

*MyClinic* was initiated in 2011 to increase young people's access to exemplary, adolescent-centered sexual health care services in Hennepin County. The goals of the *MyClinic* project are to provide a mechanism for health care organizations to assess how adolescent friendly their sexual and reproductive health services are, identify training and technical assistance needs, and make changes to ensure their practices are aligned with the standards and best practices for adolescent sexual and reproductive health.

Better Together Hennepin (BTH) convened an advisory board of local experts in the provision of sexual and reproductive health care to teens and young adults to guide the work. Informed by the National Alliance to Advance Adolescent Health and the New York City Health Teens Initiative, the advisory board developed *Standards of Care* for providing the high-quality adolescent-focused sexual health care and the *MyClinic* assessment tools and resources.

**The Assessment Process:** A broad base of adolescent health clinics, school based clinics, and community health centers were invited to participate in the *MyClinic* assessment process. The assessment process consists of two parts – completion of an on-line assessment tool and participation in the Clinic Customer Service Analysis Calls (CCSAC) process. The assessment tool includes 100+ questions related to the standards of care and best practices. The CCSAC process uses trained young people to call the clinics to assess how adolescent friendly the staff is when a young person calls for an appointment. Clinics receive summary reports of their assessment tool and CCSAC calls.

**The Scope:** BTH recognizes the complex and unique health care needs of adolescents, including physical health, sexual health, substance use, mental and emotional health and exposure to violence. Though all are important and interconnected, the *MyClinic* resources and assessment tools focus on adolescent sexual health. It is our hope that these resources will inform the larger health care system about what is needed to provide the best possible care to young people.

## Guiding Principles

The Standards of Care and Best Practices for Adolescent Sexual Health are based on the following set of guiding principles that reflect the values and beliefs of the *MyClinic* project.

1. Adolescence is a time of rapid growth and change that presents unique health care needs, challenges and opportunities.
2. Adolescents should be seen as competent, capable partners in their health care decisions.
3. Adolescents have the right to confidential health care related to their sexual and reproductive health, alcohol and other drug use, and certain mental health issues.
4. Adolescents need safe and trusted adults as partners in their health and development, including parents and other caregivers, health care providers, counselors, teachers, etc.
5. Optimal adolescent health includes a young person's physical, emotional, cognitive and social growth and development.
6. Both personal and environmental factors contribute to the health and well-being of young people. All clinical services delivered to young people should be reflective of trauma-informed practices.
7. Young people deserve a full range of information and options related to their reproductive and sexual health so they can make healthy decisions now and that will carry into adulthood.