

ADOLESCENT and YOUNG ADULT

HEALTH RESEARCH NETWORK

Engaging Parents Through Research and Intervention

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ADOLESCENT and
YOUNG ADULT
**HEALTH
RESEARCH NETWORK**



UCSF Benioff Children's Hospital
San Francisco

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LEADERSHIP
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ADOLESCENT HEALTH

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SOCIETY FOR ADOLESCENT
HEALTH AND MEDICINE



**CENTER ON THE
DEVELOPING
ADOLESCENT**

ADOLESCENT AND YOUNG ADULT HEALTH RESEARCH NETWORK

Overall Goals:

To develop and maintain a transdisciplinary multi-site research network that will

- Accelerate the translation of developmental science into MCH Adolescent & Young Adult (AYA) practice
- Promote scientific collaboration
- Develop additional research capacity in the AYA health field

Prioritizing parents in our Research Agenda

- Clinical Preventive Services is a key focus of the Research Network
- Conducted a broad literature review
 - Identified research gaps
 - Made recommendations for future research



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Review article

Research on Clinical Preventive Services for Adolescents and Young Adults: Where Are We and Where Do We Need to Go?



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Prioritizing Parents in our Research Agenda

- Parent-focused recommendations:
 - Clarify the role of the health care system, and of parents, in supporting healthy developmental transitions for adolescents and young adults.
 - Implement developmentally and culturally appropriate strategies to engage parents in the clinical encounters of AYAs and evaluate their effects on the receipt of clinical preventive services and health outcomes.

Projects Focused on Parents

- Formative research to inform an intervention for youth with special health care needs
 - Patient-centered, parent-engaged, and developmentally-informed
 - Examine how youths' skills in a variety of "in the home" and "out of home" tasks relate to age, health status and parenting style (*K. Ahrens, University of Washington*)

Projects Focused on Parents

- Assess adolescent technology use
 - *California Health Interview Survey*--state-wide survey
 - Representative adolescent sample (ages 12-17)
(*UC San Francisco/UC Berkeley*)
 - Household rules about technology use
 - Hours of sleep
 - Clinician discussion of technology use

Projects Focused on Parents

- Preventing Adolescent Opioid Use: website for parents (signs of abuse, prevention tips & links to resources)
 - <http://teen-safe.org/the-course-9/> (*S. Harris, Boston Children's Hospital, Harvard University*)
- Parenting Intervention in Primary Care (*pilot*)
 - Includes adolescent communication, monitoring & conflict
 - Parents (N=99) receptive to intervention
 - Particular interest in mental health and improving relationship with child (*M. Aalsma, Indiana University*)

Next Step: Developing a Parent-Focused Intervention

- AYAH-RN parent engagement workgroup: Developing models for engaging parents in the primary care setting
 - S. Harris, PhD, Boston Children's Hospital, Harvard University
 - M. Aalsma, PhD, Indiana University
 - L. Richardson, MD, MPH & C. McCarty, PhD, Seattle Children's Hospital, University of Washington
 - E. Ozer, PhD & C. Penilla, DrPH, UCSF
 - R. Sieving, PhD, RN & C. Mehus, PhD, University of Minnesota
 - C. Ford, MD, Children's Hospital of Philadelphia, University of Pennsylvania

Next Step: Developing a Parent-Focused Intervention

Parent questionnaire/assessment tool

- Researching existing tools
- Create an on-line module compatible with EHR
 - Provide “actionable” information for clinician providing care to adolescent
 - Identify and respond to parents’ interests and concerns
 - Basic facts/guidance provided within module

Next Step: Developing a parent-focused intervention

Identify and develop tools & interventions for parents

- Linkage from on-line module to existing resources and more intensive interventions
- Identify gaps and develop on-line interventions and resources