As in, you can ask us anything.

Really.

Don’t worry if this takes a minute to sink in.

We’re not going anywhere.

Take your time.

And if we don’t hit the mark, let us know.

ADOLESCENT HEALTH INITIATIVE
Transforming adolescent and young adult health
Setting Up An Adolescent Friendly Environment

ENVIRONMENT
An adolescent-friendly atmosphere is important to setting the stage for an office visit. Magazines geared toward adolescents, as well as posters and brochures with targeted health messages in patient areas are important in making adolescents feel welcome. A separate waiting area and confidential space to complete paperwork (away from parents and others waiting to be seen) is essential.

CONFIDENTIALITY
Without confidentiality protections, some adolescents forgo care for pregnancy, sexually transmitted infections or substance abuse. Assurances of confidentiality can increase an adolescents’ willingness to disclose information, report truthfully and consider a return visit.

PARENT PRESENCE
Adolescents are less likely to share information about risk behaviors when parents are present. Every treatment setting should establish routine procedures that separate parents from their adolescent children during part of each office visit.

RESOURCES
Adolescents may not have the ability to follow through with external resources or referrals provided to them. Transportation and costs are significant barriers to obtaining needed resources.
# Adolescent Friendly Office Space Checklist

<p>| | |</p>
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Separate waiting space</td>
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<tr>
<td>Setting up special times for adolescent visits</td>
<td></td>
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<tr>
<td>Allowing more time for the first visit</td>
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<tr>
<td>Adolescent friendly décor</td>
<td></td>
</tr>
<tr>
<td>Reading materials/magazines for teens</td>
<td></td>
</tr>
<tr>
<td>Targeted health messages through posters, brochures, hotline numbers and websites</td>
<td></td>
</tr>
<tr>
<td>Examination table should not face the door</td>
<td></td>
</tr>
<tr>
<td>Chairs in exam rooms should be utilized for the adolescent interview (do not put an adolescent on the exam table while health professional is in a chair or in a chair with professional behind a desk)</td>
<td></td>
</tr>
<tr>
<td>Adolescents should not be asked to undress until after the interview</td>
<td></td>
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</tbody>
</table>

# Visit Guidelines for Health Professionals

1) Enjoy adolescents (*display a positive attitude, be empathetic and attentive*)
2) Establish rapport (*ask about activities or hobbies they enjoy*)
3) Ensure confidentiality (*discuss confidentiality prior to beginning an assessment or interview*)
4) Discuss billing arrangements (*an insurance payment may result in parents finding out about visits and diagnosis, however a neutral diagnosis can be used in many situations*)
5) Involve the family (*discuss concerns of parents at beginning or end of the visit*)
6) Act as an advocate (*share adolescent’s positive attributes, abilities and characteristics with parents/guardians*)
7) Discover hidden agendas (*a review of adolescent risk behaviors during the visit may uncover many other concerns*)
8) Information gathering using developmental approach (*refer to “Adolescent Sexual Developmental” document*)
9) Limit note taking (*take as few notes as possible during the visit*)

Developed by the Michigan Department of Community Health (2009).
Standards of Quality Youth-Centered Care

Adolescents' Participation
Youth are involved in the planning, monitoring, and evaluation of health services.

Adolescents' Health Literacy
Systems are implemented to ensure adolescents are knowledgeable about their health and how to access and obtain health services.

Community Support
Parents, guardians, and other community members recognize the value of adolescent health services.

Appropriate Package of Clinical Services
The health facility provides a package of information, counseling, diagnostic, treatment, and care services that fulfills the needs of adolescents.

Providers' Competencies
Providers demonstrate the technical competence required to provide effective health services to adolescents (e.g., confidentiality, respect, and non-discrimination).

Facility Characteristics
The health facility has convenient operating hours and an adolescent-friendly environment that maintains privacy and confidentiality.

Equity and Non-Discrimination
Adolescents are provided quality services regardless of income, age, sex, marital status, education, race/ethnicity, sexual orientation, or other characteristics.

Data and Quality Improvement
Data and service utilization and quality of care are collected, analyzed, and used to support quality improvement.
WHAT are Youth-Friendly Services?

Young people may avoid accessing the services they need for various reasons including concerns about confidentiality, fear of judgment, and inconvenient hours and location. It is important that youth-serving organizations take seriously the unique needs and concerns of young people and implement changes to make their organization more youth-friendly. The World Health Organization describes youth-friendly services as those that are equitable, accessible, acceptable, appropriate, and effective. Take a look at the following strategies and resources to learn ways your organization’s policies, practices, and environment can become more youth-friendly.

STRATEGIES for providing youth-friendly services

Make your services accessible to youth.

- Offer your services at times when youth are available. This may include after-school, evening, and/or weekend hours. Survey your youth patients or consult with a youth advisory council on their preferences.
- Provide youth access to services on short notice by offering drop-in, same-day, or next-day visits.
- Establish policies and procedures to ensure young people can access services for free or at low cost (e.g., a sliding fee scale), especially for services that teens may want to keep confidential.
- Provide services in a location that young people can easily get to. If your location is not ideal, try offering transportation assistance (e.g., bus tokens, cab fare, shuttle service). You can also install bike racks near your facility.
- Bring your services to young people. This can include partnering with youth-serving organizations (e.g., schools, community centers) to offer your services onsite.
- Provide services and materials in the languages spoken most in your community.

Create an environment that is welcoming to young people.

- Maintain a clean and welcoming environment. Some ways to make your space more youth-friendly include having magazines for teens, cell phone charging stations, and artwork by local teens.
- Provide visual and auditory privacy if you offer services that might be sensitive (e.g., counseling). Room dividers and white noise machines are quick fixes for an environment with limited privacy.
- Develop and post a non-discrimination policy so youth of all identities know they are welcome.
- Review intake forms, handouts, posters and other materials to ensure they are inclusive (e.g., images reflect the diversity of your community, language is LGBTQ+ inclusive) and easy to understand.
- Train staff to provide friendly, respectful, and non-judgmental services to youth.

Identify young people’s needs and connect them to additional resources.

- Schedule longer visits with young people to ensure adequate time to address all of their needs.
- Establish an effective referral system to connect young people to other youth-friendly services in the community.
Provide confidential services (where applicable).

If you offer services that are legally protected for adolescents (e.g., pregnancy testing):
- Develop and post a confidentiality policy that is aligned with state laws.
- Provide clear information to adolescents, parents, and staff about which services young people can access confidentially. Strategies to share information about your confidential services may include:
  - Provide handouts to adolescent clients and their parents describing the protections and limitations of confidentiality and minor consent.
  - Train all staff on the protections, rights, and limitations of confidential services.
  - Train all service providers to discuss these protections, rights, and limitations in all of their interactions with adolescent clients.
  - Develop procedures to preserve the confidentiality of youth (e.g., billing, documentation).
  - If parents or guardians are present, meet with young people one-on-one for a portion of every visit.

Implement a youth-friendly marketing and communications plan.

- Increase awareness of your services and how to access them by marketing your services to young people, parents, and other adults who work with youth. Engaging youth in the development of a marketing plan can help to ensure its relevancy. Marketing strategies may include the following:
  - Utilize outreach workers and teens to promote your services at youth-serving organizations and events.
  - Communicate regularly with referring organizations (e.g., schools, health centers, youth-serving organizations) and/or trusted adults who work with youth (e.g., school counselors and coaches) to ensure they are aware of your services and know how to refer youth to them.
  - Develop print materials to distribute throughout your community, especially to referring organizations.
  - Maintain an up-to-date website and social media presence.

Solicit youth feedback on your services.

- Engage young people in providing feedback on your services. Youth engagement strategies may include:
  - Collect and review adolescent client/patient satisfaction surveys at least annually.
  - Invite a group of adolescent clients to participate in a focus group to learn about their experiences accessing your services and their ideas about how services can be improved.
  - Invite a local youth council to tour your organization and provide feedback.

Additional RECOMMENDATIONS

- Spark trainings, pre-packaged mini-trainings for staff meetings, on topics including adolescent brain development, being youth-friendly, cultural responsiveness.
- Tools to assess youth-friendliness: Youth-Friendly Services Assessment Tool, Quality Assessment Guidebook.
- Youth engagement resources: Creating and Sustaining a Thriving Youth Advisory Council, Youth-Adult Partnerships, Strategies for Youth to Change the World.
Youth-Friendly Services

1. https://www.youtube.com/watch?v=vAu5ad827I8
17. https://freechild.org/strategies/
Adolescent and Youth Friendly Service Tour
Clinic Environmental Assessment Tool

Instructions: Walk through the clinic, paying attention to how welcoming the clinic is to adolescents and young adults (AYA). After walking through the clinic site, read each statement and place an “X” in the appropriate “Yes or No” column. Please use the “Comments and Recommendations” column for any additional information that celebrates the clinic or guides improvements.

Name of Clinic: ___________________________ Date of Visit: ___________________________

<table>
<thead>
<tr>
<th>Clinic Characteristic</th>
<th>Yes</th>
<th>No</th>
<th>Comments &amp; Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Accessibility</strong></td>
<td></td>
<td></td>
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<tr>
<td>The clinic hours are clearly posted</td>
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<tr>
<td>The clinic is open hours that are convenient to AYA (after school, nights, weekends)</td>
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<tr>
<td>Walk in or same day appointments are available</td>
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<tr>
<td>The clinic is accessible by public transportation</td>
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<tr>
<td>The clinic is accessible to people with mobility impairments</td>
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<tr>
<td>The clinic has a working, up to date, website that is easy to find and use</td>
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<tr>
<td><strong>Environment</strong></td>
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<tr>
<td>Signage makes clear that AYA are served at this clinic</td>
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<tr>
<td>Confidentiality policies are clearly posted</td>
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<tr>
<td>The clinic clearly welcomes diverse groups (such as LGBT youth, racial minorities)</td>
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<tr>
<td>Waiting environment appeals to AYA (i.e. appealing decoration, displays, music, magazines, etc.)</td>
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<tr>
<td>Waiting room has Wi-Fi or computers to use</td>
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<tr>
<td>Waiting room has evidence of community engagement (flyers advertising local activities, concerts, schools events, etc.)</td>
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<tr>
<td>The clinic has posters, brochures, health educational materials that interest AYA</td>
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<tr>
<td>Exam room environment appeals to AYA (i.e. appealing decoration, displays, music, activities, etc.)</td>
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<tr>
<td><strong>Routine Screening</strong></td>
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<tr>
<td>Clinicians use a standardized assessment tool with AYA that includes a sexual history and screening for alcohol, tobacco, and drug use, and other psychological issues</td>
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<tr>
<td>Standardized assessment tools are easy to complete (Look at tools)</td>
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</table>
**Interview Questions**

Please speak with an identified clinic staff member to complete this section

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Comments &amp; Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you communicate with AYA by their preferred method (phone, email, text, portal, etc.)?</td>
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<tr>
<td>Does your clinic utilize social media (Facebook, Twitter, etc.) to get information to patients?</td>
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<tr>
<td>Are AYA specific patient satisfaction surveys regularly distributed and are improvements addressed?</td>
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<tr>
<td>Do you have a way to inform AYA, including parents and guardians, about your clinic’s confidentiality policy?</td>
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<tr>
<td>Is staff trained on policy and protocol on minor’s rights and confidentiality that includes patient visits, billing, patient contact, records, and lab results?</td>
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<tr>
<td>Are free or low cost services available if a patient does not want to use insurance for confidentiality reasons?</td>
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<tr>
<td>Do you offer adequate appointment length to address needs of youth (enough time to discuss all an AYA’s problems and concerns)?</td>
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<tr>
<td>Are clinicians available to answer follow up questions after the visit? Can I get in touch if I have a question?</td>
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<tr>
<td>What on-site services are available, such as mental health services, nutrition services, drug and alcohol counseling, or access to variety of birth control services?</td>
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<tr>
<td>Are linkages in place for referrals to care for alcohol, tobacco, and drug abuse; mental health concerns; and other social service needs not offered on site?</td>
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<tr>
<td>Are linkages are in place for referrals for clinical care and behavioral and social services specific to LGBTQ youth that are not offered onsite?</td>
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<tr>
<td>Are linkages are in place for referrals for services related to intimate partner violence?</td>
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<tr>
<td>Does staff assist AYA patients in making connections or making appointments to off-site services?</td>
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<td></td>
</tr>
<tr>
<td><strong>Overall Assessment</strong></td>
<td>Yes</td>
<td>No</td>
<td>Comments &amp; Recommendations</td>
</tr>
<tr>
<td>Would you recommend this clinic to other AYA patients? Why or why not?</td>
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</table>

*This tool adapted from the State of Texas Youth-Friendly Services Tour: Assessment Tool & http://www.hse.ie/eng/services/yourhealthservice/SUI/Library/Guides/AFQuATs.pdf*
A Teen-Friendly Reproductive Health Visit

Two teen-friendly reproductive health visits: one for a sexually active female, and one for a male not yet having sex.

Front desk staff tells Jason that contraceptive and reproductive health care services are provided for free or at low cost.

A counselor meets with Jason in a private room. He states that he has a girlfriend but they do not feel ready to have sex.

The counselor encourages Jason not to have sex if either he or his girlfriend does not feel ready, and explains Jason and his girlfriend can come to the clinic any time with questions, for birth control, or for STD tests.

Jason texts his girlfriend encouraging her to come for a visit as well.

Anita is relieved she was able to come in the same day she made the appointment.

Anita is in a private room with a provider. She states that she has been having sex but only at times of the month when she “knows she can’t get pregnant.”

The provider explains that pregnancy can occur at any time of the month and that it’s important to use both a condom and another form of birth control every time she has sex to reduce the risk of pregnancy and STDs. After describing all available methods of birth control from most to least effective, the provider and Anita agree on the method that will suit her best, and the provider gives her condoms, as well.

Anita calls a friend as she is leaving. She is happy to report she could get her new contraceptive implant that day and that it will last up to three years...“now I don’t have to remember to take a pill every day!”

Learn more at www.cdc.gov/TeenPregnancy/TeenFriendlyHealthVisit.html
Thank You to ALL of Our Partners

**NM Youth Partners**
- Alfred Delgado
- Danielle Wheeler
- Dayana Diaz
- Destiny Onnen
- Dominique Marquez
- Juan Andres Rodriguez
- Malcom King
- Mariah Espeset
- Matilda Yatsco
- Nik Hoover
- Oceana Vasquez
- Sarah Faulkner
- Sarah Hogan
- Syranda Wiley de Navarro
- Vanessa Gonzales
- Xavier Barraza
- Xavier Gomez
- Zebadiah Daw

**Sponsored By:**
- NM AYAH CoIIN Team

For More Information Contact:
Tessa.Medina-Lucero@state.nm.us
The **Know Your Health Toolkit** is a resource for healthcare providers & staff to utilize in promoting & empowering **ADOLESCENT & YOUNG ADULT HEALTH** (Age 10-25)

**GOALS: TO INCREASE**
- ✓ Youth friendly environment/services
- ✓ Preventative health services
- ✓ Youth health literacy
Developing the *Know Your Health Toolkit* was a youth-adult partnership to compile pertinent information to accomplish the goals set forth. We’ve done all the work so you don’t have to...THAT’S AWESOME, RIGHT...

The toolkit includes 3 sections as a comprehensive approach to promoting & empowering adolescent & young adult health. The great thing about this toolkit is your healthcare clinic can work on implementing all 3 sections, 1 section or just use some resources within it. You all determine your readiness level to promoting & empowering adolescent & young adult health.

**Section I: Training & Educational Material for Healthcare Providers & Staff**- Get everyone within your health office or clinic to be on the same page when working with young people. Foster respect & youth-adult partnership so young people feel comfortable & want to come back to the clinic.

**Section II: Assessments, Surveys & Questionnaires**- Assess where your clinic is on youth-friendly services/environment. Use a holistic approach to assessing young people's health & promoting preventative services. Make sure youth have a voice!!

**Section III: Know Your Health Campaign Materials**- Here are several resource (posters, memes, piktocharts, handouts) to promote youth health literacy, a safe & youth-friendly environment.
Sessions are open to all professionals. A certificate in Adolescent Health from the Division of Adolescent Medicine at the University of New Mexico is available for either content area.

How to Get Started
✓ Download the AHI Flyer
✓ Download the Case Consultation Form
✓ Download the Certificate Program Agreement Form
✓ Download the AHI FAQs.
✓ Download the Moodle Instructions

For more information about the Certificate Program
Please contact: Kirsten Bennett
kdbennett@salud.unm.edu 505.925.7604

AHI sessions and case consultation
Please contact: Michelle Widener
miwidener@salud.unm.edu 505.925.7840

Go to http://envisionnm.org/index.php/telehealth/videos/#vid02 to view access the AHI archived videoed sessions.

PRIMARY CARE FOCUS:
• Cultural Perspectives in Adolescent Reproductive Health
• Adolescent Friendly Care
• Consent and Confidentiality for Minors in Health Care
• Secondary Amenorrhea and Heavy Menstrual Bleeding in Adolescents
• Sports Preparticipation Exam: Two-Minute Orthopedic Evaluation & Concussion Assessment
• Motivational Interviewing as an Approach to Addressing the Needs of Adolescents
• The Obese Adolescent: Evaluating Comorbid Conditions in Primary Care
• Gender Nonconforming/Transgender Youth: Current Concepts, Management, & Barriers to Care
• Adolescence and Population Health in the 21st Century

BEHAVIORAL HEALTH FOCUS:
• Principles of Trauma-Informed Systems of Care
• Restorative Practices in NM Medical Communities: Promising Pathways
• MORE TO COME...
H.E.A.D.S.S. Model

The H.E.A.D.S.S. Model is an easy way to assess what’s happening in different areas of a young person’s life. It is a holistic way of understanding different factors that could be contributing to their symptoms and/or behaviors.

- **H.E.A.D.S.S.-A Psychosocial Interview for Adolescents**

- **Getting Into Adolescent Heads: An Essential Update** By John M. Goldenring, MD, MPH, JD, David S. Rosen Contemporary Pediatrics

- **Adolescent History- H.E.A.D.S.S. Assessment** from Centre for Faculty Development

<table>
<thead>
<tr>
<th>H.E.A.D.S.S Model</th>
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<tbody>
<tr>
<td><strong>H</strong> = home environment</td>
</tr>
<tr>
<td><strong>E</strong> = education, employment &amp; eating</td>
</tr>
<tr>
<td><strong>A</strong> = activities (interests &amp; peer relations)</td>
</tr>
<tr>
<td><strong>D</strong> = drug usage (cigarettes, alcohol, marijuana, other drugs; using and driving)</td>
</tr>
<tr>
<td><strong>S</strong> = sexuality (sexual orientation, activity safety &amp; issues of gender identity)</td>
</tr>
<tr>
<td><strong>S</strong> = suicide/depression &amp; safety (home, school, neighborhood, weapons at school, guns at home, use of seat belts)</td>
</tr>
</tbody>
</table>
Essential Elements When Interacting With Adolescence & Young Adults:

All providers should incorporate the essential elements when interacting with adolescents, especially around confidentiality which is one of teens’ biggest concerns. These elements will promote an environment where youth feel safe and comfortable communicating their needs.

- Review Chart, Health Questionnaire & Permission Slips
- Statement of Confidentiality
- Create Rapport
- Bridge Statements
- Use Patient's Name
- Recognized Verbal & Body Language
- Use Open-Ended Questions
- Active Listening
- Use Non-Judgmental Questions/Statements (Know Your Biases)
- Remember: No Assumptions
- Provide Health Material
- Understandable Terminology
- Follow-Up (As Needed)
- Exercise Warm Handoff (As Needed)
Motivational Interviewing (MI)

Motivational interviewing is a style of patient-centered counseling developed to facilitate change in health-related behaviors. The core principle of the approach is negotiation rather than conflict.

- **A Brief Introduction to Motivational Interviewing (YouTube Video)** by Bill Matulich, Ph.D., MI Network of Trainers

- **Motivational Interviewing Strategies to Facilitate Adolescent Behavior Change** by Melanie A. God, DO, FAAP & Patricia K. Kokotailo, MD, MPH, FAAP

Source: [https://www.pinterest.com/pin/91549804897695753/](https://www.pinterest.com/pin/91549804897695753/)
An annual comprehensive & confidential well-visit is one vital key to preventive services & improving young people's health. In fact, every visit should be viewed as an opportunity to ask about risky behaviors and provide brief counseling.

*It's about building healthy relationships between youth and health care providers,*

*as well as, taking advantage of teachable moments...*

- **Early and Periodic Screening, Diagnostic, & Treatment (EPSDT):** EPSDT benefit provides comprehensive and preventive health care services for children under age 21 who are enrolled in Medicaid. EPSDT is key to ensuring that children and adolescents receive appropriate preventive, dental, mental health, and developmental, and specialty services

- **Paving the Road to Good Health-Strategies for Increasing Medicaid Adolescent Well-Care Visits:** This guide offers an array of approaches in which states can choose to best fit local needs and resources and increase awareness of the importance of the well-care visit for this age group.

- **Adolescent Well Care Visit Guidance Document:** This document is a resource to help Coordinated Care Organizations (CCOs), health systems, quality improvement professionals, and providers improve their approach to comprehensive adolescent well care. This document will be updated as appropriate to reflect any changes in policy, regulation, and measurement. (Oregon Stats but good general information)
I am looking for information for 14-17 year olds . . .

I am looking for information for someone 13 or under . . .

Places to Go For Health Care

Other Resources

Feeling alone or scared? Thinking of hurting yourself? Need help?
Agora Crisis Center: 1-866-435-7166 or chat online: www.AgoraCares.org
New Mexico Crisis Line: 1-855-662-7474
National Crisis Line: 1-800-237-8255

NM Know Ur Rights Video Links:
Carrie the Cool Consent Chick – Awkward Doctor
Carrie the Cool Consent Chick- Birth Control
Carrie the Cool Consent Chick- I Fell & Broke Everything
Carrie the Cool Consent Chick- STDs & Confidentiality

Source: http://pegasuslaw.org/knowurrights/

This page is to provide youth in New Mexico information about their rights to access health care. We use the term “consent” to talk about consenting (agreeing) to health care services. If you are looking for information on the law about consent to sex, click here.
Questions to Consider When Creating A Youth Friendly Environment
(For Healthcare Providers & Staff)

• Does your office/health center have...
  ❑ A private area to complete forms & discuss reasons for the visit?

• Do you provide...
  ❑ After-school hours?

• Does your staff...
  ❑ Greet adolescents in a courteous & friendly manner?

• When you speak to adolescents, do you...
  ❑ Use nonjudgmental, jargon free & gender-neutral language?

• Are you aware...
  ❑ That your values may conflict with or be inconsistent with those of other cultures/religious groups?

What is Just Health?
Universal screen geared toward adolescent populations in primary care settings
Customized, instant individual reporting with clinical guidance and counseling messages/motivational interviewing prompts
Aggregate reporting for population management and to inform professional development planning, and evaluation

What’s Inside Just Health?
• Bright Futures Guideline
• HEADSS
  • Home/School
  • Health Behaviors
  • Safety/Injuries
  • Feelings/Well-Being
  • Sexual Health
  • Substance Use
• PHQ-9
• GAD 7
• CRAFFT
• CDC Clinical STD Guidelines
• Motivational Interviewing Prompts
• Development/Future Plans

The Case for Just Health
Challenge of taking accurate, consistent, comprehensive de-stigmatized sexual history and translating data to a positive patient-provider conversation.
Patient-provider-organization-healthcare system levels
Adolescents and the primary care providers that serve them
The whole patient and relationships between sexual behavior and risk and other factors such as substance use and mental health – and a strengths-based approach.
Address continuum of education – prevention – screening - treatment

Source: Adapted from the NM School Health Questionnaire

For More Information
CLICK HERE to View PowerPoint or Contact Carlos Romero, Apex c.romero@apexeval.org
Office: 505.828.0082
Youth Satisfaction Survey

Youth Voice is Vital!!

This patient satisfaction survey is vital for receiving feedback from young people to ensure quality improvement at your clinic continues to be elevated over time.

Place this poster throughout your clinic and ask young people ages 10-25 to fill out this quick and easy survey at the end of the appointment.

Make a space for the young person to fill out the survey before they leave. Be creative & provide the young person with an incentive. (See example to the left)

Tell youth their input is very important to making sure your environment & services are youth friendly. Thank them for coming in ☺
III. Know Your Health Campaign Materials

**OUTLINE OF KYH CAMPAIGN MATERIALS**

- Know Your Health Branding Logos
- Highlighted Health Featured Posters for Each Calendar Month
- Year-Round Health Posters
- Health Educational Handouts
  - For Adolescents & Young Adults
  - For Parents/Guardians
- Comprehensive Well-Exam Reminder Card & Resources

**Branding Logos**

Know Your Health Logo Created By: Malcom King (Young Adult)

Positive Youth Development (PYD) Youth-Adult Partnership Logo Created By: Tessa Medina-Lucero, NMDOH Adolescent Health Coordinator
Campaign Poster Format: These will be approximately 24 x 38 posters.
Highlighted Health Featured Posters for Each Calendar Month

January - National Drug & Alcohol Facts

February – Dating Violence Prevention

March – National Nutrition Month

Source: https://www.drugabuse.gov/publications/drugs-your-body-it-isnt-pretty-teaching-guide-poster

Source: http://www.loveisrespect.org/resources/download-materials/

Source: http://www.schoolnursesupplyinc.com/assets/images/56152.jpg
Year-Round Health Posters
(These posters should stay up throughout the year)


Source: http://nahic.ucsf.edu/toolkit-youth-centered-care/
These smaller posters can be put up in your clinic &/or posted on your social media sites...

**Campaign Poster Format:** These will be approximately 8.5 x 11 posters.

Check Out What Youth & Adult Say About 2016 Head to Toe Conference

*Positive Youth Development-Youth Leadership Track*
Youth Created & Approved Messages

I DON'T ALWAYS GO TO THE DOCTOR...

BUT WHEN I DO, I ANSWER QUESTIONS HONESTLY. STAY HEALTHY, MY FRIENDS.

BRACE YOURSELF. FLU SEASON IS COMING.

GET VACCINATED.

Sponsored by NM AYAH CoIN, Created by Matilda Yatsco
Youth Created & Approved Messages

ONE DOES NOT SIMPLY

SKIP A COMPREHENSIVE WELL EXAM

YOU KNOW WHAT REALLY GRINDS MY GEARS?

PEOPLE WHO COMPLAIN ABOUT BEING SICK BUT NEVER SEE A DOCTOR

https://familydoctor.org/teenagers-how-to-stay-healthy/

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Find out more: http://bit.ly/2i50bu3
Youth Created & Approved Messages

YOU GET CONFIDENTIALITY

http://pegasuslaw.org/KnowURights14-17/  Sponsored by NM AYAH CollN

EVERYONE GETS CONFIDENTIALITY

WORKING OUT FACTS

A POUND OF MUSCLE BURNS 1.6 TIMES MORE CALORIES THAN A POUND OF FAT

MORE MUSCLE MASS = BURNING MORE FAT WHILE RESTING

EXERCISING BOOSTS SELF-CONFIDENCE

MORE ENDURANCE

IMPROVED SELF-WORTH

WEIGHT LOSS

HIGHER ENERGY LEVELS

LESS STRESS

GREATER IMMUNITY TO STRESS

BETTER CHOICE OF DIET

LESS CHANCE OF INJURY

HEALTHIER CHOLESTEROL LEVEL

QUICKER HEALING
Youth Created & Approved Messages

SO YOU'RE TELLING ME

WHEN I TURN 14, I CAN CONSENT TO MY OWN MENTAL HEALTH COUNSELING?

Sponsored by NM AYAH CollIN

http://pegasuslaw.org/KnowURights14-17/

Y U NO SEE DOCTOR?!?!?

Sponsored by NM AYAH CollIN
Created by Matilda Yatsco
Health Educational Handouts
(For Adolescents & Young Adults)

Take a picture it will last longer!!!
Health Educational Handouts
(For Parents & Guardians)

NM Comprehensive Resource Guide for Parents of Adolescents and Young Adults

Suicide Prevention

Society for the prevention of Teen Suicide When do the normal ups and downs of adolescence become something to worry about? How can you know if suicide is a risk for your family? Are you worried about it? The first step is to learn about the factors that can lead to a risk of suicide. The more you know about the types of risk, the better you'll be prepared for understanding what can put your child at risk.

http://www.spsas.org/parents

New Mexico Crisis and Access Line: We’re here to help with any situation involving a behavioral health crisis. Our services include crisis intervention for suicidal and homicidal thoughts, assistance with non-life-threatening mental health emergencies, trauma response, assistance with finding treatment resources, and assistance for those who have family members or loved ones who are experiencing a mental health crisis.

Crisis and Access Line: 1-855-662-7434 (Available 24/7/365) OR 1-888-626-8484 (Spanish)
Peer to Peer Warmline: 1-855-696-7100 (Available 24/7/365)

Teen Drug Abuse Prevention for Parents

National Institute on Drug Abuse: Prevention, treatment, and education resources for parents of teens https://teens.drugabuse.gov/parents

SAMHSA’s National Helpline Free and confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues.

Call: 1-800-662-4357 (Except available 24/7)

Teen Dating violence

Love is Respect: Knowing or even suspecting that your child is in an unhealthy relationship can be both frustrating and frightening. Not as a parent, you're critical in helping your child develop healthy relationships and can provide the help they need. Remember, dating violence occurs in both same-sex and opposite-sex couples and can be abusive. They provide information and support to concerned friends and family members, teachers, counselors, service providers and members of law enforcement.

http://www.lovesrespect.org/for-someone-else-help-my-child

Call: 1-800-791-7111 (Available 24/7)

 Lesbian, Gay, Bisexual, Transgender (LGBT) Support and resources specifically for parents of transgender youth. What is LGBQ? What are the challenges they face? How can we best support them?

http://www.straightforequality.org/transmaterials

Healthy Eating

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future.

Website: https://www.choosemyplate.gov/MyPlate-Daily-Cheeklist
Comprehensive Well-Exam Reminder Card & Resources

Thank You for Taking Charge of Your Health

Your Next Comprehensive Well-Visit Is:

(Add Your Clinic Name & Contact #)

YOUTH-FRIENDLY RESOURCES:
Healthy Relationships [http://www.loveisrespect.org/]
Mental Health [http://us.reachout.com/facts]
LGBTQ [http://www.thetreaversproject.org/pages/get-help-now]
Sexual Health [http://www.scarleteen.com/]
Substance Use/Abuse [https://teens.drugabuse.gov/drug-facts]
Healthy Eating [https://www.choosemyplate.gov/healthy-eating-style]

➔ Add your clinic name & contact number to the template & print out copies (front & back) on business card stock. Have them available at the front desk.

➔ Schedule the young person’s next comprehensive well-visit before they leave, give them a reminder card and let them know there are youth-friendly resources on the back of the card, as well as, your clinics contact information in case they have any questions.

➔ Ask for a phone number so you can give them a courtesy call or text to remind them of the appointment a couple of days prior to the actual appointment. Follow through with what you say.
Contact Information

For more information or technical assistance, please contact:

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Health Providers Can Get A Package of Posters for Free!!
(LIMITED AMOUNT AVAILABLE)