

TRI-CAP

Adolescent Services

607 Third Avenue
PO Box 729
Jasper, IN 47547-0729
(812) 482-2233

Executive Director: Jane B. Chappell
Family Health Services Director: Darla Reinbrecht
Adolescent Coordinator/Social Worker: Audrey Fleck
Adolescent Counselor: Christine Vinson
Adolescent Nurse Coordinator: Carrie Palaoro

Helping People. Changing Lives.

History

- 5 teen suicides in a 14-month period in the early nineties
- Advisory Group Formed
- Found that teens were engaging in risk taking behaviors that contributed to suicide risk
- Received a planning grant from Indiana State Department of Health in 1992
- In April 1994, the Teen Wellness Centers were implemented in the four Dubois County high schools

Primary Goals

- To improve the physical and emotional health of adolescents by offering prevention, intervention, and follow-up services.
- Help adolescents make healthier choices and reduce risk taking behaviors.
- Identify student issues earlier before they result in suicide, pregnancy, etc.

Services

- Personal Counseling
- Basic Sick Care
- Support Groups
- Health Education
- Lab Testing
- Sports Physicals
- Community Information and Referrals

All services are free and confidential

Program Information

- Staff (Coordinator/Social Worker, Counselor, RN)
- Provide service 3 days per week at each school
- Students must have a signed parent permission form to receive service (92%)
- Students are referred by parents, school officials, friends, and selves.

Assessment

- Every student completes during first visit of the school year (handout in packet)
- Discuss confidentiality policy
- Provide education, support, referrals and follow-up service to students who identify risk factors.
- **Assess for following:** substance use, family problems, peer violence, sexual concerns, depression, suicide attempt, nutritional concerns, abuse, school concerns, and any physical health issues.

Example Assessment Question

Do you participate in **any** sexual activity?

Never

Ever

Current

Do/did you use any protection? (C ↑ only)

N(abstinent)

E(adequate)

C(none or inadequate)

Have you ever been pregnant or fathered a child?

N(no)

C(yes)

Have you ever been treated for a sexually transmitted infection?

N(no)

C(yes)

Adolescent Data

- Assessed 811 different students in 2006-07
- Identified 150 students who were currently sexually active; 88 of those reported not using adequate protection
- Worked with 9 pregnant students
- Worked with 10 teen parents
- Referred 49 of those to Family Planning

Dubois County Data Trends

- Ranked 77 in Indiana county ranking in teenage pregnancy
- 54 live births to mothers less than 20 years in age
- 8.8% of births to teenage mothers

Natural Helpers program

- Why? There will always be students who do not feel they can go to adults for help.
- Within, every school there is an informal helping network of students.
- Students complete survey to identify “natural helpers”
- Overnight retreat
- Ongoings (example)
- Supervision and Helper Logs

Classroom Education Activities

Follow a Comprehensive Sexuality Model

- Stress Abstinence
- Definition of sex
- Discussion of consequences (emotional, physical, financial)
- Provide education on contraception & STDs
- HIV transmission activity
- Interactive role-plays

Any questions regarding the Adolescent Services program, please contact Audrey Fleck @ audrey@TRI-CAP-Indiana.org