-reflection & trust building. Number and length of sessions varies by school. **\*In-house & Outreach**

### Youth Mental Health First Aid Adults

An interactive training designed to teach adults how to help youth experiencing a mental health or addictions challenge, or what to do if the school-aged child is in crisis. Topics covered include: anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders. Training is 8 hours, and can be conducted for 10-30 individuals. Pricing varies depending on training date, location, and number of participants. **\*In-house & Outreach**

## Youth Reproductive Health Programs

### Michelle Girls only, grades 4-5

This program discusses the uniqueness of all individuals, female pubescent changes, the female reproductive system, and feminine hygiene products. (90 minutes)

**\*In-house & Outreach**

### Matthew Boys only, grades 4-5

This program focuses on the uniqueness of all individuals, male pubescent changes, the male reproductive system, and masculine hygiene products. (90 minutes) **\*In-house & Outreach**

### Life Begins Grades 5-8

Students will be introduced to genetics, the male and female reproductive systems, fertilization and conception, fetal growth and development, the childbirth process, and the concept of abstinence. (90 minutes) **\*In-house & Outreach**

### Breast/Testicular Self-Awareness Grades 9-12

Single-gender programs discussing incidence, risk factors, anatomy and physiology, signs and symptoms, and breast/testicular self-exam (technique). (45 minutes) **\*Outreach**

### Teen Talk Grades 9-12

The Teen Talk program is the Hult Center's comprehensive sexual health education curriculum, in which lessons and topics are customizable for each school. Lessons are derived from evidence-based comprehensive curriculum and align with the National Sexuality Education Standards. The overall goal of the Teen Talk program is to foster the growth of knowledge, attitudes, skills, and lifelong behaviors that will enable the students to assume responsibility for healthy living and personal wellbeing. Emphasis is placed building self-confidence, positive relationships, and seeking resources in the community. (Times vary, 60-90 minutes each) **\*In-house & Outreach**

## General Health Education Programs

### Your Amazing Body! Grades Pre-K-K

"Your Amazing Body" highlights the wonders of the human body. Our professional health educators will provide an introduction program of the students choice at the Hult Center or in the Classroom, 2 programs in the classroom. The program will emphasizing the 5 senses, dental, nutrition, and exercise. The lessons will be reinforced and student interest will be captured by larger-than-life displays and interactive models. **(Two 30-minute site visits plus one 45-minute visit to the Hult Center/Classroom)**

### My Special Body Grades Pre-K-1

\*Only offered in March; Students rotate to different learning centers for hands-on multisensory learning. Topics include heart, lungs, brain, and the five senses. Preferred class size is no more than 24 students. (60 minutes)  
**\*In-house only**

### Tooth or Consequences Grades Pre K-1

Participants will be shown proper brushing and flossing techniques and learn about food groups, healthy vs. unhealthy snacks, and the importance of regular checkups. Each child will also receive his or her own dental health bag including a new toothbrush, toothpaste, and dental floss! (35 minutes each, 1 or 2 day programs available)  
**\*Outreach only**

### Dental Healthy Partners Pre-K-1

\*Only offered in February (Dental Health Month)  
Participants will be shown proper brushing and flossing techniques and learn about food groups, healthy versus unhealthy snacks, and the importance of regular dental checkups. Students will visit hands-on brushing and flossing stations that utilize dental models. Each child will also receive his or her own dental health bag including a new toothbrush, toothpaste and dental floss! (45 minutes)  
**\*In-house only**

### Super Kids, Super Feelings Grades K-1

Topics include: uniqueness of each individual, food groups, dental health, healthy behaviors, skeletal system, and getting along with others. (60 minutes) **\*In-house only**

### Safe Kids, Smart Kids Grades K-2

In coordination with the Peoria Humane Society, topics discussed in this class include animal safety, safety in the home, stranger danger, how to say "no", and how to get help in an emergency (60 minutes) **\*In-house only**

### Healthland Grades 2-3

Every child should understand the criteria for making healthy decisions and developing healthy habits. This program will teach just that through discussion on the main food groups, the five senses, and how to care for them. (60 minutes) **\*In-house only**

### Food, Fitness & FUN Grades 2-5

Students will learn about portion sizes and explore the differences between healthy and unhealthy foods and fats. Students will also learn the importance of exercise in a fun, heart-healthy activity that will raise their heart rates. (90 minutes) **\*In-house only**

### Healthy Adventure (obstacle course) Grades 3-4

Students will take a tour through the human body, uncovering everything from cells and tissue to organs and body systems. They will learn about the digestive system, healthy nutrition, and what it takes to truly care for and respect the body they live in. (60 minutes) **\*In-house only**

### Healthy Kids, Healthy Classrooms (HKHC) Grades 4-6

Students use Turning Technologies© response system to answer a series of questions about: nutrition, exercise, substance abuse, tobacco, puberty, and social/emotional health. After Hult staff reviews the students' results, three targeted interventions are provided to the students that focus on their two areas of greatest need. Following the interventions, the students complete a post-test to assess knowledge gain and positive behavior change (Five sessions, 60-90 minutes each) **\*Outreach only**

### Our Incredible Machine- Heart Adventure Grades 4-5

\*Only offered in September; Topics discussed in the program include cells, organs and body systems, with particular focus on the respiratory and circulatory systems. Students will have the opportunity to run, scoot, and dribble their way through the "Heart Adventure Challenge Course" where they will be encouraged to raise their heart rate as they race through a series of tubes designed to show the flow of blood through the body. (90 minutes)  
**\*In-house only**

### Fueling Around Grades 5-9

Students will learn about portion sizes, reading food labels and the roles of fiber and calcium. They will also learn the difference between healthy and unhealthy fats and nutrient-dense and empty-calorie foods. They will understand the importance of exercise and maintaining a healthy weight. This program engages students through interactive remotes. (90 minutes) **\*In-house and Outreach**

## Substance Abuse Education Programs

### Drugs: Choice or Chance? **Grades 4-5**

This program discussed tobacco, alcohol, and marijuana and teaches students how to deal with peer pressure. It will engage critical thinking among students as well as collaboration through interactive remotes. (90 minutes)

**\*In-house only**

### Steroids & Supplements in Sports **Grades 6-12**

Students will participate in a competitive “game” format using interactive remotes. They will be presented with information on anabolic steroids, supplements, diet and exercise and then answer questions about them.

(45 minutes) **\*In-house & Outreach**

### Decisions: It's Up to You **Grades 8-12**

Whether it's alcohol, marijuana, or the latest designer drug, use of these substances always has consequences. Students will learn about each as well as how to deal with peer pressure. This program engages critical thinking and student communication through interactive remotes. (90 minutes) **\*In-house only**

### Generation Rx **Grades 8-12**

Participants will realize the impact prescription drugs have on the body and dangers of their use/abuse. They will discuss opioids, CNS depressants, stimulants, and over-the-counter drugs. Students will also learn about the dangerous and sometimes fatal consequences of mixing alcohol and prescription drugs through an interactive activity. (45 minutes) **\*In-house & Outreach**

### LifeSkills Training **Grades 5-8**

Comprehensive, evidence-based curriculum for educating youth about the harmful effects of tobacco and substance abuse. Focuses on all of the most important factors that lead adolescents to use one or more drugs by teaching them a combination of health information, general life skills, and drug resistance skills. Examples of these sessions are: Making Decisions, Smoking: Myths and Realities, Alcohol: Myths and Realities, and Communication Skills. This program engages student interaction through Turning Technologies© response system. (five sessions, 45-60 minutes each) **\*In-house & Outreach**

## School-Wide Programming



**Healthy U** is the Hult Center's school-wide initiative to improve students' and teachers' overall health and wellness. This program utilizes the evidence-based **CATCH** (Coordinated Approach to Child Health) curriculum that promotes physical activity and healthy food choices in preschool through middle school aged children and their families. **CATCH** promotes healthy changes within your school's cafeteria, classrooms, and physical education setting, as well as within your community. **CATCH** improves moderate-to- vigorous physical activity during P.E. classes, along with students' self-reported eating and physical activity behaviors. In **CATCH** schools, children are not just learning about health they are living healthier lives.

**Healthy U** is implemented over an entire school year and involves extensive training of school administration, teaching staff, cafeteria staff, and more, with the overall goal of making your school a **CATCH** school. To accomplish this, one of the Hult Center's Certified Health Education Specialists will help transform your school by establishing a Healthy U advisory committee, conducting a variety of trainings for school staff, engaging parents and caregivers in improving the health of their children, and helping your team to coordinate healthy school events.

**Healthy U** pricing is quoted based on the needs of each school, per school year.

**Don't see what you're looking for? Contact us at 309.692.6650 or [info@hulthealthy.org](mailto:info@hulthealthy.org) to have the Hult Center's team of educators create a program that will be perfect for the needs of your school!**

The Hult Center is working hard to design curriculum for Healthy Heroes 2019, which will take place in June and July at Carver Community Center. Last year, 29 different local service agencies from the tri-county area participated in the program. This year, we are hoping to have over 800 youth, ages 5-12, participate in the program.

The Healthy Heroes program is designed to instill core health behavior concepts and skills that empower youth to make healthy choices that will benefit their future health and decrease their risk for obesity and obesity-related diseases. During the program, youth practice healthy behaviors and learn skills that are needed for healthy eating and active living. Hult staff pre- and post-test participants to measure knowledge and behaviors gained as a result of program participation. Using the evidence-based Coordinated Approach to Child Health

(CATCH) curriculum, we have seen students increase their knowledge in healthy lifestyles, and increase their heart-healthy physical activity.

The Healthy Heroes program is made possible through the generous support of the Heart of Illinois United Way, Carver Community Center, Peoria Rotary North, and the Peoria Medical Society Alliance.

If interested in registering your agency for 2019 Healthy Heroes please visit: <https://www.surveymonkey.com/r/healthyheroes19> or call the Hult Center at 309-692-6650.

Please save the date for Healthy Heroes 2019!

## Volunteer Opportunities

The Hult Center for Healthy Living is looking for volunteers for the Healthy Heroes summer program! Volunteers are needed for the morning and afternoon sessions for the months of June and July. Duties may include assisting in snack preparation, setting up and tearing down program materials, and engaging in fitness activities with students. Volunteers must be 18 years or older. If interested in volunteering or if you need further information, please contact Renea Gatson at 309.692.6650.

### ***Dates and times volunteers are needed (subject to change):***

- June 4, 5, and 6th (AM & PM sessions available)
- June 18, 19, and 20th (AM & PM sessions available)
  - AM Session: Arrive at 8:30 AM and leave at 11:45AM
  - PM Session: Arrive at 12:30 PM and leave at 3:15PM
- July 9, 10, and 11th (AM & PM sessions available)
- July 23, 24, and 25th (AM & PM sessions available)
  - AM Session: Arrive at 8:45 AM and leave at 12:00 PM
  - PM Session: Arrive at 12:30 PM and leave at 3:45PM



Heart of Illinois  
United Way



# Save the Date!

# Healthy Heroes 2019



Each day students will be introduced to the CATCH (Coordinated Approach to Child Health) curriculum through fitness activities, making and eating a healthy snack, and learning how to keep their bodies healthy!



**Location:** Carver Community Center

**June Healthy Heroes:  
(Ages 5 through 8)**

June 4th—6th

June 18th—20th

A.M. (9:00—11:30)

P.M. (12:45—3:15)

**July Healthy Heroes:  
(Ages 9 through 12)**

July 9th—11th

July 23rd—25th

A.M. (9:15—11:40)

P.M. (1:00—3:25)

For further information or to pre-register your agency, contact Kari Pauli at 309-692-6650 or [kpauli@hulthealthy.org](mailto:kpauli@hulthealthy.org)

Please remember, space & transportation are on a first come, first serve basis.



## **Your Amazing Body**

“Your Amazing Body” is designed to increase student readiness by introducing math, science, and vocabulary through a series of interactive lessons and complimentary hands-on activities. The program serves all pre-k students enrolled in Peoria County Bright Futures and Tazewell-Woodford Head Start.

**Outreach Programming:** Students participate in a series of three outreach education lessons that are designed to help students gain a better understanding and appreciation for the wonders of the human body, while introducing core concepts, including health, science, math, and vocabulary. Specific topic areas are chosen by students, and include: 5 senses, dental health, nutrition, and exercise. Each topic engages students in an interactive, hands-on lesson introducing them to the science behind their chosen topic, new vocabulary in relation to that topic, and incorporate math in every lesson.

**Parent Engagement Activity:** Parent engagement is essential to child development and a foundation for their future success, therefore, parent

engagement is a critical component of the program. To engage parents, the Hult Center coordinated a Fall Family Fest, featured in the Fall 2019 newsletter, which was designed as a kick-off event for the “Your Amazing Body” program. The event engaged families in their child’s learning, and offered fun, free, and exciting activities for families to enjoy together. Parents were also encouraged to participate in classroom outreach programs along with their child.

**Teacher Training:** Hult Center was excited to host PEP Day/ Your Amazing Body Teacher Training on February 15, 2019. 52 teachers from Tazewell Woodford Head Start and Peoria County Bright Futures participated in this event. Teachers were instructed on behavior management and difficult conversation strategies for early childhood. Teachers also got to volunteer to complete a virtual simulation. In the afternoon, they learned yoga poses for kids/adults, breathing techniques, and mindfulness in the classroom.



# Youth Mental Health Matters Program

The Youth Mental Health Matters program enhances social-emotional health in our community by providing educational trainings to students, and supporting adults in their lives, to share knowledge, skills, and resources needed to foster healthy social-emotional development which is a key to good mental health. These trainings cover such topics as suicide prevention, healthy coping skills, emotional regulation, and resiliency. Since the start of this school year, we have served 6,498 youth and 920 adults have participated in our trainings.

## *May is Mental Health Month*

The Hult Center dedicates much of its energy to mental health education and awareness, including suicide prevention. As mentioned on the cover page of this newsletter, the keyword is prevention. Hult Center does provide some services in post-vention, or post-suicide, but prefers to focus on preventing suicides.

### **Adult and Youth Suicide Prevention Trainings:**

For prevention efforts, we use an evidence-based training called Question, Persuade, Refer to teach participants how to ask someone if they are thinking about suicide and get that person to the help they need. Nearly 4,000 individuals have participated in suicide prevention and QPR since the start of the 2018-2019 school year.

The training is appropriate for students, nurses, physicians, clergy, counselors, those with family members who are experiencing mental illness, media representatives, school personnel, and so much more.

Just like people who are trained in CPR for the heart, QPR teaches you to ask a question and save a life for those at-risk of suicide or other mental health crisis- we should all know it! QPR is a 2-hour training. For youth, we can provide a condensed suicide prevention program that will accommodate shorter class periods. The cost of the 2-hour training is \$150, however, we do

have grant funding to cover the cost of some schools and agencies. Please reach out if you are interested in this opportunity.

### **One-on-One Post-Vention Consultations:**

Our team provides one-on-one consultations with school administrators and counselors to review policies and practices in school settings in order to avoid suicide contagion, or copycat deaths. This service is provided at no charge to any school in the Central Illinois area, contingent upon availability of our staff. If you are interested in scheduling a consultation, please reach out to Holly Bill by calling (309) 692-6650, or email [hbill@hulthealthy.org](mailto:hbill@hulthealthy.org).

The following information is taken from After a Suicide: A Toolkit for Schools, which can be found at <http://www.sprc.org/sites/default/files/resource-program/AfteraSuicideToolkitforSchools.pdf>

### **7 Best Practices Addressing Suicide**

1. Best practice is to say “died by suicide” rather than “completed” or “committed suicide”.
2. Schools should strive to treat all student deaths in the same way. Having one approach for a student who dies of cancer (for example) and another for a student who dies by suicide reinforces the unfortunate stigma that still surrounds suicide and may be deeply and unfairly painful to the deceased student’s family and close friends.

3. At the same time, schools should be aware that adolescents are vulnerable to the risk of suicide contagion. It is important not to inadvertently simplify, glamorize, or romanticize the student or his/her death.

4. Avoid memorials and scholarships: Some communities wish to establish a permanent memorial (sometimes physical, such as planting a tree or installing a bench or plaque; sometimes commemorative, such as a scholarship). Others are afraid to do so. While there is no research to suggest that permanent memorials per se create a risk of contagion, they can prove to be upsetting reminders to bereaved students, and therefore disruptive to the school's goal of maintaining emotional regulation. Whenever possible, therefore, it is recommended that they be established off school grounds. Moreover, the school should bear in mind that once it plants a tree, puts up a plaque, installs a park bench, or establishes a named scholarship for one deceased student, it should be prepared to do so for others, which can become quite difficult to sustain over time.

5. Schools should emphasize that the student who died by suicide was likely struggling with a mental disorder, such as depression or anxiety, that can cause substantial psychological pain but may not have been apparent to others (or that may have shown as behavior problems or substance abuse).

6. Suicide is a complicated behavior. It is not caused by a single event such as a bad grade, an argument with parents, or the breakup of a relationship.

7. Help is available for any student who may be struggling with mental health issues or suicidal feelings.

### **About Suicide/Mental Illness**

- Depression is the leading cause of suicide in teenagers.
- About 6 percent of teenagers will develop depression yearly. Sadly, more than 80 percent of these kids will not have their illness properly diagnosed or treated, which can also lead to school absenteeism, failing grades, dropouts, crimes, and drug and alcohol abuse.
- Depression is among the most treatable of all mood disorders. More than three fourths of people with depression respond positively to treatment.
- The best way to prevent suicide is through early detection, diagnosis, and vigorous treatment of depression and other mental disorders, including addictions.

### **Suicide Warning Signs**

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has recently increased in frequency or intensity, and if it seems related to a painful event, loss, or change.

- Talking about wanting to die or kill oneself
- Looking for ways to kill oneself, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated, or behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

### **What to Do in a Crisis**

Take any threat or talk about suicide seriously. Start by telling the person that you are concerned. Don't be afraid to ask whether she or he is considering suicide or has a plan or method in mind. Resist the temptation to argue the person out of suicide by saying, "You have so much to live for" or "Your suicide will hurt your family and friends." Instead, seek professional help.

### **In an Acute Crisis:**

- Call 911.
- Do not leave the person alone.
- If safe to do so, remove any firearms, alcohol, drugs, or sharp objects that could be used.
- Call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255).
- Take the person to an emergency room or walk-in clinic at a psychiatric hospital.

### **Local Community Mental Health Resources**

Emergency 9-1-1  
Human Service Center  
-24-hour Crisis Line (309) 671-8084  
-Non-Crisis (309) 671-8040  
Community Trauma Team, Children's Home Association of Illinois – (309) 687-7929 or tramateam@chail.org – Emotional support and crisis debriefing for people of all ages following a traumatic event

**National Suicide Prevention Lifeline**  
**1-800-273-TALK (8255)**

To learn more about these mental health programs and trainings please contact the Hult Center for Healthy Living at 309- 692-6650.

These programs are made possible by funds received from Heart of Illinois United Way, Whitney's Walk for Life, City of Peoria Community Development Block Grant (CDGB), Safe Fleet, and UnityPoint Health Foundation.



Join us  
Saturday, July 27, 2019  
for  
Whitney's Walk for Life.

To sign up or make a  
donation visit  
[www.whitneyswalk.com](http://www.whitneyswalk.com)

***Youth Reproductive Health Awareness Shines in Spring: STI and Teen Pregnancy Prevention Months***

Spring is strong with Youth Reproductive and Sexual Health topics. April is Sexually Transmitted Infection (STI) Awareness Month, and May is Teen Pregnancy Prevention Month. These two aspects of Adolescent Health have driven youth education at the Hult Center for decades, and continue to be at the forefront.

***April: STI Awareness Month:***

The Centers for Disease Control (CDC) promotes STI Awareness Month with a campaign for self-advocacy: "Treat Me Right". Their campaign encourages young people to make their sexual health a priority, and challenge their providers to offer the care they need. Peoria County has continuously ranked highest amongst Illinois counties for our rates of STIs, particularly among youth. According to the Peoria City/County Health Department, the incidence of both Chlamydia and Gonorrhea within Peoria County continue to be 1.5 - 3 times that of the state and national values, where rates are highest among individuals between the ages of 15 and 29 years. Our community will continue to see rates of STIs rise as youth education empowers young people to get tested; these rates should begin to decline after several years of consistent comprehensive sexual health education. Community-wide conversations of prevention and the importance of testing are key to combating our community's high rates of infections!



### ***May: Teen Pregnancy Prevention Month***

Following STI Awareness Month is May, Teen Pregnancy Prevention Month. Peoria County has been successful in reducing our rates of teen pregnancy over the past few years; in 2016, our rates were 30.5 per 1,000 females, and in 2017 our rates reduced to 25.9 per 1,000 females. Though a decrease in rates is something to celebrate, the work in our community is not yet done; Peoria County continues to see teen birth rates higher than state and national averages. Continuous comprehensive sexual health education is important to long-term behavior changes related to teen pregnancy prevention, as well. Many organizations, like the Hult Center, continually educate youth about their options for pregnancy prevention, as well as how to access these preventative health care services, like birth control. Any student who attends Peoria Public Schools has access to the UnityPoint In-School Health Clinics at Peoria High, Manual, and Trewyn Schools, where birth control, pregnancy testing, STI testing, and condoms are all available to youth. For more information about the In-School Health Clinics, or how a student enrolls in these healthcare services, contact Becca Mathis at [bmathis@hulthealthy.org](mailto:bmathis@hulthealthy.org), or call the Hult Center at 309-692-6650.

### ***Hult Center Empowering the Youth for Teen Health Week***

April 1st-7th is Teen Health Week: A global initiative to raise awareness of the unique health issues facing teens all over the world. This week-long campaign aims to encourage teens to take charge of their physical and mental health to facilitate healthy habits they will carry with them throughout their lives. Teen Health Week topics include:

- **Monday, April 1:** Gender and Sexual Development
- **Tuesday, April 2:** Nutrition and Oral Health
- **Wednesday, April 3:** Preventive Care and Vaccines
- **Thursday, April 4:** Violence and Mental Health
- **Friday, April 5:** Substance Use and Misuse

Saturday and Sunday of Teen Health Week is focused on “Community-Specific Teen Health”, which for the Peoria Community includes conversation surrounding our high rates of STIs and teen pregnancy. Hult Center for Healthy Living encourages the community to participate in spreading the word about these important teen health topics during #TeenHealthWeek. Follow our social media on Facebook and Instagram for daily education, and to learn how Hult is addressing these topics!





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## Help Us Go Green!



Stay in-the-loop and help us go green at the same time by opting out of our printed newsletter for the email version.

You will receive an e-version of our quarterly newsletter, as well as other events and news updates throughout the year!

Call us at 309-672-4926.

## Save the Date

*Seneca Golf Outing: June 14, 2019*  
*Whitney's Walk for Life: July 27, 2019*  
*Lobster Boil: September 21, 2019*



### MISSION

Empowering people to live healthier lives

### VISION

The Hult Center for Healthy Living is the premier non-profit provider of comprehensive health education and wellness services for people of all ages.