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New Teen Clinic Receives Funding, Now Open

Kids Count Pediatrics in Elkin was recently acknowledged by the American Academy of Pediatrics (AAP) for its new teen clinic which provides a medical home to children and adolescents. The clinic is 1 of 26 projects nationally that has been awarded funding through the AAP's CATCH grant. CATCH funding is provided to pediatricians interested in developing ideas to increase access to health care for the population served. "The vision of CATCH is for every child in every community to have a medical home and other needed services to reach optimal health and well-being. This is a major goal of the Academy, and we are pleased that you have undertaken a commitment to help realize the vision of CATCH through your project," Denia A. Varrasso, MD, FAAP, Chairperson of District CATCH Facilitators.

The goal of teen clinic is to offer patients ages 11-19 a safe place to discuss health concerns and obtain appropriate education and medical attention in a confidential setting. Giving teens the option of seeking care during "teen clinic" hours offers them a socially friendly atmosphere while being able to offer education via videos, written material, and scheduled group sessions. The group session primary topics include body (reproductive health, puberty, sleep and skin care), fitness, nutrition, drugs, alcohol, smoking, emotions and relationships. Education on sexually transmitted diseases and unintended pregnancy is also included. In addition, a mental health provider is on site 5 days a week should any of our teens come in crisis.

"This model will allow teens to seek medical attention in a separate area and time in the office designated for patients their age with educational materials and activities tailored to their age group. We strive to make our office a very comfortable atmosphere, allowing for better compliance with seeking medical attention and treatment," says Dr. Leticia Helleby, teen clinic director. "And as the program grows, we hope to further develop partnerships with the surrounding practices and community support agencies."

Kids Count Pediatrics currently serves Surry County and the five surrounding counties including Alleghany, Wilkes, Yadkin, Stokes, and Forsyth. The teen clinic is open every Tuesday between the hours of 4pm-7pm. To schedule an appointment or inquire about free group sessions, please contact Kids Count Pediatrics at 336-835-7337. For more information about the practice visit www.KidsCountPeds.net.

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