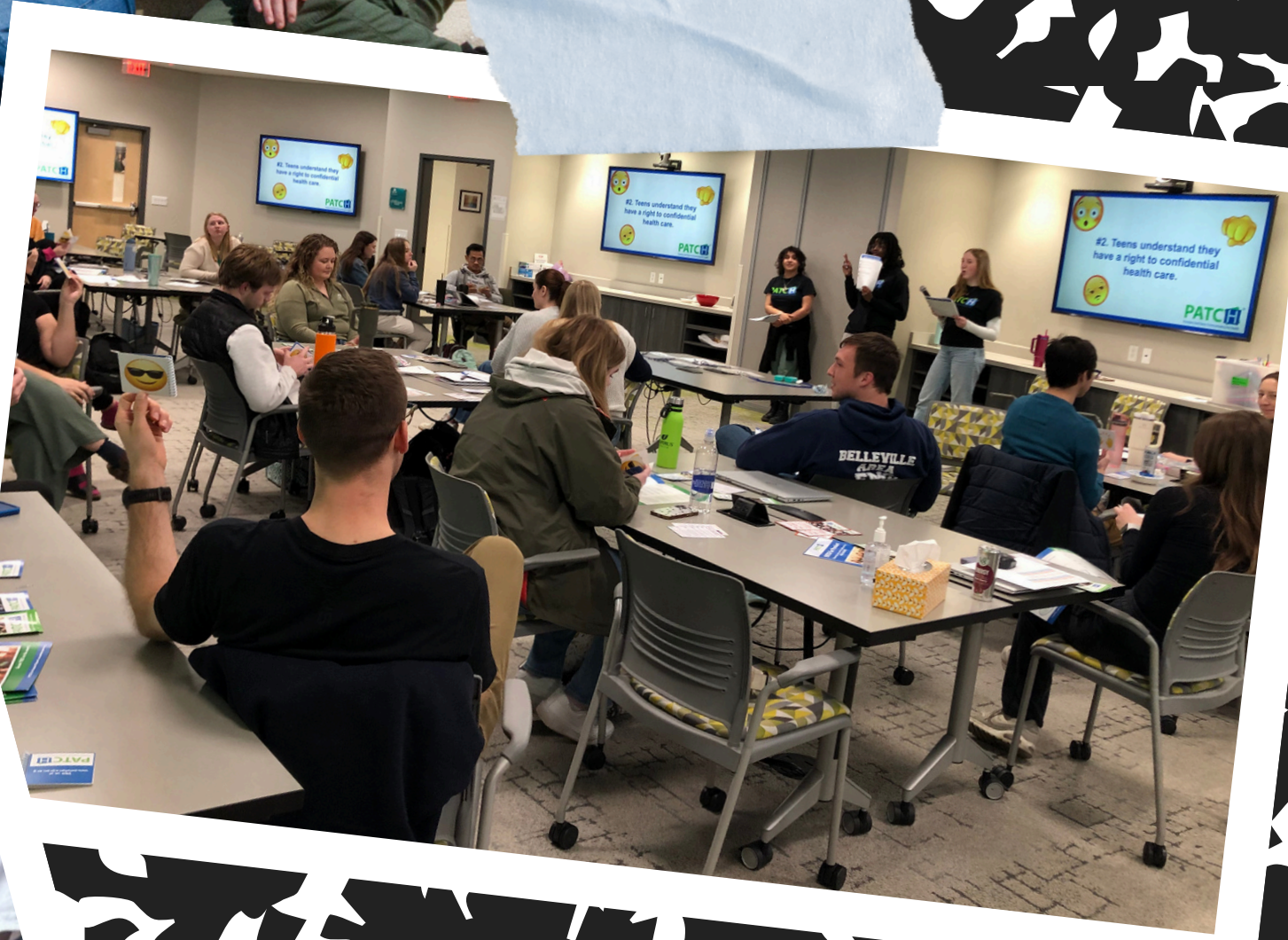




Providers And Teens Communicating for Health

YEAR IN REVIEW



2024 - 2025
Program Year



Year 14

HUZZAH!

Another trip around the sun for PATCH, and we're feeling incredibly grateful.

Over the past year, we've continued to listen, learn, and walk alongside teens who constantly inspire and challenge us. Just like adolescence, year 14 was full of energy, curiosity, complexity, and growth. It's been a time of transformation and we've embraced it by pushing boundaries, evolving our work, and showing up with purpose.

No matter how much we plan, each year brings its share of surprises—and this one was no exception. I'm so proud of how our team stayed agile and responsive to the evolving world around us, while remaining deeply rooted in our mission: to improve adolescent health in true partnership with teens.

This work has remained possible because of the creativity, dedication, and heart of everyone involved—our youth and adult staff, our partners, and the broader community that supports us. We all showed up in so many meaningful ways, and you'll see that reflected in the pages ahead. Thank you for being on this journey with us.



With gratitude,
Amy O.
Program Founder
& Director

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Teen Programming

PATCH Teens showed up big this year—with the support of their uh-mazing Coordinators—sharing stories, sparking conversations, and dropping fresh ideas to help their generation thrive.

WISCONSIN PATCH

Here in our home state, our dedicated staff brought PATCH programming to teens in every one of our Wisconsin's public health regions.

P.S. Big shift this year!

Did ya notice?! After years of learning through our Wisconsin Youth Advocacy Fellowship, we launched the PATCH Teen Consultant Program—a replicable model that gives teens the power to share insights and shape the programs, projects, and decisions that impact their lives.

Teen Educators
La Crosse, WI



Teen Educators
Wausau, WI



Teen Educators
Green Bay, WI



Teen Educators
Milwaukee, WI



Teen Educators
Madison, WI



Teen Consultants
Statewide - WI



OUR REPLICATION PARTNERS

We're also fortunate to collaborate with an incredible network of organizations nationwide that trust us to support, coach, and mentor them as they bring PATCH's teen programming to life in their own communities.

*BY THE #'S

10 PATCH Teen Engagement Programs

99 Certified PATCH Teens
Both Teen Educators & Teen Consultants

12 PATCH Teen Consulting Sessions

73 PATCH Workshops
Both PATCH for Providers & Peer-to-Peer

Teen Educators
CNMI-Saipan



Teen Educators
Buffalo, NY



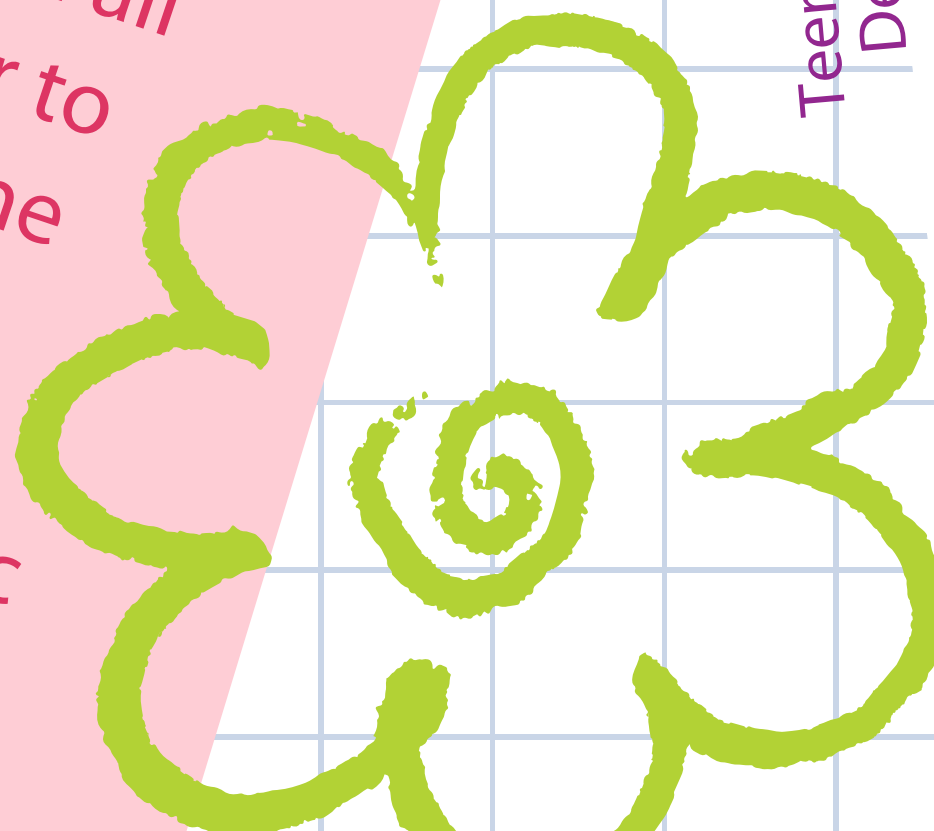
Teen Consultants
Wood County, WI



Teen Educators
Denver, CO



* Numbers tell part of the story... but the best parts take a little longer to share. PATCH programs come in all shapes and sizes, from first year to seasoned teams, each making their own with creativity, mission their own with heart. Want to hear more about one of our specific teams? Let us know! We'd love to connect you with their stories.



TEEN IMPACT

Year after year, we're in awe of the many the ways PATCH Teens grow and evolve—and the stories they share about how being part of the program has changed them.

It's actually helped me become more confident in who I am and who I want to be.

I've learned how to better advocate for myself and play a part in making right decisions for me.

This program has helped me strengthen and gain such essential skills I will need for any career I decide to go into. ...[such as] public speaking, organization, and punctuality!

I feel smarter - though it may seem silly I just couldn't believe how much I didn't know before. I feel more confident and helpful to my peers.

[PATCH] helped me feel less alone

PATCH has helped me develop relationships with adults that don't necessarily fit into a standard "parent-child" or "teacher-student" dynamic. The adults I've connected with because of PATCH are mentors, but I feel a lot more comfortable talking to them than I would other adults (that aren't my parents).

PATCH Teens report increased confidence in advocacy, improved communication skills, and healthier behaviors around their own wellbeing.

They also gave the program:

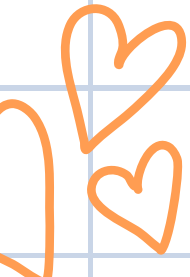
4.82



Average Rating (out of 5 stars)

And the impact doesn't stop there.

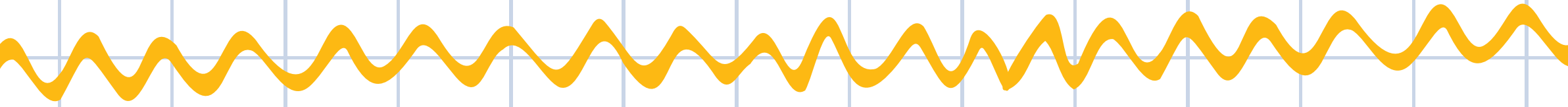




The things people say after working with PATCH Teens? Inspiring. Their insight, leadership, and authenticity leave a real and lasting mark.



PATCH WORKSHOPS



PATCH for Providers

4.65



Average Rating (out of 5 stars)

I was very impressed by the workshop. ... the dialogue felt genuine and really helped me see various perspectives. Thank you for doing this!

I didn't realize how much of a role teens do have in their own healthcare



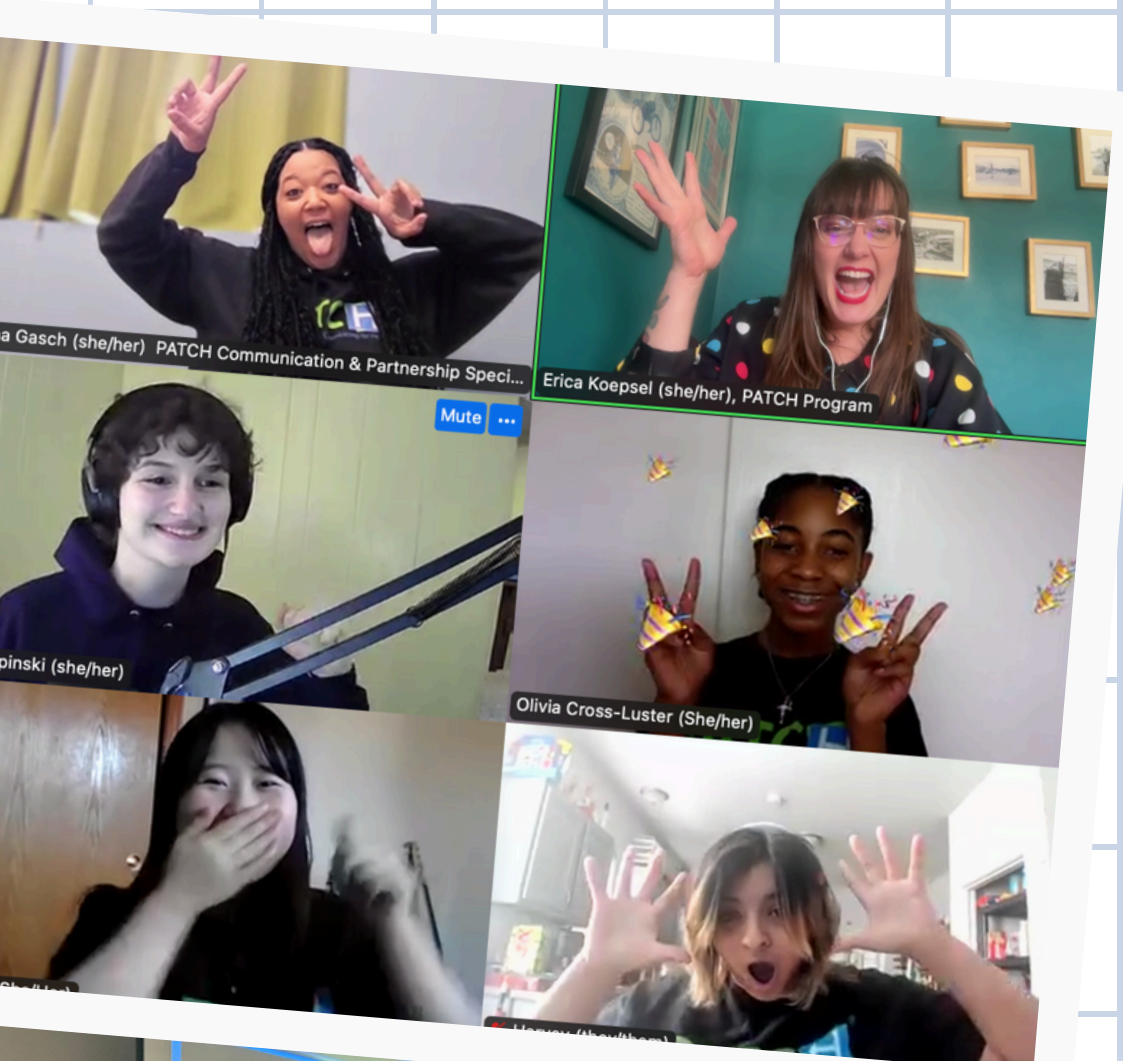
PATCH for Teens: Peer-to-Peer

4.32

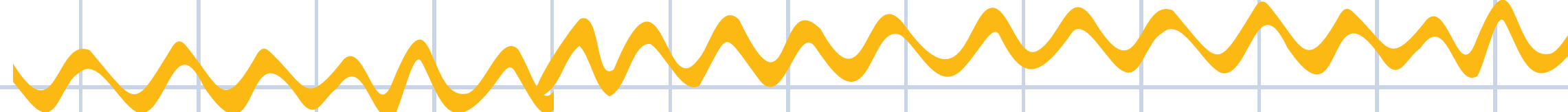


Average Rating (out of 5 stars)

I think that the PATCH mission is very important, as many teens don't know these things.



PATCH Consulting



PATCH Consulting Clients rated their session:

4.75



Average Rating (out of 5 stars)

Every consulting session we've had with PATCH has helped us improve our work and helps make it more impactful/effective for students across Wisconsin.



Free Resources

Needs come up. Ideas take shape. Some take off, some don't. This year, we partnered with incredible people — and, of course, our amazing PATCH Teens — to create new resources that strengthen and expand the impact of our existing work.

★ DEAR PROVIDER LETTER

For teens to share their voice with providers.

★ DEAR PARENT LETTER

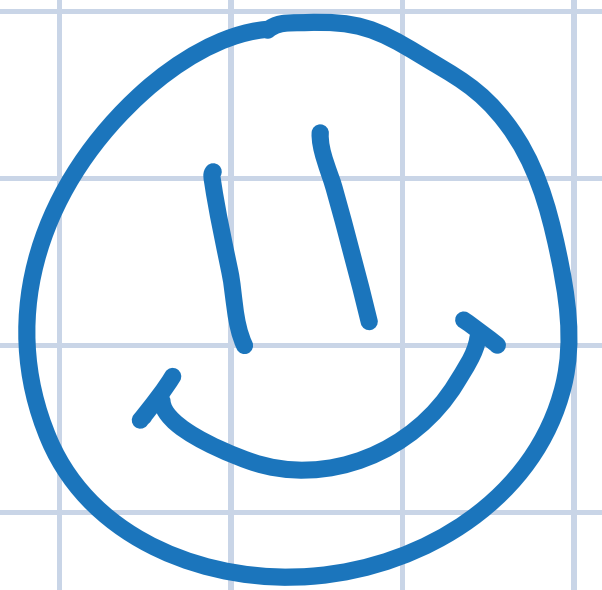
For teens to connect with caregivers around health care.

★ PATCH FOR TEENS LESSONS

For facilitators to empower teens to manage their health care.

★ PATCH FOR PARENTS LESSONS

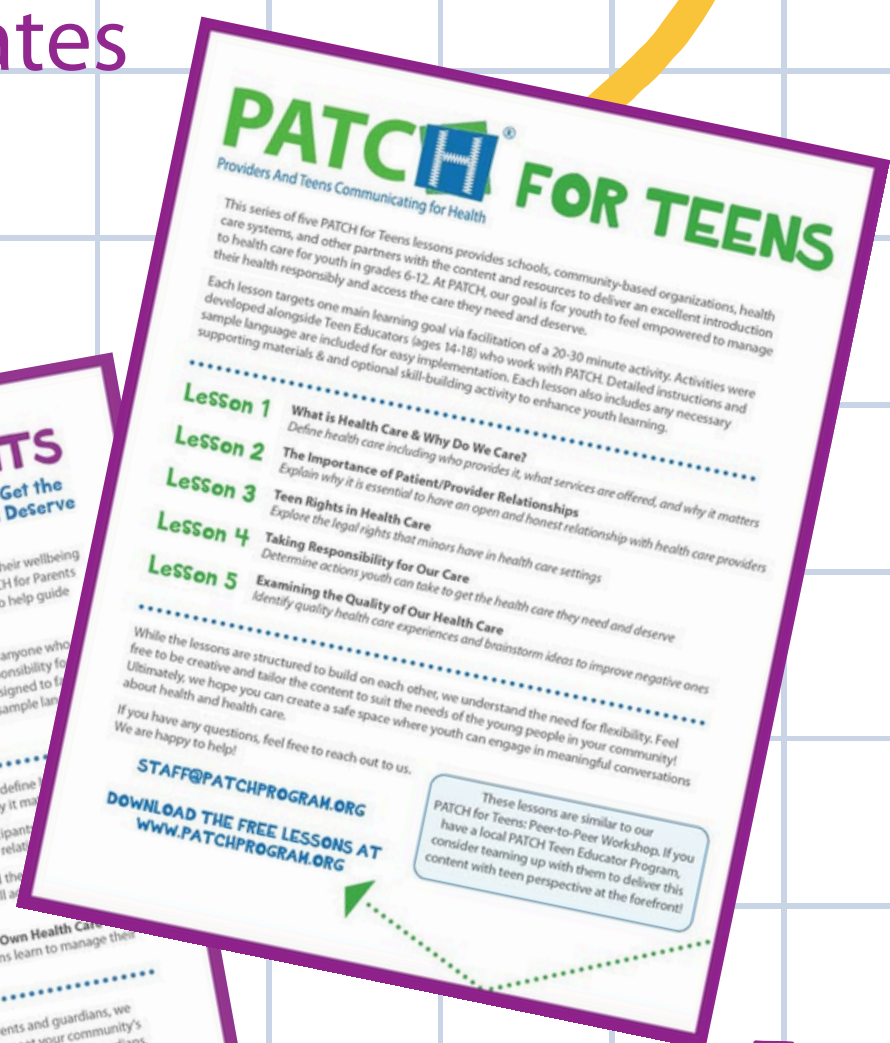
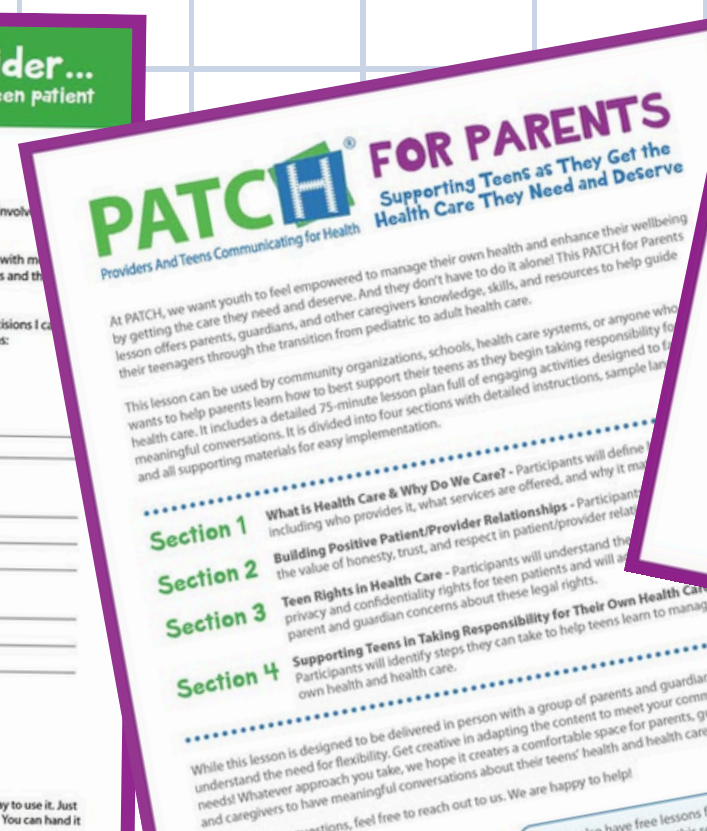
For facilitators to help caregivers talk with their teens about health care.



Share them. Use them.
Help make them well-loved.
Download at:

www.patchprogram.org

PS. Just this year, we've had people from **16** different states plus the UK who've downloaded our stuff. Sah-wheet!



Our Expertise

We're not ones to brag, but when it comes to working with teens and lifting up their voices—we know our stuff.

This year, local and national organizations, conferences, and partners turned to us—not just for youth engagement trainings and webinars (pretty much always with PATCH Teens by our side), but also to help guide them as they connect with teens in their own meaningful, intentional ways.

They trust us to show up, center teen voice, and help young people thrive.



Feedback from our partners was anonymous... but the love was loud!

10/10 RECOMMEND PATCH

ARE LIKELY TO ...and we're officially blushing. 🥰



The realness and validation are incredibly helpful. Offering multiple resources and leaving it up to me to decide which, if any, works best for me.



I genuinely adore PATCH and how much they value youth. They always put them first. As a Coordinator, I've felt consistently appreciated and supported, and it means a lot to be part of a program that's so thoughtful in everything they do.

PATCH Coaches provided over 2,700 hours of Teen Engagement Training, Mentoring & Advising!

We also wrapped up a large alumni evaluation, sharing powerful insights about our long-term impact, and kept the momentum going through publications and presentations.

Research Brief

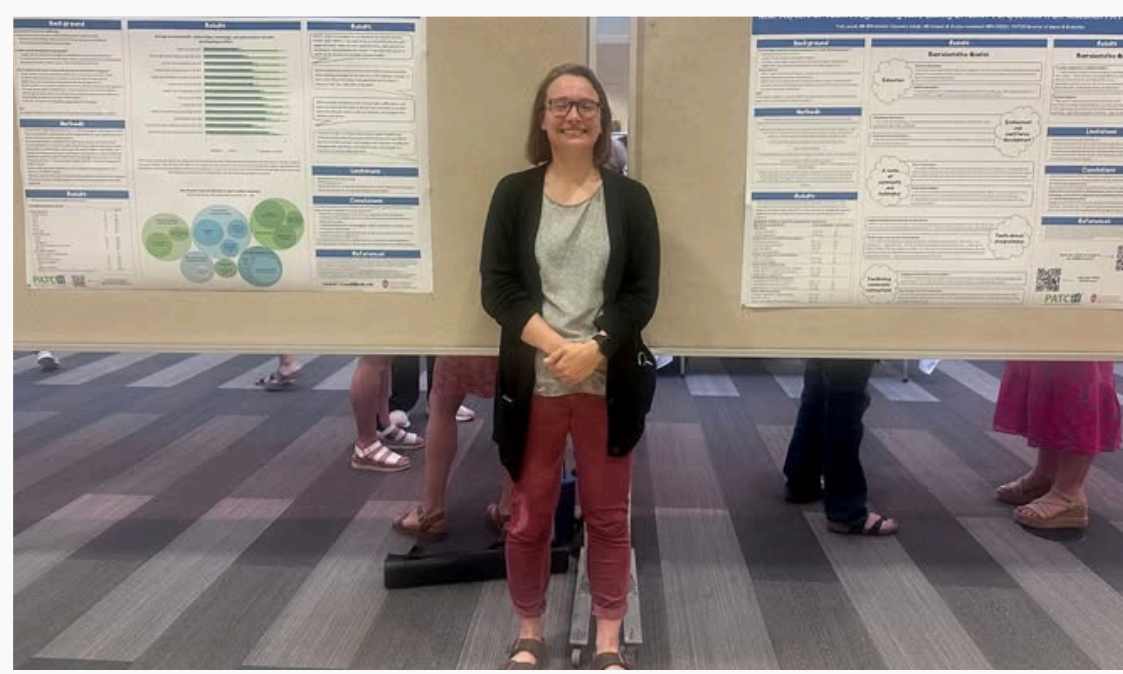
Enhancing Youth Engagement in Health Promotion: Evaluating the Impact and Strategies of a Teen Consultant Program

Haley Strouf Motley, MD, MPH¹
Chelsea J. Aeschbach, MPH, CHES²

Youth engagement in health promotion and disease prevention is mutually beneficial but often challenging to achieve. The Providers and Teens Communicating for Health (PATCH) Teen Consultant Program addresses these challenges by connecting youth, ages 13–19 years, with youth-serving professionals seeking input on health-related projects, programs, and practices. This mixed-method evaluation, using program records and key informant interviews, assessed the effectiveness of PATCH's youth consulting sessions and identified areas for improvement. Findings indicate that PATCH successfully facilitated meaningful youth

involving adolescents in health promotion and disease prevention offers substantial benefits. Adolescents bring unique perspectives that can enhance program effectiveness while gaining valuable skills through their engagement (Checkoway, 2011; Gocanel et al., 2017; Haddad et al., 2022). Despite these advantages, many organizations struggle to effectively integrate youth into such efforts (Ramos et al., 2022).

To address this challenge, the Providers and Teens Communicating for Health (PATCH) Program developed a youth engagement program to involve and train ado-



What Aspects of Youth Programming Have Lasting Effects? Perspectives from Wisconsin PATCH Alumni

Tess L. Jewell, BA; Alexandra R. Sabgir, BS; Chelsea J. Aeschbach, MPH, CHES

ABSTRACT

Background: As clinicians and scholars continue to emphasize the importance of actively involving youth in the Maternal and Child Health workforce, this evaluation explores the programmatic elements of the Wisconsin-based Providers and Teens Communicating for Health (PATCH) Program that previous participants found impactful.

Methods: Semistructured interviews were conducted with program alumni. Qualitative thematic analysis utilized a combined deductive and inductive approach.

Results: Fourteen interviews were completed. Analysis revealed 6 key themes highlighting impactful elements of PATCH: education, employment and workforce development, sense of community and belonging, youth-driven programming, facilitating community connections, and youth-adult partnership.

Discussion: Multiple elements of PATCH have led to sustained positive health and development outcomes among program alumni, providing valuable insights for effectively engaging youth.

At present, PATCH utilizes 2 youth-driven programs to engage youth. The PATCH Teen Consultant Program supports youth in consulting on adolescent health initiatives, policies, and practices, whereas the PATCH Teen Educator Program promotes open, honest, and medically accurate conversations between adolescents and their health care providers via teen-facilitated workshops. Program goals differ, but the approach to engaging youth remains consistent. Teams of 8 to 12 youth (aged 14 to 19) are formed through a deliberate selection process, including the release of job descriptions, submission of applications, interviews,

We're so grateful for the trust, collaboration, and continued chance to do what we do best — with and for teens.

THANK YOU!



Providers And Teens Communicating for Health

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