

# An Assessment of Teen and Adolescent Services at Mary's Center

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# Aims

To determine the demographic profile of teens and adolescents

To assess the perceived level of staff support

To assess general satisfaction

To assess use of confidential services

To determine needs



# Demographics

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34

Participants

58%

Female

39%

Male

3%

Other

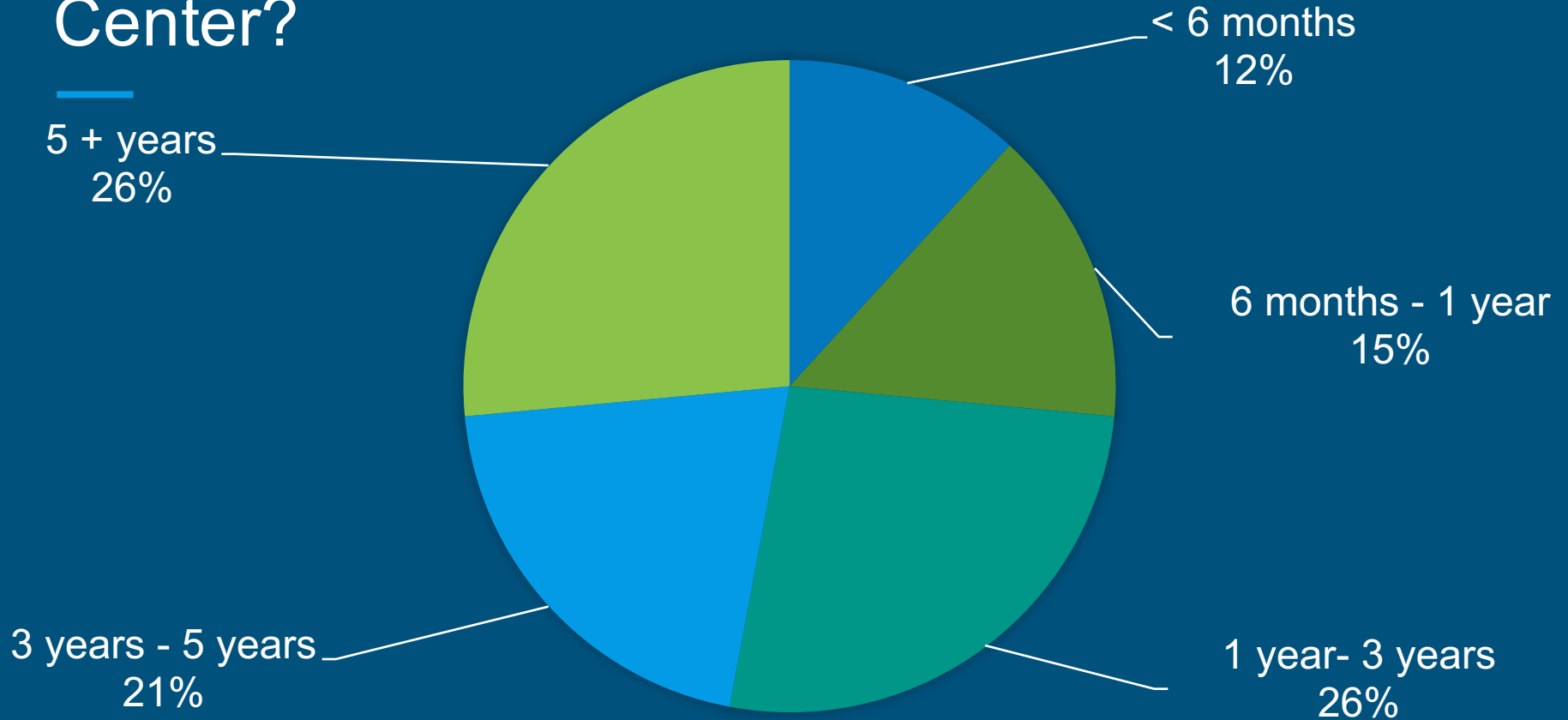
16

Average Age

# What describes your relationship with Mary's Center?

Response	%
I attend the Teen After School Program	61.8%
When I come to Mary's Center for my physical, I see my primary care provider, a social services worker, and a health educator in one visit.	55.9%
When I come to Mary's Center, I only see my primary care provider.	11.8%
I use Case Management Services	11.8%
I use Confidential Health Services	2.9%
None of the Above	2.9%
I attend Teen Clinic	0%

# How long have you been coming to Mary's Center?



“I feel supported by the staff at Mary’s  
Center”

90%

AGREE

10%

DISAGREE

# How often did staff listen carefully to you?

66%

Always

9%

Sometimes

25%

Usually

0%

Never

“I know how to make an appointment for confidential health services”

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76%

YES

24%

NO



# Assessing Teen Confidential Health Services

# What services were used?

35.7%

Drug/Alcohol Use Information

35.7%

Mental Health Information

28.6%

Sexual Health Information

14.3%

Contraception Decision  
Making Support

7.1%

Pregnancy Testing

21.4%

STI/HIV Counseling, Testing,  
and Treatment

35.7%

Other

“Mary’s Center is where I go first to get services and information relating to sexual health, mental health, or substance use”

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100%

AGREE

“I feel comfortable interacting with staff”

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100%

AGREE

“I feel confident that my parents will not find out”



77%

AGREE

23%

UNSURE

“I would recommend confidential health services  
to a friend if they needed it”

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93%

AGREE

“I think same day services would be valuable”

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93%

AGREE



“I find it easy to schedule appointments”

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79%

AGREE

21%

OTHER



“I want to learn more about...”

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General Sexual Health 41%

STIs 24%

Healthy Relationships 38%

Mental Health 38%

Puberty 24%

HIV 21%

Contraceptive Options 29%

Alcohol, Tobacco, Other Drugs 32%

Recommendations  
and looking ahead



# Establishing Trust

“I feel confident that my parents will not find out” **23% Unsure**

“Adolescents have concerns they wish to keep confidential and a striking percentage report they would not seek health services because of these concerns.” <sup>1</sup>

Health delivery must be structured to allow confidentiality at all levels:

- Appointment scheduling
- Billing
- Record keeping
- Follow up

# Making appointments

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“I know how to make an appointment for confidential health services”

24%

“I find it easy to schedule appointments”

21%

“I think same day services would be valuable”

---



93%

AGREE

# *Convenience is Key*

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“Structural barriers that make access to care difficult or inaccessible poses one of the greatest challenges in providing quality adolescent care.”<sup>2</sup>

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# Limitations

- Small sample size
- Lack of diversity in sample

# What Mary's Center Means to Me



16, Female

“Keep the same staff! They are awesome!”



16, Male

“I know help is there for me when I need it”



13, Female

“Mary's Center is another home for me. These people are like my family”



18, Male

“I wouldn't be where I am today without Mary's Center”





# Other Projects

# About our program



In Mary's Center HIV Wellness Program, an HIV Navigator and Peer Wellness Advocate are readily available to support our HIV patients by linking program participants to Mary's Center's full range of services which include: Medical and Dental Care, Wellness Co-ed Counseling Support Groups, Social Workers and Mental Health Specialists, ESL classes, and Public Benefits Assistants. Our HIV Navigator helps patients make sense of the healthcare system and find the appropriate resources available to them, and our HIV Peer Wellness Advocate provides experience based counseling and the uniquely empowering support that a peer can offer.

"I tell you, its funny because the only time I think about HIV is when I have to take my medicine twice a day."  
- Magic Johnson

## Mindful Breathing *a way to stay centered*

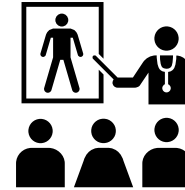
- Start by breathing in and out slowly. One cycle should last for approximately 6 seconds. Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body.
  - Let go of your thoughts for a minute. Let go of things you have to do later today or pending projects that need your attention. Simply let yourself be still for one minute.
  - Purposefully watch your breath, focusing your sense on its pathway as it enters your body and fills you with life, and then watch it work its way up and out of your mouth as its energy dissipates into the world.

## Contacts

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*HIV Navigator*  
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**Marcia Truman**  
*HIV Peer Wellness Advocate*  
(202) 420-7198

## HIV 101 at Mary's Center



**What:** A wrap around service that not only focuses on your health (CD4 viral load), but also focuses on the mental and physical aspects of dealing with HIV/AIDs

**When:** Every third Thursday of the month

**Where:** Mary's Center  
3912 Georgia Avenue NW  
Washington, DC 20011



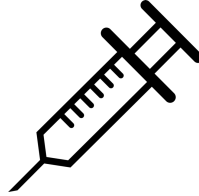
# All About Transmission



**1** Semen & Vaginal Fluids



**2** Sharing Needles



**3** Needle Stick Injuries



**4** Through Infected Blood



**5** During Pregnancy or Birth and Breastfeeding



## What is HIV/AIDS



HIV stands for human immunodeficiency virus. If left untreated, HIV can lead to the disease AIDS (acquired immunodeficiency syndrome). Unlike some other viruses, the human body cannot get rid of HIV completely, so once you have HIV, you have it for life. HIV attacks the body's immune system, specifically the CD4 cells (T cells), which help the immune system fight off infections.

If left untreated, HIV reduces the number of CD4 cells in the body, making the person more likely to get infections or infection related cancers. Over time, HIV can destroy so many of these cells that the body can't fight off infections and disease. These opportunistic infections can lead to illness, cancer, or neurological problems. This is a signal that the person has AIDS.





THANK YOU

# Resources

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1. Cheng, Tina L., et al. "Confidentiality in health care: a survey of knowledge, perceptions, and attitudes among high school students." *JAMA* 269.11 (1993): 1404-1407.
2. Hock-Long, Linda, et al. "Access to adolescent reproductive health services: Financial and structural barriers to care." *Perspectives on Sexual and Reproductive Health* 35.3 (2003): 144-147.