



# **Jumpstarting the Conversation on Children's Health: How Can we Engage More Effectively with Adolescents in Primary Care: Implementing "Reaching Teens" in the Primary Care Setting.**

Ken Ginsburg, MD, Author of "Reaching Teens"  
Hosted by Amy Belisle, MD, Maine Quality Counts

Thurs. December 8, 2016: 12N-1 PM

**DSI Funding:** Supported by the Maine DHHS through funding from the US CDC Preventive Health and Health Services Block Grant 3B01DP009026-13.

# QC Staff is Working to Improve the Health of Everyone in Maine



# QC Brings Together the People Who Give, Get and Pay for Health Care to Address Shared Priorities



# Maine Child Health Improvement Partnership (ME CHIP)

## Mission

To optimize the health of Maine children by initiating and supporting measurement-based efforts to enhance child health care by fostering public/private partnerships.

## Vision

All practices providing health care to children will have the skills, support, and opportunities for collaborative learning needed to deliver high quality health care.



ME CHIP is part of the National Improvement Partnership Network (NIPN)





# Webinar Logistics for Zoom

- You can mute your line or take off your video screen by changing the settings on the bottom box of your screen.
- Please use the Q&A or chat functions for questions or comments throughout the presentation
- We will have a discussion with the speaker at the end of the presentation

# CME

- **Disclosure:** Today's speaker does have a financial relationship with the American Academy of Pediatrics as the Author of Reaching Teens. Dr. Ginsburg receives royalties from the publication.
- CME will be available for participants who have signed into the live webinar. If there are multiple people at one computer, please type their names and email addresses into the chat box for our attendance records.
- We do not have separate nursing CEUs- but you can get a CME certificate.
- A CME evaluation survey will be available when you exit the webinar and will be sent after the webinar via email.
- Please complete the survey via Survey Monkey within 1 week.
- A CME certificate will be emailed within 1 month of completion of the survey. Please contact Jackie Tiner ([jtiner@mainequalitycounts.org](mailto:jtiner@mainequalitycounts.org)) with questions.



# Objectives

- Provide a brief overview of the key components of the Reaching Teens Curriculum.
- Discuss best practices around seeing teens in primary care practices and how incorporating Reaching Teens into professional development prepares one to better serve teens.
- Discuss areas that can be challenging for practices to implement professional development around Reaching Teens and strategies to overcome challenges.

# Today's Speaker



**Kenneth R Ginsburg, MD, MEd** is a Professor of Pediatrics at The Children's Hospital of Philadelphia and the Perelman School of Medicine at the University of Pennsylvania. His adolescent medicine practice often addresses adolescent behavioral issues. He practices social adolescent medicine -- medicine with special attention to prevention and the recognition that social context and stressors impact upon both physical and emotional health. The theme that ties together his clinical practice, teaching, research and advocacy efforts is that of building on the strength of teenagers by fostering their internal resilience. He is one of the authors of the AAP's Reaching Teens™ curriculum.



# Reaching Teens in Health Care Practices

## Maine Quality Counts

Ken Ginsburg, MD, MS Ed  
The Children's Hospital of Philadelphia  
Covenant House Pennsylvania



# Creating an Adolescent Friendly Practice

- . . . One that sees them differently, that recognizes and builds on their strengths
- . . . One that is responsive to their needs
- . . . One that prepares them to be adult health consumers and personal health advocates

80

50

# The Eye Roll

Kids don't care what adults say

Teens Don't tell us the truth anyway

# Moving Forward

- Seeing with fresh eyes
- Reaching Teens

# Connection: Setting the Stage



# Setting the Stage: Engaging the Teen

1. **Honesty**
2. **Respect**
3. **Listening without judgment**
4. **Privacy**

# Setting the Stage: Engaging the Parent

1. What's my role?
2. Limitations of Privacy
3. How is this Strategy going to help my child?

**S**trengths

**S**chool

**H**ome

**A**ctivities

**D**rugs and other Substances

**E**motions

**S**exuality

**S**afety

# When Resilience Reaches Its Limits

Physical symptoms

Fatigue

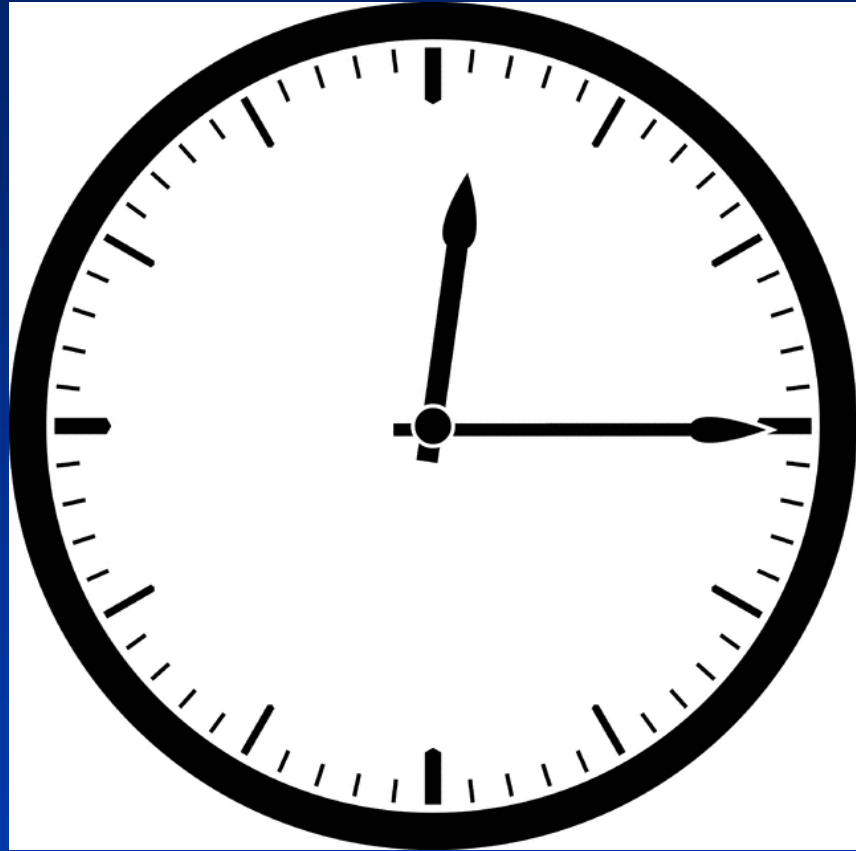
Disinterest

Dropping grades

Sad mood

**Irritability/anger**

Substance use



# Linkages to Maine Partners

There are 27 cross-sector teams throughout Maine implementing Reaching Teens today. You can learn more about these Teams and participate in their partnerships, learning opportunities and regional networking by contacting:

[maineaces@gmail.com](mailto:maineaces@gmail.com)



# Trauma Informed Practices

Felitti VJ, Anda RF, Nordenberg DF, Williamson DF, Spitz AM, Edwards VJ, Marks JS.

Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: **The Adverse Childhood Experiences (ACE) study**. *American Journal of Preventive Medicine* 1998;14(4):245-258.

# The Adverse Childhood Experiences

- Emotional Abuse
- Physical Abuse
- Sexual Abuse
- Neglected
- Exposure to Substance Abuse in Household
- Exposure to Mental Illness in Household
- Exposure to Domestic Violence in Household
- Parent(s) Sent to Prison
- Were Parents Divorced or Did You Experience Parental Abandonment?

**UNLESS**



**UNLESS until when???**



# The Effect of ACEs on the Brain





# The Effect of ACEs on Behavior



# Trauma Does Not Break Kids . . . . . . Nor Does it Cause Brain Damage

- Predictive is Not an Absolute Determinant
- A Different Kind of Credential
- Having a “Protector’s Brain”

# Three Key Principles of Trauma Informed Practices

- Knowing what is about you and what is not about you
- Changing your lens from “What’s wrong with you!” to “What happened to you?”
- Giving control back to people from whom control has been taken away

**Tying it Together:  
Addressing Risk, Acknowledging  
Trauma but Developing Strengths**



# Behavioral Change 101

(What they're missing)

# The Five Steps of Behavioral Change

1. Awareness
2. Motivation
3. Skills
4. Trial and error
5. Maintenance

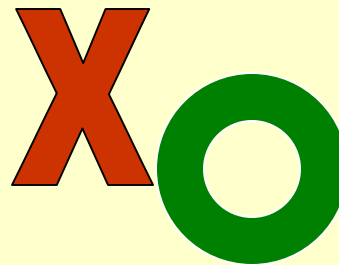
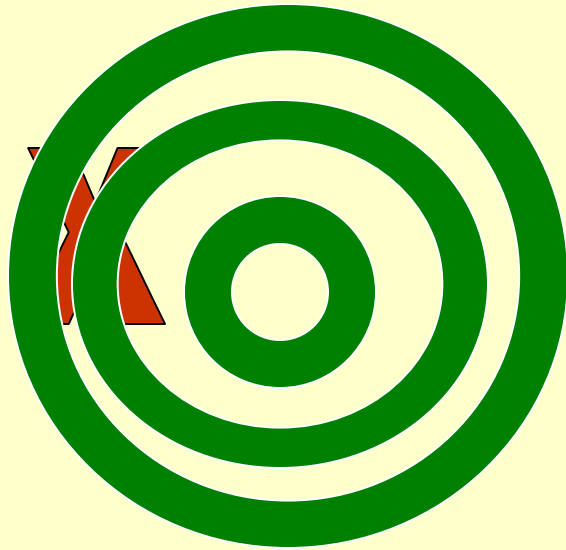
**? Pre-contemplation ?**

**Confidence gets it started . . .**

**. . . and shame, stigma and  
demoralization prevent action**



# Finding Competence . . . . . . Building Confidence

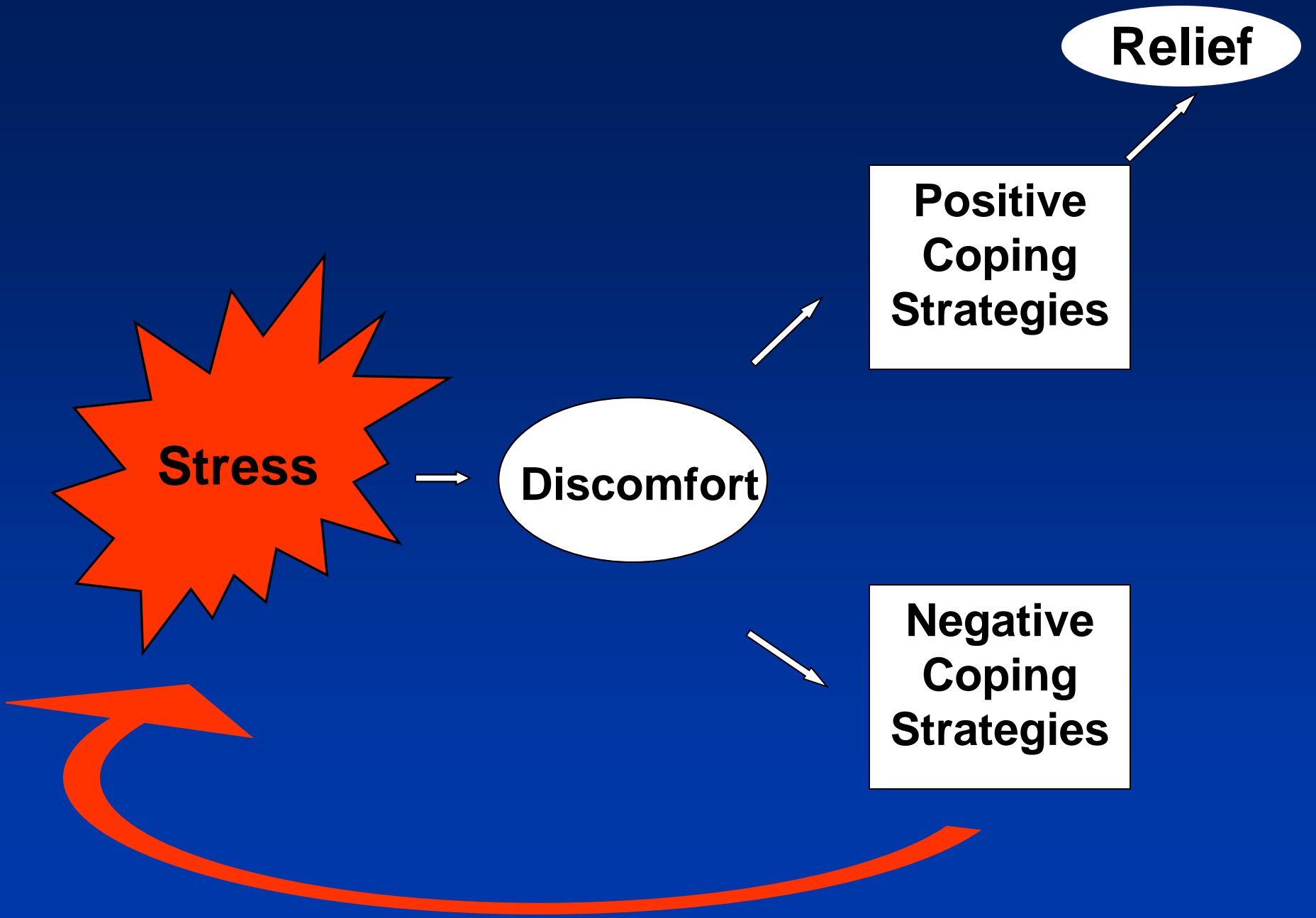


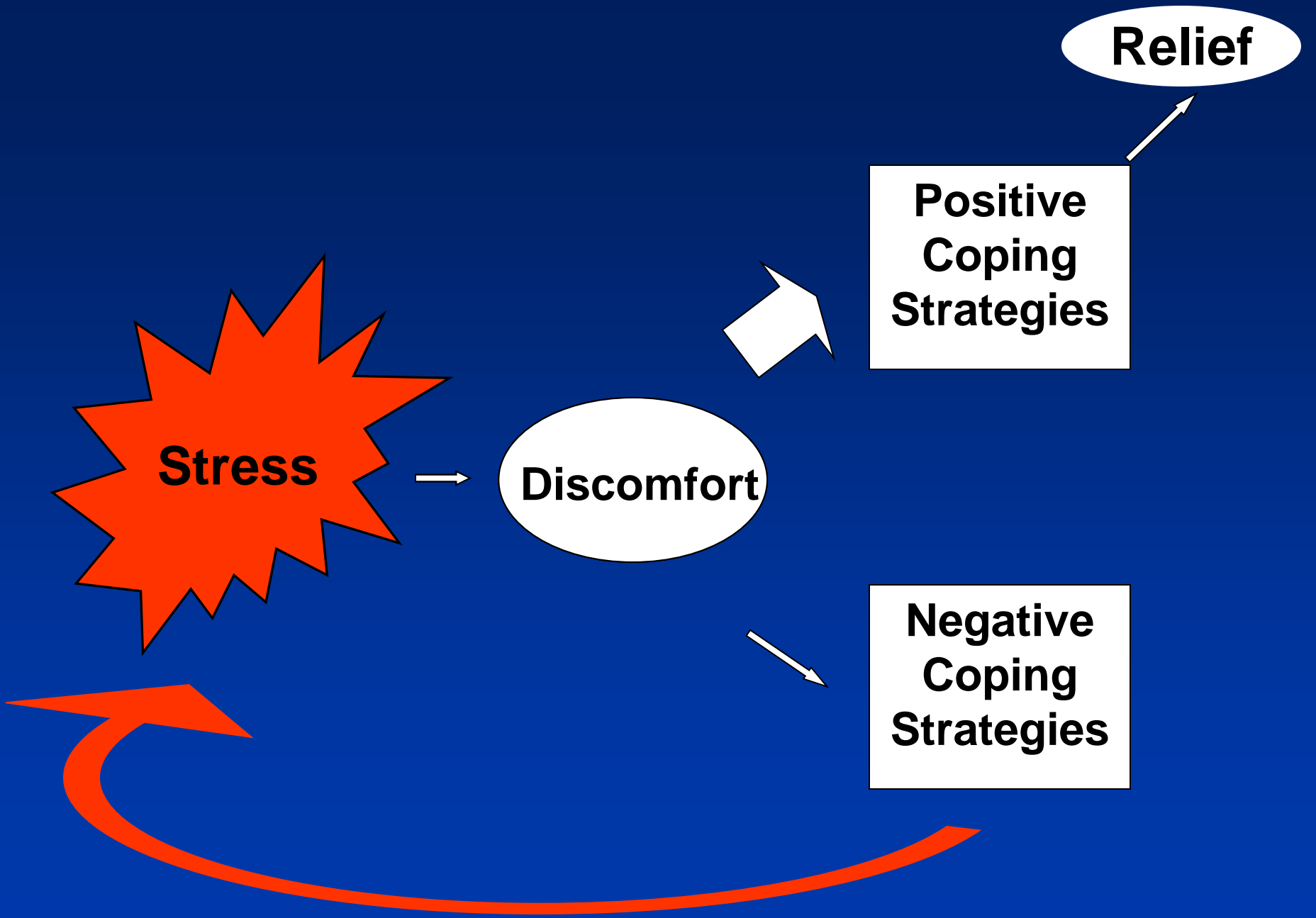
# Learning Not to Undermine Competence

- Talking in a way young people understand
- Honoring the existing wisdom of youth
- No more lectures!!!!!!

# Resilience

- Is about learning to cope, in a positive way with life's inevitable stressors
- We might do our greatest good by raising youth with a wide repertoire of positive coping strategies





# Boundaries: Critical to Self Care and Professional Longevity

- Not the easy stuff. How do you love and still remain whole?
- Knowing our buttons
- Being trauma-informed
- Knowing who is the expert
- Avoiding the rescue fantasy
- Giving control back
- Planting seeds

# REACHING TEENS

STRENGTH-BASED COMMUNICATION STRATEGIES  
TO BUILD RESILIENCE AND SUPPORT HEALTHY  
ADOLESCENT DEVELOPMENT

**Editors**

Kenneth B. Strubberg, MD, MS (A) FAAP, FACC  
Joni S. Gruman, MD, PhD



- 400+ cloud-based videos.
- Expert guidance from adolescent health professionals, youth program staff, and teens.
- Earn up to 65 CME/CEU credit hours.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



# What it is

Comprehensive

Introduction to a variety of brief intervention strategies

Interdisciplinary

Theoretically grounded, evidence informed

Resilience-based, trauma-informed, rooted in positive youth development

CME and CEU product for MDs, PNP's, PAs, Health Educators, Counselors, and Social Workers



# What it is not

A manualized approach to therapy

Fully evidence based

A deep dive into every concept

A diagnostic manual

**Enough.** We do not know your practice environment, your practice style, your client population. Just as teens are the experts in their lives, you are the expert in your practices.

# The Problem With Reaching Teens

- It's too Big!!!!
- Where do you start?
- How do we make time for this in my practice?
- How does this fit into our existing professional development curricula?
- Who should lead the sessions?

# It's Too Big!!!!!!

- It does not make sense to do all 69 chapters as a group
- Most chapters do not benefit from the group process
- Most chapters should be navigated on an as-needed basis
- Each practice should decide on the core chapters, based on its goals

# Where do you start?

What is your goal?

- A more teen-friendly environment, responsive to their needs
  - Several chapters are on the nuts and bolts of adolescent centered practice
  - Many chapters deal with challenges from a strength-based perspective
- Shifting to a Strength-based Model
- Working with traumatized populations
- Burnout prevention

# Core Philosophical Chapters

CH 5 The 7 C's Model of Resilience

CH 6 The Impact of Trauma on Development and Well-Being

CH 15 Body Language

CH 20 Boundaries

CH 22 Trauma Informed Practice: Working with Youth Who Have Suffered Adverse

CH 25 Addressing Demoralization: Eliciting and Reflecting Strengths

CH 67 Healer, Heal Thyself: Self-care for the Caregiver

# Nuts and Bolts Chapters

- CH 12 Creating an Adolescent-Friendly Space and Service
- CH 13 Creating a Male Adolescent-Friendly Service
- CH 14 Setting the Stage for a Trustworthy Relationship
- CH 18 The SSHADESS Screen: A Strength-based Psychosocial Assessment
- CH 30 Strength-Based Interviewing: The Circle of Courage

Barbara Frankowski

Paula Duncan

# Leadership

A practice champion

- Sets tone
- Sets pathway
- Creates culture
- Encourages independent navigation

Chapter by chapter champions

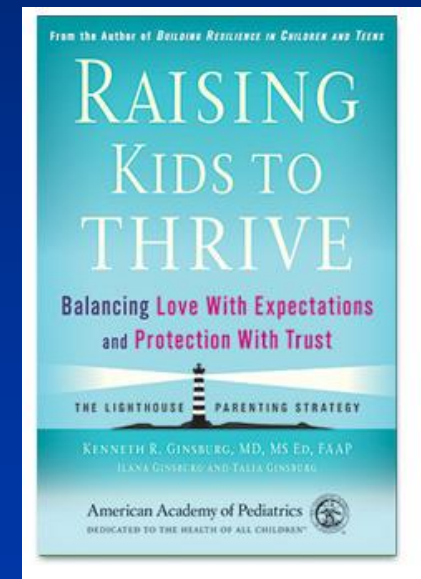
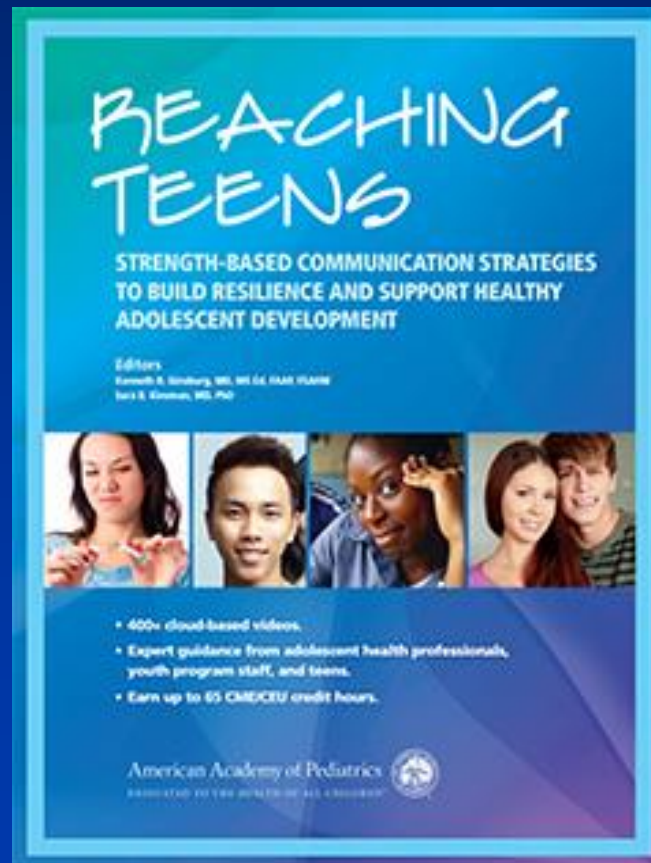
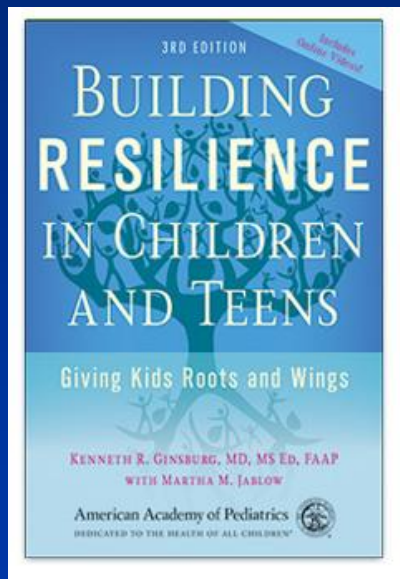
- Chooses among videos
- Leads discussion
- Creates relevant group learning and discussion







# Fosteringresilience.com



# Special Offer

The AAP is providing special pricing for “Reaching Teens” to Maine participants for all who are participating in the webinar as part of the work of the Maine Resilience Building Network until Dec. 31, 2016. Please fill out the form for the AAP and mention the Dec. 8<sup>th</sup> webinar. Form on QC website: [https://www.mainequalitycounts.org/image\\_upload/Order%20form%20Maine%20Resilience%20CME%20Event%202016.pdf](https://www.mainequalitycounts.org/image_upload/Order%20form%20Maine%20Resilience%20CME%20Event%202016.pdf)

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## SPECIAL OFFER FOR MAINE RESILIENCE ATTENDEES TO OBTAIN CONTINUING EDUCATION CREDIT

\*\*\*Prices offered through December 31, 2016 only\*\*\*

TO PLACE ORDER:		FAX TO 847 / 434-8780 Attn: Exhibit orders				
OR		E-MAIL TO <a href="mailto:jbeck@aap.org">jbeck@aap.org</a>				
ITEM NUMBER	ITEM DESCRIPTION	QUANTITY	RETAIL PRICE	CONFERENCE PRICE PRINT	eBOOK	TOTAL
MA0647	REACHING TEENS: Strength-Based Communication Strategies to Build Resilience and Support Healthy Adolescent Development		\$323.95	\$150	\$150	

# **Please join us for the Webinar Series: Jumpstarting the Conversation on Children's Health**

2<sup>nd</sup> Thursday of the Month, 12N-1 PM, CME is available

<https://zoom.us/j/5211733487> or 14086380968,,,5211733487#

**Next: Thurs. January 12, 2017: 12N – 1PM**

How Can We Apply Lessons Learned Increasing Toddler Rates  
to Improving Adolescent Rates?

Jon Fanburg, MD, MPH, MMP South Portland

Anny Fenton



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- **Gita Rao, MD**, Consultant to QC for Kids, [grao@mainequalitycounts.org](mailto:grao@mainequalitycounts.org)

QC for Kids Website: <https://www.mainequalitycounts.org/page/896-1097/improving-childrens-health>