

# Integrated Adolescent Health Clinics (IAHC)



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\*presentation may differ from information downloaded prior to May 4th

# Roadmap



1. Integrated Care/ Integrated Adolescent Health Clinics (IAHCs)
2. Headspace
3. Dr. Chung's Sabbatical Year
4. Adverse Child Experiences (ACE's)
5. Benefits of IAHCs for at-risk populations
6. TCNJ's focus on integrated care
7. Questions/Discussion

# What is Integrated Care?



“The management and delivery of health services so that clients receive a continuum of preventive and curative services, according to their needs over time and across different levels of the health system.”

*-Blueprint for Adolescent and Young Adult Healthcare, 2016*

# Traditional Models vs Integrated Clinics

- ▷ One specialty in one place
- ▷ Focusing on one aspect of the patient
- ▷ Collaborating only with those in the same specialty
- ▷ Different specialties in one place
- ▷ Having a holistic view of the patient
- ▷ Collaborating with many different specialties



*“Adolescent health care is challenging compared to that of children and adults, due to their rapidly evolving physical, intellectual, and emotional development”  
(Salam et al., 2016).*

# Why are IAHCs needed?

- ▶ (49.5%) of adolescents in the United States meet the criteria for a mental disorder at some point (Adelsheim et al, 2016)
- ▶ While one in 5 young people (20%) experience a mental health issue at any one time, over 75% of those identified as needing mental health services fail to access them (Kataoka, Zhang, & Wells, 2002)

# Dr. Chung's Sabbatical Year

## Description...

- ❖ High number of adverse childhood experiences (ACEs) → increase the risk of mental and/or physical illnesses
- ❖ Integrated care at a young age → decrease the chances of experiencing the negative effects of ACEs
- ❖ Difficult for youth to access these clinics, especially in underserved communities
- ❖ Health services in Trenton currently do not provide integrated care

## Outcome...

- ❖ Increase literacy among children and community partners in...
  - Healthy development, mental health, and impact of trauma
- ❖ Dr. Chung will work with Thomas Jefferson University's Trauma Education Network (J-TEN) in Philadelphia
  - Create an adolescent integrated clinic in Philadelphia
- ❖ Use the model to create the foundations of an adolescent health clinic in Trenton

# CBPR Approach

## Community-Based Participatory Research (CBPR)...

- ❖ Work closely with trained academic “experts” and other members of the community
- ❖ Engage all members of the community (ex: community advisory board) and listen to their input
- ❖ Actively evaluate and discuss the strengths and weaknesses of the clinic
- ❖ Change what needs to be changed based on the discussion

## Principles of CBPR



# Headspace Centre Model

## Background

- ❖ Australia
- ❖ Focuses on *early intervention* in the development of *mental health disorders* for young people aged *12 to 25 years*, “by *breaking down the barriers* to service access experienced by adolescents and emerging adults and providing *holistic healthcare*,” (Rickwood et. al, 2018).

## Model Goals in the U.S.

- ❖ Combat the lack of proper and effective early socio-emotional and health care for adolescents
- ❖ A “mental health home” (Stanford Psychiatry...2016).

## Why is Headspace and IAHC Important?

- ❖ High need, low utilization
- ❖ Education, Prevention, Treatment, Creation

# 16 Core Components of the Headspace Model (Paraskakis et al, 2018).

## Service Components

- ❖ Youth Participation
- ❖ Family and Friend's Participation
- ❖ Community Awareness
- ❖ Enhanced Access
- ❖ Early Intervention
- ❖ Appropriate Care
- ❖ Evidence-Informed Promise
- ❖ Four Core Streams
- ❖ Service Integration
- ❖ Supported Transitions

## Enabling Components

- ❖ National Network
- ❖ Lead Agency Governance
- ❖ Consortia
- ❖ Multidisciplinary Workforce
- ❖ Blended Funding
- ❖ Monitoring and Valuation

# What are we researching?

- ❖ Is the model effective?
- ❖ What does effective mean?
  - Individual outcomes for youth involved
  - Utilization rates
  - Community engagement and other outcomes
  - Does the CBPR approach work?

## Transition...

- ❖ What are some examples of ACEs?
- ❖ Why do ACEs occur?
- ❖ How can we prevent the effects of ACEs?



# Background on ACEs

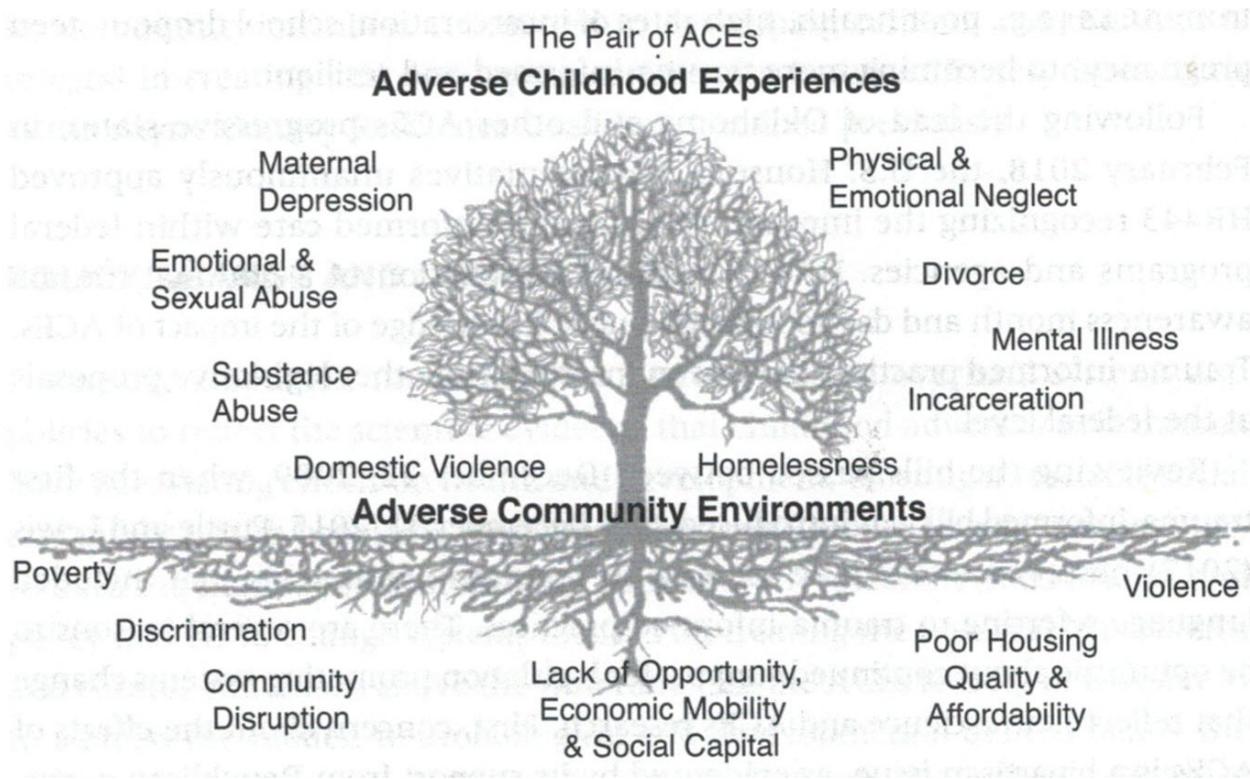
- ▶ What are ACEs?
- ▶ Not many healthcare professional or people who work with children know about the effects of ACEs
- ▶ Knowing will help in prevention and care

10 ACEs, as identified by the CDC-Kaiser study:

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
 <i>Physical</i>	 <i>Physical</i>	 <i>Mental Illness</i>	 <i>Incarcerated Relative</i>
 <i>Emotional</i>	 <i>Emotional</i>	 <i>Mother Treated Violently</i>	 <i>Substance Abuse</i>
 <i>Sexual</i>		 <i>Divorce</i>	

From the original ACEs study. Additional ACEs that were not included in the original study: racism, bullying, community violence, and more.

# Pair of ACEs



# PACEs

**TABLE 6.1. ICARE Framework for Promoting Resilience in Children and Adolescents With Adverse Early Life Experiences**

Promoting PACEs		Enhancing neurobiological regulation	Fostering nurturing behaviors and positive relationships	Create system-level programs
0–5 years	6–18 years			
1. Nurturance	1. Love	<i>Caregiver activities:</i>	<ul style="list-style-type: none"> <li>• Responsive/sensitive caregiving</li> <li>• Delighting in the child and encouraging positive behavior</li> <li>• Following the child’s lead and listening actively</li> </ul>	<i>Examples:</i> <ul style="list-style-type: none"> <li>• Support caregivers (health, well-being)</li> <li>• Disseminate positive parenting information</li> <li>• Provide universal parenting classes and groups</li> <li>• Make mental health resources available and accessible</li> <li>• Fund quality early childcare programs and schools</li> <li>• Provide community-wide access to youth programs (sports, music theater, job skills)</li> </ul>
2. Playmate	2. Best friend			
3. Foster empathy	3. Volunteering	<ul style="list-style-type: none"> <li>• Mindful parenting</li> </ul>		
4. Play group	4. Part of social group	<ul style="list-style-type: none"> <li>• Emotion coaching</li> </ul>		
5. Other caregiver	5. Mentor	<i>Child activities:</i>	<ul style="list-style-type: none"> <li>• Encouraging exploration and autonomy</li> <li>• Avoiding harsh and frightening behavior (e.g., yelling, spanking)</li> </ul>	
6. Safe and child-friendly home	6. Safe home			
7. Learning opportunities	7. Good school	<ul style="list-style-type: none"> <li>• Yoga</li> </ul>	<ul style="list-style-type: none"> <li>• Setting limits</li> </ul>	
8. Family outings	8. A hobby	<ul style="list-style-type: none"> <li>• Martial arts</li> </ul>		
9. Physical activity	9. Physical activity	<ul style="list-style-type: none"> <li>• Executive function games and activities</li> </ul>	<ul style="list-style-type: none"> <li>• Monitoring behavior</li> </ul>	
10. Rules and routines	10. Rules and routines	<ul style="list-style-type: none"> <li>• Music</li> </ul>		
		<ul style="list-style-type: none"> <li>• Sports</li> </ul>	<ul style="list-style-type: none"> <li>• Involvement</li> </ul>	

# Clinics for at Risk Populations

## At-Risk Populations

- ▷ Adolescents
- ▷ Homeless
- ▷ LGBTQIA+
- ▷ Marginalized communities
- ▷ Males in need of reproductive services
- ▷ Urban community residents

## Increased Risk

- ▷ Mental health disorders
- ▷ Sexually Transmitted Diseases
- ▷ Decreased access (lack of resources, finances, distance, lack of trust) of clinical services

# Integrated Adolescent Health Clinics Interventions (Salam et al, 2016).

- ▷ Mental health treatment
- ▷ Adolescent sexual and reproductive health
- ▷ Micronutrient supplementation
- ▷ Nutrition interventions for pregnant adolescents
- ▷ Improved vaccine uptake among adolescents
- ▷ Substance abuse intervention



# What will make an Integrated Health Clinic Thrive?

- ▷ Funding
- ▷ Interprofessional training, care and resources
- ▷ Preventing biases and discrimination
- ▷ Including family and community in treatment
- ▷ Coordinating and communicating data
- ▷ Providing relevant technology
- ▷ Connecting the youth to internal and external resources (ex. Legal immigration)

# TCNJ: Focus on Integrated Care

## ▷ TCNJ CIW (Center for Integrative Wellness)

- Graduate students from Schools of Education, Nursing, Health and Exercise Science, and Department of Public Health.
- AmIOK program

## ▷ Summer Reading Program

- Cultural and Intellectual Community Council (CICC) selects the annual intellectual theme and funds related programming during the academic year.
- The theme for CICC sponsored programs in 2021-22 is **#Resilience**. We have selected *The Deepest Well*, a book by Dr. Nadine Burke Harris, as our summer reading for the class of 2025. Dr. Burke garnered national recognition for her work linking adverse childhood experiences and toxic stress with harmful effects to physical and psychological health later in life. She was elected in 2019 to be the first Surgeon General of California.

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THANK YOU  
FOR  
YOUR  
ATTENTION  
ANY QUESTIONS?