



Welcome to the Michigan Medical Home for teens (Parents handout)



Welcome to your University of Michigan Medical Home. A Medical Home is a trusting partnership between a doctor-led health care team and an informed patient and caregiver. We provide quality health care for teens and young adults.

Teens and young adults need specialized medical care and a doctor with whom they can discuss anything, from normal body growth and development, illness, preventive care, sexual concerns and emotional problems. Their parents also need special guidance and support through these years. Our practice goal is to provide comprehensive health care to our patients and their families.

As teens begin to develop into adults and take more responsibility for their lives, we ask for more input from them about their health. It is our practice to ask parents to wait outside for part of the interview and encourage the teen to discuss his or her own view of their problem. Talking to teens without the parent also gives teens a chance to ask questions or give information they may feel self-conscious about. Teens often have questions or concerns that they may feel embarrassed to talk about in front of their parents.

Many teenagers and young adults experiment with **high-risk** behaviors that can lead to serious problems.

A CDC Youth Risk Behavior survey done in 2011 in Michigan high schools found that:

- 40 % of students have tried cigarettes
- 64 % drank alcohol
- 35 % have tried marijuana
- 41 % have had sex

Adolescent Health Initiative (AHI)

(to learn more about the survey visit: <http://apps.nccd.cdc.gov/yrbss/>)

Sometimes teenagers will hide their behavior so parents are not the first to find out. Our goal is to help prevent and identify these problems before they become serious.

Michigan state law requires that some services are offered to teens privately. This includes pregnancy testing and services, contraception, testing for and treatment of sexually transmitted infections, substance abuse treatment, and mental health counseling. We ask parents to leave for part of the interview for confidentiality and to build **trust**. We also encourage the teen to discuss important issues with their parent or guardian.

It is important to know that if a teen is doing anything to hurt themselves or others, or if someone is hurting them, we will be forced to break confidentiality and tell an appropriate adult.

The staff is always available to discuss health problems or answer questions. Our staff wants to work with you to help your teen(s) make the best choices for a healthy future.

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