

# Adolescent & Young Adult Health

National Resource Center

Are you interested in:

- Improving access and quality of the preventive visit?
- Expanding your focus on young adult health?
- Increasing your focus on mental health issues for adolescents and young adults?

## WE CAN HELP!

- ✓ Conduct needs assessment/prioritization for Block Grant
- ✓ Identify state/territorial outcome and performance measures
- ✓ Develop & refine action plans, using evidence-based strategies
- ✓ Engage and partner with adolescents and young adults
- ✓ Develop and strengthen partnerships

### The Annual Well Visit (National Performance Measure #10)

We can help with strategies to improve access, uptake and quality related to the well visit, such as:

- Market the well visit to young people and their families
- Partner with clinics (e.g., quality improvement initiatives)
- Improve developmentally-appropriate care (e.g., time alone & confidential care)
- Adapt the sport physical to be more comprehensive
- Strengthen Title V-Medicaid partnerships (e.g., align with Bright Futures periodicity schedule)

#### Selected Tools & Resources:

- Marketing/publicity materials and archived webinars
- Screening checklists for adolescent & young adult well visits
- Patient satisfaction survey and tools for youth engagement

## WE DO THIS THROUGH

- ✓ **Technical assistance**, such as phone consultation, webinars and learning communities
- ✓ Providing **tools and resources**
- ✓ Sharing **lessons learned** from other states and territories
- ✓ And more!

### Expand your focus on young adult health

#### Why do young adults matter?

National Performance Measures are relevant for young adults, including:

- NPM 1: Well woman visit
- NPM 10: Adolescent well visit
- NPM 12: Transition to adult care

Plus, many states address areas of adolescent health that **worsen in young adulthood**

- Motor vehicle deaths, drinking & driving, homicide
- Substance abuse/use
- Sexually transmitted infections

AND, many states already have performance & outcome measures in these areas

### Increasing focus on Adolescent and Young Adult Mental Health issues

We just launched the Adolescent and Young Adult Behavioral Health CoLIN

- We have tools to guide Title V programs in developing **public health – primary care partnerships to improve screening for depression and other mental health issues.**
- Stay tuned for lessons learned and let us know how we can help!

Interested in developing **state performance and/or outcome measures** related to mental health (including Trauma Informed Care)? - **We can help with this, too!**

