

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](mailto: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](#)

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