Pediatric Pulmonary Center
4th Annual School Healthcare Conference

Adolescent Health Toolkit

1. Obtaining an Adolescent Health History: HEADDSS Questions
2. Adolescent Consent & Confidentiality: Arizona Revised Statutes
3. Adolescent Immunization Update
4. Community Resources for Adolescents

Discussion:

Adolescents and Chronic Illness: How does each impact the other?
Adolescent HEADDS:
High-Risk Adolescent Behaviors
Richard Wahl, M.D.

H - E - A - D - S
Home
Education/Employment
Activities
Drugs
Depression/Suicide
Sexuality

Home
Do you live at home, with your parents?
Who else lives at home with you?
Have own room?
Do you feel safe at home?
New people in home?

Education/Employment
In school? What year? Grades?
Suspended? Expelled? Dropped-out?
Working? How many hours per week?
Future plans?
Recent changes in school or work?

Activities
What do you do with your free time?
Sports -- regular exercise?
Ever Arrested?
Group activities?
Dieting behaviors?
TV -- hours watched each day?

Drugs
Do you smoke? How much? When began?
Do you drink? What’s “a lot” for you?
What drugs have you ever tried?
Amount needed for effect? Frequency? Patterns of use/abuse (binge drinking, etc.)
Use by peers? Use by family members?

Depression/Suicide
Do you often feel sad? Depressed?
Have you ever thought about suicide?
Made a plan? Attempted?
Have you ever been in counseling?
Sleep disorders (insomnia, fatigue)?
Eating behavior change?
Boredom?
Emotional outbursts? Impulsive behavior?
Withdrawal or isolation?
Hopeless or helpless feelings?
Recurrent serious “accidents”
Psychosomatic symptoms
Decreased affect during interview (avoidance of eye contact, depression posturing, etc.)
Preoccupation with death (clothing, music, media, art)

Sexuality
Menarche? L.M.P.?
Are you attracted to girls? boys? both?
Have you ever had any sexual physical contact with anyone? Boys? Girls? Both?
Was sexual activity desired? Forced?
Number of partners? (Male? Female?)
Pregnancy? Abortions?
STD’s? Contraception use? Condom use?
History of physical or sexual abuse?
1. Age of majority in Arizona: 18 years (ARS 1-215)
2. Age of consent for sexual activity: 14 years
3. Parent or legal guardian must give consent for surgery on a minor (ARS 36-2271)
4. Parental consent not required for:
   a. Emergency Care if parents not available (ARS 44-133, ARS 36-2271)
   b. Emancipated Minors (ARS 44-132)
      i. Married (Emancipation remains after divorce/annulment)
      ii. Homeless (Lives in shelter, halfway house, etc.)
   c. Sexually Transmitted Diseases evaluation and treatment (ARS 44-132.01)
   d. HIV Testing if “has the (mental) capacity to consent” (ARS 36-663)
      i. Need signed consent form in chart. However:
      ii. CDC now recommends routine testing in healthcare setting ≥ 13 years.
5. Family Planning/Pregnancy Testing/Contraception
   a. Federal Law: Per Title X of Public Health Services Act must be made available to all
      adolescents regardless of age and without parental consent. 42 CFR 59.5(a)(4)
      Binding on any agency receiving Title X funding: Planned Parenthood & P.C.H.D.
   b. Arizona Attorney General: Agencies or providers delivering family planning services
      funded in full or part by Titles V, X, XIX, XX must provide these services based on the
      minor’s consent.
6. Abortion: Minors need consent of at least one parent, (ARS 36-2152) unless:
   a. Judicial Bypass:
      i. Superior Court judge can determine “Mature Minor” status (or)
      ii. Superior Court judge can give permission if abortion is in the “pregnant minor’s
          best interests”
   b. Serious Risk
      i. Attending physician states in medical record that “immediate abortion” needed to
         preserve minor’s life or prevent “substantial and irreversible impairment of major
         bodily function”.
   c. Pregnancy Caused by Sexual Contact with Relative:
      i. “Minor’s parent, stepparent, uncle, grandparent, sibling adoptive parent, legal
         guardian or foster parent or by a person who lives in the same household as the
         minor and the minor’s mother.”
7. Sexual Assault: No parent consent needed if ≥12 years (ARS 13-1413)
8. Drug/Alcohol Abuse: No parent consent needed if ≥12 years (ARS 44-133.01)
9. Confidentiality:
   a. Parents have access to their minor’s medical records, but a minor may legally limit
      parent’s access to the record. (ARS 12-2293B)
   b. However: only the minor may release records when the minor provided consent for
      treatment.
10. Full text of all statutes available on-line: http://www.azleg.gov/arizonarevisedstatutes.asp
11. See also: http://www.teenhealthrights.org/resources_for_other_us_states/
What’s New in Adolescent Immunizations?
Richard Wahl, M.D.
University of Arizona
June 5, 2012

1. **Meningococcal Vaccine (MCV4)**
   a. Conjugated with diphtheria toxin.
   b. Contains 4x more diphtheria toxin than Td or Tdap!
   c. Serotypes A, C, Y, W-135 (No vaccine for B)
   d. Initial dose: 11 – 12 years, booster 4 – 5 years later
      i. Booster not needed if initial dose at 16 years or later
   e. Gillan-Barré Syndrome: number of cases seen post vaccination = expected incidence without vaccination.

2. **Tdap (Tetanus-Diphtheria-Acellular Pertussis)**
   a. Pertussis is only vaccine-preventable disease on the rise in U.S.
   b. Immunity wanes 5 – 8 years after primary DTP series.
   c. One time lifetime use only at present
   d. Both use same pertussis component as DTaP
   e. Replaces Td for 11 – 12 year booster.
   f. Can give as early as 2 years after last DTP to improve Pertussis protection.
   g. Catch-up Td series: 1st dose should be Tdap.
   h. Can give Tdap and MCV4 together.
   i. Adults: replaces Td once during ages 19 – 64 years
      i. Consider giving to soon-to-be-parents.

3. **Human Papillomavirus (HPV) Vaccines**
   a. More than 100 genotypes of HPV
   b. Genital warts: Types 6, 11
   c. Cervical dysplasia: Types 16, 18, 51, 33, 45
      i. Types 16 + 18 = 70% cases of cervical cancer
   d. Gardasil (Merck): HPV Types 16, 18, 6, 11 Approved for girls & boys
   e. Cervarix (GSK): HPV Types 16, 18 Approved for girls only
   f. Higher initial antibody response age < 14 years.
   g. Greater antibody persistence after 4 years compared with natural infection

4. **At 11 – 12 year visit: Tdap, MCV4, HPV**
   a. Catch-up: Hepatitis B, MMR, Varicella, IPV
   b. Consider: Hepatitis A, Pneumococcal (PPV), Influenza

5. **CDC Vaccine Home Page:** http://www.cdc.gov/vaccines/

6. **CDC Vaccine Information Statements:** http://www.cdc.gov/vaccines/pubs/vis/
Adolescent Community Resources

1. **UA Health Teen Clinic at Wilmot**
   535 N. Wilmot Road
   Tucson, AZ 85711
   Adolescent Medicine Clinic
   Richard Wahl, M.D.
   Appts: (520) 694-9988 Option #7

2. **Fred G. Acosta Job Corps Center**
   901 S. Campbell Avenue
   Tucson, AZ 85719
   Vocational Training
   FredGAcosta.jobcorps.gov
   Serves Teens and Young Adults 16 – 24 years
   English as a Second Language
   Job Placement
   GED/High School Diploma
   Stipend, Room and Board available

3. **Community Counseling Services**
   Community Crisis Line (Available 24/7) (800) 796-6762 622-6000
   crisisnetwork.org
   Community Partnership of Southern Ariz. (CPSA)
   (For all AHCCCS Plans) 800-771-9889
   w3.cpsa-rbha.org

   **Adolescents (Under 18 years)**
   La Frontera 502 W. 29th Street lafronteraarizona.org 884-9920
   2222 N. Craycroft Rd. Suite 120 296-3296
   6401 S. Country Club, Suite 157 807-6040
   Providence 620 N. Craycroft Rd. provcorp.com 748-7108
   3295 W. Ina Road, Suite 150 744-4376
   Pantano Behavioral Health pantanobh.org
   5055 E. Broadway, Suite C-104 623-9833

   **Adults (18 years and older)**
   La Frontera (See list above) lafronteraarizona.org
   COPE 82 S. Stone Avenue copebhss.com 792-4336
   CODAC 127 S. 5th Avenue codac.org 327-4505

   **Commercial Insurance Plans:**
   CIGNA Behavioral Health cignabehavioral.com (800) 554-6931
   HealthNet of Ariz. healthnet.com (800) 977-0281
   United Healthcare unitedbehavioralhealth.com (800) 722-1904
   TriWest/TRICARE triwest.com (888) 847-9378
4. **Other Community Counseling Resources**

   **The Open Inn** (Runaway, Teen Respite from Home, Counseling)  
   630 E. 9th Avenue  
   [openinn.org](http://openinn.org)  
   670-9040

   **The Mark** (Substance Abuse Counseling)  
   4653 E. Pima Street  
   [themarkcounseling.com](http://themarkcounseling.com)  
   326-6182

   **Our Town** (Teen Respite from Home, Counseling)  
   3813 East 2nd Street  
   [ourfamilyservices.org](http://ourfamilyservices.org)  
   323-1708

   **Our Family Services** (Divorce Recovery, Counseling)  
   3830 E. Bellevue Street  
   [ourfamilyservices.org](http://ourfamilyservices.org)  
   323-1708

   **Catholic Social Services** (Counseling)  
   140 W. Speedway, Suite 130  
   [ccs-soaz.org](http://ccs-soaz.org)  
   623-0344

   **Jewish Family Services** (Counseling)  
   4301 E. 5th Street  
   [jfctucson.org](http://jfctucson.org)  
   795-0300

   **Southern Arizona Mental Health Center** (Counseling)  
   2502 N. Dodge Rd.  
   Crisis Walk-in Center open 24/7  
   [sambc.com](http://sambc.com)

5. **Planned Parenthood of Southern Arizona**  
   [plannedparenthood.org/ppaz](http://plannedparenthood.org/ppaz)
   2255 N. Wyatt Drive, Tucson 85712  
   884-5562
   1655 S. La Cholla Blvd, Tucson 85713  
   884-5562
   529 W. Wetmore Rd, Tucson 85705  
   884-5562

6. **Teen Age Parent (TAP) Program**
   - Sunnyside High School 1725 E. Bilby Road  
     545-5326
   - T.U.S.D. 102 N Plumer Ave.  
     225-3250

7. **Rape Crisis Center**
   Southern Arizona Center Against Sexual Assault (SACASA)  
   1600 N. Country Club Rd. Tucson 85716  
   [sacasa.org](http://sacasa.org)  
   327-7273

8. **Wingspan** Gay, Lesbian, Bisexual, Transgender Services  
   430 E. 7th Street, Tucson 85705  
   [wingspan.org](http://wingspan.org)  
   624-1779

9. **Youth On Their Own (YOTO)**  
   1443 W. Prince Road, Tucson 85705  
   [yoto.org](http://yoto.org)  
   293-1136

10. **Southern Arizona Children’s Advocacy Center (SACAC)**  
    Child Abuse Evaluation and Counseling  
    [sacac.org](http://sacac.org)  
    243-6422

11. **PCHD Teen Walk-In Services**
    - **Monday**  
      North Family Planning Office  
      243-2880  
      2 PM – 7 PM  
      3550 N. 1st Ave, Suite 300 (corner of 1st Ave. and Prince Rd.)
    - **Wednesday**  
      Sunnyside High School  
      1725 E. Bilby  
      SHS students only, during the school year
    - **Thursday**  
      SUSD’s S.T.A.R.S. Academy  
      5093 S. Liberty Ave  
      S.T.A.R.S. Academy students only, during the school year
    - **Friday**  
      Desert View High School  
      4101 E. Valencia Road  
      DVHS students only, during the school year

   *(Revised 6/5/2012)*