Webinar Objectives

I. Describe *Better Together Hennepin: Healthy Communities – Healthy Youth*

II. Provide overview of *Standards & Best Practices for Comprehensive Adolescent Sexual and Reproductive Health Care.*

III. Discuss implementation of Clinic Self-assessment process

IV. Q & A
Welcome to our Guest Speakers

**Lynn Bretl, MPP**
Adolescent Health Consultant
Better Together Hennepin Initiative
Hennepin County Human Services and Public Health Division, Minnesota

**Dr. Naomi Duke**
Medical Director, West Suburban Teen Clinic
Faculty Member, Hennepin County Human Services and Public Health Division
Caring & Connecting:
Increasing Access to Exceptional Sexual Health Services for Adolescents
Presenter Bios

- **Lynn Bretl, MPP** is an adolescent health consultant with the Better Together Hennepin Initiative. She works with school districts, health clinics and other organizations to implement evidence-based programs and practices that promote adolescent health and well-being.

- **Naomi Duke, MD, MPH** is an assistant professor in the Department of Pediatrics, Division of General Pediatrics and Adolescent Health, University of Minnesota. She is board-certified in Internal Medicine, Pediatrics, and Adolescent Medicine. Dr. Duke serves as the Medical Director of myHealth for Teens and Young Adults; the clinic site is in Hopkins, Minnesota. Her clinical and research interests include developing strategies to reduce health disparities through community partnering, assessing the effects of state and federal youth health policy on trajectories of health outcomes for young people, and advancing best practices in adolescent and young adult health services delivery.
Better Together Hennepin: Healthy Communities – Healthy Youth
Better Together Hennepin Initiative

Better together
Hennepin

creates

SYSTEMS CHANGE
- Sex Education Expansion
- Adolescent Reproductive Health Care Access
- Hennepin County Consulting

build

EVIDENCE-BASED PROGRAMS
- TP3
- TOP
- SSI
- Harrison Education Center Project

build

KEY SUPPORTS FOR YOUNG PEOPLE
- Healthy youth development opportunities
- Connections to caring adults
- Evidence-based sexuality education
- Accessible reproductive health services

build

healthy communities – healthy youth
Adolescent Sexual Health Care Access - Advisory Board
Standards of Care & Best Practices

- Convened an Advisory Board of local experts in adolescent medicine & youth development
- Developed the Standards of Care for Comprehensive Adolescent Sexual and Reproductive Health Care
- Includes Guiding Principles, Clinic Self-Assessment Tool & Clinic Toolkit
- Modeled after the Teens In New York Initiative in NYC (formerly the Healthy Teens Initiative)
Adolescent-centered care: what makes it unique?
Exceptional, adolescent-centered care:

» Services are confidential
» Young people feel welcome
» Services are convenient & affordable
» Young people feel respected & heard
» Young people get the services they need
Standards of Care

When providing sexual and reproductive health care to adolescents, providers should:

① Guarantee confidentiality and adolescents’ rights to consent to sexual and reproductive health care.
② Make services accessible and facilities welcoming to adolescents.
③ Deliver patient-centered care that is sensitive to each adolescent’s culture, ethnicity, community values, religion, language, educational level, sex, gender and sexual orientation.
④ Screen all adolescents for sexual and reproductive health issues, including substance use and mental health concerns, and provide appropriate education, counseling, care or referral.
⑤ Provide contraceptive methods, including emergency contraception (EC), to adolescents at risk for unintended pregnancy.
⑥ Provide prevention, testing and treatment of sexually transmitted infections.
⑦ Offer information, assistance and support for all decisions regarding pregnancy.
Standard 1: Guarantee confidentiality & adolescents’ right to consent to sexual and reproductive health care

Best Practices:

» Every visit includes an opportunity for a confidential conversation between clinician and adolescent client.

» Health care records, whether electronic or paper, are set up to protect client confidentiality.

» Billing procedures are established to ensure client confidentiality.

» Staff is trained on policy and protocol on minors’ rights and confidentiality that includes but is not limited to client visit, billing, client contact, health records and lab work.

» Adolescent clients are encouraged to involve trusted adults in their care.

» Every young person receives information that clearly explains adolescents’ right to confidential care related to pregnancy, contraception, STIs, mental health and drug and alcohol use.

» Minnesota adolescent consent laws are prominently displayed.
Standard 5: Provide contraceptive methods, including emergency contraception (EC), to all adolescents at risk for unintended pregnancy

Best Practices:

» Clinicians and health educators provide counseling on the most current contraceptive methods effective for adolescents, including specific instruction on use of chosen method.

» Clinicians and health educators discuss partner support for the chosen method.

» Clinic provides hormonal contraception. Pelvic exams are not required before provision of hormonal contraceptives, including EC. Quick-start method is used to initiate contraceptives when appropriate.

» Clinic provides emergency contraception or refers for free or low cost EC.

» Clinicians and health educators offer condoms and other safer sex supplies to all adolescent clients.

» Clinic provides or refers for long acting reversible contraceptives (LARC), i.e., IUDs, implants, Depo-Provera.
Changing clinic practice to adapt to the Standards: Clinic Self-Assessment Tool
### Standard 1
Guarantee confidentiality and adolescents’ rights to consent to sexual and reproductive health care.

<table>
<thead>
<tr>
<th>Best Practice</th>
<th>Not Met</th>
<th>Fully Met</th>
<th>Plan for implementing/augmenting best practice</th>
<th>Training, technical assistance or resources needed to implement best practice</th>
<th>Other information about your rating</th>
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A work in progress

» Clinic recognition program

» “Mystery Shopper” program

» Lessons from the Advisory Board

» Lessons from the pilot phase of clinic self-assessment
• What are the benefits to creating youth friendly clinics and other program/service environments?
• What are the barriers as well as opportunities you can build on?
• What are some of the impacts/changes you have seen?
• Resources? (PLEASE SHARE!)
Contact Information

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Webinar Archive & Related Resources

National Network of State Adolescent Health Coordinators

WEBSITE
http://www.nnsahc.org