





# **Clinical Resource Web Links**

## Section 1: Tools for Patients and Families

#### **Handouts for Patients and Families:**

#### **Adolescent Health Care**

Be in Charge of Your Health\*
 http://idph.iowa.gov/Portals/1/userfiles/110/Be%20In%20Charge%20Original.pdf

#### **Body Image, Health Eating & Exercise**

 Daily Activity Diary – BACE (Body Care, Achievement, Connect with others & Enjoyment)\* https://www.get.gg/docs/BACEdiary.pdf

## Contraception

 Reproductive Health Access Project Contraception Handouts https://www.reproductiveaccess.org/key-areas/contraception/

#### **Immunizations**

- CDC: If You Choose Not to Vaccinate Your Child, Understand the Risks and Responsibilities\*
   https://www.cdc.gov/vaccines/hcp/conversations/downloads/not-vacc-risks-color-office.pdf
- CHOP: Recommended Immunization Schedule: What You Should Know: Q & A
   <a href="https://media.chop.edu/data/files/pdfs/vaccine-education-center-recomm-immuniz-sched-eng.pdf">https://media.chop.edu/data/files/pdfs/vaccine-education-center-recomm-immuniz-sched-eng.pdf</a>

#### **Substance Use Resources**

- National Institute on Alcohol Abuse and Alcoholism (NIH): Family Checkup, Positive Parenting Prevents Drug Abuse.\*
  - https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/familycheckup 8 15.pdf
- NIH: Parenting to Prevent Alcohol Abuse\*
   <a href="https://pubs.niaaa.nih.gov/publications/adolescentflyer/adolFlyer.pdf">https://pubs.niaaa.nih.gov/publications/adolescentflyer/adolFlyer.pdf</a>
- Students Against Destructive Decisions (SADD). Contract for Life\* https://crafft.org/contract/

<sup>\*</sup>indicates hardcopy print version is included in this toolkit







• The Teen Years Explained: A Guide to Health Adolescent Development (specific chapters are included in the toolkit)

https://www.jhsph.edu/research/centers-and-institutes/center-for-adolescent-health/ docs/TTYE-Guide.pdf

## **AHWG: Adolescent Health Working Group:**

 Resources for Youth Around Body Image, Healthy Eating & Exercise https://ahwg.org/youth-resources/

- Building Your Plate\*
- Checklist for a Healthier Lifestyle\*
- Eating, Exercise & Body Image Continuum\*
- Exercise Pyramid\*
- Healthy Eating & Snacking Tips\*
- Healthy Weight\*
- Myths and Facts of Dieting\*
- O What is a Single Serving?\*
- O What is Body Image?\*
- Resources for Parents and Caregivers

https://ahwg.org/parent-caregiver-resources/

- Does My Teen Need Help? Behavioral Warning Signs\*
- The 5 Basics of Parenting Adolescent\*

#### **Websites & Resources for Parents and Teens:**

- Center for Young Men's Health at Boston Children's Hospital http://youngmenshealthsite.org/
- Center for Young Women's Health at Boston Children's Hospital https://youngwomenshealth.org/
- National Institute on Drug Abuse for Children & Teens https://www.drugabuse.gov/children-and-teens
- NIH: Make a difference. Talk to Your Child About Alcohol https://pubs.niaaa.nih.gov/publications/MakeADiff\_HTML/makediff.htm

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- NIH National Institute on Drug Abuse for Teens. Drug Facts https://teens.drugabuse.gov/drug-facts
- NIH National Institute on Drug Abuse. Easy to Read Drug Facts <a href="https://easyread.drugabuse.gov/">https://easyread.drugabuse.gov/</a>
- Partnership for Drug Free Kids https://drugfree.org/

## Section 2: Tools for Clinicians

## **Adolescent Friendly Services:**

- 3 Keys to Youth Friendly Health Services
   http://www.amchp.org/programsandtopics/AdolescentHealth/Documents/3%20Keys%20Infographic.png
- Adolescent Well Visit Brochure Template (click View then Edit Document)
   http://contentmanager.med.uvm.edu/docs/awv\_brochure\_template/vchip-documents/awv\_brochure\_template.docx?sfvrsn=2
- Setting Up An Adolescent Friendly Environment\*
   http://contentmanager.med.uvm.edu/docs/michigan\_setting\_up\_adolescent\_friendly\_enviorn\_ment/vchip-documents/michigan\_setting\_up\_adolescent\_friendly\_enviornment.pdf?sfvrsn=2
- Standards of Youth Centered Care\*

  <a href="http://contentmanager.med.uvm.edu/docs/standards">http://contentmanager.med.uvm.edu/docs/standards</a> of youth centered care infographic final.jpg?sfvrsn=2
- Tips for Creating a More Youth Friendly Clinic Environment <a href="http://contentmanager.med.uvm.edu/docs/oregon\_doh\_teenfriendlyclinic/vchip-documents/oregon\_doh\_teenfriendlyclinic.pdf?sfvrsn=2">http://contentmanager.med.uvm.edu/docs/oregon\_doh\_teenfriendlyclinic.pdf?sfvrsn=2</a>
- VCHIP's Adolescent and Youth Friendly Clinic Assessment Tool\*

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http://contentmanager.med.uvm.edu/docs/vermont aya assessment tour toolee97e3e4b889 6cc59be4ff0000359472/vchip-

<u>documents/vermont aya assessment tour toolee97e3e4b8896cc59be4ff0000359472.pdf?sfvr sn=2</u>

## **Adolescent Well Visit**

- Paving the Road to Good Health: Strategies for Increasing Medicaid Adolescent Well Care Visits
   http://contentmanager.med.uvm.edu/docs/paving-the-road-to-good-health/vchip-documents/paving-the-road-to-good-health.pdf?sfvrsn=a6fc679b
- Society for Adolescent Health and Medicine Clinical Care Resources: Adolescent and Young Adult Clinical Care Resources by Topic https://www.adolescenthealth.org/Resources/Clinical-Care-Resources.aspx

#### **Building Strengths and Resilience**

- Inspiring Health Adolescent Choices: A Rationale for and Guide to Strength Promotion in Primary Care https://www.jahonline.org/article/S1054-139X(07)00240-6/abstract
- Trauma & Resilience: An Adolescent Provider Toolkit by the Adolescent Health Working Group\* https://rodriguezgsarah.files.wordpress.com/2013/05/traumaresbooklet-web.pdf

## Confidentiality

- Adolescent & Young Adult Health Care in Vermont
   http://contentmanager.med.uvm.edu/docs/vermont\_ayah\_confidentiality\_guide/vchip-documents/vermont\_ayah\_confidentiality\_guide.pdf?sfvrsn=2
- Adolescent Health Working Group-Confidentiality http://www.publichealth.lacounty.gov/dhsp/Providers/toolkit2.pdf

### **General Adolescent Healthcare**

- AAP: Bright Futures Periodicity Schedule\*
   https://www.aap.org/en-us/Documents/periodicity schedule.pdf
- Adolescent Health Working Group https://ahwg.org/

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- Comparison of the Adolescent Well Care Visit and Pre-Participation Physical Evaluation\*
   http://contentmanager.med.uvm.edu/docs/ohaosaa wellvisit sportphys compare/vchip-documents/ohaosaa wellvisit sportphys compare.pdf?sfvrsn=2d5e1216 2
- Health Provider Toolkit for Adolescent and Young Adult Males <a href="http://ayamalehealth.org/#sthash.Xx8zzFuV.GHf8CfWo.dpbs">http://ayamalehealth.org/#sthash.Xx8zzFuV.GHf8CfWo.dpbs</a>
- Know Your Health Toolkit\*
   http://www.amchp.org/programsandtopics/AdolescentHealth/Documents/Know%20Your%20Health%20Toolkit%20(DRAFT)%20from%20New%20Mexico.pdf
- Michigan Adolescent Health Initiative https://www.umhs-adolescenthealth.org/
- Summary of Recommended Guidelines for Clinical Preventive Services for Young Adults ages 18-25
   http://nahic.ucsf.edu/wp-content/uploads/2013/10/Screening-Guidelines-YA-11.20.17.pdf
- Recommended Guidelines for Clinical Preventive Services for Young Adults ages 18-25: Risk Factors and Recommended Screening Tests <a href="http://nahic.ucsf.edu/wp-content/uploads/2017/11/YA-Summary-Guidelines">http://nahic.ucsf.edu/wp-content/uploads/2017/11/YA-Summary-Guidelines</a> Nov-20-2017.pdf

#### **Handouts**

- 5 Things Parents Need to Know about the Adolescent Well Visit\*
   <a href="http://idph.iowa.gov/Portals/1/userfiles/110/Parents%20Guide%20Original.pdf">http://idph.iowa.gov/Portals/1/userfiles/110/Parents%20Guide%20Original.pdf</a>
- 5 Things Teens Need to Know about the Adolescent Well Visit\* http://idph.iowa.gov/Portals/1/userfiles/110/Teens%20Guide%20Original.pdf
- Be in Charge of Your Health\*
   http://idph.iowa.gov/Portals/1/userfiles/110/Be%20In%20Charge%20Original.pdf
- HPV Vaccine for Preteens and Teens
   https://www.cdc.gov/vaccines/parents/diseases/hpv-basics-color.pdf
- HPV Fact Sheets and Brochures https://www.cdc.gov/std/hpv/facts-brochures.htm

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- HPV Information for Parents
   https://www.cdc.gov/hpv/parents/index.html
- Human Papillomavirus (HPV) Educational Materials for Your Office Staff and to Give to Parents
   <a href="https://www.cdc.gov/hpv/hcp/educational-materials.html">https://www.cdc.gov/hpv/hcp/educational-materials.html</a>?CDC AA refVal=https%3A%2F%2Fwww.cdc.gov%2Fhpv%2Fhcp%2Ftools-materials.html
- The Adolescent Health Supervision Visit
   <a href="http://contentmanager.med.uvm.edu/docs/adolescent\_well\_visit\_for\_parents/vchip-documents/adolescent\_well\_visit\_for\_parents.pdf?sfvrsn=2">http://contentmanager.med.uvm.edu/docs/adolescent\_well\_visit\_for\_parents/vchip-documents/adolescent\_well\_visit\_for\_parents.pdf?sfvrsn=2</a>
- Understanding the Roles\* http://idph.iowa.gov/Portals/1/userfiles/110/The%20Roles%20Original.pdf
- Vermont Child Health Improvement Program's Understanding Confidentiality\*
   http://contentmanager.med.uvm.edu/docs/understanding\_confidentiality/vchip-documents/understanding\_confidentiality.pdf?sfvrsn=2

### **Immunizations:**

- American Academy of Pediatrics: Human Papillomavirus (HPV) CHAMPION TOOLKIT
   https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/immunizations/HPV-Champion-Toolkit/Pages/HPV-Champion-Toolkit.aspx
- Centers for Disease Control and Prevention (CDC): Vaccinations & Immunizations https://www.cdc.gov/vaccines/index.html
- CDC: HPV Vaccine Schedule and Dosing https://www.cdc.gov/hpv/hcp/schedules-recommendations.html
- CDC: Recommended Child and Adolescent Immunization Schedule for Ages 18 Years or Younger https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html
- CDC: Talking to Parents about HPV Vaccine (page 2) https://www.cdc.gov/hpv/hcp/for-hcp-tipsheet-hpv.pdf

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- CDC: HPV Posters
  - Protect Your Preteen Patients Today with HPV Vaccine\*
     https://www.cdc.gov/hpv/hcp/hpv-important/infographic-hpv-screening-508.pdf
  - HPV Vaccine is Cancer Prevention\*
     <a href="https://www.cdc.gov/vaccines/partners/downloads/teens/close-the-door-f.pdf">https://www.cdc.gov/vaccines/partners/downloads/teens/close-the-door-f.pdf</a>
  - Vaccine Against Cancer for Your Kids <a href="https://www.cdc.gov/vaccines/partners/downloads/teens/vaccine-for-cancer-f.pdf">https://www.cdc.gov/vaccines/partners/downloads/teens/vaccine-for-cancer-f.pdf</a>
- Immunization Action Coalition https://www.immunize.org/

#### Interviewing

- AYA Male Health Toolkit. SAMPLE PATIENT QUESTIONS
   https://www.ayamalehealth.org/docs/Sample-Patient-Questions.pdf
- Strength-based Interviewing (Article)
   https://www.ncbi.nlm.nih.gov/pubmed/19492689

## **LGBTQ** and Transgender Health

- ACT for Youth Resources for Working with LGBT Patients: Guides, Kits and Recommendations http://actforyouth.net/adolescence/healthcare/lgbt.cfm
- Caring for LGBTQ Youth: The Fenway Guide to LGBT Health Module 4
   <a href="http://www.lgbthealtheducation.org/wp-content/uploads/Module-4-Caring-for-LGBTQ-Youth.pdf">http://www.lgbthealtheducation.org/wp-content/uploads/Module-4-Caring-for-LGBTQ-Youth.pdf</a>
- CDC: LGBT Youth https://www.cdc.gov/lgbthealth/youth.htm
- Gender Pronouns\*
   http://www.transstudent.org/pronounsgraphic.jpg
- GLSEN safe space kit (Safe Space kits: Be an ALLY to LGBTQ for purchase)
   https://www.glsen.org/activity/glsen-safe-space-kit-be-ally-lgbtq-youth

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- It Gets Better (Connecting LGBTQ youth around the world) https://itgetsbetter.org/
- List of Mental Health Providers Experienced with Trans Youth in Vermont and New York
   State\*

http://contentmanager.med.uvm.edu/docs/mental\_health\_providers\_experienced\_with\_trans\_youth/vchip-

documents/by location mental health providers experienced with trans youth.pdf?sfvrsn=

- Outright Vermont (Local resources, support, and events) <a href="http://www.outrightvt.org/">http://www.outrightvt.org/</a>
- Recommendations for Promoting the Health and Well-Being of Lesbian, Gay, Bisexual, and Transgender Adolescents (Article) https://www.jahonline.org/article/S1054-139X(13)00057-8/pdf
- Safe Schools Coalition (posters, stickers, calendars for purchase)
   http://www.safeschoolscoalition.org/RG-posters.html
- The Gender Unicorn\* http://www.transstudent.org/wp-content/uploads/2017/10/genderunicornexample1.jpg
- The Trevor Project (Crisis intervention and suicide prevention help) https://www.thetrevorproject.org/

## **Mental Health**

 Cognitive Behavioral Therapy Self-Help and Therapy Resources <a href="https://www.getselfhelp.co.uk/index.html">https://www.getselfhelp.co.uk/index.html</a>

#### **Posters & Brochures**

- Adolescent Working Group: Resources for Teens, Parents, and Providers <a href="https://ahwg.org/">https://ahwg.org/</a>
- Trans Student Educational Resources http://www.transstudent.org/graphics

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### Screening

- CDC: STD Treatment Wall Chart https://www.cdc.gov/std/tg2015/2015-wall-chart.pdf
- CRAFFT Screening Tool (substance use)
   http://contentmanager.med.uvm.edu/docs/crafft-adolescent-substance-use-screen/vchip-documents/crafft-adolescent-substance-use-screen.pdf?sfvrsn=7efd2bca 2
- PHQ-9 (depression screening)\*
   http://contentmanager.med.uvm.edu/docs/phq questions 1ffa3e0e4b8896cc59be4ff0000359472/vchip-documents/phq questions 1ffa3e0e4b8896cc59be4ff0000359472.pdf?sfvrsn=2

## **Sexual and Reproductive Health**

- 2015 STD Treatment Guidelines APP available for iPhone and Android
  - o Apple Devices: <a href="https://apps.apple.com/us/app/std-tx-guide/id655206856">https://apps.apple.com/us/app/std-tx-guide/id655206856</a>
  - o Android: https://play.google.com/store/apps/details?id=gov.cdc.stdtxguide&hl=en
- ACT Youth Sexual Health: Clinical Tools and Patient Education <a href="http://actforyouth.net/adolescence/healthcare/clinical\_tools.cfm">http://actforyouth.net/adolescence/healthcare/clinical\_tools.cfm</a>
- Adolescent STI Screening guidelines May 2014
   http://contentmanager.med.uvm.edu/docs/2014\_sti\_screening\_guidelines\_vermont/vchip-documents/2014\_sti\_screening\_guidelines\_vermont.pdf?sfvrsn=2
- Birth Control for Men (handout)\* https://www.reproductiveaccess.org/wp-content/uploads/2014/12/bc-men.pdf
- CDC Contraceptive APP available for iPhone and Android
  - o Apple Devices: <a href="https://apps.apple.com/us/app/contraception/id595752188">https://apps.apple.com/us/app/contraception/id595752188</a>
  - Android Devices: https://play.google.com/store/apps/details?id=gov.cdc.ondieh.nccdphp.contraception2
- Centers for Disease Control and Prevention: Morbidity and Mortality Weekly Report: Sexually Transmitted Diseases Treatment Guide, 2015 https://www.cdc.gov/std/tg2015/tg-2015-print.pdf

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- CDC: STD Summary of CDC Treatment Guidelines 2015 Pocket Guide https://www.cdc.gov/std/tg2015/2015-pocket-guide.pdf
- CDC: STD Summary of CDC Treatment Guidelines 2015 Wall Chart\* https://www.cdc.gov/std/tg2015/2015-wall-chart.pdf
- Combined and Progestin-Only Oral Contraceptives Color Photos <a href="http://www.contraceptivetechnology.org/wp-content/uploads/2013/10/Pill-Pages.pdf">http://www.contraceptivetechnology.org/wp-content/uploads/2013/10/Pill-Pages.pdf</a>
- North American Society for Pediatric and Adolescent Gynecology Clinical Recommendations https://www.naspag.org/page/clinicalrecommend
- Physicians for Reproductive Health: Adolescent Reproductive & Sexual Health Case Videos https://prh.org/adolescent-reproductive-sexual-health-case-videos/
- Quick Start Algorithm Patient requests a new birth control method\*
   <a href="https://www.reproductiveaccess.org/wp-content/uploads/2014/12/QuickstartAlgorithm.pdf">https://www.reproductiveaccess.org/wp-content/uploads/2014/12/QuickstartAlgorithm.pdf</a>
- Reproductive Health Access Project Contraception Handouts https://www.reproductiveaccess.org/contraception/
- Your Birth Control Choices (handout)\*
   https://www.reproductiveaccess.org/wp-content/uploads/2014/06/contra\_choices.pdf

#### **Sexual Education**

 Amaze https://amaze.org/

#### **Substance Use**

- AAP Clinical Report: Substance Use Screening, Brief Intervention and Referral to Treatment https://pediatrics.aappublications.org/content/pediatrics/138/1/e20161211.full.pdf
- NIH: Alcohol Screening and Brief Intervention for Youth: A Practitioners Guide <a href="https://www.niaaa.nih.gov/sites/default/files/publications/YouthGuide.pdf">https://www.niaaa.nih.gov/sites/default/files/publications/YouthGuide.pdf</a>
- NIH: The AUDIT Questionnaire\* https://pubs.niaaa.nih.gov/publications/Practitioner/YouthGuide/AUDIT.pdf

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- SAMHSA-HRSA: SBIRT: Screening, Brief Intervention and Referral to Treatment\* https://www.integration.samhsa.gov/SBIRT Issue Brief.pdf
- SBIRT Implementing Care for Alcohol & Other Drug Use in Medical Settings
   https://integration.samhsa.gov/sbirt/Implementing Care for Alcohol and Other Drug Use I

   n Medical Settings An Extension of SBIRT.pdf
- The CRAFFT Questionnaire (version 2.1)\* https://www.integration.samhsa.gov/clinical-practice/sbirt/CRAFFT\_Screening\_interview.pdf
- Vermont Department of Health: Division of Alcohol & Drug Abuse Programs https://www.healthvermont.gov/alcohol-drugs
- Vermont Department of Health How do I find alcohol and drug addiction treatment in Vermont?

https://www.healthvermont.gov/alcohol-drug-abuse/how-get-help/find-treatment

#### Videos

- Adolescence 101 (video)
   https://www.youtube.com/watch?v=3s8- X0NY8I
- Intro to Motivational Interviewing (video)
   <a href="https://www.youtube.com/watch?v=s3MCJZ7OGRk">https://www.youtube.com/watch?v=s3MCJZ7OGRk</a>
- Motivational Interviewing: OARS Skills (video)
   <a href="https://www.youtube.com/watch?v="https://www.youtu
- Pedicases' Effective Interviewing of Adolescent Boys and Young Men (video) http://pedicases.org/interviewing/vig1.html
- Seeking Common Ground: Managing Challenging Adolescent Behaviors (video) https://www.youtube.com/watch?v=cPDI-rTgrxE
- The Partnership for Male Youth: AYA Health Provider Toolkit (video library)
   http://www.ayamalehealth.org/video library.php#sthash.VL1spHth.OeK4wIFH.dpbs&sref=https://delicious.com/sahrc/HealthCare

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# **Section 3: Online Training Opportunities for Clinicians**

- Adolescent Immunization Update and the 16-Year-Old Platform https://www.immunize.org/webinars/atkinson2/
- Adolescent Working Group: Provider Resources https://ahwg.org/provider-resources/
- American Academy of Pediatrics: Role Play Simulations for Clinical Training https://aap.kognito.com/
- Online Training and Webinars for Health Care Professionals http://actforyouth.net/adolescence/healthcare/training.cfm
- SAMHSA and SBIRT: General Resources, Youth and Young Adults, and Webinars <a href="https://www.integration.samhsa.gov/clinical-practice/sbirt">https://www.integration.samhsa.gov/clinical-practice/sbirt</a>
- University of Michigan Adolescent Health Initiative: Spark Trainings http://www.umhs-adolescenthealth.org/improving-care/spark-trainings/