

Improving Adolescent Wellness Visits

Compared with 2019, the proportion of mental health-related visits for children aged 5-11 and 12-17 years increased approximately 24% and 31%, respectively. Monitoring indicators of children's mental health, promoting coping and resilience, and expanding access to services to support children's mental health are critical during the COVID-19 pandemic.

[Centers for Disease Control and Prevention](#)

RESOURCES FOR TEENS AND PARENTS

SELF-CARE TOOLS AND COMMUNITY SUPPORT FOR TEENS

- ▶ Use of social media graphics and animations for [adolescents](#) to share with peers that encourage taking care of their [physical](#), [social](#), [emotional](#) and mental well-being.
- ▶ Use a [series of self-care videos](#) that offer adolescents' perspective on how to maintain positive mental health while adhering to public health measures.
- ▶ Support of [digital community](#) for which teens can share their mental health struggles and triumphs (i.e., [Brave Teens](#); [Voices from Isolation](#)).
- ▶ Use of storytelling through [Well Beings](#) campaign, a mental health resource (e.g., [Preventing Teen Suicide in a Pandemic of Isolation](#)).
- ▶ Use [resource guide](#) to stay connected at home during the pandemic; apply for low-income internet service, qualify for free or discounted computers, mobile plans and phones.

MENTAL HEALTH SUPPORT FOR TEENS

- ▶ Learn [how to communicate](#) with teens when supporting resilience development (i.e., helpful phrases; [healthy activities](#)).
- ▶ Support teens' emotional well-being through CDC's [COVID-19 Parental Resource Kit](#).
- ▶ Understand the [psychological impact](#) on teens during the pandemic (e.g., trauma, grief) and learn to use [key messaging and advocacy](#) in protecting their mental health.
- ▶ Use [reliable resources](#) for teens and parents when addressing teens' social, [mental](#) and sexual [well-being](#).

MCP PRACTICE HIGHLIGHT

- Kaiser Permanente in Washington**
- ▶ Promotion of easy to access [tele-counseling](#) services.
 - ▶ Video-counseling on [contraceptive options](#) with follow-up.
 - ▶ Virtual or clinic visit to check HPV [vaccination](#) status and advice on HIV/STI risk reduction.

