Protecting Sexually Active Teens Requires More Than A Trojan: Understanding Risk and Using Technology to Support Behavior Change

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Founder and CEO, Possibilities for Change
3 out of 4 adolescent deaths in the U.S. today are due to identifiable & preventable risk behaviors…
The Impact of an Adult Influence ON OUR YOUTH

A study of risk behaviors identified by 63,000 youth screened with RAAPS — a leading standardized, validated risk assessment and behavior change counseling tool.

http://www.possibilitiesforchange.com/resources/whitepaper.html
RAAPS data reveals 1 in 10 teens do not have a trusted adult in their life.
Teens Without a Trusted Adult are at Higher Risk

They are 2.2X more likely to engage in risk behaviors than peers who have a trusted adult in their life.
They are at higher risk for substance abuse.
They are 1.4X more likely to have sex.

They are 1.9X more likely to not use a method to prevent STI or pregnancy.
Teens Without a Trusted Adult are at Higher Risk for Depression and Suicide

They are **3X** more likely to report feelings of depression

They are **3.1X** more likely to have thoughts of self-harm or suicide
If a Trusted Adult Intervenes, Risk Behaviors Significantly Decrease

RAAPS data shows teens who receive consistent care report a:

• 40% decrease in feelings of depression
• 60% decrease in thoughts of suicide
Technology Removes Variability

HOW we look when we’re asking…

HOW we ask a question…
“You use condoms, right?”

HOW we talk about risky behaviors…
“Just say ‘no’ to sex”
Technology Connects Health Professionals with Connected Teens

= increased honesty
= more risks identified & reduced
= better outcomes
= data about those outcomes
= patient population insights
= better reimbursement
Technology-Based Interventions (TBI)

Sexual Health

Visit the App Stores.....

Sex Education
Birth Control
STIs and HIV

Available on the iPhone
App Store

GET IT ON
Google play
Free Education App: University of Oregon Health Center

• Age 17 and up: “SexPositive”
App in Action!

https://youtu.be/ykOGia7UB5Q?list=PLHROYgtRnnKCRp40ra78LrkvMCTX9eFXp
Mobile Apps – Birth Control

Reminders and Information Services:

Bedsider

• Free service – text or email – birth control and healthcare appointments
• Education about methods
Q. What time do you want to receive your pill reminders?

8:00 am

Remind me to refill every 1 Weeks

Continue »
Hello. Let’s set up your reminder.

Which method do you use?

- The Ring
- The Pill
- The Patch
- The Shot

Why are these the only methods available?
Mobile Apps – STI Prevention & Care

App for STI Prevention & Care:

HIV positive - management

• “iStayHealthy”
Millennial Teens Are More Likely To Download And Use Games, Music, And Social Networking Apps

Which of the following types of apps are you most likely to download and use?

- Games: 70%
- Music: 59%
- Social Networking: 49%
- Video/Photography: 35%
- Books: 29%
- Shopping/Retail: 27%
- Weather: 23%
- Navigation/Maps: 15%
- News: 14%
- Sports: 13%
- Dating: 8%
- Print: 5%
- Other (please specify): 1%

Base: Qualified Respondents (16 to 19 year olds) (n=684)
Source: Refuel Agency Digital Millennial Teen Explorer

Q36: Which of the following types of apps are you most likely to download and use? Please check all that apply.
Adolescent Counseling Technologies (ACT)
Virtual Health Educator

Technology + Teen + Expert Collaboration
= High Tech Transformation

*Developed in part with funding from the National Institutes of Health
ACT – Supporting Professionals

Developed to Support Professionals by Utilizing Technology to:

✓ Standardize sexual health care for adolescents
✓ Ensure consistent implementation of current national screening guidelines and counseling recommendations
✓ Provide comprehensive documentation of risk history and education provided to adolescents
✓ Reduce face to face visit time
ACT – Prevention and Intervention

Adolescent Counseling Technologies – Sexual Health –
virtual health educator:

- **Technology**: 10 min for completing the assessment plus individualized feedback and health education
- **In Person**: follow-up discussion with healthcare provider during visit
- **Follow up**: text message reminders for teen with feedback to healthcare provider
Question:

The last time you had sex (vaginal or anal), did you use a condom (either one that goes over a penis or that goes inside a vagina or anus)?
Question:

How **confident** are you that you will be able to use a condom every time you have sex?

1  

5  

10

- not sure 
- might work 
- absolutely sure!

Next Question
Did you know?

If you are having sex with a partner that won't result in pregnancy, it is still important to protect yourself from STIs.

It can be a challenge to practice safer sex. We’ll find out more about you and give you some tips and tools to help you protect yourself.
### ACT Action Card for: Student Demo1

This is your personalized action plan from ACT. We'll be here when you need us, just refer to this card any time you need a willpower boost or a refresher!

<table>
<thead>
<tr>
<th>Your Goal</th>
<th>You said you were going to use condoms with every sexual encounter</th>
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<td>Drained of willpower? Remember the reasons you are committing to safer sex:</td>
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<td>Overcoming Challenges</td>
<td>Even if you intend to use condoms and/or another form of birth control, things can get in the way. Here are some of the challenges you might face:</td>
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<td>If you feel comfortable talking with your parents about sexuality, that's ideal. Many parents are relieved to learn that you're making responsible choices about sex, and being open with them about your decision to use condoms can make you even closer to them. If this is not an option, there are many discrete ways to store and carry condoms that will keep having them private, like make-up cases, pouches, or zipper compartments in a bag or backpack. Just make sure you don't put them in a pocket or leave them in a hot car!</td>
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Sexual Health Messages

It is important that you protect both you and your partner's health if you are having sex. This is true even if it is with someone of the same gender. Even though you can't become pregnant, you are still at risk for getting or passing on a sexually transmitted infection (STI), including HIV/AIDS. That is why it is important to practice safe sex, no matter who your partner is.

- Talk to your partner about using a latex barrier method, such as a male or female condom. Using protection is part of having sex. It is nothing to be ashamed of.
- Talking with your partner about using protection is the best way to make sure you are both on the same page. It shows that you respect your partner and want to protect each other.
- Remember, just because you talk about using protection doesn't mean you have to have sex. It just means that you care about yourself and are in control of what happens to your body.

You have the confidence inside of you to talk with your partner and plan ahead to keep yourself safe from infection.

http://www.avert.org/gay-lesbian.htm
http://sexextc.org/sex-ed/info-center/stories?pageNum=1&topic%5B%5D=stories-lgbtq&topic%5B%5D=stories-sex

Sharing pictures or sexual messages may seem like it is private, but in reality, nothing that is digital is ever 100% guaranteed to stay between two people. Once a picture or message is out there, you can't take it back or control where it ends up. It can be hard to say no to your partner if they ask you for these types of pictures or messages. Remember you have a right to be in control of your body. If your partner respects and cares about you, he or she will understand if you say no. Here are some ideas of how to respond:

- "I don't feel comfortable with that. I know you won't share my picture, but what if one of our parents/friends/sibling got hold of it and saw it."
- "Photos are impersonal. They don't mean the same things as being together."

Sharing messages or photos can give a false sense of closeness. Sexting can also be illegal, especially if the people involved are under 18 years old.

You have the courage to listen to your instincts and to say no. Be smart about the messages and pictures that you send.

http://www.loveisrespect.org/is-this-abuse/digital-abuse/texting-sexting
http://www.safteens.org/relationships/sexting/
Try It Out

p4cdemo.p4clogin.com

Complete ACT SH as a student:
Username: demoactsh
Password: (Leave blank)
Click: p4cdemo.p4clogin.com

Possibilities for Change

Login
Username
Username
Password
Password
Log In
Log In
ACT Sexual Health History for: Demo Student4

Summary

- Identifies as gay, lesbian, bisexual, queer or another sexual orientation.
- Most likely to have sex
  - in a car.
- Most likely place to meet sexual partners
  - at a club or bar.

Stage of Change

Stage Of Change for practicing safer sex is contamplation, feels it would be A Little Hard to consistently use birth control. On a scale 1-10 responded 5 on readiness to consistently use birth control.

History of STI Testing

- History of STI - chlamydia and/or gonorrhea
- Has had STI testing within the last 6 months, chlamydia and/or gonorrhea
- Has never been tested for HIV

CDC Identified high risk sexual behaviors

- 4 or more sexual partners
- Sex in the last 3 months
- Not condom used at last sexual encounter
- Alcohol or drug use before last sex

Other Risk Factors

- Has used a condom 25% of sexual encounters in the last 12 months
- Used no form of hormonal birth control at last sexual encounter
- History of pregnancy, self or partner
- History of STI (chlamydia and/or gonorrhea)
- Feels has an adult to talk with about sexual experiences

Additional Behaviors or Experiences that may impact sexual decision making

- History of sexual abuse
- Has lived with someone other than parent or guardian in past 12 months
- Received less than "C" on last report card
- Feelings of severe depression

STI and HIV screening may be indicated based on reported behaviors
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| Overcoming Challenges | Even if you intend to use condoms and/or another form of birth control, things can get in the way. Here are some of the challenges you might face:  
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    If you feel comfortable talking with your parents about sexuality, that’s ideal. Many parents are relieved to learn that you’re making responsible choices about sex, and being open with them about your decision to use condoms can make you even closer to them. If this is not an option, there are many discrete ways to store and carry condoms that will keep having them private, like make-up cases, pouches, or zipper compartments in a bag or backpack. Just make sure you don’t put them in a pocket or leave them in a hot car! |
Why MI for Adolescents?

Studied extensively and shown to be an effective approach with teens to reduce risky behaviors.

- Telling teens what to do = teen resistance
- Information alone is not enough to change behaviors
- MI allows the adolescent to drive the process – they tell you versus you tell them
Motivational Interviewing Strategies

- Open ended questions
- Affirmations
- Reflections
- Summaries
## Open-Ended Questions:

<table>
<thead>
<tr>
<th>Who</th>
<th>What</th>
<th>When</th>
<th>Where</th>
<th>How</th>
<th>Why</th>
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### Fully Open Questions:

- What do you think about…
- Tell me about….
- How do you decide when to…
- How do you feel about…
- Help me understand….

### Key Questions

- Given what you told me, what do you think you will do next?
- Where would you like to go from here?
- What if you tried…
- What would it take…
Affirmations

Statements that recognize teen’s strengths

Used to:
• Encourage
• Build relationships
• Healthy self-esteem and self worth
Affirmation Statements!

Not “I” Statement….”You” Statements

• You have…
• You are…
• You feel…
• You believe…
Reflective Listening: Overview

Reflecting involves:

• Active listening
• Stating back to teens what you heard, rather than asking questions
• Adding an emphasis, additional meaning, or continuation of their thought
Sexually Active Teen in Your Practice

Gathered history - listening

You’ve had sex and not always used protection

You are looking for ways to keep yourself and your partners safe
Adolescent Focused Motivational Interviewing

Improves professionals ability to:

✓ Identify risk behaviors
✓ Communicate effectively
✓ Motivate adolescents toward positive behavior changes
Technology Based Training – for Professionals

Standard Workshop Offered by MDHHS:

1. Online, Interactive Learning Modules to be completed prior to the in person session – over 8 CE or CME credits available
   https://courses.mihealth.org/PUBLIC/home.html

2. Onsite Workshops to translate MI knowledge into effective practice with adolescents
Online Learning Modules

MOTIVATIONAL INTERVIEWING – RISK ASSESSMENT

MODULE 1: ADOLESCENT DEVELOPMENT

Yes, It’s Normal for Adolescents to...

It’s common for adults to be frustrated with adolescents. It is possible to support adolescent cognitive development by gaining a better understanding of typical adolescent behavior and learning how to respond appropriately.

Teen ‘attitude’ can be broken with love, respect, and caring.

Click each of the adolescents below to learn more about adolescent behavior and some ideas for responding to the behavior:

- Argue for the Sake of Arguing
- Jump to Conclusions
- Be Self-Centered
- Find Fault in the Adult’s Position
- Be Overly Dramatic

To see the full list of Yes, It’s Normal... behaviors in printable form, click here.
Video - Strength-Based Approach

Watch the video below for an example of the strength-based approach where the flow of dialogue encourages trust and increases the adolescent's comfort level.
Online Learning Modules

MOTIVATIONAL INTERVIEWING – RISK ASSESSMENT

MODULE 7: CHANGE TALK

Eliciting Change Talk

Click each of the boxes below to learn more about techniques to elicit change talk.

- Ask Evocative Questions
- Elaboration
- Importance Ruler
- Exploration of Decisional Balance
- Querying Extremes
- Looking Back
- Looking Forward
- Exploring Goals and Values

To see the Eliciting Change Talk information in printable form, click here.
“I wasn't sure what to expect from the training, but I believe this was one of the best trainings that I have attended, giving me practical tools to take back and use with teens.”

“It was great to practice MI skills and strategies in real time and have the experts there to help coach us through the process.”

“This training totally changed how I talk with my teen patients. I can already see the difference it is making in their attitudes and what they share with me!”
✓ Teen Speak
A how-to guide for establishing strong relationships that support real talks with teens about sex, drugs and other risky behaviors

✓ Possibilities for Change website
http://www.possibilitiesforchange.com
Questions?

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Toll-free phone: 855-767-4244