



# CARDEA

Training, Organizational Development and Research



## Enhancing the Provision of Adolescent Primary Care--The Texas Friendly Youth Initiative

Adolescent patients access primary care services at lower rates than any other age group despite increased risk for morbidity and mortality due to high risk behaviors such as substance use, sexual activity, interpersonal violence, and suicide.[1] Less than 20% receive recommended screening and counseling, and services they need.[2] [3] In order for adolescents to access health services, it is critical that services are adolescent-friendly, accessible, acceptable, culturally appropriate, effective and equitable. Providers of these youth-friendly services are sensitive to their young clients' needs, encourage autonomy, and demonstrate respectful and non-judgmental attitudes. They know that, for some adolescents, privacy and confidentiality is a high priority.

In line with Cardea's mission to enhance organizations' abilities to deliver optimal and culturally proficient care to clients, Cardea is partnering with Texas Campaign to Prevent Teen Pregnancy on a pilot project called [The Texas Youth-Friendly Initiative \(TYFI\)](#). TYFI builds the capacity of health centers to improve care delivery to youth ages 10-24 through their participation in the [Adolescent Champion Model \(ACM\)](#) developed by the Adolescent Health Initiative. The ACM includes assessments of clinic's youth-friendliness, quality improvement initiatives, pre-packaged mini-trainings, patient and staff evaluations to assess improvement, and tailored technical assistance and resources.

As a replication partner for this evidence-based model, Cardea staff provide training, technical assistance, and subject matter expertise in a range of areas that include adolescent health, primary care, improving clinic outcomes, managing organizational change, and strengthening referral pathways. This includes supporting improvements in staff knowledge and attitudes regarding the provision of adolescent care as well as working with primary care sites on opportunities to enhance patient satisfaction with services received. Ultimately, through this multi-faceted, tailored initiative, Cardea works with clinic teams to assess their overall operating environment, looking for opportunities to enhance policies, practices and culture that support optimal care for adolescents. Cardea also supports development of the web platform

that provides resources (local, state, national, international) to build Texas-based clinics' capacity to better serve youth.

TYFI works with clinics to help:

- Reduce community barriers for youth to access high-quality affordable health services.
- Implement best practices for youth-friendly approaches to care.
- Transform clinic systems to help standardize and sustain adolescent-centered processes.

For more information about Cardea and our other adolescent health work visit [www.cardeaservices.org](http://www.cardeaservices.org).

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[1] Schaeuble K, Haglund K, Vukovich M. Adolescents' Preferences for Primary Care Provider Interactions. J Spec Pediatr Nurs. 2010; 15(3):202-10. doi: 10.1111/j.1744-6155.2010.00232.x

[2] Bethell C, Klein J, Peck C. Assessing health system provision of adolescent preventive services: the Young Adult Health care Survey. Med Care. 2001; 39(5):478-490.

[3] Blum RW, Beuhring T, Wunderlich M, Resnick MD. Don't ask, they won't tell: the quality of adolescent health screening in five practice settings. Am J Public Health. 1996; 86:1767-72.



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