Part IV: The Use of Health Services by Youth

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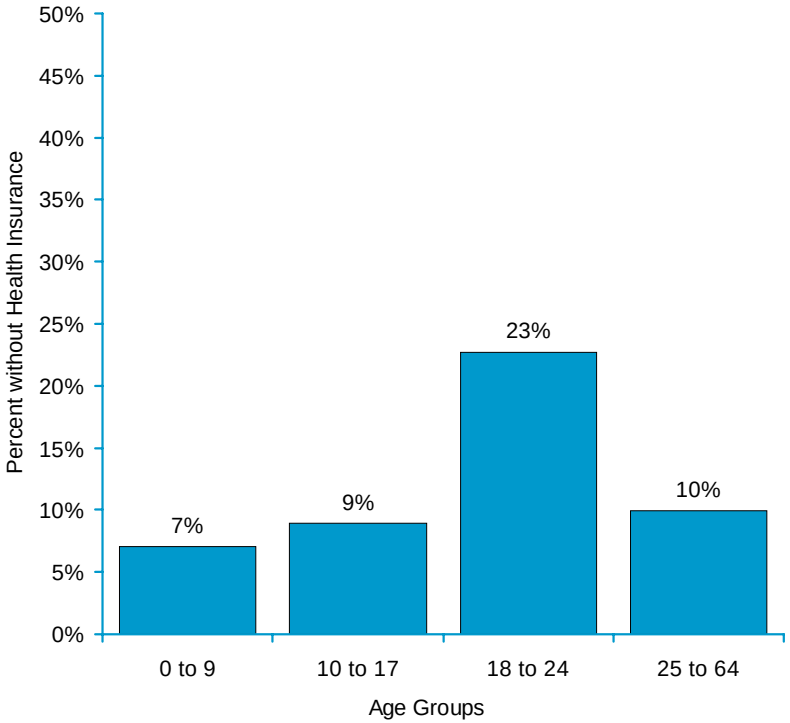
Insurance Coverage

What percent of youth and young adults are not covered by health insurance?

In 1998, 23% of young adults living in King County did not have health insurance. Coverage for children up to age 9 years and for youth age 10 to 17 years was better, with 7% and 9% going without health insurance, respectively. With respect to adults age 25 to 64 years, 10% were without health insurance.

Source: 1998 State Population Survey, Washington State Office of Financial Management and Washington State University Social and Economic Sciences Research Center.

Percent Not Covered By Health Insurance, By Age Group
King County, 1998



Physical Exams and Dental Visits

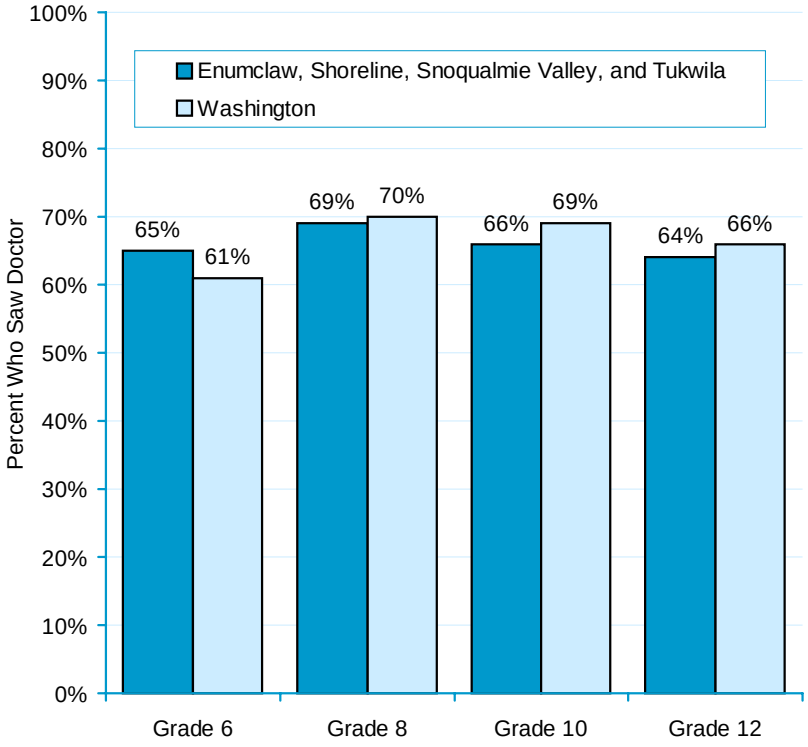
What percent of our youth see a doctor regularly?

Roughly two out of every three youth locally and statewide reported in 1995 that they had seen a doctor within the past year for a regular physical exam.

Data Notes: *The survey question was, "When did you last see a doctor for a check up (regular physical exam)?"*

Source: Washington State Survey of Adolescent Health Behavior, 1995.

Percent of Public School Students Who Reported
Seeing a Doctor For Regular Physical Exam Within Past Year
Four King County School Districts and Washington, 1995



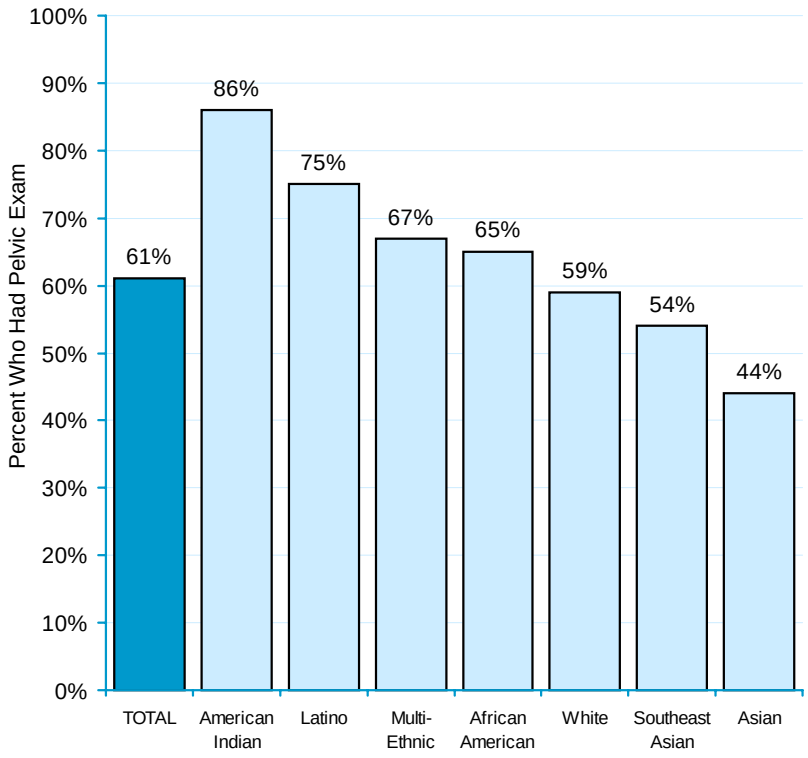
Physical Exams and Dental Visits

How many sexually active young females obtain pelvic exams?

Among Seattle female students who had sex in the past three months, 61% had had a pelvic examination sometime in the previous year. There were differences by ethnicity, with Asians being the least likely to have had a pelvic exam and American Indians the most likely.

Source: Developmental Assets: A Profile of Your Youth, *Seattle, Bellevue, Mercer Island Public Schools, 1996-1997.*

Percent of Seattle Public School Females Who Have Had Sex in Past Three Months Who Reported Having Pelvic Exam in Past Year By Ethnicity, 1995



Physical Exams and Dental Visits

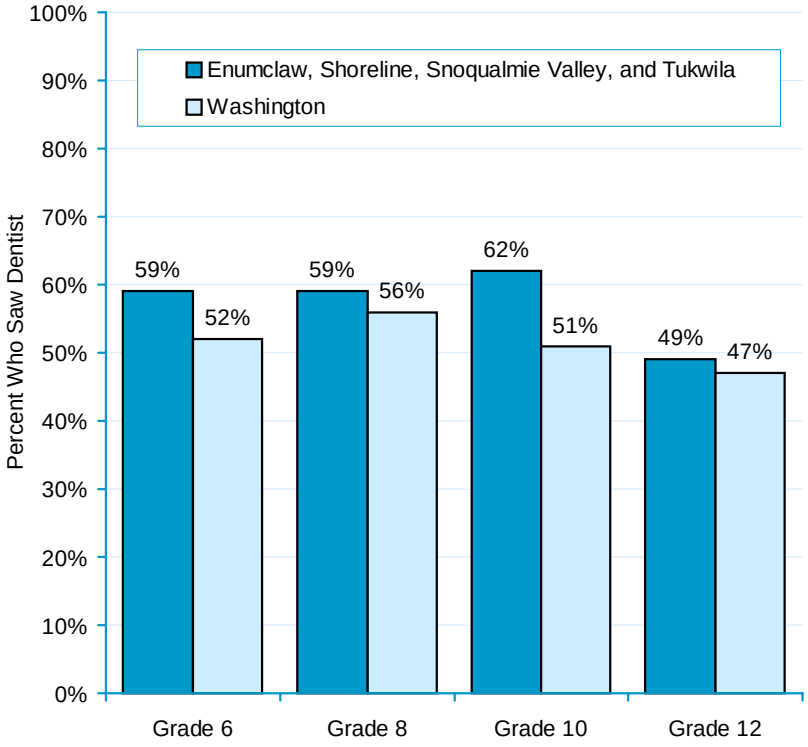
What percent of our youth see a dentist regularly?

Both locally and statewide, students in their last year of high school seem to be the least likely to have seen a dentist sometime in the previous year. Students in the four King County school districts were slightly more likely than students statewide to have visited a dentist.

Data Notes: *The survey question was, "When did you last see a dentist (not for braces)?"*

Source: Washington State Survey of Adolescent Health Behavior, 1995.

Percent of Public School Students Who Reported Seeing a Dentist Within Past Year
Four King County School Districts and Washington, 1995



Health and Wellness Services

What types of health services are available to King County youth in community-based teen clinics?

Kent, Renton and Highline Youth/Teen Health Centers

In 1996, Public Health - Seattle & King County joined with Valley Medical Center and Kent Youth and Family Services to expand the Kent Teen Clinic into a comprehensive community-based health center for teens. The Kent Teen Clinic also serves as an adolescent health training center for Valley Family Medicine Residents. Since 1997, Public Health has also dedicated County funds to support two school-linked health centers -- one in the Highline area operated by Highline Community Hospital and one in Renton, operated by Group Health Cooperative.

As well as serving students who are in school, these centers reach beyond school populations, serving dropouts, homeless, and runaway youth, as well as those involved in other social service programs. They are designed to provide a full range of primary care, drug and alcohol assessment and treatment, mental health counseling, health promotion and prevention services.

Public Health - Seattle & King County Teen Clinics

In 1994, as a result of a Teen Pregnancy Prevention grant awarded by the Washington State Department of Health, the White Center, Downtown, and North Public Health Centers began offering special walk-in hours for teens. These “Teen Clinics” offer family planning, reproductive health care, and health education in a teen-friendly atmosphere. Now, nine out of the ten Public Health Centers offer special walk-in hours to serve teens and have expanded services to include linkages to drug and alcohol assessment and treatment, mental health counseling, and other social services.

Health and Wellness Services

What are examples of situations that lead youth to seek help at teen health centers?

The following cases are taken from nurse notes of patients who have visited teen health centers in King County. All information that would identify the young person has been removed or changed to protect confidentiality. These five cases are not meant to be a representative set but give some idea of the diversity of reasons that prompt young people to use services that are designed especially for them.

1. Five males, ages 15-17, walked into the Youth Health Center for their sports physicals. They all were trying out for soccer. They attended high school and were new to the United States 2 to 3 months earlier. English skills were limited, but their youth pastor brought them in and spoke English. The front desk took extra time explaining parental consent and the health care system to them. They all returned the next evening with completed paperwork. We were able to get a translator and provide sports physicals and anticipatory guidance for all of them.

2. P.S. is a 18 yr old male who first came to us requesting STD screening. He had a new girlfriend, they had NOT been sexually "active" yet and decided together to get evaluated first. His gonorrhea, chlamydia, syphilis, and HIV all returned normal. We did post-test counseling and talked about his values. He then returned one month later to talk about smoking cessation. He smoked 1 pack per day, used marjuana 2 weeks prior, and alcohol 1 week ago. In further discussion, he admitted to having "troubles at home getting along with his stepdad". He has been involved in the juvenile justice system for dealing drugs and was court ordered in the past into drug rehab. He tells me he's trying to get his life together. He's madly in love with this girl, and wants to please her. "She's the best thing that ever happened to me!" We talked about options and past successes with quitting. Worked out a plan and quit date. Prescribed medication and gave samples to aid in quitting. Walked him across the hall and introduced him to the drug/alcohol counselor, and gave him positive support. He showed up the following week for ongoing drug and alcohol counseling.

3. L.P. is 16 yr old female who has been here in the United States for 1 year. Requests pregnancy test. One week late for her menses. One month ago had sexual intercourse for the first and only time. Did use a condom at the time, but is quite upset... wishes she had never had sex. Denies pressure or coercion. Tells me that culturally this is one of the worst things she could do. She lives with both her parents who are not aware of her visit and do not speak English. She tells me they have very high expectations for her. No sex before marriage. She is a straight A student in high school and expects to go on to college. She said she has many friends who look up to her as a role model and while she encourages abstinence to her friends, she now feels like a hypocrite. Urine pregnancy test was negative. Spent time with L.P.

discussing lab results, her values around sexuality, negotiating skills to be abstinent, and how she handles stress. She did meet with our counselor the same day to further discuss her life. She later returned to the Youth Health Center (YHC) escorting several friends and reported her menses began the day after she saw us and she's made some better choices in her life as a "revirgin".

4. A.G. is a 13 yr old female, who first came to us with cold-like symptoms. She was diagnosed with a viral upper respiratory infection and very mild asthma. She responded well to prescribed medications/inhalers. We noted she then began to come see us more frequently (2 to 3 x in a week) for seemingly minor complaints like a stuffy nose, persistant cough, etc. There were no worrisome physical findings. A.G. then opened up and shared that things were pretty tough at home. Her mom had just attempted suicide and was hospitalized. She was very worried about her and wanted her to have the best care possible. She wondered if I could call and make sure they were caring for her properly. She was temporarily living her grandmother and they weren't getting along. She hated school, felt picked on and isolated, but did identify one gym teacher she felt she could talk to. She denied suicide ideation, refused counseling on-site initially. With permission from A.G., I called and spoke with her gym teacher. He too, encouraged counseling. I explained our open-door policy. She could come see us anytime for anything. She still has not come in for counseling, but I'm told she showed up for our new "teen talk" support group last week.

5. N.S. is a 16 yr old female who first came to see us in July 1998. She requested a HIV test because she had a newly pierced tongue and was worried. She also shared that she had been involved with a "Goth" gang a few months back and in a gang-related blood-drinking ritual. She had just completed an inpatient substance abuse program and was working on staying clean from drugs. Her HIV test returned negative and we did appropriate post-test counseling and made aware of all services available. We saw her throughout fall' 98 for several visits... parent-child problems, gynecological concerns, cold symptoms etc. She had been involved with our counselors as well. She then began using drugs again, ran away from home, got involved in a sexual relationship. Through this deterioration, she continued to drop in as we repeatedly tried to intervene with her and her family. Several weeks passed and quite sadly, we received a call from her adopted father who reported she had attempted suicide while using the shower at home. She was then hospitalized and went through an inpatient drug detoxification program in another state. Since then she has had a slow and steady recovery, trying to stay away from her "drug friends" and finish up high school.

What was at times difficult and yet rewarding in working with this family was meeting N.S.'s father. While he very much was "against the opening of a teen health clinic" and still had some strong opinions as to the rights of parents particularly in Washington state, he admitted that his daughter saw us as a valuable resource in her life, particularly when she was living on the streets. We came to a peaceable understanding of sorts. I have to give all due respect to N.S.'s father for having the courage to come in, sit down, and talk with me quite honestly and frankly. I believe that is the only way we were able to find common ground and work together.

Health and Wellness Services

What types of health services are available at Seattle's school-based health centers?

The mission of two Seattle Middle School Wellness Centers is to promote student wellness by providing comprehensive social, mental and physical health care in a safe and confidential school based setting in collaboration with the school, families and community. The goals are as follows:

1. To support and ensure access to developmentally appropriate and quality comprehensive services to improve the health of the middle school community.

2. To provide skills for lifelong health through prevention, education, asset building and the reduction of risky behaviors by middle school students.

3. To maintain an environment that promotes diversity, family involvement, safety, confidentiality and trust, and that contributes to a caring, healthy school environment.

4. To be responsive to student, family, school and community needs by informing, educating and involving interested persons in the Wellness centers.

5. To maintain and improve the physical, social and emotional health of middle school youth and their families.

There are eight teen health centers located in Seattle public high schools. By offering services in a familiar and convenient setting, these centers increase students' ability to get health care. Care is provided to all students even if they cannot pay. If possible, insurance is billed for services provided. Teen Health Centers must have a signed consent from a parent or legal guardian before providing services to a student, except in situations where federal and state laws allow students to access certain services without parent/guardian consent (e.g., reproductive health care, drug/alcohol and mental health counseling). Consent forms are available in 9 languages. See scope of services on page 127.

Scope of Services
Seattle's Wellness Centers and School-Based Health Centers

Medical/Primary Care

- Primary health care for minor and acute illness and injury
- Physical exams including general health, sports, etc.
- Contraceptive care
- Treatment of sexually transmitted diseases (STD)
- Care of chronic conditions (allergies, diabetes, etc.)

Mental Health/Drug and Alcohol

- Assessment and referral
- Crisis intervention
- Short-term counseling and support for youth and families
- Support groups
- Individual and group counseling for:
  - anger management
  - depression
  - stress management
  - eating disorders
  - physical and sexual abuse
  - domestic violence and other issues as needed

Prevention/Education

- Health education
- STD/HIV prevention education
- Nutrition, fitness, and health self-care skills
- Substance abuse/use education: alcohol, tobacco, and other drugs
- Social and relationship skills
- Sexual abuse, violence, and harassment prevention education
- Peer education
- Training for school staff on health and mental health issues
- Services targeting special education and ESL (English as a Second Language) students

Case Management

- Community outreach education
- Advocacy for youth and families including assistance with Mediaid application
- Follow-up on referrals to insure youth connection to medical and social providers

Health and Wellness Services

Who are the teens that use Seattle's teen health centers?

Currently eight of the 10 high schools in Seattle have school-based health centers. Although exact enrollment figures are not currently available, a random sample of 641 students using six of these clinics during the 1997 to 1998 school year gives us some information concerning the types of students using the clinics. These data tell us that the majority of users are female (63%), and that 18% of the clinic users were in the 9th grade, 26% in the 10th grade, and 23% in both the 11th and 12th grades. Seven percent of all of the clinic users did not have any health insurance coverage.

Data Notes: *The school-based health centers are operated by different health organizations. Until collection of user demographic data is standardized among the different sites, these data should be considered preliminary.*

Characteristics of Youth Using Seattle's Teen Health Centers
By Gender, Grade, and Health Insurance Status
1997-1998 School Year

	Percent of Students Enrolled in Center
Gender	
Male	36%
Female	63%
Not reported	1%
Grade	
9th	18%
10th	26%
11th	23%
12th	23%
Not reported	10%
Health Coverage	
Insured	70%
Uninsured	7%
Unknown	22%

Source: Public Health – Seattle & King County. School Age Health Program.

Health and Wellness Services

What are the reasons youth visit Seattle's teen health centers?

About 7,800 visits to the eight Seattle teen health centers were recorded in the Fall of 1997. Nearly 60% of these visits were for mental health related reasons. The three leading reasons pertaining to mental health for visiting the clinics included family problems, peer relationships and anxiety. The main physical health reasons for visiting the clinics included treatment for skin problems, sexually transmitted disease (STD), and injuries.

Data Notes: *These data estimate the upper range of the number of visits, since some visits may have multiple reasons given. Since the school-based health centers are operated by different health organizations, these data should be considered preliminary until collection of patient usage data is standardized among the different sites.*

Source: Public Health – Seattle & King County. School Age Health Program.

Reasons for Visits to Seattle's Teen Health Centers, Fall 1997

	Reason for Visit	Estimated Number of Visits	Percent of Visits
Mental Health	Family Problems	606	13%
	Peer Relationships	482	10%
	Stress/anxeity	475	10%
	Drug/alcohol: student	276	6%
	Depression	269	6%
	Behavior Problem	215	5%
	School-related	212	5%
	Drug/alcohol: family	193	4%
	Violence/assault victim	183	4%
	Grief/loss	171	4%
	Anger	154	3%
	Acculturation	136	3%
	Abuse/neglect: non-sexual	125	3%
	Sexuality counseling: general	118	3%
	Situation reaction	118	3%
	Runaway/homeless	113	2%
	Suicide	88	2%
	Eating disorder	77	2%
	Pregnancy/parenting	74	2%
	Abuse/neglect: sexual	67	1%
	Sexuality counseling: gay/lesbian	48	1%
	Smoking cessation	39	1%
	Employment	38	1%
	Other	389	8%
	TOTAL	4,666	100%
Physical Health	STD	429	14%
	Dermatology	427	14%
	Injury	406	13%
	Communicable Disease	306	10%
	Gynecology	284	9%
	Pregnancy	204	6%
	Cardiac/Hypertension	189	6%
	Allergy/Asthma	139	4%
	Neurology	126	4%
	Urinary Tract	93	3%
	Nurtrition	54	2%
	Blood Disorders	20	1%
	Dental	18	1%
	Other	445	14%
	TOTAL	3,140	100%

Health and Wellness Services

Where can King County youth find services designed especially for their needs?

School-Based Teen Health Centers, Their Partner Agencies, and Telephone Numbers

Cleveland High School, (206) 521-1260
- Harborview Medical Center
- Seattle Mental Health Institute
- Asian Counseling and Referral Service

Denny Middle School, (206) 923-2809
- Puget Sound Neighborhood Health Centers
- Southwest Youth and Family Services

Franklin High School, (206) 326-2750
- Group Health Cooperative
- Central Youth and Family Services
- International District Community Health Center

Garfield High School, (206) 860-0480
- Odessa Brown Children's Clinic
- Carolyn Downs/Country Doctor

Nathan Hale High School, (206) 363-8291
- (Also serving Summit K-12)
- University of Washington Division of Adolescent Medicine
- University of Washington School of Nursing
- University of Washington Medical Center

Rainier Beach High School, (206) 296-4639
- Columbia Health Center/
- Public Health - Seattle & King County
- Central Youth and Family Services

Roosevelt High School, (206) 527-TEEN (8336)
- Providence Medical Center
- 45th Street Clinic

Chief Sealth High School, (206) 938-1360
- Puget Sound Neighborhood Health Centers
- Southwest Youth and Family Services

Washington Middle School, (206) 568-3327
- Group Health Cooperative
- Central Youth and Family Services

West Seattle High School, (206) 935-8369
- Providence Medical Group
- Pacific Medical Center
- Southwest Youth and Family Services

Community-Based Teen Health Centers, Their Partner Agencies, and Telephone Numbers

Auburn Public Health Center Teen Clinic, (253) 833-8352
Public Health-Seattle & King County

Columbia Public Health Center Teen Clinic, (206) 296-4650
Public Health-Seattle & King County

Downtown Public Health Center Teen Clinic, (206) 296-4772
Public Health-Seattle & King County

Eastgate Public Health Center Teen Clinic, (206) 296-9770
Public Health-Seattle & King County

Federal Way Public Health Center Teen Clinic, (206) 838-5140
Public Health-Seattle & King County

Highline Youth Health Center, (206) 439-9300
Highline Community Hospital
Ruth Dykeman Children's Family Service

Kent Teen Clinic, (206) 296-7450
Public Health-Seattle & King County
Valley Medical Center

North Public Health Center Teen Clinic, (206) 296-4990
Public Health-Seattle & King County

Northshore Public Health Center Teen Clinic, (206) 296-9814
Public Health-Seattle & King County

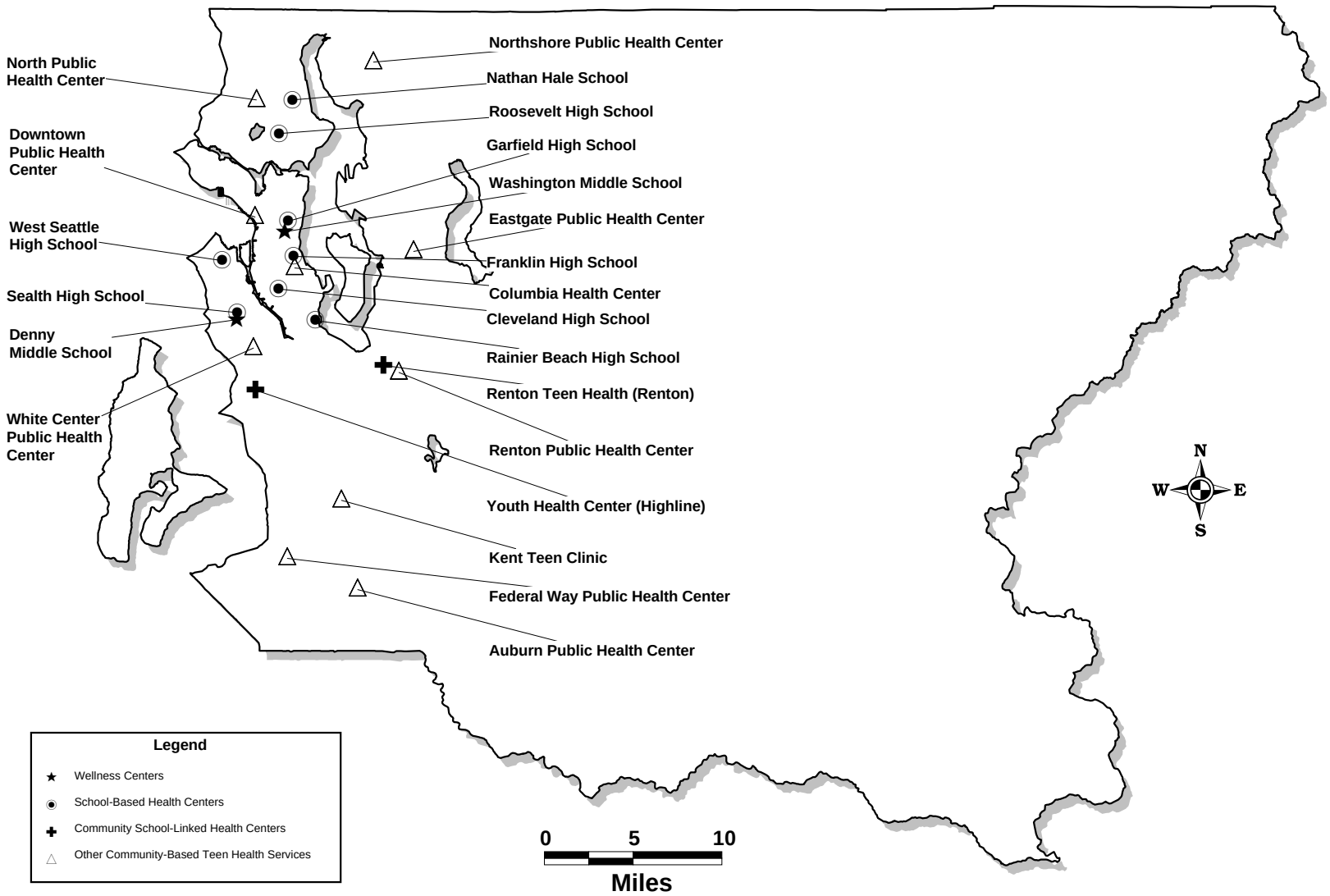
Renton Public Health Center Teen Clinic, (206) 296-4901
Public Health-Seattle & King County

Renton Teen Health Center, (425) 254-2710
Group Health Cooperative
Renton Area Youth Services

White Center Public Health Center Teen Clinic, (206) 296-4620
Public Health-Seattle & King County

Health and Wellness Services

Where are King County teen health centers located?



Homeless Shelters and Services

What community partners reach out to homeless youth?

PRO-Youth is a partnership of organizations coordinated by the City of Seattle Human Services Department, Division of Family and Youth Services and provides the following services to homeless youth ages 15 to 22 years throughout King County:

Case management

Street outreach

Basic needs

Long term planning for stability

Information and referral

Employment assistance

Housing assistance

Educational planning

Substance abuse referrals

The community partners and their primary geographic regions served are:

- Auburn Youth Resources—south King County
- 45th Street Clinic—Seattle's University District
- University District Youth Center—Seattle's University District
- Friends of Youth—east King County
- Central Youth and Family Services—Seattle Central Area and southend
- YouthCare—downtown Seattle and Capital Hill

In the first three years of the program:

- 1,500 homeless youth were provided services
- 300 youth stabilized their housing
- 165 youth secured permanent housing

Source: PRO-Youth.

"At Orion Center, they do (care). And at Denny ... they take you in the back room and they talk to you ... And they notice something about a certain person, certain qualities. Certain abilities of each person. And they recognize it ... it's helped a lot and it's all our benefit ... "

(Middle school female,
quoted in *Supporting Youth*)

"There's the Orion Center. They have field trips and AA meetings, and they help, they give us food. Or at New Horizons they have clothing bank and food bank ... Those places help us out."

(Middle school male,
quoted in *Supporting Youth*)

"I can't get to it. I can't get to sleep, I can't warm up. I have to walk around till 7 o'clock, till they open. That's when dinner is. 7 o'clock at night. So from 7 in the morning to 7 at night, they just have us on the street. And that's probably the main thing for someone who's on the streets, is like, a home-type feeling place."

(Middle school male,
quoted in *Supporting Youth*)

"Then they have reach-out people who just come, and they become friends with you ... and you know, it's just time to reach out and talk to somebody like that."

(Middle school female,
quoted in *Supporting Youth*)

"There are a lot of us that have had to grow up a lot younger than most other people. And we can make those decisions. I don't like the fact that I have people that have had no problems -- sitting there telling me what's right for me."

(High school female,
quoted in *Supporting Youth*)

"I would have loved for somebody to come talk to me when I was on the street. I would have loved for somebody to come say, 'You don't have to do this. Come home with me, and I'll get you into something you could do.' I would have gone in a heartbeat."

(High school female,
quoted in *Supporting Youth*)

Homeless Shelters and Services

What is the profile of homeless youth using health care services provided by a community partnership?

The Health Care for the Homeless Network (HCHN) partners with the 45th Street Clinic and University of Washington Division of Adolescent Medicine to provide evening drop-in clinics to homeless unattached youth. These clinics provide primary medical case management and/or primary care at outreach sites including Juvenile Detention Center, Orion Multi-Service Center, University District Youth Center, Youthhaven Shelter, and Our House Shelter.

Data Notes: *There was a total of 566 unattached youth under the age 19 served by HCHN between 1/1/98 and 12/31/98. In all, there were 2,014 encounters with these youth.*

Source: Public Health -- Seattle & King County.

Characteristics of Homeless Youth Using Health Care Services

Gender	Number
Female	340
Male	224
Race	
White	351
Black	72
Asian/Pacific Islander	13
Hispanic	27
Native American	26
Multi-Racial	69
Other	8
Medical Coverage	
None	395
Healthy Options	70
Medicaid	48
Other Public	2
Private	28
Unknown	23
Age	
19 Years	106
18 Years	139
17 Years	117
16 Years	77
15 Years	57
14 Years	24
13 Years	30
12 Years	13
<12 Years	2
Unknown	1
Housing at Intake	
Shelter	200
Street	107
At Risk	92
Transitional Housing	36
Jail	15
Treatment	12
Hospital	1
Unknown or None Listed	103

Homeless Shelters and Services

What are the agencies serving homeless youth in King County?

Agencies	Services	Phone
Auburn Youth Resources	Transitional housing, drop-in, case management.	(253) 939-2202
Broadview Emergency Shelter and Transitional Housing	Emergency & transitional housing for homeless teens who are victims of violence	(206) 622-3108
Capital Hill Youth Center	Drop-in.	(206) 323-0300 ext. #229
Catholic Community Services/Denny Place Youth Shelter	Overnight shelter.	(206) 328-5693
Center for Human Services/ University District Youth Center	Drop-in, case management.	(206) 526-2992
Central Youth and Family Services	Case management.	(206) 322-7676
Children's Home Society	Teen parent housing.	(206) 322-8918
Church Council of Greater Seattle/ Young Adult Independent Living Project	Transitional housing.	(206) 525-1213
City Doc Free Teen Clinics		
	Pike Market	(206) 728-4143
	Pioneer Square	(206) 521-1750
	Country Doctor	(206) 461-4503
Development Association of the Goodwill Baptist Church/Aridell Mitchell	Teen parent housing.	(206) 323-7409
Dolly Austin	Transitional housing.	(206) 329-9794

Agencies	Services	Phone
45th Street Clinic	Homeless youth health care.	(206) 633-3350
Friends of Youth	Shelter, teen parent housing, case management, street outreach.	(425) 869-6490
Kent Youth and Family Services	Transitional housing.	(253) 859-0300
Lambert House	Drop-in, services for gay, lesbian, bisexual, transgender, and questioning youth.	(206) 320-8742
New Horizons Ministries	Drop-in hygiene center.	(206) 374-0866
Peace for the Streets by Kids from the Streets	Advocacy, youth involvement.	(206) 322-7030
Seattle Children's Home	Transitional housing, mobile street outreach.	(206) 283-3300
Seattle Mental Health	Mental health services.	(206) 324-2400
Street Youth Ministry	Overnight shelter.	(206) 524-7300
TeenHope	Overnight shelter.	(206) 546-1010
United Indians of All Tribes - Labatiyah House	Transitional housing, drop-in.	(206) 325-0070
University of Washington, Out of Home Teen Parenting Project	Case management, mental health, prenatal.	(206) 543-3522

Data Notes: *This list may not be comprehensive. Some services listed may encompass others not mentioned here.*