

Power up:
Strengthening your
Gen Z practice

June 28, 2022
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Validated Risk Screening Effective Communication Strategies

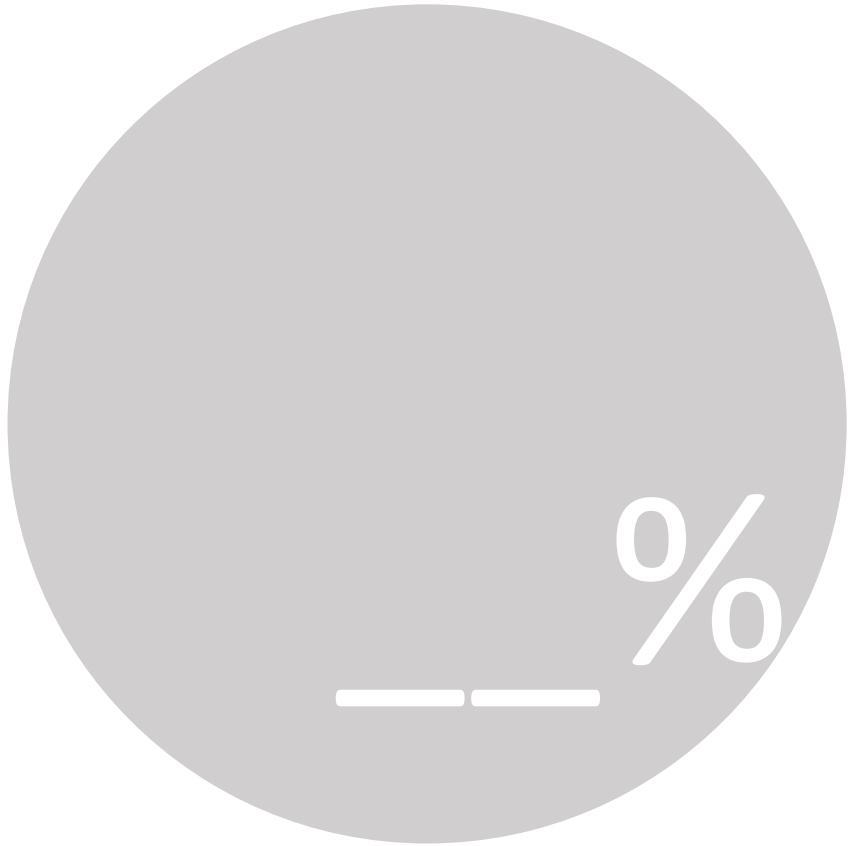
RAAPS
Rapid Adolescent
Prevention Screening



Quality Youth Services

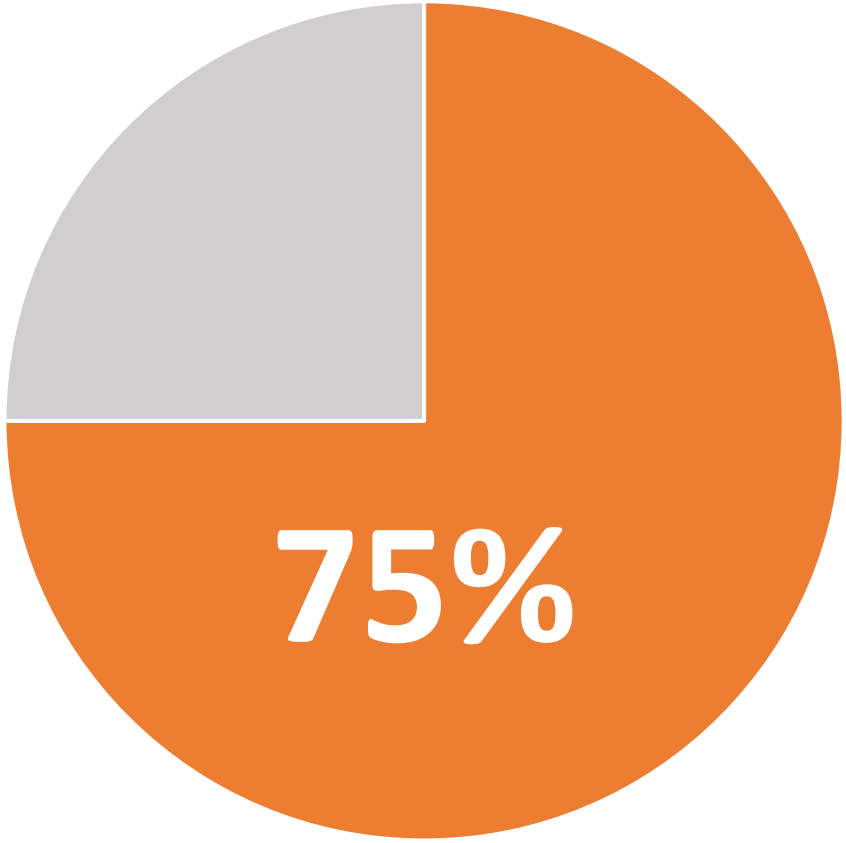
Improved Youth Health and Well-being





*What do you think?*³

of teen deaths are
directly related to
risk factors



of teen deaths are directly related to risk factors

RAAPS Top 5 Youth Risks

No helmet use



Unprotected sex



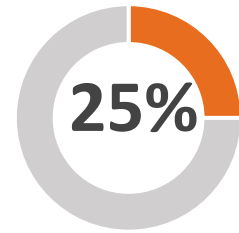
Sexual activity



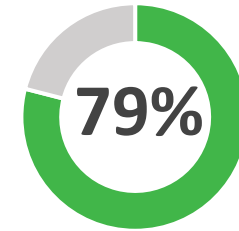
Depression



Anger management

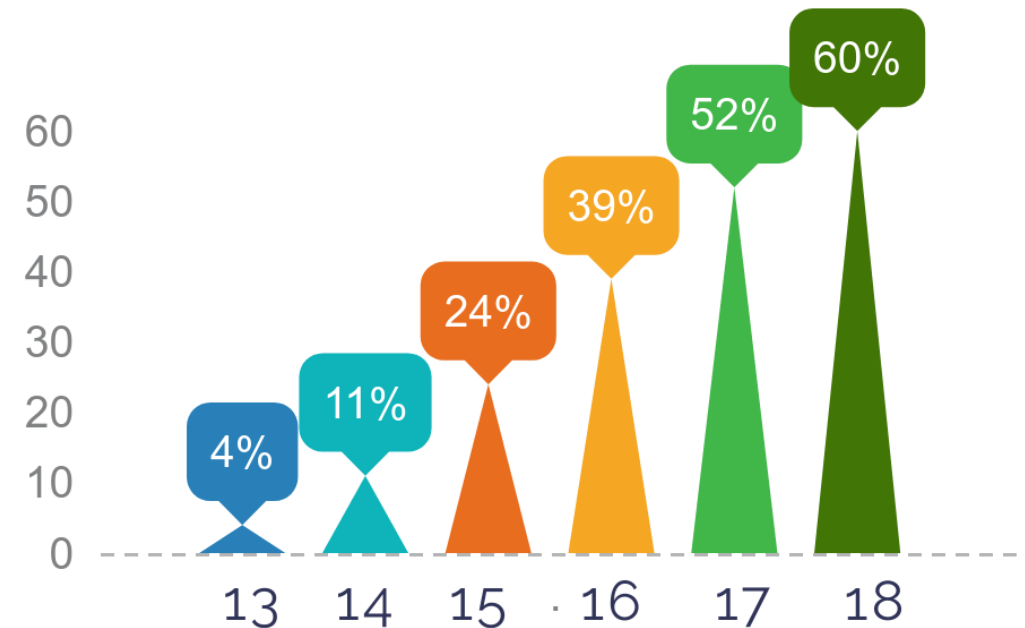


reporting depression
report being bullied



used a vape device
in the last 3 months

Sexual Activity by Age



What are your biggest barriers to identifying and coaching youth on risk?



Overcoming Challenges



FIRST STEP: Ask and ensure you are including the right questions



THEN: Listen and use effective communication strategies

“ I had been seeing a patient for quite some time. When we implemented RAAPS, the patient flagged for suicidal ideation. When I asked why she hadn't shared that before she answered, **'No one ever asked me the question'**.”

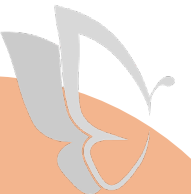




Technology connects professionals with connected youth.

"One of the things we appreciate about using RAAPS is that teens are almost painfully honest with technology. If they did something once, they feel compelled to be 'honest about it'"

- RN, Youth Health & Wellness Center



RAAPS

Rapid Adolescent
Prevention Screening

POWERED BY TICKIT®

SCIENTIFICALLY VALIDATED...

21



Questions

5



Minutes

6

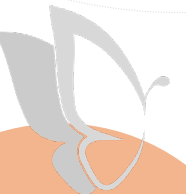


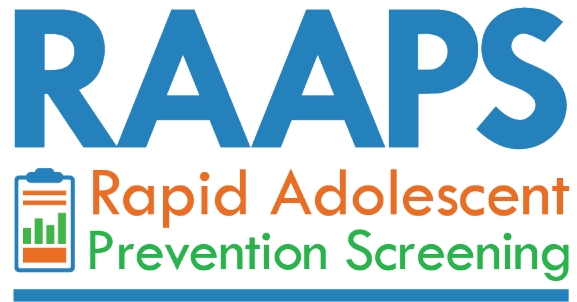
Risk Categories

All questions have been scientifically validated

- ✓ Time efficient and effective comprehensive screening tool
- ✓ Youth depression screening tool

- Diet & Exercise
- Substance Use
- Depression & Suicide
- Violence & Safety
- Sexual Health
- Unintentional Injury






- Older Child (9-12yrs)
- Standard (13-18yrs)
- Young Adult (19-24yrs)
- RAAPS for Public Health (SDOH)
- RAAPS Mental Health/Substance Use





Youth Interface: Screening

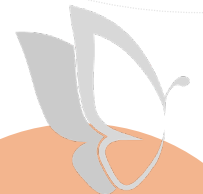
During the past month, have you been threatened, teased, or hurt by someone (on the internet, by text, or in person) causing you to feel sad, unsafe, or afraid? 



All answers are private unless you are in an unsafe situation.

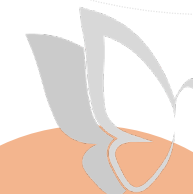
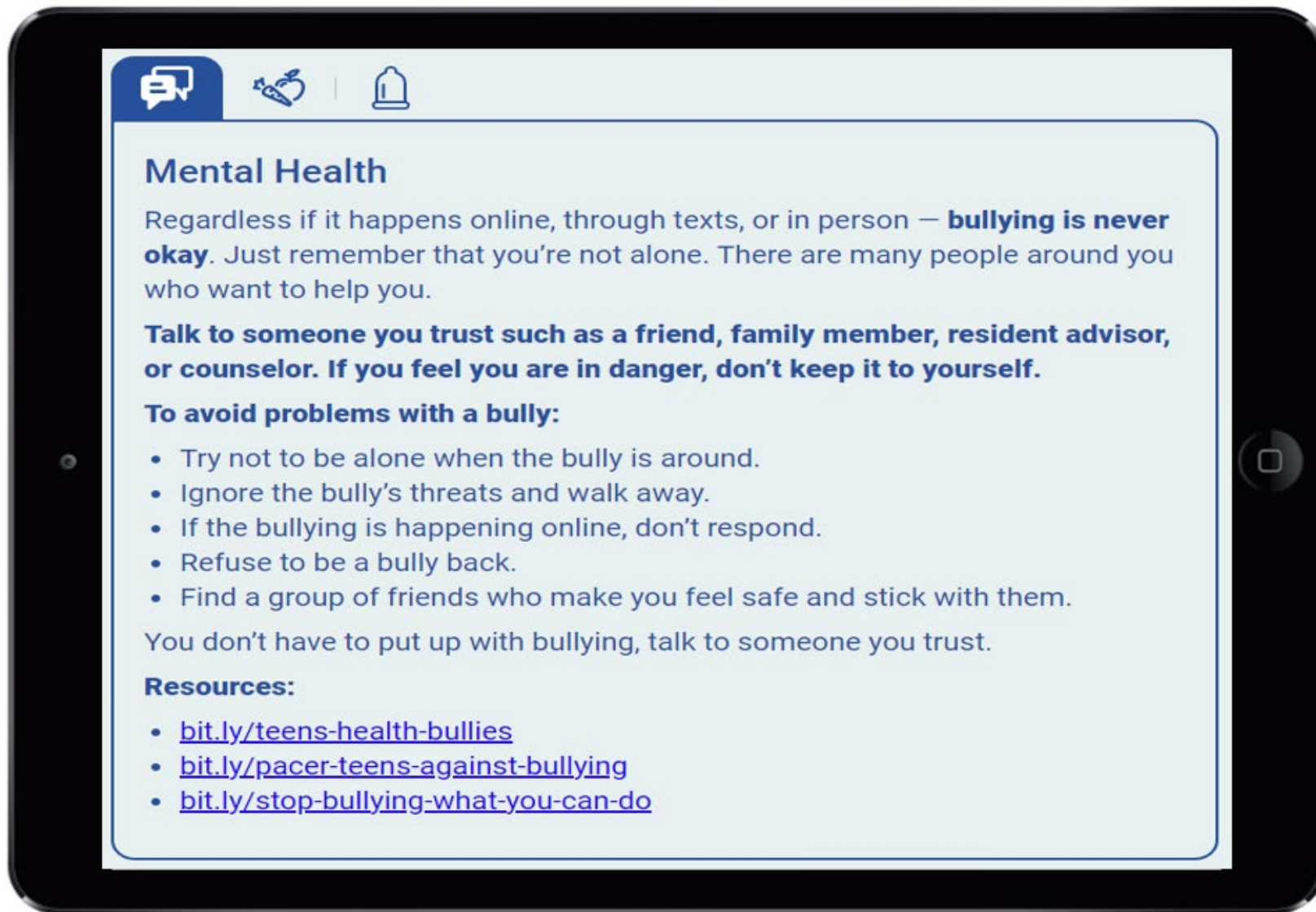
No

Yes





Youth Interface: Brief Interventions





Professional Interface

Flags: ✖ 2 ⚠ 3 ✔ 1

NAME, Student

Identifier: 1234

Sex at Birth: [] Phone: [] Race: [] Grade: []

Email: ellen [] Language: E Insurance: U

Flags: ✖ 2 ⚠ 3 ✔ 1 Account: E

All tallies ✔ Protective Factor ⚠

Flag	Tally
—	Risk
✖	Mental Health
—	Substance Use

Mental Health

Feeling sad, down, or lonely is a normal part of life. However, sometimes you may need a little help to feel better. **Depression is more than sometimes feeling down or sad.** It often lasts for weeks, months or even longer. If you feel sad for longer than two weeks, tell an adult you trust.

Here are some ways to help you begin to feel more like yourself:

- Talk with a mental health care professional.
- Exercise regularly.
- Journal to help you express your feelings.
- Talk with a trusted adult or friend.
- Go out and do activities you enjoy.
- Sometimes medications are needed to help you feel better.

Don't get discouraged — it takes time to work through depressed feelings, but you can get through it. Remember that you are not alone. There are people out there who care about you and want to help!

Resources:

- <http://bit.ly/ok2talk>
- <http://bit.ly/teens-health-depression>
- <http://bit.ly/depression-help-guide>
- National Suicide Prevention Lifeline: 800-SUICIDE (784-2433) (24/7)

Tally Interpretation

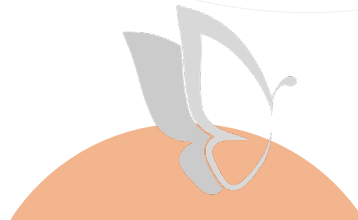
4/9

Time in: 0:52 Notes: 0 notes

Flag	Tally Interpretation
—	4/9
✖	3/4
—	1/4

Flagged

Flag	Survey Questions	Respondent Response
⚠	During the past month, have you been threatened, teased, or hurt by someone (on the internet, by text, or in person) causing you to feel sad, unsafe, or afraid?	yes Edit
⚠	In the past 3 months, have you drunk more than a few sips of alcohol (beer, wine coolers, liquor, other)?	yes Edit
⚠	During the past month, did you often feel sad or down as though you had nothing to look forward to?	yes Edit



What You Need to Know: Utilizing Data Effectively



What are the greatest risks in my youth population?

What disparities exist?



Who is at risk?

What subpopulations are at highest risk?

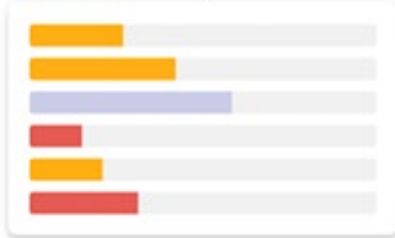


Am I making a difference in youth risk over time
...substance use
...sexual health
...depressive symptoms?



Reporting

Population report



- View overall population responses.
- Assess your population risk.
- Drill down to individual reports.

→ View risk report

Site metrics



- View account's usage.
- Monitor report's status.

→ View site metrics

Population demographics



- Learn more about your population.
- View demographics.
- Filter by profile fields.

→ View population demographics

Risk over time



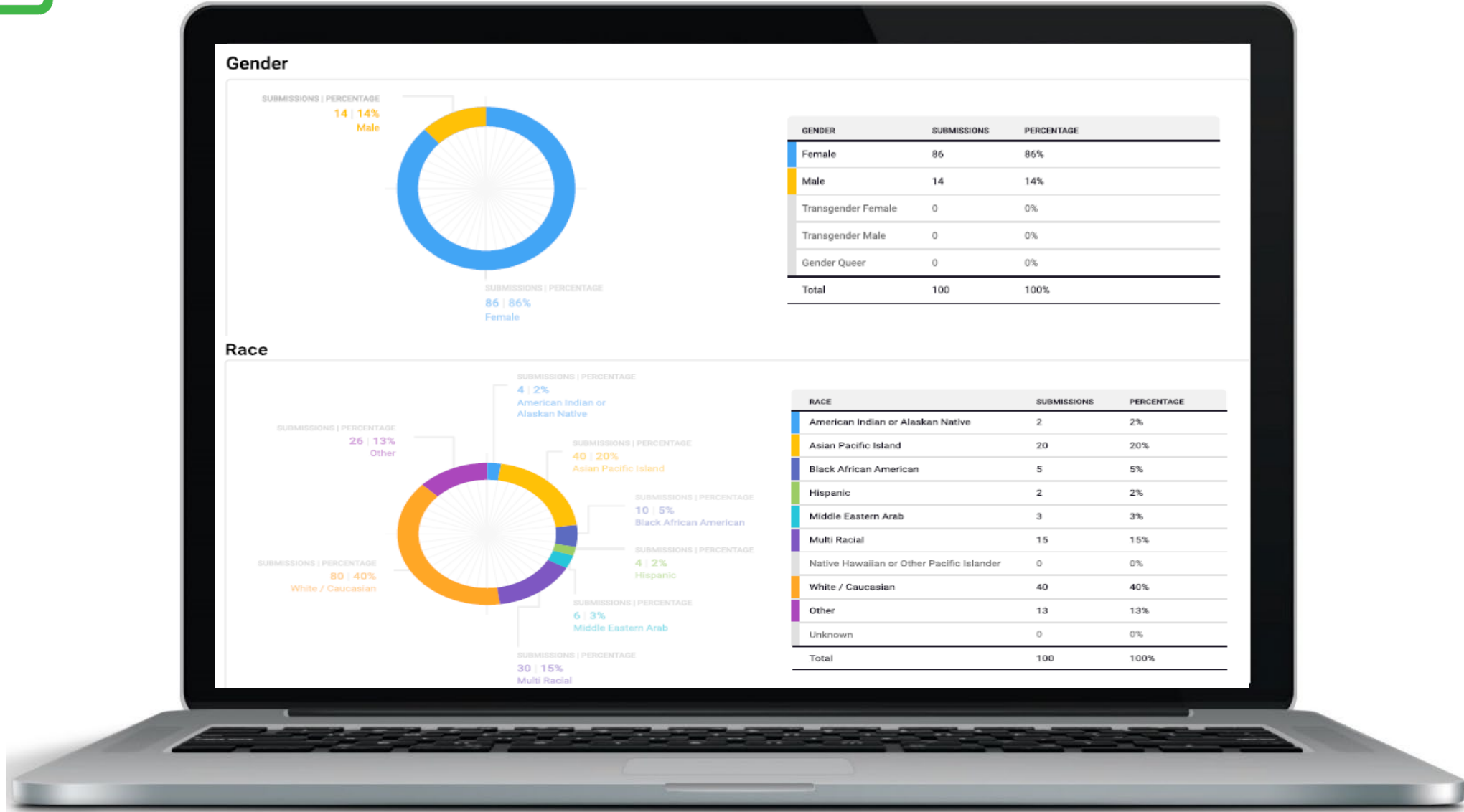
- View your risk list.
- Compare submissions of your population.
- Understand risk trends.

→ View risk over time





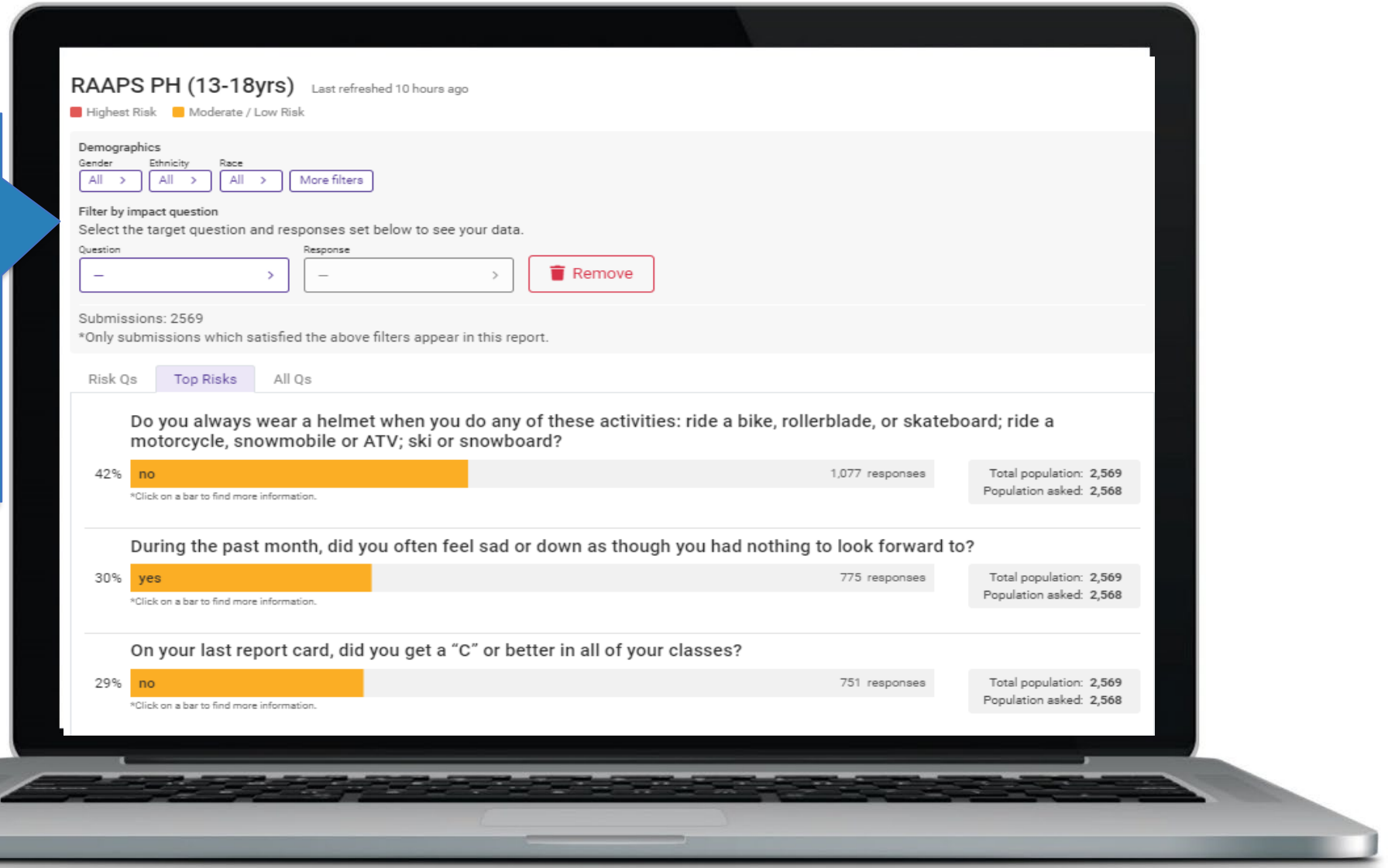
Reporting – Demographics





Analytics – Population Top Risks

Filter for comparison of risks by demographic categories (race, gender, age).





Analytics – Subpopulations at Risk

RAAPS PH (13-18yrs)

Last refreshed 10 hours ago

■ Highest Risk ■ Moderate / Low Risk

Demographics

Gender

Ethnicity

Race

All >

All >

All >

More filters

Filter by impact question

Select the impact question and responses set below to see your data.

Question

Response

In your everyday life ha... >

Yes >

Remove

Submissions: 196

*Only submissions which satisfied the above filters appear in this report.

Risk Qs

Top Risks

All Qs

In your everyday life have you felt stressed because someone has treated you differently based on your race, ethnicity, gender identity, or sexual orientation?

100%

yes

196 responses

Total population: 196

Population asked: 196

*Click on a bar to find more information.

During the past month, did you often feel sad or down as though you had nothing to look forward to?

72%

yes

142 responses

Total population: 196

Population asked: 196

*Click on a bar to find more information.

Filter for comparison of risks by Question



Analytics – Individuals at Risk

17 RESPONDED

In the past 12 months, have you seriously thought about killing yourself, tried to kill yourself, or have you purposely cut, burned or otherwise hurt yourself?: yes

IDENTIFIER	DATE	FLAGS	
Unknown	Jul 09, 2020 at 13:46	5 9 2	↗
Unknown	Jul 09, 2020 at 13:50	5 10 2	↗
Unknown	Jul 09, 2020 at 13:54	5 9 2	↗
Unknown	Jul 09, 2020 at 14:02	3 6 2	↗
123123	Jul 15, 2020 at 14:42	6 11 1	↗
asdas11	Jul 15, 2020 at 14:44	5 10 1	↗
1q2w3e	Jul 15, 2020 at 14:52	6 9 1	↗





Analytics – Risk Change Over Time

In the past 3 months, have you used marijuana (weed, pot, cannabis, THC) in any form such as vaping, smoking, edibles, drinks, pills, oil or any other type?

10%

Yes

212 responses

Total population: 2,083

Population asked: 2,074

*Click on a bar to find more information.

In the past 3 months, have you used marijuana (weed, pot, cannabis, THC) in any form such as vaping, smoking, edibles, drinks, pills, oil or any other type?

At Risk population: 212

Previous submission

Latest submission

Remain at risk: 131

Remain at risk

No longer at risk

212 Responses

Yes

Yes

131 Responses

☹️ 131 | 62%

😊 81 | 48%

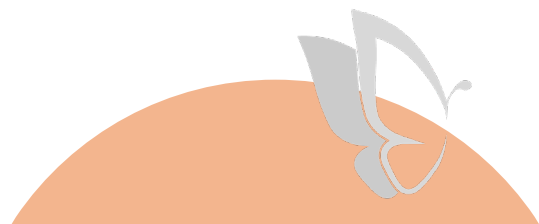




Possibilities for Change



Post-Screening Risk Coaching



MOTIVATIONAL INTERVIEWING?

My Experience with
Motivational Interviewing (MI) is:

- A) Minimal to none
- B) Have attended 1-2 trainings
- C) I use it routinely



Why MI for Adolescents?

- Desire for control
- Allows youth to drive the process



WHERE DO I START?

Motivational Interviewing



Spirit

Empathy

Ask Permission



Strategies

Open ended Questions

Affirmations

Reflections



SPIRIT: TALKING WITH, NOT AT

Real talks DON'T sound like talking at.

Real talks DO sound like talking with.

“Are you drinking?”

“I know it can feel uncomfortable talking about sex, knowing a little more from you helps me figure out what you might need.”

“You’re not vaping, right?”

“There has been a lot of talk about vaping, how do you feel about it?”

“You need to take your meds everyday.”

“It can be hard to remember to take your meds. What do you think you can do to make sure you take them everyday?”

“Do you feel depressed?”

“It is normal to feel sad sometimes. Tell me more about how you are feeling.”



MI INTERVIEWING STRATEGIES



Open-ended Questions

Affirmations

Reflections



OPEN-ENDED QUESTIONS

WHO, WHAT, WHEN, WHERE, HOW, WHY?

Fully Open-Ended Questions

- ✓ What do you think about...
- ✓ Tell me about...
- ✓ How do you decide when to...
- ✓ Help me understand...

Key Questions

- ✓ Given what you told me, what do you think you will do next?
- ✓ Where would you like to go from here?
- ✓ What if you tried...
- ✓ What would it take...



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- ✓ What would it take...



**How would you ask
the following question
as open ended:**

Are you drinking?



AFFIRMATIONS

- ✓ Foster self-esteem and self-worth
- ✓ Youth live up or down to our expectations!
- ✓ Empower youth and families



AFFIRMATIONS FOR CHANGE!

To encourage and support the youth during the change process

Not “I” Statements - “You” Statements

- **You** have...
- **You** are...
- **You** feel...
- **You** believe...



Create an Affirmation:

You have...

You are...

You feel...

You believe...

I want to control my anxiety, but I just haven't found something that works.



REFLECTIVE LISTENING: OVERVIEW

Reflecting involves:



Active listening



Stating back what you heard, rather than asking questions



Adding an emphasis, additional meaning, or continuation of thought



“I’VE TRIED USING CONDOMS, IT JUST NEVER WORKS OUT”

Repeat – repeating an element of what the youth said.

“You have used condoms in the past.”

Rephrase – staying close to what the youth has said with some rephrasing and synonyms.

“You’re having sex and not always using protection.”

“I’VE TRIED USING CONDOMS, IT JUST NEVER WORKS OUT”

Paraphrase – Inferring or guessing at the meaning of what the youth has said and reflecting this back

“You would like to be safer when having sex.”

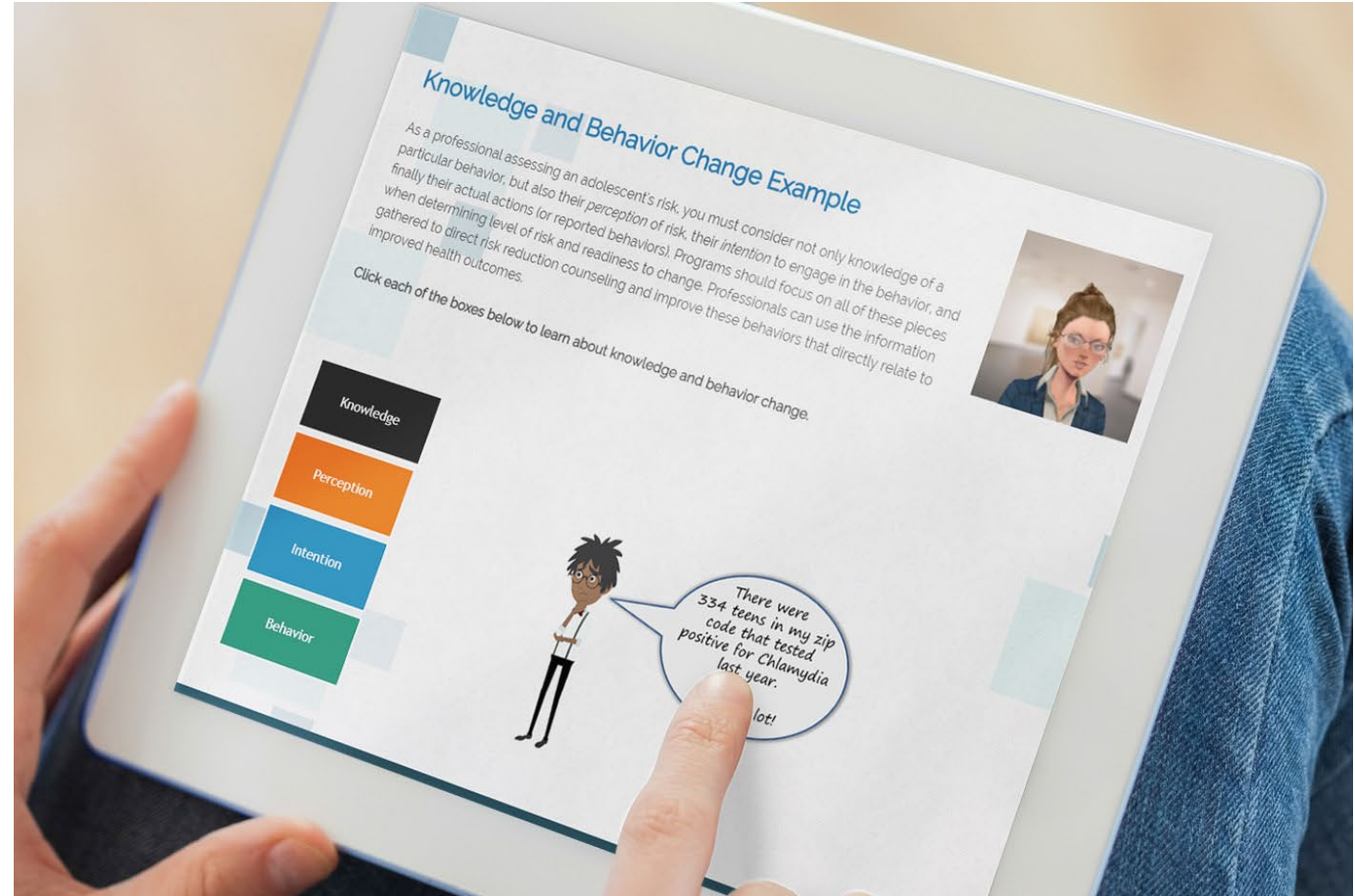
Reflect feeling – Emphasizing the emotional dimension through feeling statements and metaphors

“It’s scary to think about getting an STI.”

MITEY CHANGE – SKILL BUILDING COURSE

Accessible online 24/7,
providing a dynamic and
engaging
experience including:

- Real life examples
- Video demonstrations
- Activities
- Knowledge and skill checks



***includes 8 continuing education credits: nursing, physician, social work, health educator, teacher**



Validated Risk Screening Effective Communication Strategies

RAAPS
Rapid Adolescent
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Quality Youth Services

Improved Youth Health and Well-being



THANK YOU!

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