Additional Resources

**Resources for Professionals**

  - An overview of Mt. Sinai’s innovative approach to adolescent healthcare.

  - Guidance in developing and enhancing policies and programs to improve adolescent healthcare.

  - Information to help healthcare professionals identify and support victims of trafficking.

- **Creating Safe and Supportive Environments.** Teen Pregnancy Prevention and Pregnancy Assistance [https://www.hhs.gov/ash/oah/resources-and-training/tpp-and-paf-resources](https://www.hhs.gov/ash/oah/resources-and-training/tpp-and-paf-resources)
  - Resources for creating and maintaining environments that meet the social and emotional needs of individuals.

- **Adolescent Health Services: Missing Opportunities.** National Research Council and Institute of Medicine. [https://www.nap.edu/catalog/12063/adolescent-health-services-missing-opportunities](https://www.nap.edu/catalog/12063/adolescent-health-services-missing-opportunities)
  - Guidance on improving an integrated health system for adolescents.
Resources for Parents and Families

  » Tips for encouraging teens to get involved in their healthcare.

  » Advice for helping adolescents develop a health routine.

  » Things for parents to consider regarding their teen’s health.

  » Tips for teens on how to take charge of their healthcare.

  » How parents, families, and guardians can support healthy adolescent development.

Useful Websites for Adolescents, Caregivers, and Professionals

- Mount Sinai Adolescent Health Center – [https://teenhealthcare.org/](https://teenhealthcare.org/)
  » Information on the health center’s mission, impact, and how to get involved.

- Substance Abuse and Mental Health Services Administration (SAMHSA): Resources for Trauma-Informed Care – [https://www.samhsa.gov/trauma-violence](https://www.samhsa.gov/trauma-violence)
  » Information on SAMHSA’s treatment options, grants, data, and campaigns

  » Information on NCTSN’s mission to raise the standard of care for traumatized children and their families.