



**SCHOOL-BASED  
HEALTH ALLIANCE**

The National Voice for School-Based Health Care

# Welcome

**Webinar will start in a few  
minutes!**

[www.sbh4all.org](http://www.sbh4all.org)



# SAVE THE DATE!!!

National School-Based Health Care Conference

2022   
ACHIEVING  
**HEALTH EQUITY**  
THROUGH SCHOOL-BASED HEALTH CARE

 **VIRTUAL CONFERENCE** June 27-30, 2022



SCHOOL-BASED  
HEALTH ALLIANCE

The National Voice for School-Based Health Care

**Registration Opens**  
**Monday, April 4, 2022**

More Information Coming Soon

Website: [www.sbh4all.org](http://www.sbh4all.org)

# Healing-Centered Approaches to Addressing Adolescent Relationship Abuse and Trafficking

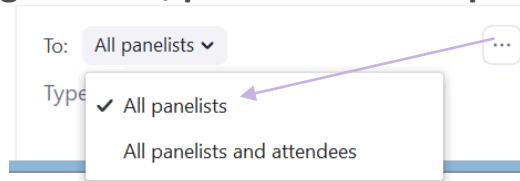
March 29, 2022

## REMINDERS

- All attendees are in listen-only mode.
- To ask a question during the session, use the “Q&A” icon that appears on the bottom your Zoom control panel.



- When using the chat, please select “all panelists and attendees” before typing a message.



- Please complete evaluation poll questions at the end of the presentation.

## School-Based Health Alliance Webinar Archive

- [COVID-19 and Unaccompanied Homeless Youth: School-Based Strategies for Support](#)
- [Exploring Partnerships Between School-based Health Centers & Community-Based Mental Health Organizations](#)
- [Understanding and Addressing The Social Influencers of Health & Education](#)
- [Social Risk Coding and Documentation](#)

<http://www.sbh4all.org/webinars>



## Futures Without Violence Webinars and Learning Collaboratives

- Archived webinar: [Lessons Learned from Project Catalyst: State/Territory-Wide Transformation on Health, Intimate Partner Violence, and Human Trafficking](#)
- Archived webinar: [Gender, Homelessness, and Interpersonal Violence: Building Equitable Systems to Support Survivors and Providers](#)

Upcoming Learning Collaborative: 4 part series  
Starting March 30th! March – April 2022

[Help! My Patient Says They Were Hurt by A Partner – What Do I and the Clinic Need to Do Now?](#)

<https://www.futureswithoutviolence.org/resources-events/webinars-3/>



# School-Based Health Alliance

## Transforming Health Care for Students

- We provide technical assistance and training to the school-based health care field
- We support the improvement of students' health via school-based health care by supporting and creating community and school partnerships

[www.sbh4all.org](http://www.sbh4all.org)



## OBJECTIVES

### Participants will be able to...

- Describe the CUES (confidentiality, universal education and empowerment, support) approach as a strategy for educating students about healthy relationships and providing resources to students regardless of a disclosure of ARA or trafficking
- Identify three strategies for creating successful partnerships between school-based health centers and community-based violence prevention programs
- Identify three strategies for meaningfully partnering with youth to promote healthy relationships and prevent relationship violence



## TODAY'S PRESENTERS



Lisa James, MA  
(she/her)  
Director of Health  
Futures Without Violence



Liz Miller, MD, PhD, FSAHM  
(she/her)  
Director, Adolescent and Young Adult  
Medicine  
UPMC Children's Hospital of  
Pittsburgh



Andrea Diaz  
(she/her)  
Training Institute Manager  
MISSEY



Anum Latif  
(she/her)



**Health Partners on IPV + Exploitation** is led by Futures Without Violence (FUTURES) and funded by HRSA BPHC to work with community health centers to support those at risk of experiencing or surviving intimate partner violence, human trafficking, or exploitation and to bolster prevention efforts.

**We offer health center staff ongoing educational programs including:**

- ✓ Learning Collaboratives on key topics for small cohorts
- ✓ Webinars + archives
- ✓ Clinical and patient tools, an online toolkit, evaluation + Health IT tools

Learn more: [www.healthpartnersipve.org](http://www.healthpartnersipve.org)



**FUTURES**  
WITHOUT VIOLENCE®

## Promoting Healthy Relationships and Responding to Adolescent Relationship Abuse in Adolescent Health Programs

“I talk to all my patients about this because we know...”



**1 in 5** (20%) U.S. teen girls  
report ever experiencing physical  
and/or sexual violence in an  
intimate relationship

*CDC Morbidity and Mortality Weekly Report.  
Vagi et al. 2015*

# Prevalence

Each year in the U.S. at least **400,000 adolescents** experience serious physical and/or sexual violence in a dating relationship. (Miller, 2009; Wolitzky-Taylor et al, 2008)

**48%** of high school and middle school students experience sexual harassment at school. (American Association of University Women, 2011)



# Unhealthy relationship behaviors

One person using a **pattern** of methods and tactics to gain and maintain **power and control** over a dating partner.

It is a cycle that gets worse over time – not a one time ‘incident’

Abusers use jealousy, social status, mental health, money, digital abuse, and other tactics to be controlling and abusive – not only physical violence





Consider intersectionality  
Elevated exposure to violence and  
Exploitation among LGBTQIA+ youth

HEALTH PARTNERS  
ON IPV + EXPLOITATION



SCHOOL-BASED  
HEALTH ALLIANCE  
The National Voice for School-Based Health Care

## Who uses violence in dating relationships?

**Violence is gendered, AND young people of all genders experience and use violence.**

- Girls more likely to be victims of physical abuse
- Boys more likely to be victims of psychological abuse
- Mutual aggression is common

(Mulford and Giordano, NIJ Journal 2009)

**Important to consider context, impact, and outcomes**

# Health impact

## Intimate Partner Violence:

- Anxiety, Depression, PTSD
- Asthma
- Barriers to healthcare
- Bladder and kidney infections
- Cardiovascular problems
- Gastrointestinal issues
- Chronic pain syndromes
- Sleep Problems
- STIs and HIV
- Suicidality
- Unintended Pregnancies





# Unintended Teen Pregnancy

Adolescent girls in physically abusive relationships were **nearly twice as likely** to become pregnant than non abused girls. (Roberts et al, 2005)



HEALTH PARTNERS  
ON IPV + EXPLOITATION

SCHOOL-BASED  
HEALTH ALLIANCE  
The National Voice for School-Based Health Care

He really wanted the baby... he always said, "If I find out you have an abortion I'm gonna kill you," and so I really was forced into having my son. I didn't want to; I was 18. I was real scared; I didn't wanna have a baby. I just got into [college] on a full scholarship, I just found out, I wanted to go to college and didn't want to have a baby but I was really scared. I was scared of him.

# Health Programs are Essential Sites for ARA Intervention

**Adolescent relationship abuse is rarely identified in clinics serving adolescents, AND is common among adolescents seeking clinical services.**



(Miller et al, 2010; Asheley & Foshee, 2005; Schoen et al, 1991)



## CUES: An Approach for Patients and Providers to Address Adolescent Relationship Abuse, Human Trafficking and Exploitation

## In the chat: Why might a young person choose not to disclose on a screening form?

- Judgement and stigma
- Fear of child welfare and/or police involvement
- Not knowing what is going to happen with the information
- If there is someone controlling/exploiting them, fear that the person could find out that they told you
- Lack of awareness of rights

# What if disclosure/identification is no longer the goal?

## Rethinking screening

- Low disclosure rates
- Not survivor centered
- Resources offered only based on a patient's disclosure
- Missed opportunity for prevention education

## Universal Education

Provides an opportunity for patients to make the connection between violence, health problems, and risk behaviors.

*\* If you currently have ARA/HT screening as part of your health center requirements: we strongly recommend first doing universal education.*



# CUES: An Evidence-based Intervention

HEALTH PARTNERS  
ON IPV + EXPLOITATION

SCHOOL-BASED  
HEALTH ALLIANCE  
The National Voice for School-Based Health Care

Confidentiality  
Universal Education  
Empowerment  
Support



Adolescent Safety Card  
Available in English and Spanish



# CUES: Who/When?



**Who does it?** Every health center is different. You may be the sole practitioner at your site. In larger sites it could be medical assistants, community health workers, health educators, behavioral health, providers (MD, NP, PA), or nurses.

**Who gets it?** All adolescents including LGBTQ-identified patients

**When?** At least annually; with disclosures at next follow-up apt; new relationships; or onset of new health issues possibly connected to ARA/HT



**C: “We always see patients alone”**

**“We know students like to bring in their friends for support sometimes—and we are glad to come back to get you as soon as we have had a chance to check in privately.”**

Before implementing CUES, establish a clinic-wide policy to see patients alone for part of every visit. Post a sign in waiting rooms and exam rooms that reads:

**Safety  
First**

**NEW CLINIC POLICY:**

For privacy compliance, every patient will be seen alone for some part of their visit.

Thank you for your help.

# C: Confidentiality Reframe: Thoughts From Trafficked Adolescents

**“Because I know a lot of patients aren’t ready or may be afraid to share certain things about their health or relationships, I want you to know you can use these resources for yourself or for a friend, regardless of what you choose to share with me today.”**

# Universal Education

**“So many of the young people I take care of have been placed in situations where they don’t feel safe in their relationship or where adults have taken advantage of them. If this is part of your experience, I want to make sure you have support should you ever need it.”**

## Universal Education

"I've started giving two of these cards to all of my patients—in case you are ever struggling in a relationship or if you feel like someone is taking advantage of you - and also so you have the info to help a friend or family member."



## How to Help a Friend

### Do you have a friend that is being hurt?

Try these steps to help them:

- ✓ Tell them what worries you and that you care.
- ✓ Talk in a private place, and don't tell other friends what was said.
- ✓ Give them a copy of this card and tell them about the hotlines on it.
- ✓ If you or someone you know is feeling so sad that they plan to hurt themselves and/or wish they could die—get help.

**Suicide Hotline: 1-800-273-8255**

# Evidence in Support of CUES Intervention



## School Health Center Healthy Adolescent Relationships Program (SHARP) --Cluster-randomized trial using CUES intervention in 8 school health centers in CA

- Increased **recognition** of what constitutes sexual coercion
- Increased **awareness of relationship abuse resources**
- Among youth with recent victimization, **less relationship abuse victimization** at three months
- Increased **likelihood of disclosing** any history of unhealthy relationship to the provider during clinic visit

(Miller et al. Pediatrics 2015)

## S: Support



**REMEMBER:**  
Disclosure is  
not the goal,  
**and,**  
Disclosures  
happen!

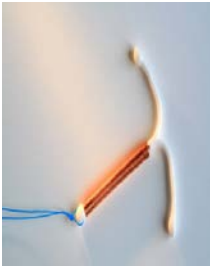
## Support = showing gratitude

**“I am so grateful that you shared that with me.  
Thank you for trusting me with your story.”**

**“I hear you saying that things are complicated.  
Would you like me to offer some thoughts on  
what other young people have found helpful? I’m  
also ok with just listening as well.”**



# Safety Strategies for Reproductive Health



- ✓ Birth control that your partner doesn't have to know about (Copper T/IUD)
- ✓ Emergency contraception (EC) and give extra doses
- ✓ STI partner notification
  - ✓ <https://tellyourpartner.org>
- ✓ Opting NOT to engage in partner notification

## S: Promoting the health of students who are survivors



- Use of phone to make confidential call
- Safer partner notification for STI
- IUD or implant for reproductive coercion
- Sleep, eating, exercise
- Other ideas?

## Local Partnerships are Meaningful



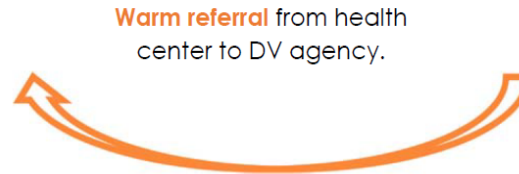
### DV Advocacy Partner

*Improve health and wellness for DV/SA/HT survivors*



### Community Health Center Partner

*Improve health and safety through CUES*



Download a sample MOU:

<https://ipvhealthpartners.org/partner/>

## About Domestic/Sexual Violence Advocacy Programs

Domestic violence and sexual assault programs have vast experiences working with survivors of violence and assist them to identify ways to increase personal safety while assessing the risks.

Advocates connect patients to additional services like:

- ✓ Crisis safety planning (usually 24/hr hotline)
- ✓ Housing (emergency and transitional)
- ✓ Legal advocacy for IPV/HT, family court, immigration, labor
- ✓ Support groups/counseling
- ✓ Children's services
- ✓ Employment support

## How to Establish a Local Partnership

**Identify and consider DV programs in your community as part of your care team!**

- Visit the [National Coalition Against Domestic Violence](#) to find your state coalition and local DV program(s).
- Visit the [Rape, Abuse, and Incest, National Network \(RAINN\)](#) to find your local sexual assault service provider program(s).
- Reach out to local program(s), get to know their staff and find out what services they provide.
- Visit [www.IPVHealthPartners.org](http://www.IPVHealthPartners.org) for sample MOUs and partnership tools.

Looking to identify a community health center in your area?

Visit [www.findahealthcenter.hrsa.gov](http://www.findahealthcenter.hrsa.gov)

## ACF, U.S. DHHS Funded Hotlines

<https://www.acf.hhs.gov/acf-hotlines-helplines>



800-799-SAFE (7233)  
Text LOVEIS to 22522  
Chat at [thehotline.org](https://thehotline.org)



STRONGHEARTS  
Native Helpline

844-7NATIVE (762-8483)  
Monday-Friday from 9am  
to 5:30pm CST  
[strongheartshelpline.org](https://strongheartshelpline.org)



800-RUNAWAY (786-2929)  
Email: [1800runaway.org/crisis-online-services/](https://1800runaway.org/crisis-online-services/)  
Chat at [1800runaway.org/](https://1800runaway.org/)  
Forum:  
[bulletinboards.1800runaway.org/forum](https://bulletinboards.1800runaway.org/forum)



877-565-8860  
[www.translifeline.org/](https://www.translifeline.org/)



[www.thetrevorproject.org](https://www.thetrevorproject.org)  
866-488-7386 LGBTQ Youth

# Partnering with Community Resources to Support Adolescents

**Andrea Diaz**

# Youth-Adult Partnership

Healthy  
Relationships and  
Violence  
Prevention

Presentation made with Slidego





# Introduction to Me!

**Name:** Anum Latif

**Pronouns:** she/her/hers

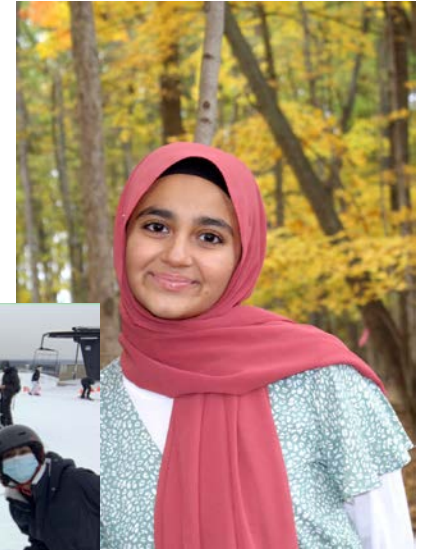
**Dream career:** Pediatric  
Critical Care Doctor/Intensivist

**Fun facts:**

1. I like to ski!
2. I played tennis until this year
3. I foster cats and kittens!

## Advocacy Work/ Experience

- TAC TAC
- School Health Classes → consent, healthy relationships
- Peer Educator Collabs



# Agenda



**Suggestions  
for successful  
partnerships**

How to ensure  
success



**Specific  
Partnership  
Ideas and  
Opportunities**

**Why is partnership  
important?**

More specifically for this  
specific topic

# Why partner with youth?

## Mutually beneficial!

While youth benefit from your help, you can learn some invaluable information from youth themselves :)

- Generational gap

## Peers

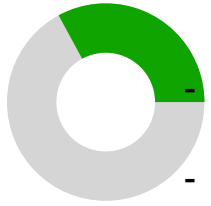
- More comfort in involving themselves/ speaking up
- Being spoken to at greater relevance

## Youth

- Chance to play a role in their education/ healthcare
- Can voice concerns and ideas
- Learning opportunity for them as well!



# What Adults Should Know



## Tips

- Offer help, support, and guidance
- Make youth feel comfortable → create a safe space, work for trust
- Put norms in place
- Allow flexibility



## Recruitment

- Often, youth are excited for such opportunities
- Offer incentives
- Offer community service hours or other school requirements



**In the chat, please share about how your clinic partners with youth to promote healthy relationships and prevent violence.**



# Ideas for Partnership



1.

- Focus groups → short term commitment for youth, allows for perspective in curriculum + learning
- Youth-led → promotes safe space for peers



2.

- Partnerships with peer educators - open up conversation regarding topics and allow for student input in what they are taught
- Open up trainings so youth can lead more knowledgeable conversations!



3.

- On a smaller scale, open yourself up to feedback - after and before lessons or education



4.

- Provide leadership opportunities and involvement at a school level → initiate health based programming (P2P)
- Curriculum board (SEABS - Sexual Education Advisory Board)

# Ideas for Partnership (continued)



5.

- Youth participatory action research
- Youth engage their peers to find out what they know, want, and need related to relationships and safety



6.

- Co-create opportunities for youth to analyze media portrayals of adolescent and adult relationships



7.

- Develop a Youth Advisory Council



8.

- Prepare to participate in Teen Dating Violence Awareness Month (February)

# SBHA Youth Development

## SBHA's NEW Youth Focused Website: [Youthhealthhub.org](https://youthhealthhub.org)

Created for young people involved with a school-based health center or interested in the intersection of health and education to build a community, find national and local opportunities, browse articles, post and find events, and more

## Youth Development Digest: [bit.ly/YDDSBHA](https://bit.ly/YDDSBHA)

Designed for young readers, YDD promotes upcoming events, showcases powerful youth in our country, and highlights current topics, issues, and opportunities for young people today

## Consulting Services: [youthdevelopment@sbh4all.org](mailto:youthdevelopment@sbh4all.org)

SBHA offers youth development focused technical assistance, trainings, and coaching for youth and adult audiences





# Resources!

- Lead the Way: Engaging Youth in Health Care
- Love Is Respect
- Archived webinar: Cut the Cameras: Utilizing Media to Talk About Unhealthy Relationships with Young People
- Sports for social change – engaging young athletes to create healthy relationships (Coaching Boys Into Men)
- Start Strong – tools to build healthy teen relationships

The Adolescent Health Initiative has many resources that support SBHCs in making their spaces, policies, and practices more adolescent friendly. A few are listed below.

- Integrated Behavioral Health in an SBHC
- Trauma Informed Care for Adolescents
- LGBTQ+ Youth Friendly Practices

Check out [umhs-adolescenthealth.org](http://umhs-adolescenthealth.org) for more

## QUESTIONS?

**Please enter your questions  
into the Q &A box in the  
Zoom control window.**

# THANK YOU!

Additional questions? Contact us at:  
[ebaldi@sbh4all.org](mailto:ebaldi@sbh4all.org),  
[ljames@futureswithoutviolence.org](mailto:ljames@futureswithoutviolence.org),  
or  
[csanchez@futureswithoutviolence.org](mailto:csanchez@futureswithoutviolence.org)

