

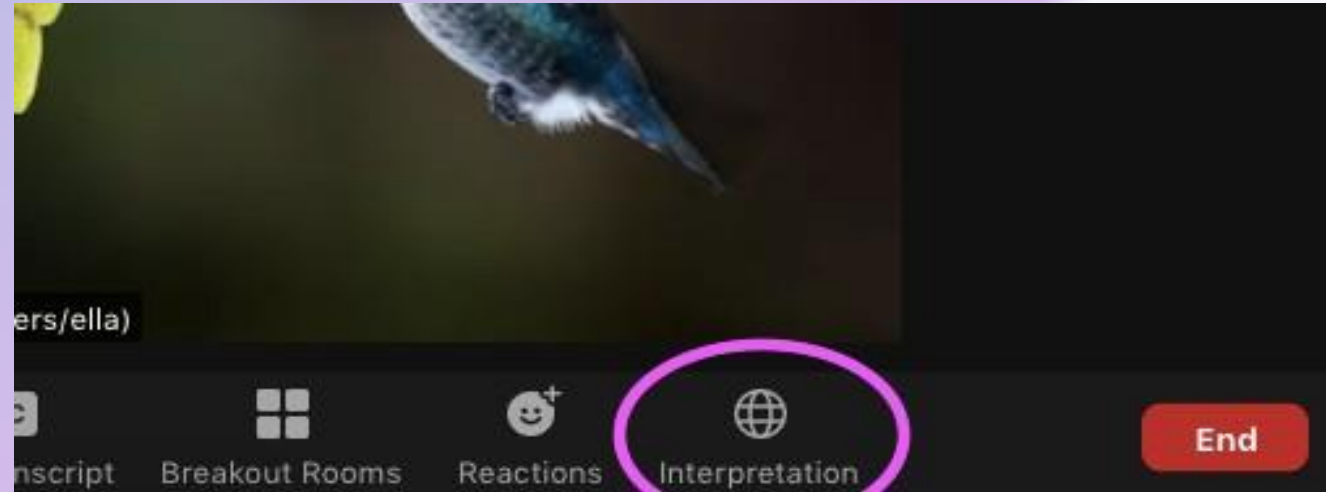
# Lessons Learned in School Based Health Center Adolescent Relationship Abuse Prevention and Response

February 28, 2023

Las diapositivas  
en español de la  
presentación se  
compartirán en el  
chat.

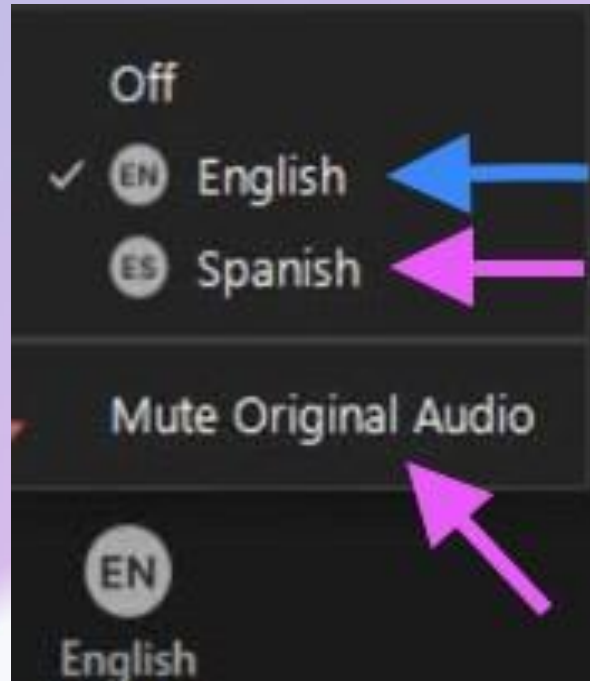
*This webinar will be presented in English with Spanish and ASL interpretation. **Este seminario web se presentará en inglés con interpretación en español.***

On your computer, find the Interpretation Globe Icon at the bottom of your screen

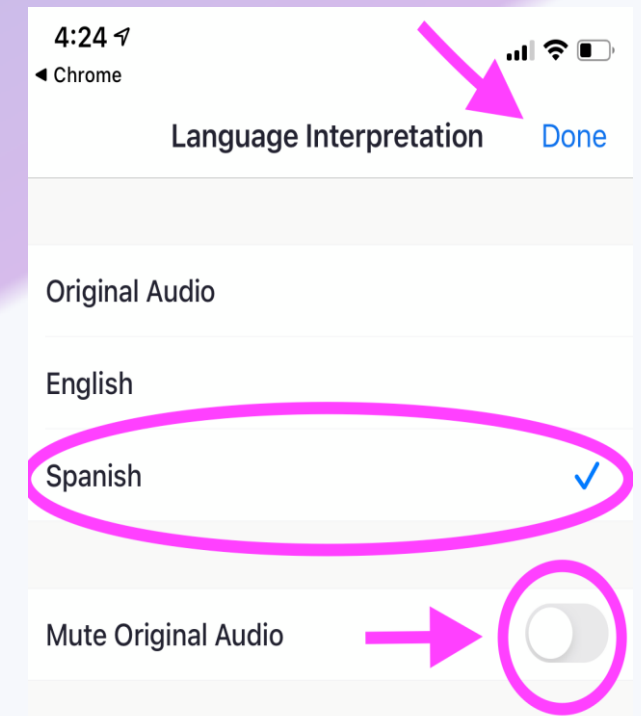
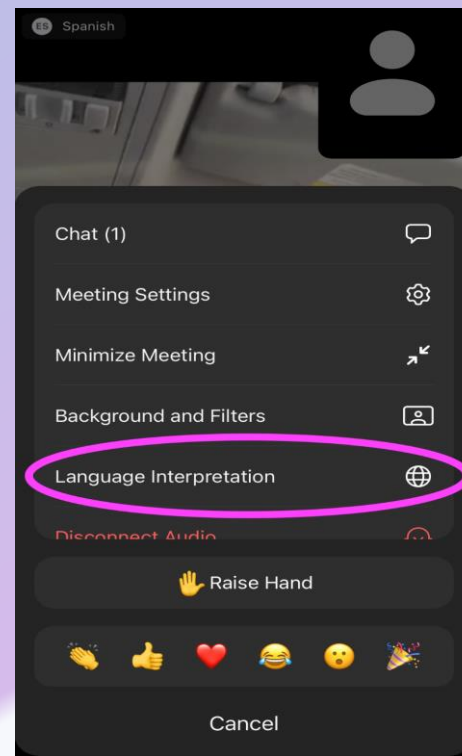
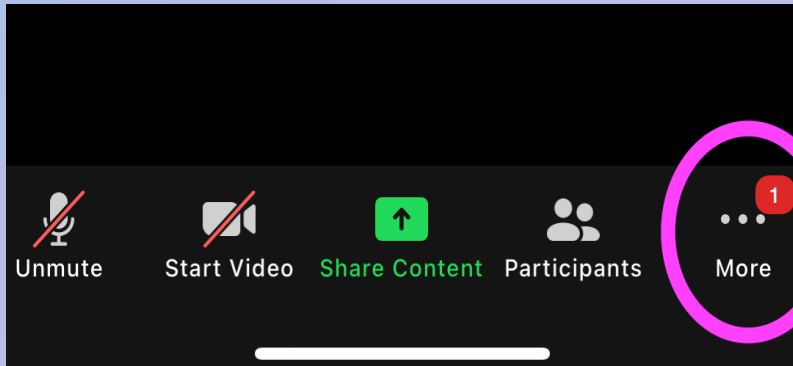


En su computadora, busque el globo terráqueo que dice Interpretación en la parte inferior de su pantalla.

Choose English as your language. Make sure to NOT mute original audio so that you can hear the main room



Seleccione Español.  
Asegúrese de  
Silenciar Audio Original, si  
solo desea escuchar al  
intérprete



If you are on a smart device,  
look for the three dot menu  
and choose Language Interpretation.  
Then, select English.

Desde un dispositivo inteligente,  
busque el menú de tres puntos y elija  
Interpretación. Después, escoja  
“Español” y silencie el audio original.

## OTHER USEFUL TIPS:

- \* Mute your mic unless you are speaking.
- \* Spanish is 15 to 30% longer than English. Don't rush when speaking.
- \* Expand acronyms every time you say them.
- \* Interpretation is not available from a Chromebook or if you dial into Zoom.

## OTROS CONSEJOS ÚTILES:

- \* Silencie su micrófono si no está hablando.
- \* No se apresure al hablar.
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- \* No podrá acceder a la interpretación a través de un Chromebook o si marca por teléfono a la reunión de Zoom

**Health Partners on IPV + Exploitation** is led by Futures Without Violence (FUTURES) and funded by HRSA BPHC to work with community health centers to support those at risk of experiencing or surviving intimate partner violence, human trafficking, or exploitation and to bolster prevention efforts.

Learn more: [www.healthpartnersipve.org](http://www.healthpartnersipve.org)



# School-Based Health Alliance

## Transforming Health Care for Students

### Our **Focus**

The School-Based Health Alliance Works to Support & Grow SBHCs

#### Policy



Establishes and advocates for national policy priorities

#### Standards



Promotes high-quality clinical practices and standards, including for telehealth

#### Data



Supports data collection and reporting, evaluation, and research

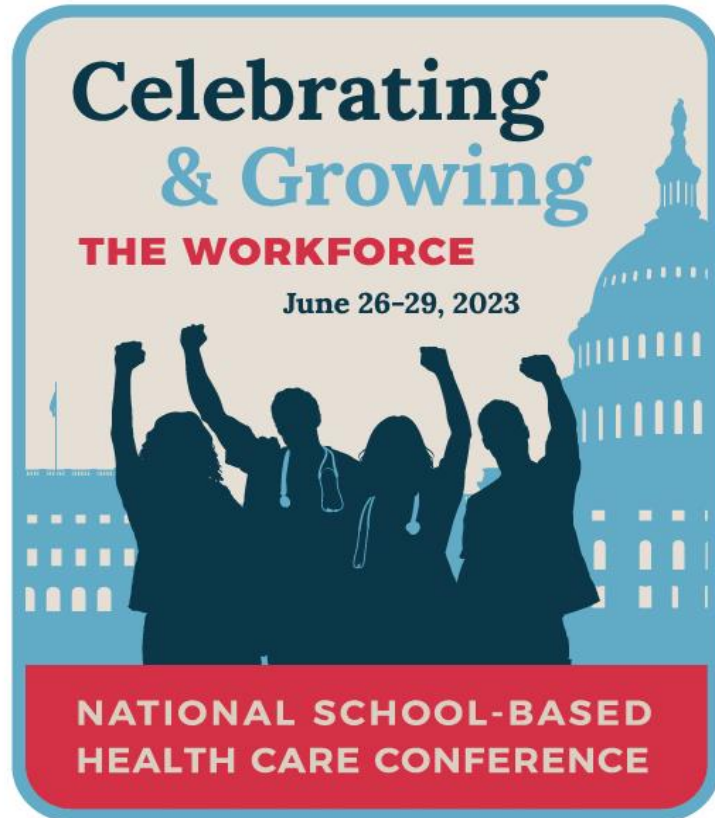
#### Training



Provides training, technical assistance, and consultation

We support the improvement of students' health via school-based health care by supporting and creating community and school partnerships [www.sbh4all.org](http://www.sbh4all.org)

save the date



Where: American University  
Washington College of Law  
Washington, DC



When: June 26-29, 2023



More info available soon via:

- SBHA Digest announcements  
or
- On SBHA's website:  
[www.sbh4all.org](http://www.sbh4all.org)



## LEARNING OBJECTIVES

### Participants will be able to...

- Describe the benefits of a universal education approach to prevent relationship abuse.
- Identify three strategies for implementing a universal education approach in their SBHC.
- Identify three ways SBHC staff can partner with youth to promote healthy adolescent relationships.

# AGENDA

- Welcome and introductions
- Laying the foundation:
  - Healing-Centered Approaches to Addressing Adolescent Relationship Abuse in SBHCs Learning Collaboratives
  - CUES intervention
  - Youth-led strategies for healthy relationship building
- Panel: Lessons Learned in SBHC Adolescent Relationship Abuse Prevention

## Today's Facilitators and Presenters



**Emily A. Baldi, MSW**  
School-Based Health Alliance



**Lisa James, MA**  
Futures Without Violence



**Seleena E. Moore, MPH**  
School-Based Health Alliance



**Elizabeth Miller, MD, PhD**  
UPMC Children's  
Hospital of Pittsburgh



**Camila Sanchez Tejada**  
Futures Without Violence

# Learning Collaboratives: Healing- Centered Approaches to Addressing Adolescent Relationship Abuse in SBHCs

# Learning Collaboratives

## Learning Collaborative: Healing-Centered Approaches to Addressing Adolescent Relationship Abuse and Trafficking

October 2021 - February 2022

Info and application: [bit.ly/SBHC\\_ARA\\_LC](https://bit.ly/SBHC_ARA_LC)



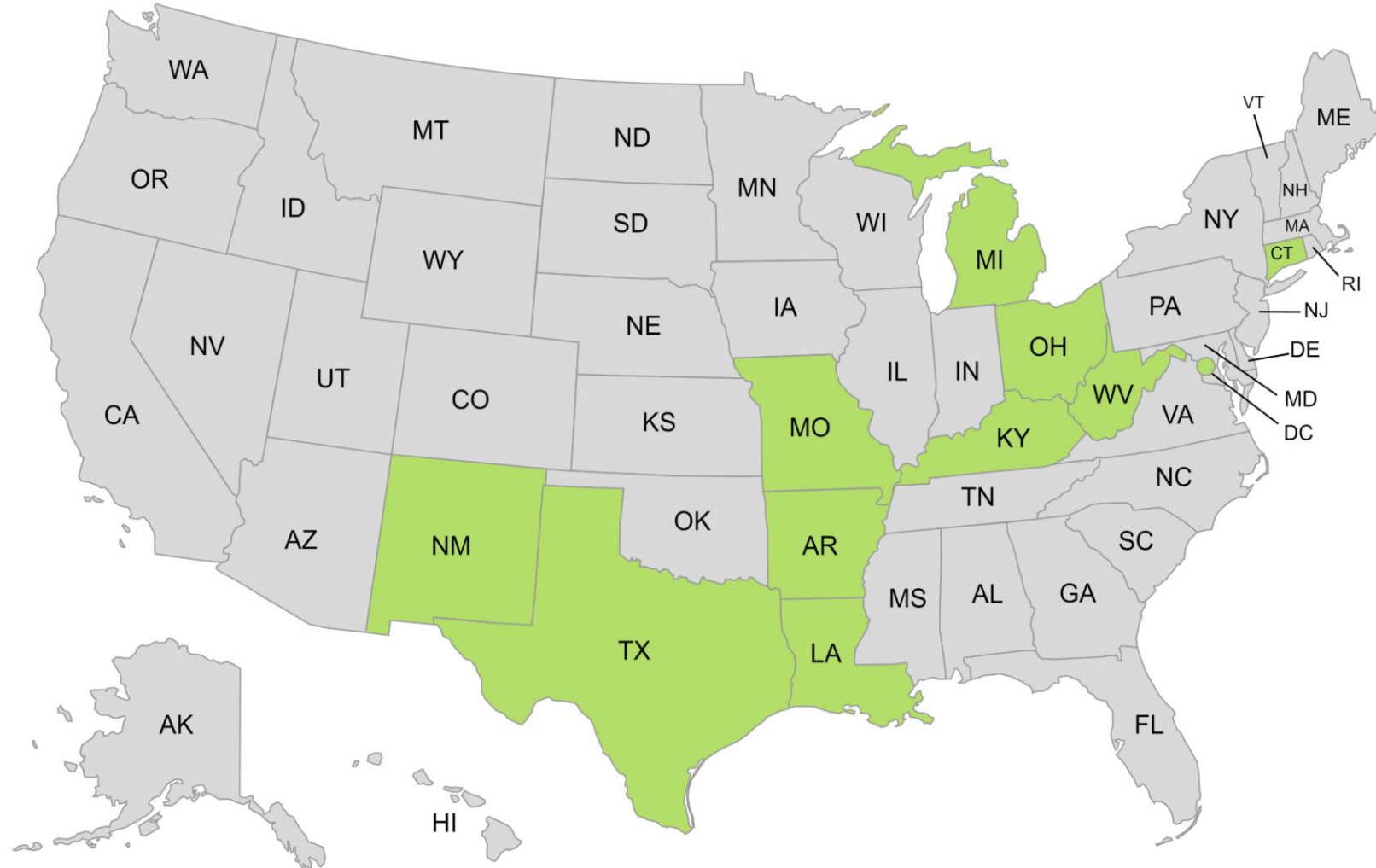
## Learning Collaborative: Healing-Centered Approaches to Addressing Adolescent Relationship Abuse and Human Trafficking

Please join us for a six-session learning collaborative to learn how SBHC providers can promote healthy relationships and support youth experiencing abuse. Information and application at [bit.ly/SBHC\\_ARA\\_LC](https://bit.ly/SBHC_ARA_LC)

October 2022 - February 2023



## 25 SBHCs across 11 states participated



## Learning Goals (Cohort 1)

As a result of participating in this learning collaborative, our SBHC hopes to...

- ✓ “Work with the school to better serve students”
- ✓ “Be part of a network”
- ✓ “Be more responsive to adolescents”
- ✓ “Implement prevention methods instead of always intervening after disclosure”
- ✓ “Have the tools to provide meaningful help and support to our patients”
- ✓ “Feel more confident in working together for the kids and in knowing up to date resources within our community and state.”

## Learning Goals (Cohort 2)

As a result of participating in this learning collaborative, our SBHC hopes to...

- ✓ "Learn about resources to be successful in providing services to our students"
- ✓ "Enhance our providers' knowledge and make them stronger advocates"
- ✓ "Strategize around community partnerships and create an integrated safety net for IPV/HT"
- ✓ "Disseminate the information/practices learned during the LC to our wider clinic"
- ✓ "Build a standardized process to implement in all our SBHCs"

# Learning Collaborative Outcomes

- Implementation of a clinical intervention (CUES)
- Building/strengthening relationships with local domestic violence organizations
- Updating school-based health center policies
- Quality improvement work to strengthen Adolescent Relationship Abuse prevention activities
- Exploring implementing Coaching Boys Into Men
- Implementing professional development on Adolescent Relationship Abuse for colleagues
- Partnering with youth to promote healthy relationships (more details to come shortly!)

# Overview of Intimate Partner Violence/Sexual Violence/Human Trafficking



“I talk to all my patients about this because we know...”

## Prevalence

- **1 in 5 teen girls and 1 in 4 LGBTQ+ teens report experiencing physical/sexual violence**
- **1 in 10 girls report that they have ever been forced to have sex (up 27% since 2019)**



# Unhealthy relationship behaviors

One person using a **pattern** of methods and tactics to gain and maintain **power and control** over a dating partner.

- It is a cycle that can get worse over time – not a one-time ‘incident’
- Abusers use jealousy, social status, mental health, money, digital abuse, and other tactics to be controlling and abusive – not only physical violence



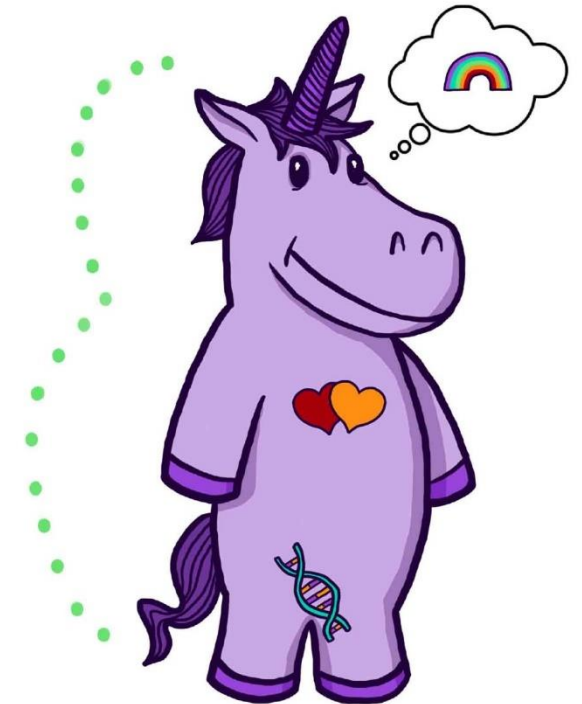
## Who uses violence in dating relationships?

- **Violence is gendered, AND young people of all genders experience and use violence.**
  - Girls more likely to be victims of physical abuse
  - Boys more likely to be victims of psychological abuse
  - Mutual aggression is common

(Mulford and Giordano, NIJ Journal 2009)

- **Important to consider context, impact, and outcomes**

Consider intersectionality  
Elevated exposure to violence and  
Exploitation among LGBTQIA+ youth



To learn more, go to:  
[www.transstudent.org/gender](http://www.transstudent.org/gender)

Design by Landyn Pan and Anna Moore

# Health impact

## Intimate Partner Violence:

- ✓ Anxiety, Depression, PTSD
- ✓ Asthma
- ✓ Barriers to healthcare
- ✓ Bladder and kidney infections
- ✓ Cardiovascular problems
- ✓ Gastrointestinal issues
- ✓ Chronic pain syndromes
- ✓ Sleep Problems
- ✓ STIs and HIV
- ✓ Suicidality
- ✓ Unintended Pregnancies



(Black/CDC, 2011)

## Health Programs are Essential Sites for ARA Intervention

Adolescent relationship abuse is rarely identified in clinics serving adolescents, AND is common among adolescents seeking clinical services.

(Miller et al, 2010; Asheley & Foshee, 2005; Schoen et al, 1991)

### CDC report recommends:

- ✓ Promoting school connectedness
- ✓ Increasing access to needed health services
- ✓ Implementing quality health education



# **CUES:** An Approach for Patients and Providers to Address Adolescent Relationship Abuse, Human Trafficking and Exploitation



## In the chat: Why might a young person choose not to disclose on a screening form?

- ✓ Judgement and stigma
- ✓ Fear of child welfare and/or police involvement
- ✓ Not knowing what is going to happen with the information
- ✓ If there is someone controlling/exploiting them, fear that the person could find out that they told you
- ✓ Lack of awareness of rights

# What if disclosure/identification is no longer the goal?

## Rethinking screening

- ✓ Low disclosure rates
- ✓ Not survivor centered
- ✓ Resources offered only based on a patient's disclosure
- ✓ Missed opportunity for prevention education

# Universal Education

Provides an opportunity for patients to make the connection between violence, health problems, and risk behaviors.

*\* If you currently have ARA/HT screening as part of your health center requirements: we strongly recommend first doing universal education.*



# CUES: An Evidence-based Intervention

## **C:** confidentiality

See patient alone, disclose limits of confidentiality

## **UE:** Universal Education + Empowerment

Normalize activity

Make the connection—open the card and do a quick review

## **S:** Support

Provide a "warm referral" to your local domestic/sexual violence partner agency or national hotlines



Adolescent Safety Card  
Available in English and  
Spanish



# UE: Universal Education + Empowerment

1. Give each patient **two safety cards** to start the conversation about relationships and how they affect health.
2. Open the card and encourage them to take a look. Make sure patients know that you're a safe person for them to talk to.

"I've started giving two of these cards to all of my patients—in case you are ever struggling in a relationship or if you feel like someone is taking advantage of you - and also so you have the info to help a friend or family member."

## S: Important Reminder

Though disclosure of violence is not the goal, it will happen -- know how to support someone who discloses.

# S: Support = showing gratitude

Promoting the health of students who are survivors

- ✓ Use of phone to make confidential call
- ✓ Safer partner notification for STI
- ✓ IUD or implant for reproductive coercion
- ✓ Sleep, eating, exercise
- ✓ Other ideas?

**“I am so grateful that you shared that with me. Thank you for trusting me with your story.”**

**“I hear you saying that things are complicated. Would you like me to offer some thoughts on what other young people have found helpful? I’m also ok with just listening as well.”**

## Evidence in Support of CUES Intervention

School Health Center Healthy Adolescent Relationships Program (SHARP) -- Cluster-randomized trial using CUES intervention in 8 school health centers in CA

- ✓ Increased **recognition** of what constitutes sexual coercion
- ✓ Increased **awareness of relationship abuse resources**
- ✓ Among youth with recent victimization, **less relationship abuse victimization** at three months
- ✓ Increased **likelihood of disclosing** any history of unhealthy relationship to the provider during clinic visit

(Miller et al. Pediatrics 2015)

# ACF, U.S. DHHS Funded Hotlines



800-799-SAFE (7233)  
Text LOVEIS to 22522  
Chat at [thehotline.org](https://thehotline.org)



800-RUNAWAY (786-2929)  
Email: [1800runaway.org/crisis-online-services/](mailto:1800runaway.org/crisis-online-services/)  
Chat at [1800runaway.org/](https://1800runaway.org/)  
Forum: [bulletinboards.1800runaway.org/forum](https://bulletinboards.1800runaway.org/forum)



44-7NATIVE (762-8483)  
Monday-Friday from  
9am to 5:30pm CST  
[strongheartshelpline.org](https://strongheartshelpline.org)



877-565-8860  
[www.translifeline.org/](https://www.translifeline.org/)



[www.thetrevorproject.org](https://www.thetrevorproject.org)  
866-488-7386 LGBTQ Youth

<https://www.acf.hhs.gov/acf-hotlines-helplines>

# Youth-Led Strategies for Healthy Relationship Promotion



# School-Based Health Alliance

## Youth Development Framework

### Purpose

Advance  
Youth Agency



### Goals

Develop  
Leaders

Foster  
Connections



### Strategy Pathways

Provide a space for young people to share their ideas, concerns, and experiences with peers nationally.

Create opportunities where meaningful youth leadership takes place.

Prepare and support young people as change agents in their schools and communities.

Cultivate health and education professionals' mentoring capacities to engage youth as partners in health and well-being.

# Definitions

- **Youth Development:** meets the physical and social needs of young people by defining their individual goals and preparing them to achieve their full potential
- **Youth Engagement:** identifies young people's right to participate in decisions that influence them and recognizes the skills they bring to the table
- **Youth Partnerships:** considers youth as equal partners with adults in the decision-making process.

# Youth Participation Models

## Youth-Led

Youth are the main spokespersons and look to adults to provide support as needed

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## Youth-Adult Partnership

Youth and adults work together in mutual teaching, learning, and action

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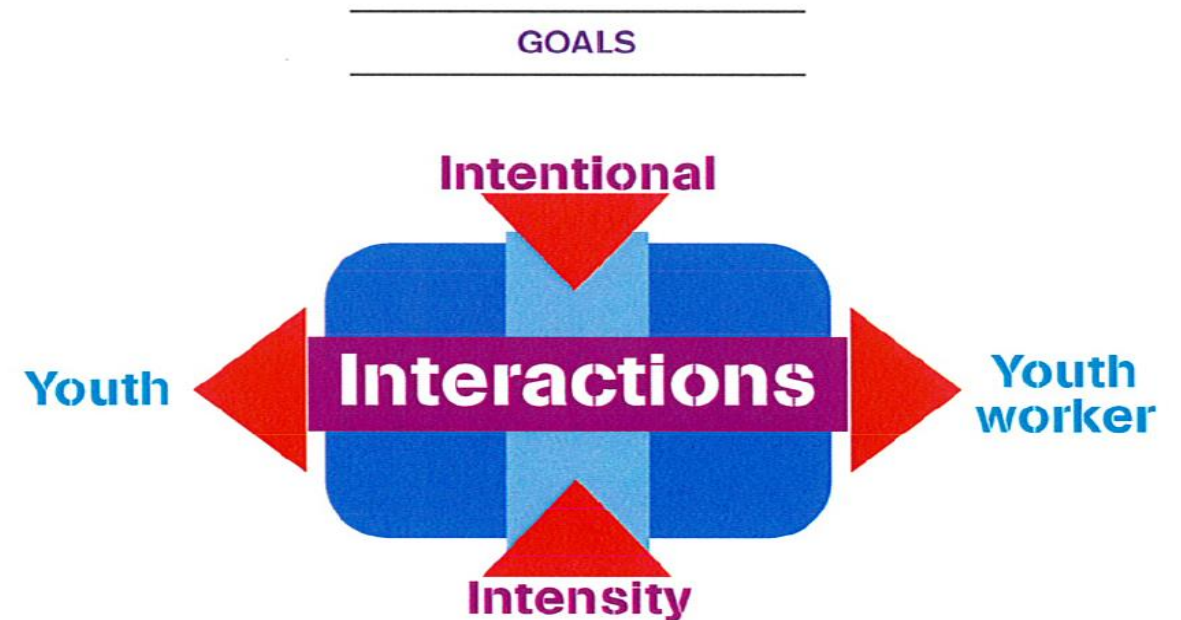
## Adult Led

Adult leaders seek out youth as core constituents

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Align outcomes youth  
have for their lives with  
the capacities you have  
to assist them

## The Three “I’s” of Youth Outcomes



Source: Advancing Youth Development

# S.O.S.

## Supports

Things done **with** youth:  
interpersonal  
relationships grounded  
in expectations,  
guidance, and  
boundaries

## Opportunities

Activities, roles, and  
responsibilities taken on  
and done **by** youth:  
chances to explore,  
belong, express, earn,  
and influence

## Services

Provision of resources,  
knowledge, or goods  
**to/for** youth

## Some ideas from our LC participants...

- ❖ Focus groups in health classes to learn what students know and need related to healthy relationships
- ❖ Partnering with existing clubs to promote healthy relationships
- ❖ Incorporating healthy relationships content into small group education sessions
- ❖ Development of a youth advisory council
- ❖ Working with existing youth advisory councils to incorporate healthy relationship promotion activities into their scope
- ❖ "Office hours" where teens interested in healthy relationship promotion can gather

# SBHA Youth Development

## SBHA's Youth Development Website: [sbh4all.org/training/youth-development](https://sbh4all.org/training/youth-development)

Access to the School-Based Health Alliance's youth development model, initiatives, services, and resources.

## SBHA's Youth Focused Website: [Youthhealthhub.org](https://Youthhealthhub.org)

Created for young people involved with a school-based health center or interested in the intersection of health and education to build a community, find national and local opportunities, browse articles, post and find events, and more.

## Youth Development Digest: [bit.ly/YDDSBHA](https://bit.ly/YDDSBHA)

Designed for young leaders and adult allies, YDD promotes upcoming events, showcases powerful youth in our country, and highlights current topics, issues, and opportunities for young people today.

## Consulting Services: [youthdevelopment@sbh4all.org](mailto:youthdevelopment@sbh4all.org)

SBHA offers youth development focused technical assistance, trainings, and coaching for youth and adult audiences.

# THANK YOU



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PORTLAND, OREGON



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# Panel: Lessons Learned in SBHC Adolescent Relationship Abuse Prevention

## Today's Panelists

- **Nikki Carino, APRN**, Nurse Practitioner, Roosevelt High School School-Based Health Center (Connecticut)
- **Rosabelle Conover, APRN**, Family Nurse Practitioner, Bassick High School School-Based Health Center (Connecticut)
- **Ana M. Caskin, MD**, Medical Director of School Based Health, MedStar Medical Group Department of Pediatrics (Washington, DC)
- **Maya Hinton, LICSW**, Wellness Coach, School-Based Health Centers at Anacostia and Roosevelt High Schools, Medstar Georgetown University Hospital Community Pediatrics (Washington, DC)
- **Chrissy Ndjatou, CPNP-PC**, Nurse Practitioner, School-Based Health Center at Anacostia HS, MedStar Medical Group Department of Pediatrics (Washington, DC)

# Thank you!

Evaluation link or scan the QR code: <https://redcap.link/jpw7t5pf>



## Questions?