

Organizations throughout the country are making a significant difference in their communities using evidence-based tools and resources from Possibilities for Change developed specifically for the needs of youth, and the professionals and parents who care for them. Strengthen your community with the Rapid Assessment for Adolescent Preventive Services (RAAPS) and Teen Speak®.



RAPID ASSESSMENT FOR ADOLESCENT PREVENTIVE SERVICES **RAAPS**
 Teens don't always share. But they will RAAP.

RAAPS is a validated risk screening and coaching system designed especially for professionals and organizations working with 9-24-year-olds.

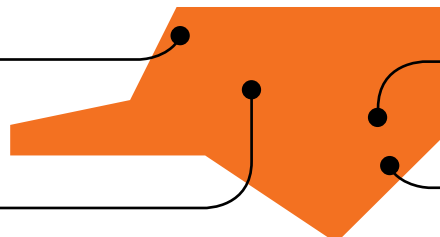


Teen Speak meets a variety of needs and interests, helping professionals and parents strengthen relationships with youth and navigate tough conversations.

RAAPS and Teen Speak support a statewide approach by working together to better understand and address emerging youth issues, equipping organizations and communities to confidently address need and support youth, on all fronts.

Spotlight on: North Carolina

Professionals from leading organizations across the state of North Carolina are engaging youth and their parents – **reducing risks, improving health, and strengthening communities.**



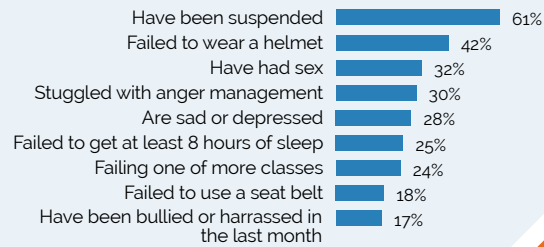
Here are just a few excerpts and highlights from our Spotlight on North Carolina Case Study Series:

School Health Alliance for Forsyth County

Integrating Adolescent Risk Screening in the North Carolina Mental Health Collaborative

"We're using RAAPS data to better and more precisely inform program development. That's really helping us fulfill our mission: improving the health, safety, and academic success of our students. It's been a true partnership across counties—and a tremendous success."

A review of the RAAPS surveys revealed key population-wide risk factors among teens across three North Carolina counties:



North Carolina School Health Training Center, East Carolina University

Increasing the Efficacy of Adult/Youth Communication and Improving Parent Engagement with Teen Speak

"School staff members have all been very receptive to the Teen Speak program. We ended up expanding our trainings from schools to include other community-based organizations and our public health departments."

- 80% reported confidence (8+ rating*) in talking through challenging situations with their teen after Teen Speak vs 30% before
- 76% reported comfort (8+ rating*) when talking with their teen about risky behaviors after Teen Speak vs 30% before
- 53% reported feeling connected with their teen (often/almost always) after Teen Speak vs 35% before

*on a scale of 1-10

Triangle Pediatrics

Improving Care and Outcomes in the Medical Home

An NCQA-recognized, patient-centered medical home in Cary, North Carolina, the Triangle Pediatrics office has completed more than 8000 adolescent risk assessments with RAAPS since the system was implemented in 2014. RAAPS reports reveal impressive outcomes across the practice with this approach:

- ↓ 59% reduction in reported issues with anger management
- ↓ 53% reduction in thoughts of suicide or self-harm
- ↓ 56% reduction in depression
- ↑ 63% improvement in youth reporting they now have a trusted adult in their lives

"RAAPS gives the doctors a starting point of what's important for each teen; it helps them tailor and focus the visit to use their time with the patient more effectively. It has been successful in identifying really important risks and in learning things we wouldn't have before."

Pender Alliance for Teen Health (PATH)

Implementing School-Wide Screening Across an Entire County

Seeking more funding for mental health resources, the PATH team embraced school-wide screening with RAAPS to gather quantitative, population-level data. But they didn't overlook the opportunity for individual intervention with students at risk.

Among the 4,495 students surveyed across 18 schools, 30% scored positive for a risk factor of depression and 1,101 were identified as highest risk, receiving immediate intervention.

- 440 at risk of suicide or self-harm
- 661 flagged positive for abuse
- 212 identified positive for both risks

"It was a little dire to find out what these kids are living with every day – they are just trying to go to school yet they have this heavy burden—but it was so important that we did this. Having this data will help drive all of our work going forward."

To read any of these case studies in full, please visit www.PossibilitiesforChange.com/Resources