



Michigan Quality Improvement Consortium Clinical Practice Guideline Update Alert

Guideline: [Adolescent and Young Adult Health Risk Behavior Assessment](#)

Released: November 2016

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.