



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

JOSH STEIN • Governor

DEV DUTTA SANGVAI • Secretary

YVONNE COPELAND • Director, Division of Child and Family Well-Being

To Interested New Members of the **Youth Health Advisor (YHA)** Team,

The NCDHHS Division of Child and Family Well-Being Youth Health Advisor (YHA) Team 2025-2026 cohort application opens September 15 and closes September 24 at 11:59 p.m. Our team consists of a group of high school-aged students 14 to 18 who partner with the Division of Child and Family Well-Being. We meet twice a month to discuss adolescent health issues and promote health education to youth in our state. Our goal is to help to make communities and the state a healthier place for adolescents.

During our meetings we have productive discussions, create group projects, and help other health programs in their work to keep our state's young people healthy. Team members live all across NC and bring a wide range of experiences and perspectives on youth health.

There is a lot to be gained through YHA membership. For example, you can participate in leadership opportunities, provide feedback and guidance for youth, create social media posts and videos, and more. There is also a lot of collaboration with other youth on the YHA team, public speaking opportunities, guest speakers, and the opportunity to discuss and problem solve important health issues. This is a safe place where your voice is heard and your ideas matter.

YHA members are expected to commit one year to the team. They will meet the first and third Wednesday of each month from 6:00 p.m. – 7:30 p.m. (day can be changed by the team consensus). We have an attendance policy and encourage all members to attend meetings regularly. There is a possibility that YHA will have one in-person meeting each month. More information will be shared during the first YHA meeting.

Our team meets virtually which means a reliable internet connection and web camera are helpful, but we always try to work with those who do not have dependable access to the internet and technology. Group projects may require time out of our meetings to get together with your group members. Any rising high school freshman to senior can apply! Please share this great opportunity with your peers that may be interested as well. Visit our website to learn more about YHA.

Applications open in the fall of each school year. You can apply online using this [link](#). All additional questions can be directed to Brianna Session at brianna.session@dhhs.nc.gov. We look forward to hearing from you!

Sincerely,

The Youth Health Advisors

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES • DIVISION OF CHILD AND FAMILY WELL-BEING

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