

# 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 5<sup>th</sup> – 12<sup>th</sup>.
- **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**

# Adolescent Self-Management Online

Student  Provider

**Student Number** 06081 **Visit Date** 6/8/2016 **Date Of Birth** 12/19/2000 **Age** 15

**Sex**  Male  Female **Grade** 10 **Height** 5' 7" **Weight** 166 **BMI** 26 **BMI Percentile** 85th to 95th

**Systolic BP** 120 **Diastolic BP** 88

1 - Healthy Lifestyles  
 2 - CRAFFT  
 3 - Health Habits

**START**

**BACK**

# Self-Management Online Scratchpad

Student # \_\_\_\_\_

Today's Date \_\_\_\_\_ Date of Birth \_\_\_\_\_

Age \_\_\_ Grade \_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Systolic BP \_\_\_\_\_ Diastolic BP \_\_\_\_\_

## PLEASE COMPLETE THE SURVEYS CHECKED BELOW:

- |  |  |
|--|--|
| <input type="checkbox"/> Healthy Lifestyle | <input type="checkbox"/> Update Action Plan  |
| <input type="checkbox"/> Risk Assessment   | <input type="checkbox"/> Update Measurements |
| <input type="checkbox"/> CRAFFT            |  |



---

### ADOLESCENT SELF-MANAGEMENT TOOL

West Virginia School Health Technical Assistance Center

Marshall University • Joan C. Edwards School of Medicine

Phone: 304-691-1192 Email: [info@wshtac.org](mailto:info@wshtac.org) [www.wshtac.org](http://www.wshtac.org)



# Adolescent Self-Management Online

## CRAFFT

Student Number

06081

**CONFIDENTIAL**  
SURVEY 1 OF 1

Visit Date

06/08/2016

Have you ever ridden in a CAR drivin by someone (including yourself) who was “high” or had been using alcohol or drugs?

YES

NO



1 *of* 7



RESTART

CANCEL

# Adolescent Self-Management Online

Student Number 06081  
Assessment 2 - CRAFFT  
Date 6/8/2016

- Show Action Plan  
 Show Measurements  
 Show Survey Results

**STUDENT NO 06081 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**

#	QUESTION	YES	NO
1	Have you ever ridden in a CAR drivin by someone (including yourself) who was "high" or had been using alcohol or drugs?	YES	
2	Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?		NO
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 use?		NO
6	Have you ever gotten in TROUBLE while using alcohol/drugs?	YES	
7	Do you want to take steps to be healthier?	YES	

PRINT

BACK

CLOSE

# Adolescent Self-Management Online

## Select a new Action Plan item:

- Alcohol/Drug Use
- Driven By Someone Under Influence

**SELECT**

**CANCEL**

# Adolescent Self-Management Online

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

### 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

SAVE and EXIT

# Adolescent Self-Management Online

## 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

# Adolescent Self-Management Online

  Student  Provider

**Student**   **Visit Date**   **Date Of Birth**  **Age**

**Sex**  Male  Female

**Grade**  **Height**  "  "   **Weight**    **BMI**  **BMI Percentile**

**Systolic BP**    **Diastolic BP**   

**What do you want to do today?**

**EXIT THE PROGRAM**

**CHANGE  
SITE**

**DELETE  
VISIT**

**DELETE  
STUDENT**

**EXPORT**

**MOVE  
STUDENT**

**REVIEW**

**REPORTING**

# Adolescent Self-Management Online



- 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.

[https://www.surveymonkey.com/s/ASM\\_Request](https://www.surveymonkey.com/s/ASM_Request)

# Additional Tools for Online Adolescent Self-Management

[https://livewell.marshall.edu/mutac/?page\\_id=271](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](mailto:crespo@marshall.edu)

Mary Grandon, PA-C

Phone and Fax: 304-206-7362

Email: [grandon@marshall.edu](mailto:grandon@marshall.edu)

Stephanie Montgomery

Phone: (304) 634-1008

Email: [smontgom@marshall.edu](mailto:smontgom@marshall.edu)

The WV School Health Technical Assistance Center  
is supported by:  
Claude Worthington Benedum Foundation

ASM Software Developed by:  
Advantage Technology, LLC  
[www.advantage.tech/](http://www.advantage.tech/)