



All About the *youthink* Fellowship: An Informational Webinar

February 6, 2026

Welcome



POWERED BY CHILDREN'S HOSPITAL LOS ANGELES

Hi, we're *youthink*. We're glad you're here!

youthink is an **innovation hub** powered by Children's Hospital Los Angeles (CHLA) that **supports changemakers** across the U.S. and its territories in cultivating new ideas and bold solutions to **advance adolescent and young adult health**.



Welcome

About
youthink

About the
Fellowship

Q&A

Takeaways

- An understanding of *youthink* and our fellowship, including how to apply
- A sense of who we are
- Answers to your questions



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Agenda

- Welcome
- About *youthink*
- About the Fellowship
 - Application
- Questions & Answers



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Virtual Meeting Asks

- Put questions in the chat throughout the presentation
- Emojis and reactions encouraged 😊
- Please stay on mute if not speaking



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About *youthink*



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Who is youthink?

- Division of Adolescent & Young Adult Medicine at CHLA
 - Serves young people ages 12-25
 - Provides direct services and programs across a range of adolescent health needs (*e.g., sexual and reproductive health, substance use, mental health*)
 - Champions positive youth development at a national level
- *youthink* (created in 2023)
 - In collaboration with the Innovation Studio at CHLA
 - Goal: Increase the number of innovators and innovations in adolescent health, with a focus on sexual and reproductive health
 - Part of a larger network of innovation hubs funded by the U.S. HHS' Office of Population Affairs



Who is *youthink*?

Our Guiding Principles

At *youthink* we,

- Believe young people should lead the design of innovations that affect them
- Create space for a wide range of identities and experiences
- Encourage multidimensional approaches to improve adolescent sexual and reproductive health
- See failure as an important part of learning and embrace the freedom to always re-examine our decisions and change our minds
- Communicate openly, work collaboratively, and value transparency with everyone we work
- Build spaces, processes, and innovations that are tailored to people's needs and experiences
- Consider the potential unintended consequences of our work
- Take creative risks and stay brave, curious, and open-minded



**Everyone
is an
innovator**

 youthink.health

What does “innovation” mean at *youthink*?



Innovation is the process of creating or changing something to help meet needs and overcome challenges.



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How do we innovate at *youthink*?

Our Process



Design thinking is an approach to problem solving that uses empathy and creativity to come up with meaningful solutions



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How do we innovate at *youthink*?

Our Programs

Incubator Program

- Apply as a team
- Community-specific adolescent health focus
- 8 months
- Cohort 3: October 2026-May 2027

Fellowship

- Apply as an individual (ages 18-25 years), assigned to teams
- Adolescent sexual and reproductive health focus
- 7 weeks
- Cohort 1: June 22-August 7, 2026



"*youthink* has been personally and professionally inspiring - I have gleaned a lot of knowledge and passion from our cohort and coaches. Design thinking helps broaden my thought process and tackle problems open-mindedly".

- 2024 *youthink* Incubator Program Participant



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About the Fellowship



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***From
challenge
to change***

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What do we mean by “challenge”?

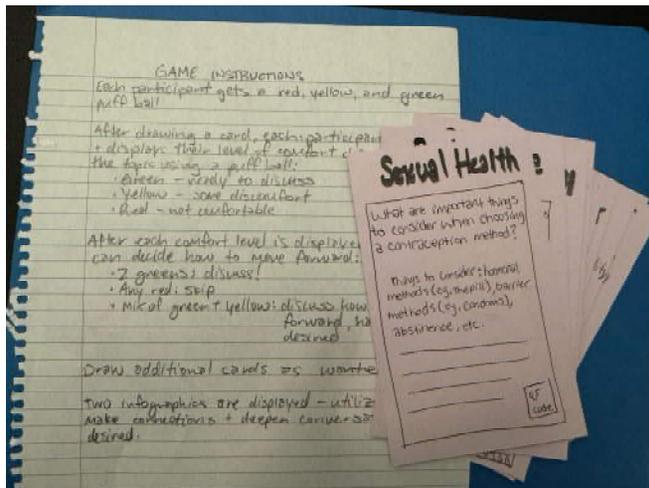
Focus Areas (Teams of 4)

1. **Credible Knowledge and Information:** Adolescents often struggle to evaluate the credibility of sexual and reproductive health information, leaving them vulnerable to misinformation.
2. **Engaging Young Men:** Young men and adolescent boys are often not engaged as key stakeholders in sexual and reproductive health planning and services.
3. **Decision Making in Relationships:** Young people are often expected to make complex decisions about relationships and sexual health without a clear understanding of what healthy relationships look like and what consent means in practice.



What do we mean by “change”?

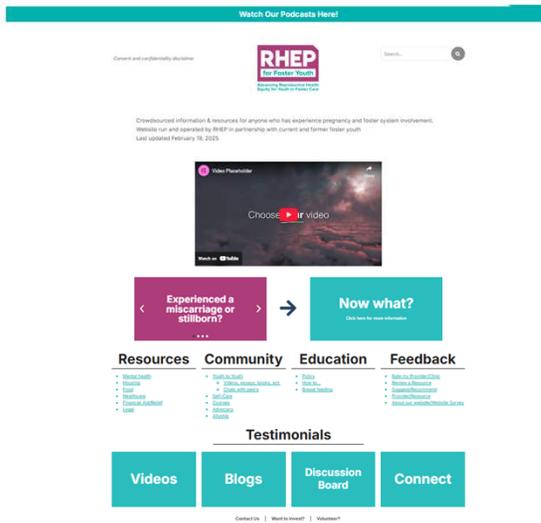
Prototype



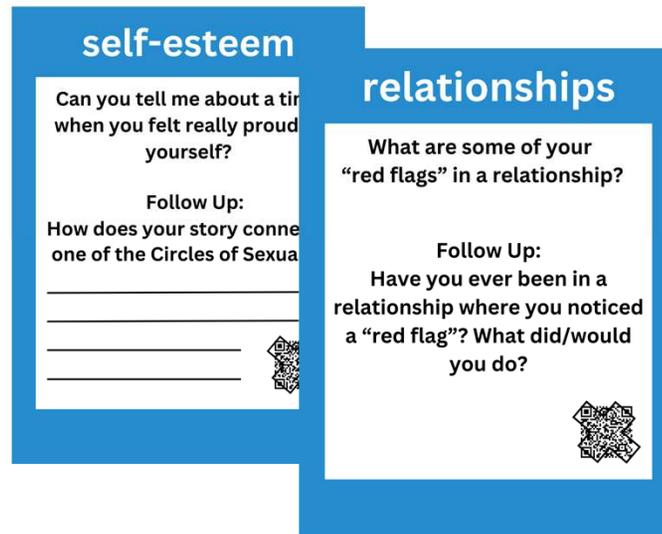
A prototype is a physical or experiential representation of an idea that has been designed and tested alongside community.

Prototype Examples

Website



Card Game

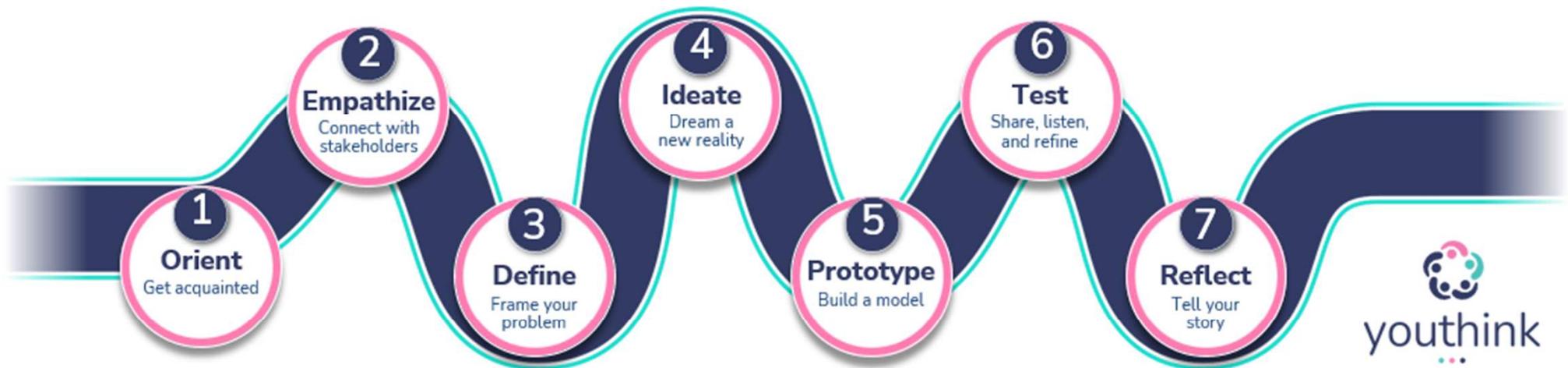


Podcast



How do we move from challenge to change?

Journey Map

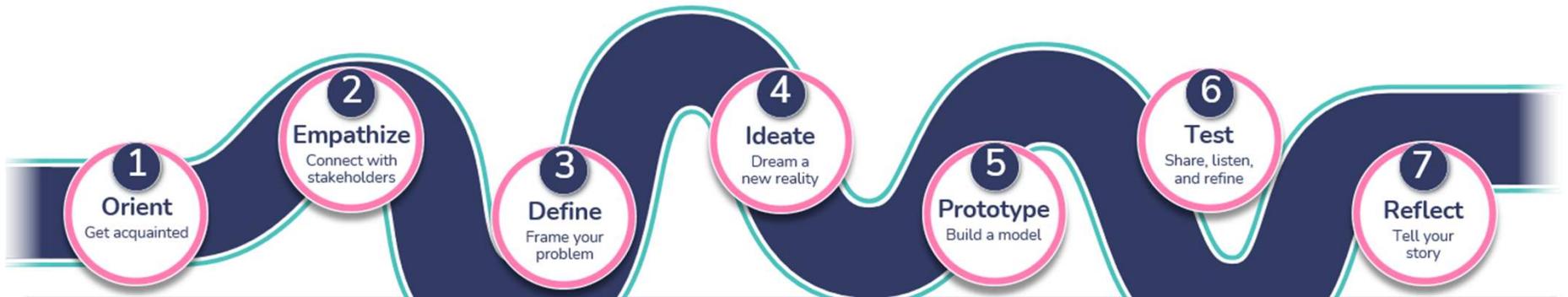


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Weekly Milestones						
<ul style="list-style-type: none"> Participate in a four-day in-person gathering (fully funded by <i>youthink</i>)—building connections and learning design thinking skills to guide your journey 	<ul style="list-style-type: none"> Connect with people impacted by their issue area to identify key needs and insights 	<ul style="list-style-type: none"> Use feedback from stakeholders to create focused problem statements to guide your design 	<ul style="list-style-type: none"> Generate creative, human-centered ideas and choose one to develop further 	<ul style="list-style-type: none"> Work to turn your idea into simple prototypes 	<ul style="list-style-type: none"> Share prototypes with stakeholders, learn from their feedback, and consider how to refine your innovation 	<ul style="list-style-type: none"> Showcase your work, celebrate your progress, and look ahead to what is next for your prototype and future as innovators
In-Person* (40+ hours)	Virtual* (10-15 hours of meetings and team work time per week)					
<ul style="list-style-type: none"> Foundational trainings in design thinking and sexual and reproductive health innovation Getting to know your cohort, team, and coach 	<ul style="list-style-type: none"> Cohort (weekly) Team with coach (weekly) Team without coach (weekly) Individual with coach (bi-weekly) 					
	Individual Work (10-15 hours of independent progress per week)					

*Besides the in-person gathering on Week 1, the fellowship is **entirely virtual**. Fellows will need to work together and with *youthink* to schedule meetings that work across time zones.

What can *youthink* fellows expect?

Week 1: In-Person Gathering

- June 22-25, plus travel days, in Los Angeles, CA (40+ hours)
 - 4 days of hands-on training and team-building activities (~9 a.m. to 4 p.m.)
 - Optional evening activities
- Fully funded by *youthink*
 - We will book your travel and hotel and cover meals and ground transportation
- Getting to know your team, cohort, coaches, and *youthink*
- Clarity around milestones and next steps
- Fun and intentionality!



"I really loved the event. It was a privilege to be here. Thank you for all the amazing work you did designing and refining it!"

"Appreciate how thorough and seriously y'all take this, it's helped our team feel more energized, aligned, and focused on this project".

"Adore how it's set up and how chill and lax the vibe and atmosphere".

- 2025 youthink Incubator Program Participants



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What can *youthink* fellows expect?

Weeks 2-7: Virtual Meetings & Independent Work

- Regular meetings and team and individual work time to reach milestones (20-30 hours per week)
 - Availability needed during business hours (9 a.m. to 5 p.m., across time zones)
 - Exact days/times will be determined once cohort is selected
- Coaches to support you every step of the way
 - Individualized innovation support, project management, and cheerleading
- Other logistical support
 - Online workspace with resources, templates, training slides, etc.
 - Guidebook with key information
 - Calendar invites for meetings
- Celebrating your successes and failures!



What do *youthink* fellows receive for their participation?

Compensation

- \$5,000 (paid at completion of program)
- 4-day, fully-funded in-person gathering
- 6 week-long virtual program
- Letter of recommendation and other professional development support (e.g., resume, networking)
- *The learning and experience you'll gain!*



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I ♥
innovating
for
adolescent
health

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Fellowship Application

Eligibility Criteria (All Must Be True)

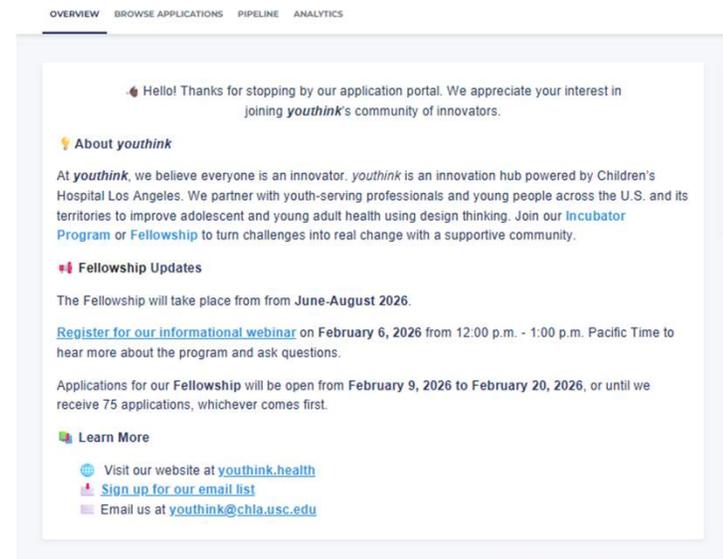
- As of June 22, 2026:
 - Age 18 to 25
 - High school diploma or GED
 - 1-year post-high school experience (work, education, or volunteer)
 - REAL ID driver's license or state ID card (for air travel)
- Live and eligible to work in the U.S. and its territories
- Available to travel to and attend the in-person gathering (June 22-25)
- Available to participate in 20-30 hours of work per week (June 29-August 7)



Fellowship Application

Ideawake

- Launches on Mon. 2/9 at 10 a.m. PT!
- Open until Fri. 2/20, or until we receive 75 complete applications
- Hosted on Ideawake
 - youthink.ideawake.com
 - Create an account before applying
 - Automatically saves draft as you complete the application
- 17 Questions
 - 13 quick questions
 - 4 main questions (1 of which is a video)



Fellowship Application

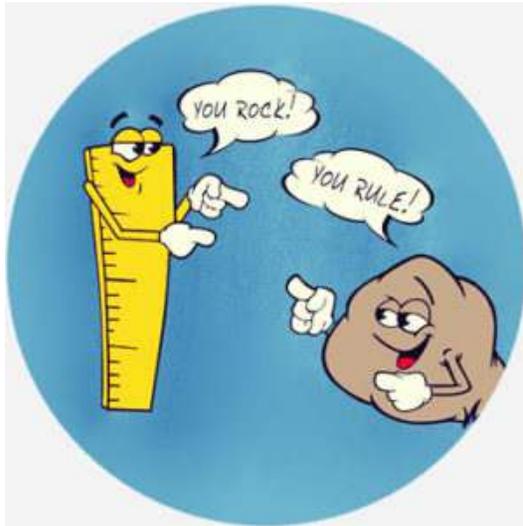
What We're Looking For

- Your why (i.e., why do you want to participate in the fellowship?)
- Interest in adolescent sexual and reproductive health
- Ability to work independently and on teams
- Skills and traits
- Readiness and preparedness
- A cohort with a range of backgrounds and experiences



Fellowship Application

Tips and Tricks



- Make it personal – we want to have a sense of who you are!
- Be honest, not perfect 😊
- Showcase your values and passions
- Submit early!



Fellowship Application

Helpful Resources

Website: youthink.health/fellowship

- [How to Apply Guide](#)
- [FAQs: youthink.health/faqs](https://youthink.health/faqs)

Office Hours

- Optional, informal space to ask questions – Requires registration! Not recorded.
- February 10, 2026, 10:00 a.m. - 11:00 a.m. PT ([Zoom Registration Link](#))
- February 13, 2026, 9:30 a.m. - 10:30 a.m. PT ([Zoom Registration Link](#))
- February 16, 2026, 10:30 a.m. - 11:30 a.m. PT ([Zoom Registration Link](#))

Email us! youthink@chla.usc.edu



Fellowship Application

Timeline & Process

- **February:** Applications
- **March:** Interviews and references for select applicants
- **April:** Offers
- **Mid-April to early-June: Onboarding**
 - Anticipated 10-15 hours (meetings, paperwork, light pre-work – we will support you!)
- **Jun. 22 to Aug. 7: Fellowship**
 - In-Person: June 22-25, plus travel days, in LA (40+ hrs)
 - Virtual: June 29-August 7 (20-30 hrs per week)



Questions and Answers



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Empathy is a
superpower



We hope to hear from you!



Email: youthink@chla.usc.edu



Website: youthink.health



Application: youthink.ideawake.com



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Thank you!