



Walking in their shoes

Using development to understand
what young people need
from health care



Why focus on
DEVELOPMENT?

Developmental Reminder





It's all about
CHANGE



Feels like a
Rollercoaster ride



Repack their life

BACKPACK

Respond to
change



Life Backpack

WE fill it up
with good things
they need for life



Life Backpack

THEY unpack,
explore and
reorganize it





Reorganizing
is done in
STAGES



Late Elementary & Middle School
Early Adolescence

Everything is NEW!

(now what should I do?)



Middle Adolescence

High School





Testing
Try it out



Refining
Take to deeper level



Post High School
Young Adulthood
Late Adolescence



Everything
changes (again!)

Nothing
is normal

Teen?



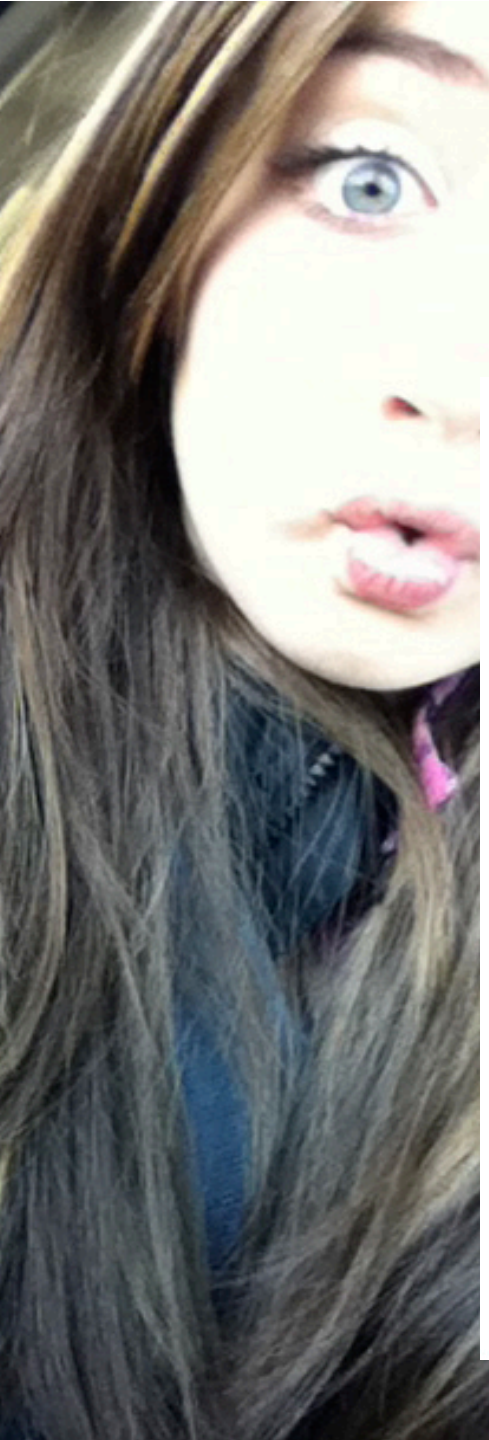
Adult?



Feeling **in-between**



How do I
manage
all this change?



Developmental Tasks

things i need to do...

Figure out
this body

Figure
out my
sexuality

Learn to
think a
new way

Decide
who I am

Make
sense
of my
values

Take
friends
to new
level

Re-
Negotiate
w/ parents

Find my
“spark”
and role



Lots going on
UNDERNEATH
the surface

REMINDER to ADULTS:

Fired as your teen's
MANAGER

Hired as your teen's
CONSULTANT & GUIDE



What do they
need from
adults?



- Be sticky
- Listen!
- Help figuring things out
- Opportunity to experiment
- Support to take charge

What does this mean for
HEALTH CARE?





TRADITIONAL health care

How would young people describe traditional health care?

- Looks like?
- Functions?
- Most important?
- Feels like?
- Communication happens?
- Importance of relationships?

Youth-Centered Care

Health care

+

Development



YOUTH- CENTERED health care

Health experts -
meet youth experts

Youth-Centered Care

1. Accessible
2. Attitudes, skills, interaction
3. Guideline-driven care
4. Confidentiality
5. Communication
6. Welcoming environment
7. Youth involved in care



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