



# ADOLESCENT-CENTERED HEALTH CARE: THE MOUNT SINAI MODEL

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## Additional Resources

### ● Resources for Professionals

- ▶ Our Model: A Blueprint. Mount Sinai Adolescent Health Center. <http://www.teenhealthcare.org/our-impact/our-model-a-blueprint/>
  - » *An overview of Mt. Sinai's innovative approach to adolescent healthcare.*
- ▶ 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>
  - » *Guidance in developing and enhancing policies and programs to improve adolescent healthcare.*
- ▶ What to Look for in a Healthcare Setting. National Human Trafficking Resource Center. <https://humantraffickinghotline.org/resources/what-look-healthcare-setting>
  - » *Information to help healthcare professionals identify and support victims of trafficking.*
- ▶ Creating Safe and Supportive Environments. Teen Pregnancy Prevention and Pregnancy Assistance <https://www.hhs.gov/ash/oah/resources-and-training/tpp-and-paf-resources>
  - » *Resources for creating and maintaining environments that meet the social and emotional needs of individuals.*
- ▶ Adolescent Health Services: Missing Opportunities. National Research Council and Institute of Medicine. <https://www.nap.edu/catalog/12063/adolescent-health-services-missing-opportunities>
  - » *Guidance on improving an integrated health system for adolescents.*



● **Resources for Parents and Families**

- ▶ Encouraging Teens to Take Responsibility for Their Own Health.  
HealthyChildren.org <https://www.healthychildren.org/English/family-life/health-management/Pages/Encouraging-Teens-to-Take-Responsibility-for-Their-Own-Health.aspx>
  - » *Tips for encouraging teens to get involved in their healthcare.*
- ▶ Healthcare Transition for Adolescents <https://www.hhs.gov/ash/oah/adolescent-development/physical-health-and-nutrition/healthcare-transition-for-adolescents>
  - » *Advice for helping adolescents develop a health routine.*
- ▶ For Parents: Medical Care for Your 13- to 18-year old. KidsHealth.  
<http://kidshealth.org/en/parents/medical-care-13-18.html>
  - » *Things for parents to consider regarding their teen's health.*
- ▶ For Teens: Taking Charge of Your Medical Care. KidsHealth.  
<http://kidshealth.org/en/teens/medical-care.html>
  - » *Tips for teens on how to take charge of their healthcare.*
- ▶ TAG for Families: Action Steps and Resources. Office of Adolescent Health, Adolescent Health: Think, Act, Grow® (TAG)  
<https://www.hhs.gov/ash/oah/tag/for-families/index.html>
  - » *How parents, families, and guardians can support healthy adolescent development.*

● **Useful Websites for Adolescents, Caregivers, and Professionals**

- ▶ Mount Sinai Adolescent Health Center – <https://teenhealthcare.org/>
  - » *Information on the health center's mission, impact, and how to get involved.*
- ▶ Substance Abuse and Mental Health Services Administration (SAMHSA):  
Resources for Trauma-Informed Care – <https://www.samhsa.gov/trauma-violence>
  - » *Information on SAMHSA's treatment options, grants, data, and campaigns*
- ▶ National Child Traumatic Stress Network – <http://www.nctsn.org>
  - » *Information on NCTSN's mission to raise the standard of care for traumatized children and their families.*