There are many ways to help adolescents and young adults feel like they are welcome in a health center, 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

Waiting Room
- 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
- Pronoun pins
- Rainbow lanyards
- Rainbow badges
- “Free Wi-fi” signage
- 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
- Consider a variety of condoms (true fit, large, non-latex, etc.) and lubricants
- Commercial display to broadcast health education, news/announcements, wait time, etc.

Office Materials
- Rolling carts, marketing organizers, display cases, etc., for educational materials
- Bus passes/cab vouchers/Uber vouchers for businesses

Medical Supplies
- Single-use IUD insertion kits
YOUTH-FRIENDLY CLINIC IMPROVEMENTS

INTERVENTIONS, PROVIDER EDUCATION AND TOOLS

Interventions

- Consider providing youth with a “thank you” swag bag at the end of their 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 health center’s logo.
- **Plan A** pregnancy/STI prevention video intervention
- Photograph and frame staff and providers’ pictures. Here is a creative example from one site and a poster example from a different site.
- Dedicate staff time to developing or updating forms (LGBTQ+ inclusive intake forms, youth/caregiver surveys, resource and referral lists, etc.).
- Provide Emergency Contraception. To dispense EC at your health center but not charge the patient, you can use 54993 for Plan B one-step (generic) or 53490 for Ella (Ulipristal).
- **Contraception kits** to show adolescents contraceptive models

Provider Education and Tools

- Provide PrEP. Whatisprep.org is a great resource for information and additional resources; review the SIECUS PrEP Education for Youth-Serving Primary Care Providers Toolkit.
- 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.
- LARC training - LARC Link is an online tool for clinical providers who wish to find LARC placement trainings and resources, as well as Upstream USA to learn more about their training and TA around LARCs. LARC Training Series: Best Practices for Improving Patient Experiences with Long Acting Reversible Contraception.

HEALTH EDUCATION MATERIALS, BOOKS AND LITERATURE

*Consider whether you need to print materials in bulk and/or laminate.

- Birth Control across the Gender Spectrum
- 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
- Motivational Interviewing with Adolescents and Young Adults
- Qcards
- Vulva Anatomy Education Set and A Celebration of Vulva Diversity book from The Vulva Gallery
- Sex-Positive Families Reading List