



Dear Colleagues,

We are excited to let you know about the ACT! program, formerly known as Strong Kids Strong Teens. It is a 12-week group-based healthy lifestyle program offered at the YMCA for overweight youth and their parents. It is convenient, affordable, fun, and evidence-based. The weekly program includes fun group physical activity, cooking and eating a light meal, and separate time for the kids and parents to meet.

Here are some basic materials to make it easy to refer families:

- **Tips sheet (see below\*)** for referring families
- **Referral form** - this is required for families to enroll
  - Suggest this be kept with other provider forms in your exam rooms
  - Providers fax this into the YMCA where the family would like to do the program (listed on the form), and program staff will call family
- **Colorful brochures and flyers** are available for families to learn about the program-contact your Y branch for more copies. Options to use these:
  - Place them in your waiting room, or another location that families access handouts / information in your office
  - Give these directly to families you refer to the program

Please email [act@seattleyymca.org](mailto:act@seattleyymca.org) with any questions.

We appreciate your support of this family-friendly program!

Sincerely,

Mollie Grow, MD MPH  
On behalf of the ACT! Team

\*See next page for tips sheet



## TIPS for referring to ACT!

You're not alone if you

- Have found it difficult to initiate a conversation about a weight-based program
- Aren't sure what might be motivating to families

Below are some ideas based on what families have said motivates them to join ACT! Your encouragement can make a big difference!

### 1. Set the stage, ask open questions

- *Example: I know we have talked about \_\_\_\_'s weight and some things you might try at home. Where are you with that now?*

### 2. Ask permission to bring it up

- This is a simple gesture that helps families have some control over the dialogue
- *Ex. Would you be interested in hearing about a program that I think you would like?*

### 3. Tailor information to families with messages that might best resonate with them:

#### **Provider cares about us and thinks this might be helpful**

*To teen/parent: I know you care about your/(teen)'s health and you'd like to make some changes. I was thinking you might be interested in this group program at the YMCA.*

#### **Fun activities**

*To child/teen: You might like to be part of a fun group. It has both cooking and activity.*

#### **Be with people who are trying new things, too**

*This program is just for kids and parents who are looking for ways to make healthy changes.*

#### **Time for parent and child together**

*To parent: You have a busy family and might be looking for ways to spend more quality time with your child.*

*To child: I wonder if you'd like to have more time just with your mom.*

#### **Affordable**

*This program is really affordable (\$25-\$165) for families and the YMCA offers scholarships. The program includes a free family membership to the YMCA during the program.*

#### **Convenient**

*This program is just once a week for 12 weeks, and you can start either in the fall or the winter session. It includes a light meal at each session.*

### 4. Wrap up with a plan

*Ex. Now that you've heard a little bit about it, what do you think?*

- If wants referral to program, tell them you'll fax in referral and YMCA staff will call family to discuss details and starting time of next session.
- If not sure: What might be a better time for me to talk to you about it? How can I help you consider your options?