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ADOLESCENT RISK BEHAVIORS REDUCED IN MICHIGAN'S SCHOOL-BASED AND LINKED HEALTH CENTERS

Significant Outcomes in Mental Health, Distracted Driving, Eating Disorders and Exercise

ANN ARBOR, MI - May 2, 2014 - With funding and support from Michigan's Child and Adolescent Health Center Program, School-Based and Linked Health Centers (SBLHCs) across the state of Michigan have implemented standardized risk screening using the RAAPS cloud-based system to identify adolescent risky behaviors and provide risk reduction counseling using effective, evidence-based methods - including motivational interviewing.

This state-wide initiative was launched in 2011, and to-date over 33,440 youth across 69 Michigan SBLHCs have been screened and received counseling, referrals and support to reduce their risky behaviors. Identification and reduction of adolescent risk behaviors is a national health priority, as nearly 75% of all of the deaths and serious injuries in U.S. teens are a direct result of their risky behaviors and therefore could have been prevented.

The outcomes from the state of Michigan efforts have shown a significant reduction in adolescent risk behaviors among those who had previously reported concerns - particularly in mental health related issues, including:

- 72% reduction in students with thoughts of self harm, or suicide and 70% reduction in those reporting serious worries
- 64% reduction in students who were bullied or harassed
- 50% reduction in students who had reported feeling sad or depressed

Additional improvements in adolescent risk behaviors included:

- 66% increase in exercise
- 75% reduction in distracted driving (including alcohol use and texting)
- 39% improvement in contraception use
- 76% reduction in disordered eating

For more information about adolescent risk behaviors in the Michigan and the outcomes from this collaboration please view the case study [Adolescent Risk in Michigan: Findings & Outcomes Report from 2011-2013](#)

About RAAPS

The Rapid Assessment for Adolescent Preventive Services is a validated, 21-question health risk assessment tool, which can be completed by adolescents in 5-7 minutes using any device with internet access, including mobile devices. After completing the survey, teens receive specific health resources pertinent to their risk behavior, and clinicians can utilize RAAPS evidence-based messages to provide counseling on identified risks. With this secure online system, clinicians can electronically document the counseling they provide and receive individual and aggregated reports on their patient population by age, risk factor, demographics, and over time. In addition, results can be compared to a "benchmark" population of adolescents who have completed the online survey. For more information about RAAPS, contact Jennifer Salerno, DNP, CPNP, FAANP at jsalerno@raaps.org or visit www.raaps.org.