Updated recommendations include:

**Eligible Population**
Patients 11-20 years of age, accessing health care in a variety of settings: Primary Care Practices, School-Based Health Centers, STI Clinics, Behavioral Health Clinics, Emergency Centers

**ADAPT:** Create an environment that builds trust and rapport with adolescent population
Ask questions in a way that establishes trust through dialogue and body language.
- Explain confidentiality to youth and parent early in assessment to encourage openness. Minors may access specified confidential services without parental consent or knowledge. For limits on confidentiality and information on which services minors may access without parental consent, see Michigan Legislature Public Health Code Act 368 of 1978, Section 333.9132.

**SCREEN:** Use a developmentally appropriate screening tool to identify risk of the leading causes of adolescent morbidity and mortality
- **Unintentional injuries/violence** – weapons, helmet and seat belt use, driving when distracted (cell phone/texting), bullying, personal content exposure via social media, physical/psychological abuse
- **Behavioral Health Disorder** – depression, anxiety, self-harm, suicidal ideation/behaviors (PHQ-2, PHQ-9)
- **Sexual behaviors contributing to unintended pregnancy, STIs and HIV** – sexual activity/involvement, sexual orientation, gender identity, past pregnancy and STI, contraception use, and safer sex practices

**ENGAGE:** Recommended interventions to reduce risk
- **Assist** patients in reducing their risk(s) by:
  - Offering self-management resources including anticipatory guidance and contracting for safety.
- **Arrange** follow-up testing, counseling, or referrals. Frequency of follow up is based up risk behaviors identified and risk reduction plans created.
- Negotiate agreement with patient regarding the content to be shared with the trusted adult.

**EMPOWER:**
Emphasize ownership of health behaviors, and offer support making their own healthy decisions.

This alert provides a brief summary of updated recommendations. Refer to the complete guideline for all recommendations and level of evidence.