



NAVAJO COMMUNITY HEALTH OUTREACH YOUTH LEADERSHIP PROGRAM



**"I am the one who will
make changes—changes
that will be noticed.
The one who will pave the
road to better-ness.
I am the one who will seek
goodness –
goodness that will bless.
I am the one who will
persist;
Through thick n' thin I will
insist.
I am the one who will start
the "revolution"
Rebelling from low
expectations."
*Sybil Casilac, Crownpoint***

Community Outreach & Patient Empowerment (COPE) is a non-profit and sister organization of Partners In Health that seeks to improve the health and wellbeing of the Navajo community through building community partnerships, increasing access to healthy food and beverage options on the Navajo Nation, building strong clinic-community linkages and developing evidence-based, culturally appropriate disease prevention education and outreach.

COPE, in partnership with Partners In Health, Bread Loaf School of English and the Navajo Nation, have developed a youth leadership program comprised of eighteen high school students selected from four high schools across the Navajo Nation titled Navajo Community Health Outreach (NCHO). NCHO focuses on empowering Navajo high school students with the knowledge of food literacy and it's vital, sacred connection to the Navajo culture and values. NCHO youth leaders are supported, mentored and taught by Bread Loaf School of English teachers to build and improve communication and writing skills. The leaders become public health champions within the community to promote health and wellness through presentations and the use of multimedia.