



Access to High Quality, Youth-Friendly Health Care and Information

PHYSICAL AND MENTAL HEALTH



Young people benefit from access to high-quality medical, dental, and mental health services and health information. They also benefit from health care providers who understand adolescent and young adult health and development. Young people prefer health services that are youth-friendly, culturally competent, affordable, convenient, confidential, and medically accurate. Health care that is youth-centered, involves parents and caregivers, and allows for increasing autonomy, is critical.

The Partnership believes youth-centered health care is essential to meeting the mental and physical health needs of young people. Young people also deserve to have access to medically accurate health information and guidance on how to care for themselves through adolescence and into young adulthood.



Physical and Mental Health

Improve the responsiveness of health care for young people.

Youth-centered care is needed to truly meet the health care needs of young people. The goal of this recommendation is to strengthen the health care system to better meet the mental and physical health needs of young people. The action steps focus on access to services, increasing the capacity of health care providers to effectively address adolescent health needs, and providing services confidentially while balancing the need to reach out to parents and caregivers of young people.

Action Steps

- Expand and strengthen youth-focused clinics including increasing the number of School-Based Health Clinics (SBHCs).
- Promote teen-centered health care (youth-friendly care).
- Increase focus on the mental wellbeing of young people.
- Increase access to school and community-based health services and supports.
- Ensure confidentiality in health care for adolescents and young adults.
- Enroll adolescents and young adults in health insurance.



Preventative care **declines** by more than **20%** between the ages of 10-19.

For examples of Physical and Mental Health resources, visit [The Minnesota Partnership for Adolescent and Young Adult website \(www.health.mn.gov/people/adolescent/youth/partnership.html\)](https://www.health.mn.gov/people/adolescent/youth/partnership.html).

Contact

Minnesota Department of Health | Child and Family Health Division
Health.AdolescentHealth@state.mn.us | 651-201-3650