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 with questions or concerns.

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.
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