



YouthCHAT ***A Free Youth Facilitated Interactive Workshop***

The youth leaders of Kaiser Permanente's Community Health Action Team (CHAT) have created an innovative workshop to support healthcare professionals in optimizing youth wellness visits. This unique training explores youth solutions for establishing an emotionally safe environment where they feel empowered to discuss and address their health concerns.

Recent research, published in the *Annals of Family Medicine*, found that one-third of teenagers did not go to even one routine well-child visit between the ages of 13 and 17. CHAT, in partnership with The Colorado State Youth Development Plan, surveyed their peers to discover the reasons why youth do not go to the doctor. The number one reason teens gave for not going to the doctor is feeling that they will be judged for their behavior choices. In *YouthCHAT*, a team of trained high school facilitators/actors present health care providers' effective youth-focused interview strategies and techniques for establishing an emotionally safe interview environment during a wellness check. This unique training offers health care providers:

- Information on how youth perceive their wellness check-ups
- Opportunities to participate in youth-lead discussions
- Interactive activities exploring what youth believe are the best strategies for creating a safe interview environment
- "Real-life" practice of interview techniques through role-play with a youth actor
- Constructive feedback on interview techniques after the role-play is completed

Learning Objectives: Healthcare providers learn, through role-play and constructive feedback, skills that increase their ability to talk with teens about their health concerns and challenges. Participants will explore:

- Verbal and nonverbal communication
- Asking useful and open ended questions
- What to include and avoid when interviewing a young person
- How to engage youth in conversations involving their health
- How to alter the negative perception that adolescents have regarding health care
- How to make awkward questions comfortable

Rationale for the Youth-Involved Training Model

- To engage youth in shaping their own health
- To bridge the gap between adolescent and adult culture
- To give providers a unique insight into youth's ideas around bettering their health care

To schedule a workshop contact: Samuel Wood

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YouthCHAT is a 3-hour workshop filled with fun, laughter, and innovation. Food is provided.

AIR: Breathing art into healthier lives

Educational
Theatre

Experiential
Learning

Youth
Engagement