



# ADOLESCENT-CENTERED HEALTH CARE: THE MOUNT SINAI MODEL

with Angela Diaz, MD, PhD, MPH

## ■ Discussion Guide for Families

This discussion guide is designed for families who are interested in learning up-to-date information on high quality healthcare for adolescents and young adults.

There is a growing understanding that adolescents and young adults need healthcare that is geared specifically to their needs, and is distinct from services provided to adults or young children. The Mount Sinai Adolescent Health Center provides high quality, comprehensive, and inter-disciplinary health and wellness services focused solely on the unique needs of adolescents and young adults. Based on her many years of experience as the Director of the Center, Dr. Diaz shares how health professionals can take a wholly different approach to providing healthcare to young people.

The discussion guide can be used in a variety of settings including parent/school association or other school meetings, parenting classes and support groups, or in community or faith-based settings. Here are a few planning tips:

- Plan for participants to view Dr. Diaz’s videos either in individual segments or all together at one time. The videos are on YouTube and are a total of 30 minutes in length (divided into shorter segments).
- Decide who will facilitate the conversation.
- Allow about 30 minutes to discuss the questions. If the group is larger than 10 people, consider breaking into small groups.
- Ask the facilitator to walk through the resource list with the group (and, if possible, to review the resources themselves before the session).

## ■ Discussion Questions

1. Our healthcare system is largely designed for either adults or young children, but rarely for teens and young adults. Why should teens and young adults have access to adolescent-centered healthcare? What can you do as a parent to provide this access?



2. The Mount Sinai Adolescent Health Center has a set of principles that guide the services they provide. They ensure that their services are: in a safe place; accessible; confidential, comprehensive, integrated and easily navigated; equitable; and high quality and effective. Why are these principles important when it comes to healthcare for young people?
3. Addressing the medical and mental health needs of adolescents and young adults can be challenging. What are some ways you can start a conversation about mental health with your children?
4. It is critical that our communities are fully informed about the importance of having access to adolescent health services. What information will you share with other parents? What information will you share with your children?

### ■ Additional Resources

- Our Model: A Blueprint. Mount Sinai Adolescent Health Center. <http://www.teenhealthcare.org/our-impact/our-model-a-blueprint/>
- Investing in the Health and Well-Being of Young Adults. Institute of Medicine and National Research Council, National Academy of Sciences 2014. <http://www.nationalacademies.org/hmd/Reports/2014/Investing-in-the-Health-and-Well-Being-of-Young-Adults.aspx>
- What to Look for in a Healthcare Setting. National Human Trafficking Resource Center. <https://humantraffickinghotline.org/resources/what-look-healthcare-setting>
- Adolescent Health Services: Missing Opportunities. National Research Council and Institute of Medicine. <https://www.nap.edu/catalog/12063/adolescent-health-services-missing-opportunities>