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## STIPEND SPENDING LIST

There are many ways to help adolescents and young adults feel like they are welcome in a clinical space, from visual cues to simple practice changes that support their developmental needs. The list below was curated for sites that have mini-grants or other funds to make youth-centered improvements. Please reach out to [adolescenthealth@umich.edu](mailto:adolescenthealth@umich.edu) with questions or concerns.

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## MATERIALS

### Clinical Space

- [White noise machines](#) to prevent confidential conversations being heard
- [Crisis Text Line stickers](#) and other stickers/decals/items/artwork/swag can be found at [Red Bubble](#), [GLSEN's Safe Space](#), [Safe Zone](#), and [Zazzle](#)
- Youth-friendly health education materials, activities, displays, etc. from [ETR](#), [NASCO](#) and [HealthEdco](#)
- Subscriptions to [teen-friendly magazines](#)
- LGBTQ+ apparel such as [Pronoun pins](#), [Rainbow lanyards](#), or [Rainbow badges](#)
- [Qcards](#)
- "Free Wi-fi" [signage](#) or Wi-fi password [signage](#)
- [ADA all gender bathroom signs](#)
- Painting walls, adding posters, decals, or art work that are youth-friendly and inclusive. Some options can be found on [Zazzle](#) and [Café Press](#)
- [Colorful, comfortable chairs](#)
- Device charging kiosks from [ChargeBar](#) and [Amazon](#)
- [Commercial display](#) to broadcast health education, news/announcements, wait time, etc.
- Door signs such as [Example 1](#) or [Example 2](#) to ensure privacy during sessions, (could also be useful for working from home)
- Photograph and frame staff and providers' pictures. [Here](#) is a creative example from one site and [a poster example](#) from a different site.

### Therapy Tools:

- Flash Cards such as [Mindfulness](#), [Emotions](#) (or [example #2](#)), [Abstract Emotions](#)
- [Dry Erase Board](#) or art supplies
- Fidget Toys such as [this variety pack](#), [sensory toys](#), or [stress balls](#)

### Office Materials

- [Rolling carts](#), [marketing organizers](#), [display cases](#), etc., for educational materials
- Bus passes/cab vouchers
- Consider providing youth with a "welcome" swag bag at the end of their first visit. It could include health-related, youth-friendly items like stress balls, pop sockets/phone chargers, sunglasses, water bottles, etc. that could be branded with your site's logo.

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## PROVIDER EDUCATION AND TOOLS

### Provider Education and Tools

- License for risk screening tools. Ex: [RAAPS](#). Review the [Screening Tool Comparison Chart](#) from the School Based Health Alliance for more information about available risk screening tools. Practitioners should consider using standardized assessments and screenings such as RADs, MASC, adolescent-specific suicide rating scales, Connor’s Scale, CDI and sleep rating scales to evaluate patients. These tools often require a one-time payment and are invaluable.

## BOOKS AND LITERATURE

- [Motivational Interviewing with Adolescents and Young Adults](#)
- [CBT Therapy Guidebook for Adolescent Patients](#)
- [DBT Therapy Workbook for Therapists, Adolescents, and Parents](#)
- [The Pride Guide: A Guide to Sexual and Social Health for LGBTQ Youth](#)
- [A Practitioner’s Resource Guide: Helping Families to Support Their LGBT Children](#)
- [Sex-Positive Families](#) Reading List