

# **RECOMMENDATIONS DURING COVID-19**



### Improving Adolescent Wellness Visits

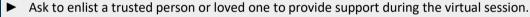
Coronavirus disease (COVID-19) can affect adolescents directly and indirectly. Beyond getting sick, many adolescents' social, emotional and mental well-being has been impacted by the pandemic. Trauma faced at this developmental stage may have long-term consequences across their lifespan.

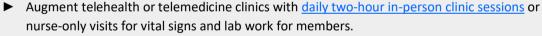
Centers for Disease Control and Prevention

#### INNOVATIVE INTERVENTIONS FOR PROVIDERS

INNOVATING WELLNESS VISITS

- Use <u>Community Health Workers</u> (CHWs) to conduct outreach to socially isolated families through telehealth, home-based, or office visits.
- ► Connect members to needed <u>social services</u> via technology to support patient interaction.
- Increase incentives for self-collected specimens and other virtual activities through reloadable credit cards such as <u>ClinCards</u>.





Ask members to use, during the virtual visit, <u>video chat services and headphones</u>; allow the use of the chat function to type in responses to yes/no questions, and upload photos via the electronic records.

ENGAGING THROUGH DIGITAL PLATFORMS



- ► Send patients links to <u>animated and video tours</u> of the intervention technology.
- Use online interventions (i.e., <u>P3, YouTHrive, TechStep</u>) that provide spaces for social interaction and social support.
- ▶ Use <u>virtual currency systems</u> (e.g., Venmo or Zelle) or online retailer gift cards as incentives.
- ► Allow patients, without their parents/guardians, video visit access from the <u>member portal</u> for sensitive history taking.
- ► Review an <u>innovative teen outreach workflow</u> using portal access, a follow-up call and virtual rooming.
- Use <u>social media shareable and messaging</u> examples on vaccination from the National HPV Vaccination RoundTable.



## **RECOMMENDATIONS DURING COVID-19**



**SELF-CARE** 

TOOLS AND

**COMMUNITY** 

**SUPPORT FOR** 

**TEENS** 

## Improving Adolescent Wellness Visits

Compared with 2019, the proportion of mental health-related visits for children aged 5-11 and 12-17 years increased approximately 24% and 31%, respectively. Monitoring indicators of children's mental health, promoting coping and resilience, and expanding access to services to support children's mental health are critical during the COVID-19 pandemic.

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#### RESOURCES FOR TEENS AND PARENTS

- Use of social media graphics and animations for <u>adolescents</u> to share with peers that encourage taking care of their <u>physical</u>, <u>social</u>, <u>emotional</u> and mental well-being.
- Use a <u>series of self-care videos</u> that offer adolescents' perspective on how to maintain positive mental health while adhering to public health measures.
- Support of <u>digital community</u> for which teens can share their mental health struggles and triumphs (i.e., <u>Brave Teens; Voices from Isolation</u>).
- ► Use of storytelling through <u>Well Beings</u> campaign, a mental health resource (e.g., <u>Preventing Teen Suicide in a</u> Pandemic of Isolation).
- Use <u>resource guide</u> to stay connected at home during the pandemic; apply for low-income internet service, qualify for free or discounted computers, mobile plans and phones.

MENTAL HEALTH SUPPORT FOR TEENS

- Learn <u>how to communicate</u> with teens when supporting resilience development (i.e., helpful phrases; <u>healthy</u> activities).
- Support teens' emotional well-being through CDC's COVID-19 Parental Resource Kit.
- Understand the <u>psychological impact</u> on teens during the pandemic (e.g., trauma, grief) and learn to use <u>key</u> <u>messaging and advocacy</u> in protecting their mental health.
- Use <u>reliable resources</u> for teens and parents when addressing teens' social, <u>mental</u> and sexual <u>well-being</u>.

MCP PRACTICE HIGHLIGHT

#### Kaiser Permanente in Washington

- Promotion of easy to access <u>tele-counseling</u> services.
- Video-counseling on <u>contraceptive</u> options with follow-up.
- Virtual or clinic visit to check HPV vaccination status and advice on HIV/ STI risk reduction.