Developing a Self-Management System for Adolescent Healthy Lifestyles





West Virginia School-Health Technical Assistance Center at Marshall University

- The place to go for resources, technical assistance and training related to school-based health, school-based behavioral health and school-based oral health programs in West Virginia.
- Has been assisting school-based health programs since West Virginia's school-based health initiative began in 1994.

CHRONIC DISEASE now seen earlier in life

Obesity

Diabetes

Hypertension

Dyslipidemia

Stroke

Osteoarthritis

Gallbladder Disease

Sleep Apnea

Coronary Heart Disease

AAP recommended SCREENING PRIORITIES during well child visits

Physical growth and development
Social and academic competence
Emotional well-being
Risk reduction
Violence
Injury prevention

When and How???

Specific AAP recommended SCREENING PRIORITIES during well child visits

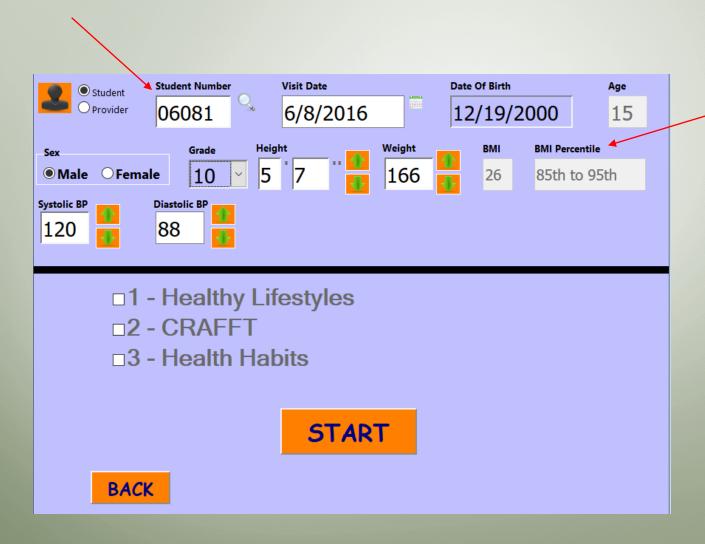
- Depression screening ages 11-21
- Drugs and alcohol using CRAFFT screening tool
- Dyslipidemia screening ages 9-11, again at 17-21
- HIV screen ages 16-18
- Chlamydia screening yearly
- Fluoride varnish added for ages 6 months age 5
 - BMI percentile

Expanded/Revised Online Adolescent Self Management

Three (3) surveys

- Healthy Lifestyles Based on Nemours 5-2-1-0 clinical guidelines for healthy eating and activity. For use in grades 5th – 12th.
- CRAFFT Brief screening for substance abuse. For use with adolescents.
- Car Relax Alone Forget Friends Trouble
- Risk Assessment Detailed adolescent screening for various risk factors. Includes questions pertaining to:

Oral Health Safety Self-Harm Goal Setting
Sexual Activity Depression Academics

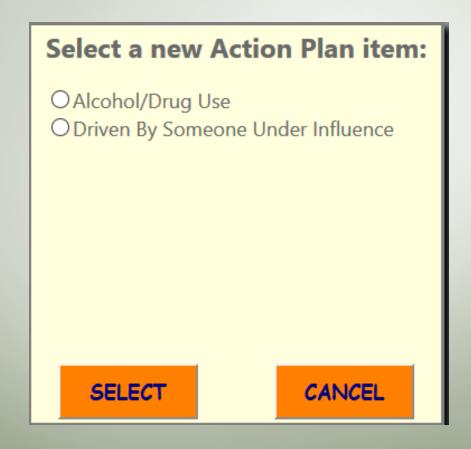


Self-Management Online Scratchpad

Today's Date	Date of Birth
Age Grade	Height Weight
Systolic BP	Diastolic BP
PLEASE COMPLETE	THE SURVEYS CHECKED BELOW
☐ Healthy Lifestyle	Update Action Plan
Risk Assessmen CRAFFT	t Update Measurements
<u> </u>	
	ELF-MANAGEMENT TOOL of Health Technical Assistance Center



Surv		esult				
YES	NO					
Have you ever ridden in a CAR drivin by someone (including yourself) who was "high" or had been using alcohol or drugs?						
2 Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?						
3 Do you ever use alcohol or drugs while you are by yourself/ALONE? YES						
4 Do you ever FORGET things you did while using drugs/alcohol? YES						
5 Does your family or FRIENDS ever tell you that you should cut down on your drinking or drug NO						
6 Have you ever gotten in TROUBLE while using alcohol/drugs? YES						
7 Do you want to take steps to be healthier? YES						
	YES	YES NO				



Let's create a new Action Plan!							
Driven By Someone Under Influence +							
You answered that you have ridden in a car with someone (including yourself) who was drunk or high.							
1. What will you do? Learn to say "no thank you." Talk about it with my friends Make a pact with my best friend Find a friend who I can call for a ride Other Call home for a ride	2. When will you take the first step? Today This weekend Not sure Other						
3. Who can support you? ✓ School-based support team ✓ Parent ☐ Teacher ☐ Counselor ☐ Friend ☐ Other	4. How confident are you? 1 - Not Sure 2 3 4 5 - Very Sure						

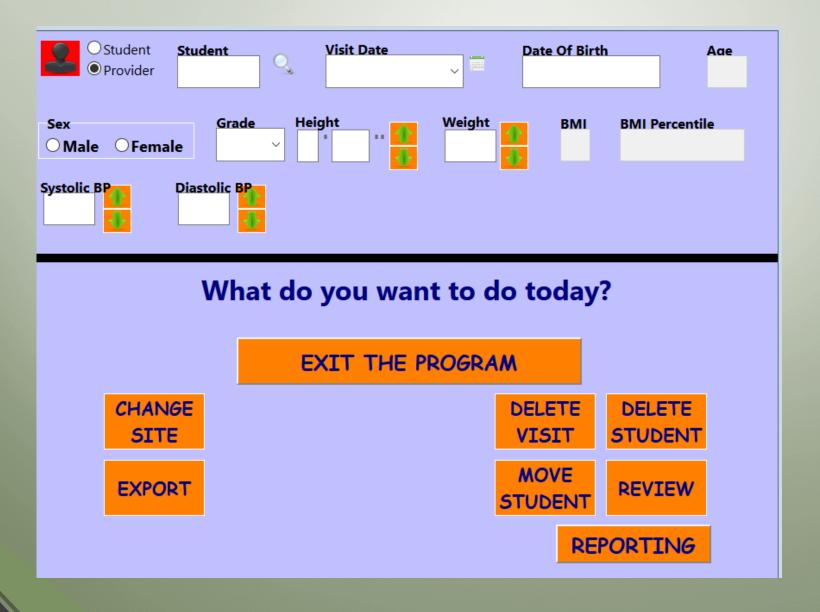
My Action Plan Toward a Healthier Lifestyle CONFIDENTIAL

STUDENT NO 06081 INITIAL PLAN DATE 6/8/2016 AGE 15 GRADE 10 SEX Male HEIGHT 5'7" WEIGHT 166 BMI 26 BMI PERCENTILE 85th to 95th BLOOD PRESSURE 120/88

DEMOGRAPHIC UPDATES								
DATE	HEIGHT	WEIGHT	BMI	BMI PERCENTILE	SYS BP	DIA BP		
6/8/2016	5'7"	166	26	85th to 95th	120	88		

I have ridden in a CAR driven by someone (including me) who was 'high', or had been using alcohol or drugs.

ISSUE: Driven By Someone Under Influence			
# QUESTION	RESPONSE		
1 What will you do?	Say No thank you		
1 What will you do?	Call home		
2 When will you take the first step?	This weekend		
3 Who can support you?	Parent		
3 Who can support you?	School-based support team		
4 How confident are you?	3		





- No charge to use the program.
 Requires computer or tablet with Internet connection and printer.
- Data is housed on a secure server at Marshall University.
- Technical assistance and training provided by Marshall University School-Health Technical Assistance Center.
- First step is to tell us about your work and how you will use the program.

Additional Tools for Online Adolescent Self-Management

https://livewell.marshall.edu/mutac/?page_id=271

ADOLESCENT Self-Management Online:

- ASM History and Content
- ASM Provider Instruction June 2016
- ASM Student Instructions June 2016
- ASM Scratch Pad
- ASM Handout
- Periodicity Schedule AMA
- SBHC Obesity Tx Recommendation Summary 2014
- Screening For Substance Abuse Bright Futures
- Self Management Framework

Marshall University Contact Information for Self-Management Tools

Richard Crespo, PhD, Professor

Robert C. Byrd Center for Rural Health

Marshall University School of Medicine

Phone: 304-691-1193

Email: crespo@marshall.edu

Mary Grandon, PA-C

Phone and Fax: 304-206-7362

Email: grandon@marshall.edu

Stephanie Montgomery

Phone: (304) 634-1008

Email: smontgom@marshall.edu

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