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e-adolescence is a listing of on-line resources for state MCH professionals working to improve adolescent health, safety and well-being. We encourage you to share this information with others.

As a resource made possible by the National Initiative to Improve Adolescent Health (NIIAH), this email is produced by the State Adolescent Health Resource Center at the Konopka Institute. The information collected here is gathered from NIIAH partners (indicated in red) and other leading organizations, newsletters and news sources.

Editors note
This issue of e-adolescence focuses on a key ingredient for improving health care access and services for adolescents and young adults: improving provider communications skills with adolescents.

Health care providers and young people often don’t always speak the same language - bridging this communication gap can significantly improve the delivery of health care and preventive services in a variety of settings. Public health and state systems professionals can promote adolescent health by supporting their clinical partners with resources, tools and training.

Youth Engagement
Youth CHAT -- a youth engagement strategy for training adolescent health practitioners
NIIAH Partner: University of Minnesota, Division of Adolescent Health and Medicine
The University of Minnesota supports youth development and improves clinical interactions with adolescents by engaging young people as trainers of health practitioners. The “YouthCHAT” model involves youth as teachers/actors who role play, assess and critique health care provider performance. In 2013, SAHRC collaborated with NM, CO and MS to translate the YouthCHAT model for use by public health departments. This guide is a result of that collaboration and includes considerations for adapting this model in your state/other settings, as well as worksheets, tools and reading lists to support planning your own YouthCHAT model. Contact SAHRC if you would like to directly connect with the state adolescent health coordinators in NM, CO or MS about their projects.

Curriculum for Providers
A Public Health Approach to Children’s Mental Health: A Conceptual Framework, 2010
Georgetown University Center for Child and Human, Development, National Technical Assistance Center for Children’s Mental Health
This monograph advances an approach to children’s mental health that applies public health concepts to support children's mental health and development. The range of intervention activities includes: promoting positive mental health, preventing mental health problems, treating mental health problems, and re/claiming optimal health while addressing a mental health

Adolescent Health Curriculum for Health Care Professionals
Society for Adolescent Health and Medicine (SAHM)
This site was developed by the University of Southern California Keck School of Medicine for use by health care professionals involved in either the teaching of adolescent health or clinical care of adolescents and young adults. Modules include topics such as interviewing and communicating with adolescents. Each section includes: background, cases, questions and answers, weblinks and references.

EuTEACH - European training in effective adolescent care and health
Free adolescent health curriculum developed by a group of leading adolescent health professionals from 11 European countries to provide an effective and efficient training curriculum for all health professionals involved in teaching adolescent medicine and health. Extensive curriculum modules address topics such as: definitions of adolescence, resilience and exploratory behaviors in
adolescence, family dynamics, ethics in adolescent health care, interviewing adolescents and many other topics and practice considerations.

**Provider Toolkits**

**Adolescent Health Care 101: The Basics--An Adolescent Provider Toolkit, California Edition**
**Adolescent Health Working Group**
Designed for busy providers, this toolkit addresses general adolescent health care issues and includes: screening tools, guidelines for brief office interventions and counseling; health education materials for teens and their adult caregivers, literature and internet resources, as well as materials that can be copied for free to provide to adolescent patients, such as the "Youth Health Rights and Responsibilities Poster".

**Getting into adolescent heads: An essential update, 2004**
**Goldenring & Rosen. Contemporary Pediatrics, 1/2004**
This article describes the HEADS tool for assessing adolescent risk and protective factors in a clinic or other health care setting. The tool is a practical, time-tested, complementary strategy that physicians can use to build on existing guidelines and better understand broader contexts and interrelated factors that influence an adolescent's health decisions and status.

**Headspace assessment guide: Psychosocial Assessment for Young People**
**National Youth Mental Health Association (Australia)**
This worksheet is based on the Goldenring & Rosen HEADS assessment (above) - it offers as brief instructions, but is organized and structured to facilitate an actual HEADSSS interview process.

**Adolescent Sexual Health**

**Talking with Teens about Reproductive Health: How To Tackle the Tough Topics**
**Office of Adolescent Health**
This free online self-paced course provides staff working with young people a concrete protocol and steps that can be followed to ease discomfort and create an open, supportive environment for sharing around reproductive health topics, including teen pregnancy.

**Adolescent Health Care Communication Action Kit, Revised 2009**
**National Institute for Reproductive Health**
Teenagers themselves are the population best-equipped to offer providers accurate and authentic insight into adolescent experiences, concerns and preferences relating to sexual health. This toolkit is based on the experiences of the New York-based Teen Outreach Reproductive Challenge (TORCH)® program, which trains teens to express their perspectives to providers, and trains them as health educators and standardized patients to in turn train providers on communicating with adolescents.

**Technology**

**Texting, Tweeting, and Talking: E-communicating with adolescents in primary care, June 2013**
**Contemporary Pediatrics**
This article explores the role of electronic communication with teenagers, including the use of e-mail, text messaging, social media, and video chatting, and to highlight relevant issues to consider when deciding whether to incorporate e-communication into pediatric practice with adolescents. Check out the citations for research studies that documenting texting interventions for a variety of health concerns (diabetes, STDs, healthy weight, etc).

**Texting the Teenage Patient**
**Jan Hoffman, New York Times - 10/8/12**
A quick-read that offers a glimpse into electronic communications strategies currently in use.

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