



TEEN DROP-IN CLINIC

STAR FAMILY HEALTH TEAM, STRATFORD,
ON

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Outline



1. How the drop-in clinic started
2. Purpose of the clinic
3. Why it's important
4. How it works:
 1. In the clinic
 2. With community partners
 3. Workshops
 4. Parenting courses

How the clinic started

- Spontaneous referrals by NP to the Mental Health Counsellor
 - ▣ Low threat for the teenaged patient
 - ▣ Taking advantage of availability
 - ▣ Well received by the patients
- Evolved into regularly scheduled, weekly, open access for patients to meet any of NP, Dietitian, and Mental Health Counsellor

Goal of the Clinic

- To provide information and supports that
 - ▣ Promote prevention
 - ▣ Early identification
 - ▣ Timely intervention
- For common mental and physical health concerns in a format that fits for teens
- Fitting together physical and mental health to decrease stigma

Why it's important

- STAR FHT serves 17,000 patients at 3 sites with 12 physicians, 3 NPs, 1 Dietitian, 4 Mental Health Counsellors, 2 Pharmacists
- 2,805 or 17% of our patients are aged 12 to 22

Why it's important: services

- Other available services in Stratford and Perth County
 - ▣ Deal with long wait lists, e.g., Huron Perth Centre
 - ▣ Are often open to teenaged clients but geared to adults, e.g., CMHA

How it works: the clinic

- Coordinated schedules for NP, Dietician, Mental Health Counsellor
- 2 hour weekly drop-in availability, with or without appointment
- In place at 2 of 3 STAR FHT locations
- Any member of the team is able to refer patients

How it works: NP Role

- Teens meet with the NP for any health care need, e.g. starting birth control
- NP completes adolescent screen, HEEADSSS:
 - ▣ Home
 - ▣ Education and Employment
 - ▣ Eating
 - ▣ Activities
 - ▣ Drugs
 - ▣ Sexuality
 - ▣ Suicide and Depression
 - ▣ Safety

How it works: Dietitian role

- Dietitian will meet with patients re:
 - Disordered eating
 - Obesity
 - Healthy eating for sports
 - Vegetarian eating
 - Body Image



“I’m writing my report on 3 types of eating disorders: anorexia, bulimia, and cafeteria.”

How it works: Counsellor role

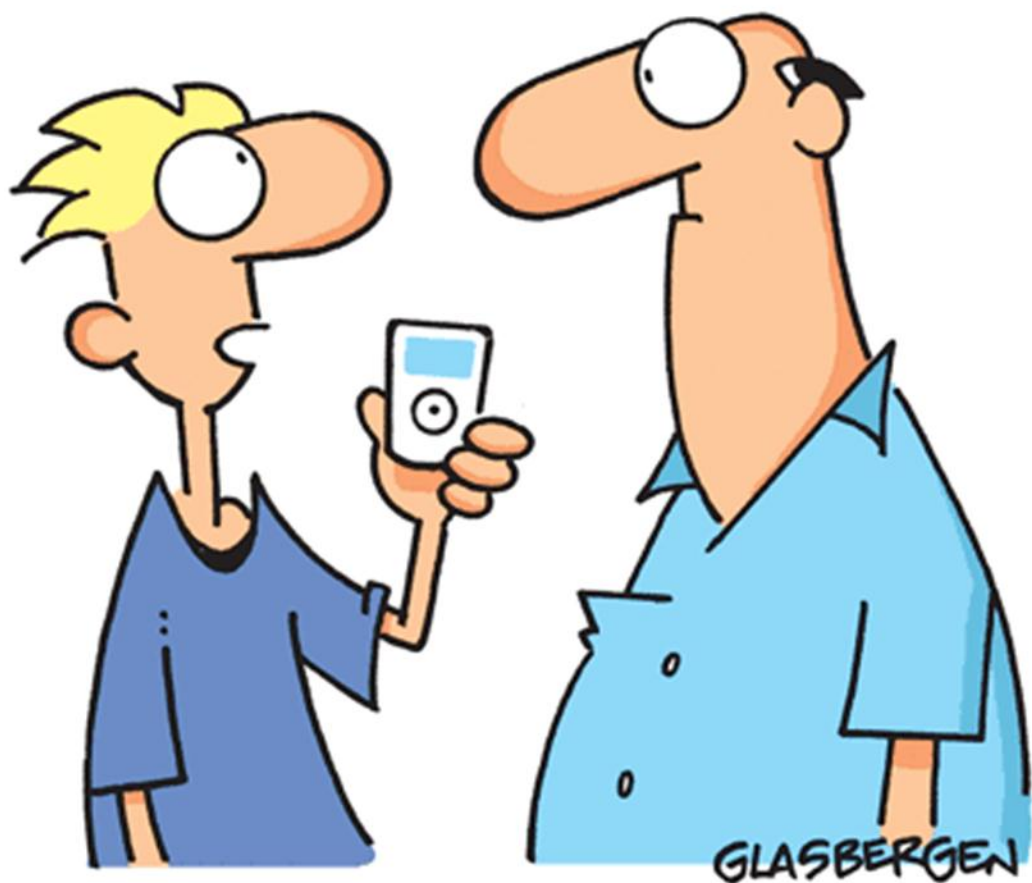
- The Mental Health Counsellor is available to the patients for:
 - ▣ Ongoing one-to-one counselling, with other family members as appropriate
 - ▣ Assessment for mental health issues
 - ▣ Refer as needed

How it works: community partners

- Quarterly meetings with:
 - ▣ Huron Perth Centre (Children's mental health agency)
 - ▣ Perth District Health Unit
 - ▣ Child psychiatrist
 - ▣ Optimism Place (Stratford's women's shelter)
 - ▣ High school counsellors
 - ▣ Children's Aid Society

How it works: Workshops & Courses

- NP-led workshop on “how the adolescent brain works”
- Stratford Police Services school liaison officer workshop on drugs
- Planned courses on practical parenting strategies



**"THERE'S NOTHING WRONG WITH YOUR IPOD, DAD.
IT'S JUST TOO EMBARRASSED TO PLAY
THE KIND OF MUSIC YOU LIKE!"**

Clinic Evaluation

- Informal feedback to date is positive
- Return rate is excellent
- Questionnaire planned