

Adolescent Health: Annual Preventive Services Initiatives

Objective 4.1: Increase the proportion of MCH Program participants, 12 through 17 years, receiving quality, comprehensive annual preventive services by 5% annually through 2025.

Activities During Federal Fiscal Year 2023

Quality Preventive Services and Bright FuturesTM: In July of 2022 the American Academy of Pediatrics (AAP) released the new Bright Futures Recommendations for Preventive Pediatric Health Care periodicity schedule. These new guidelines were reviewed by MCH staff, and an awareness plan was developed to share the new guidance with MCH ATL, Title X, home visiting and other allied community partners. MCH staff worked closely with the Kansas Chapter of AAP (KAAP) to ensure that both public and private provider networks that serve children are knowledgeable regarding the new recommendations. MCH continued the following efforts:

- Access for local MCH agencies to the Bright Futures toolkit and statewide Bright Futures website.
- Access to Bright Futures training and free handouts and resources to provide to clients and families.
- Integration of Bright Futures behavioral health screening recommendations in well-visits
- Promotion and expansion of the [Pediatric Mental Health Toolkit](#).
- Partnership with [KSKidsMAP](#) to support case consultation for adolescent health providers.

Local MCH Agencies:

The following are examples of how some of the local MCH grantee agencies have made progress toward objective 4.1 during the reporting period.

- Community Health Center of Southeast Kansas (CHC/SEK) increased the number of adolescents served between 2022 and 2023, from 1 to 12. DAISEY reports show they also had an increase in the number of times infant, children, and adolescent clients were reported to have had a well visit in the last 12 months. CHC/SEK MCH achieved this by working with their population health staff to run reports through Medicaid databases that identify those without an annual wellness visit in last two years. Those clients were then contacted to schedule their well visit. CHC/SEK also staffs multiple School-Based Health Clinics which allow them to serve adolescents without burdening parents who would otherwise need to take off from work during the day to attend with their child.
- Labette County Health Department partnered with a new school district, USD 504, to present on healthy living. Presentation topics included adolescent well-visits, the reproductive system, and hygiene. They also presented to 184 students at USD 506 which they had visited in previous years as well.
- Leavenworth County Health Department promoted well-adolescent visits on social media and through brochures. They also provided well-adolescent

education to adolescents receiving immunizations. The number of well adolescent visits conducted doubled in 2023.

- Montgomery County Health Department nearly doubled the number of adolescent clients served from 2022 (n=69) to 2023 (n=130). The increase may be attributed to providing back-to-school immunization events in their community.
- Unified Government of Wyandotte County and USD 500 Kansas City, Kansas provided education to more than 2,000 adolescents. Education topics included healthy relationships, family planning, sexual health, and safety in the home. Adolescents that disclosed the need for more education or support were connected to a social worker from the health department.

Plans for Federal Fiscal Year 2025

Bright Futures™: Kansas Title V programs support and promote the use of the Bright Futures™ Guidelines to MCH partners and grantees. As a partner to Medicaid, it is Title V staff's best practice to make sure all partners /grantees are familiar with the guidelines and when and how to implement them. Many of the MCH Aid to Local (ATL) grantees fill in gaps for adolescents when they identify these needs and provide services according to Bright Futures™. Vision and hearing screenings are a good example of this. Many times, the adolescent's Primary Care Provider will do some of the recommended screenings, such as depression screenings but stops short of doing hearing and vision screenings. That is where the MCH ATL grantees can step in and fill that service gap by providing these screenings as part of their MCH work.

The Adolescent Health Consultant will continue to encourage grantees to take the Bright Futures™ toolkit training. The Adolescent Consultant will determine promotional opportunities and quality improvement strategies to ensure that MCH ATL, Title X, home visiting, and pediatric primary care physicians and clinicians have the training, skills, and comfort to provide well-visits following these best-practice standards. Furthermore, MCH staff will work closely with the Kansas chapter of American Academy of Pediatrics (KAAP) to ensure that both public and private provider networks that serve children are knowledgeable regarding the evidence-based recommendations. MCH will continue the following efforts:

- Access for local MCH agencies to the Bright Futures toolkit and statewide Bright Futures™ website
- Access to Bright Futures™ training, free handouts, and resources to provide to clients and families
- Integration of Bright Futures™ behavioral health screening recommendations in well-visits
- Promotion of the Pediatric Mental Health Toolkit
- Partnership with KSKidsMAP to support case consultation for adolescent health providers
- Promotion of the GotTransition Health Care Transition Quiz for those serving the adolescent population.

Peer to Peer Awareness Campaign: Youth need to feel safe and comfortable when receiving health and wellness care. The Adolescent Health Consultant will continue efforts to provide youth with education and help create safe spaces for youth in health and wellness environment. These efforts will include creating graphics, promotional material, providing intentional awareness information in youth friendly language, youth friendly clinics, and having youth involved in an advisory decision-making capacity on Title V's work in this space.

The [Whole Healthy You \(WHY\) Campaign](#) will continue to be promoted so adolescents can access resources and tools they need to be informed and empowered. Wallet-size cards with a QR code linking youth to the WHY website will continue to be distributed to schools, health departments, ATL grantees, partners, community events and during the Systems Navigation for Youth (SNTY) trainings. The Adolescent Health Consultant will continue to review and update materials as needed and increase awareness of these resources through a variety of means such as social media, promotional items, webinars, and targeted outreach to local partners working on adolescent health.

Adolescent Well Visits for Youth: As part of the System Navigation Training for Youth (discussed in detail under objective 4.2), the importance of well visits will be discussed and how they are different from a sports exam. The need for reoccurring yearly exams will be one of the curriculum topics along with a variety of transition components (e.g., finding an adult doctor, scheduling a medical appointment, filling out medical forms, insurance) that youth need to know. Special emphasis will be given on transition for those with special needs during these trainings.

Additionally, the Adolescent Health Consultant will continue working on educational materials to promote the importance of an adolescent well visit to youth, providers serving youth, and parents of youth. Each of these materials will be targeted to the specific audience trying to be reached. The Adolescent Health Consultant intends to work with the Youth Advisory Council (discussed in detail under objective 4.2), once developed, to review these and other adolescent-facing promotional materials and campaigns to help ensure messages are relevant and relatable to youth.