



# Is Your Clinic Youth-Friendly? Why, What, How, and What Next?

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**Bridging the Gaps: Eliminating Disparities in Teen Pregnancy and Sexual Health**

*June 4-6, 2014, Washington DC*

# Disclaimer

*The views expressed in written training materials, publications, or presentations by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.*

# Objectives

*By the end of this workshop participants will be able to:*

- Discuss at least three (3) reasons why there is an urgent need for clinical services that are more attractive and responsive to youth;
- Describe at least five (5) characteristics of youth-friendly clinical services;
- Identify at least three ways to assess current programming that aligns with clinical youth-friendly services; and
- Identify at least three (3) implementation strategies for youth-friendly clinical services.

# Introductions & Warm-Up

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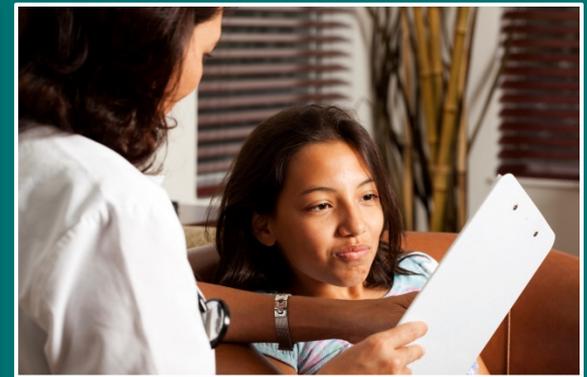


Program Manager

**Milagros Garrido-Fishbein, MS**



Senior Program Manager



## Providing:

- Training
- Research
- Advocacy
- Resources
- Leadership
- Capacity Building

For Professionals



# Healthy Teen Network

MAKING A DIFFERENCE IN THE LIVES  
OF TEENS AND YOUNG FAMILIES

# Brain Teaser

                     number of babies were born to **15-19 year old women in the year 2011.**

- a) 333,000
- b) 100,000
- c) 15,000

# Brain Teaser

**15–24-year-olds account for nearly \_\_\_\_\_ of the 18.9 million new cases of STIs each year.**

a)  $1/2$

b)  $1/4$

c)  $1/8$

# Brain Teaser

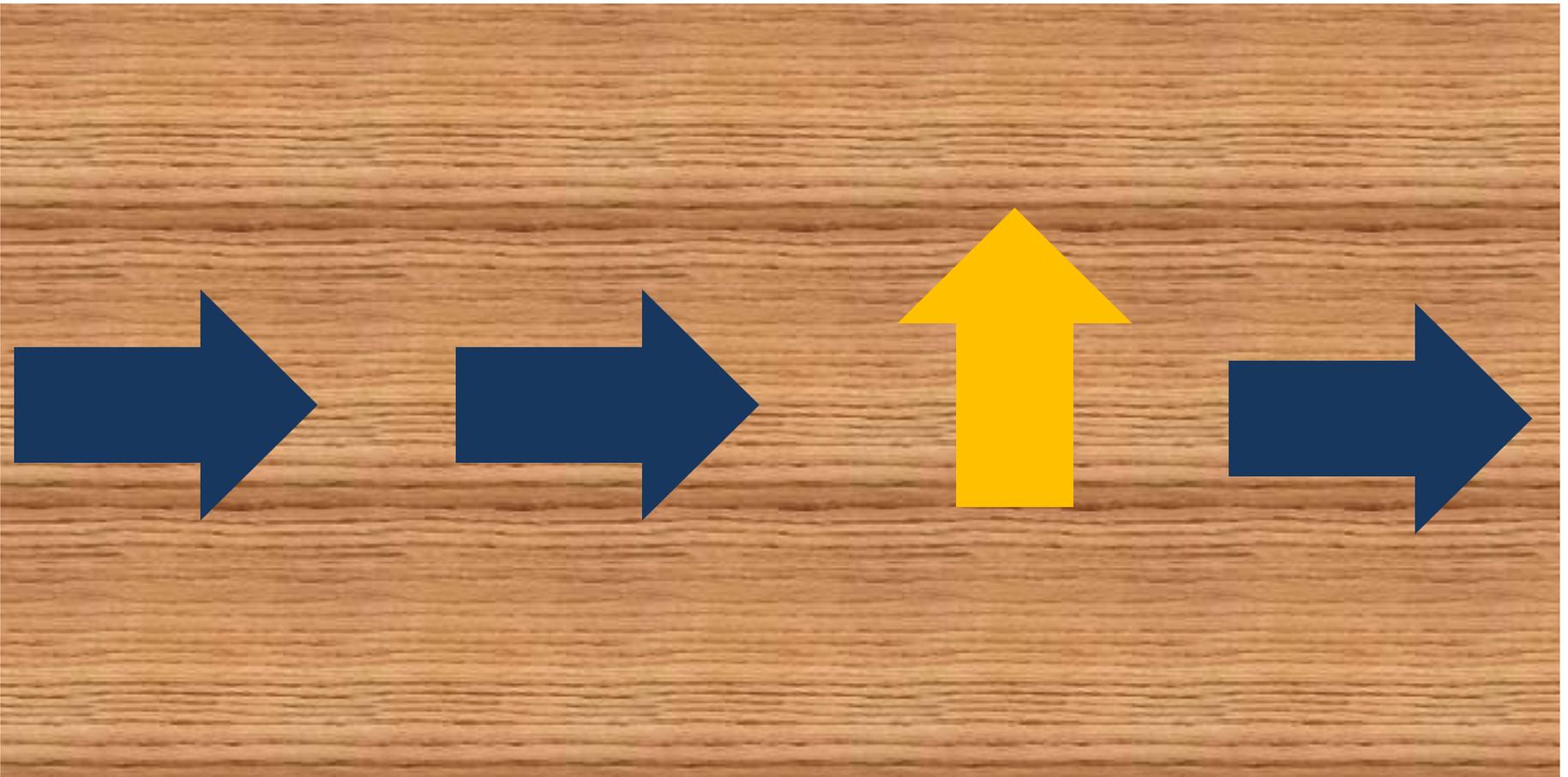
**\_\_\_\_\_ of female teens received all 3 recommended doses of the HPV vaccine series in 2012.**

a)  $1/3$

b)  $1/5$

c)  $2/3$

# Shifting Focus



# Rights-Based Approach

“...human dignity, attention to the needs and rights of vulnerable groups, and an emphasis on ensuring that health systems are made accessible to all.”

- UN, 2000

# Right-based Approach

1. Adopt a Sex Positive Approach
2. Celebrate Diversity
3. Ensure Confidentiality
4. Understand Evolving Capacity
5. Obtained Informed Consent



# 1. ADOPT A SEX-POSITIVE APPROACH

# Sex-positive

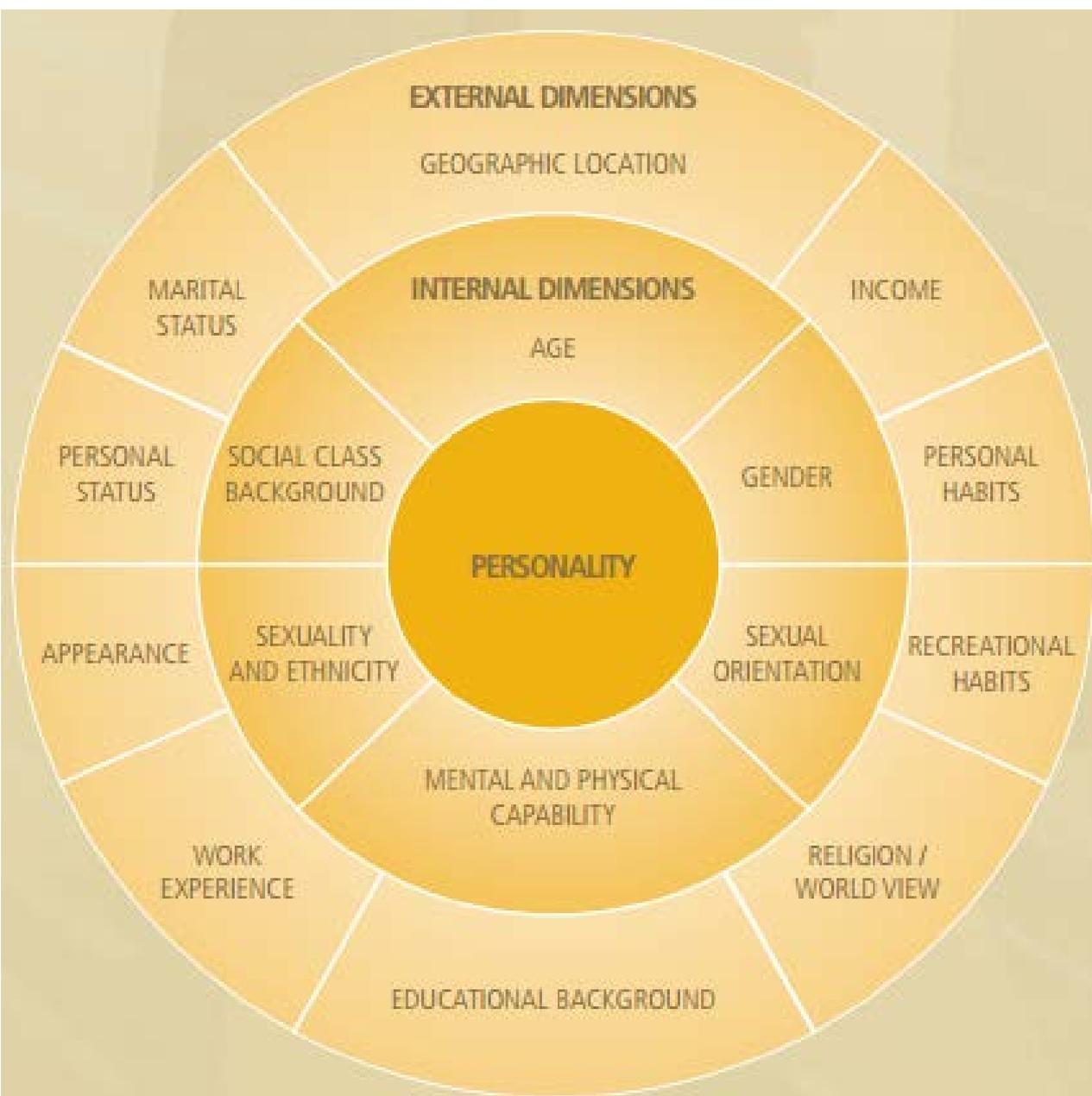
**What are some ways that you can adopt a sex-positive approach in your work?**

# Sex-positive

- Not making assumptions about young people's sexual orientation;
- Asking youth about their sexual concerns;
- Handing out condoms to all young clients; and
- Everyone has the right to:
  - Say no to sexual activity or sexual requests
  - Have a partner that doesn't pressure or coerce them into to having sex



## **2. CELEBRATE DIVERSITY**



Adapted from Gardenswartz & Rowe.

Available at: <http://www.gardenswartzrowe.com/images/layers.jpeg> Accessed 17 Aug 2011.

# Diversity

- Involving young people in their health care decision-making;
- Distinguishing between your personal moral beliefs and the needs, concerns, and desires of young clients;
- Avoiding normalizing any one kind of sexual practice; and
- Empowering young people by respecting their choices.



# 3. ENSURE CONFIDENTIALITY

# Confidentiality

- Have a well-established confidentiality policy that is endorsed by all staff;
- Advertise confidentiality policy (e.g., pamphlets);
- Provide visual and auditory privacy; and,
- Work with billing department to avoid disclosure of sensitive services
- Provider should always inform young clients of their rights.



## **4. UNDERSTANDING EVOLVING CAPACITY**

# Evolving Capacity

- Advocate on behalf of and with young people;
- Assume that young people can make decisions about their health care;
- Provide accurate and comprehensive information on all procedures and services; and,
- Know how to identify and respond to signs of abuse.



## **5. OBTAIN INFORMED CONSENT**

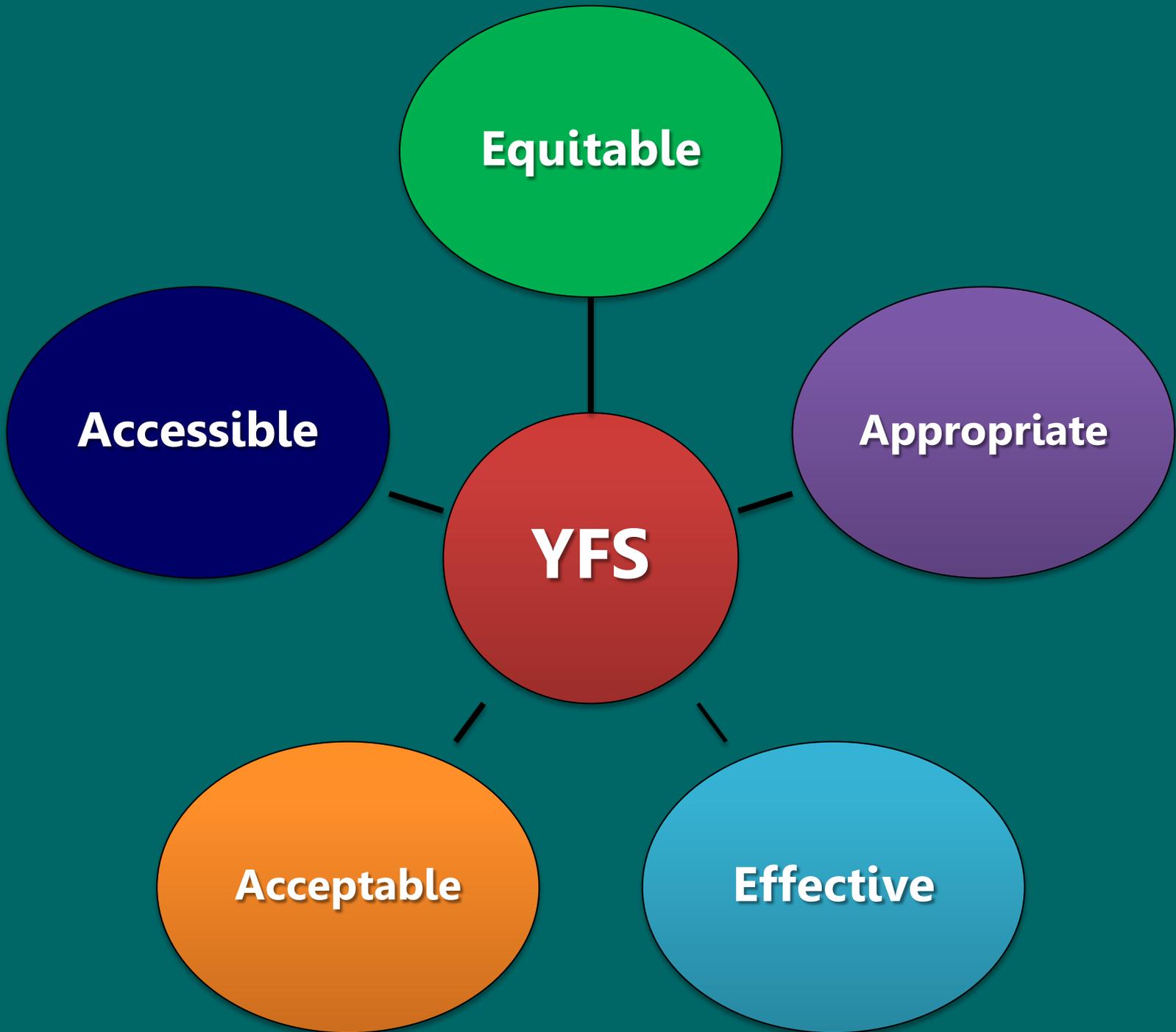
# Informed Consent

- Use clear language, check for understanding, and offer alternatives;
- Provide enough time for the youth to make a decision; and
- Reinforce that all discussions are confidential.

# YOUTH FRIENDLY SERVICES

Services that are able to effectively attract young people, meet their needs comfortably and responsively, and succeed in retaining young clients for continuing care.

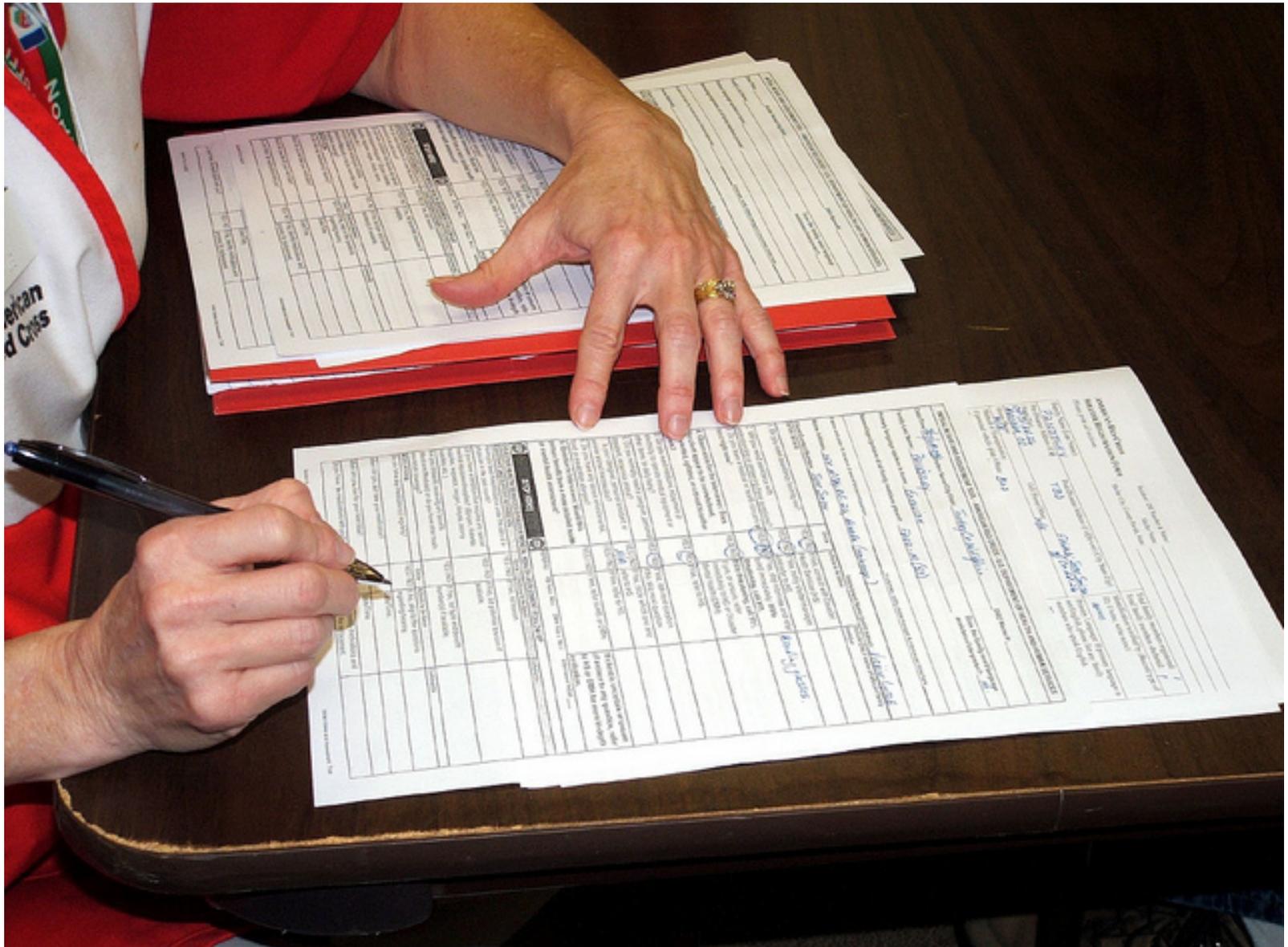
—UNESCO (2004)



# Small Group Activity

- Identify all the characteristics the assigned element should have to be youth-friendly;
- Write your responses on the provided flip-chart paper; and
- Be ready to share with the large group.

# Self-assessment Tool



# Case Studies



# Questions?



# References & Resources

Keys to Youth-Friendly Services (IPPF)

<http://www.ippf.org/resources/publications/Keys-youth-friendly-services>

Making Health Services Adolescent Friendly (WHO)

[http://www.apps.who.int/iris/bitstream/10665/75217/1/9789241503594\\_eng.pdf](http://www.apps.who.int/iris/bitstream/10665/75217/1/9789241503594_eng.pdf)

Youth Friendly Services: A Manual for Service Providers (Engender Health)

<http://www.engenderhealth.org/pubs/gender/youth-friendly-services.php>

Human Rights-Based Approach to Health

<http://www.who.int/trade/glossary/story054/en/>

A Teen-Friendly Reproductive Health Visit Infographic (CDC)

<http://www.cdc.gov/teenpregnancy/TeenFriendlyHealthVisit.html>

# References & Resources

Best Practices for Youth Friendly Clinical Services (Advocates for Youth)

<http://www.advocatesforyouth.org/publications/publications-a-z/1347--best-practices-for-youth-friendly-clinical-services>

Braeken, D. & Rondinelli, I. (2012). Sexual and reproductive health needs of young people: Matching needs with systems. *International Journal of Gynecology and Obstetrics*, 119. S60-S63.

Kavanaugh, M.L., Jerman, J., Ethier, K., & Moskosky, S. (2013). Meeting the Contraceptive Needs of Teens and Young Adults: Youth-Friendly and Long-Acting Reversible Contraceptive Services in U.S. Family Planning Facilities. *Journal of Adolescent Health*, 52. 284-292.

Tylee, A., Haller, D.M., Graham, T., Churchill, R., & Sanci, L.A. (2007). Youth-friendly primary-care services: how are we doing and what more needs to be done? *The Lancet*, 369. 1565-73.

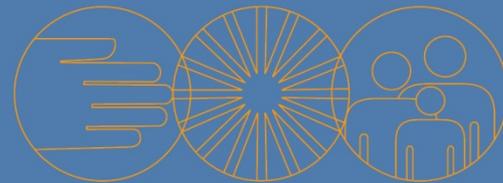
Aggleton, P. & Campbell, C. (2010). Working with young people- towards an agenda for sexual health. *Sexual and Relationship Therapy*, 15 (3) 283-296.

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HEALTHY TEEN NETWORK'S 2014 CONFERENCE!



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# Thank You!!!

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