



Adolescent Wellness Individual Program

The goal of Adolescent Wellness Individual Program is to work with your family's strengths and to help you find what works best for you to support overall wellness.

What is the Adolescent Wellness Program?

The Adolescent Wellness Program supports overweight teens to make changes to improve their health. We address overweight and health by supporting teens and families to make changes to increase health-supporting behaviors. We offer education about nutrition, eating behavior, fitness and activity, body image, stress, goal setting, and behavior change. Rather than emphasizing weight, we focus on helping your teen set and achieve goals to improve their health and wellness. We will not put your teen on a strict weight-loss diet.

Treatment Approach

We take a team approach to helping your teen and family. We will involve your whole family and many specialists in our clinic. We believe in nurturing teens nutritionally, physically and emotionally. Our goal is to work with your family's strengths and to help you find what works best for you to support overall wellness.

Who are the members of the team and what are their roles?

Most of the time, your teen will be seen monthly by each team member.

Medical Care Provider (physician assistant, nurse practitioner, or doctor)

- Assess your teen for medical problems. This will include tests and monitoring for pre-diabetes, diabetes, high cholesterol and other lipid problems, hypertension, endocrine disorders (such as thyroid problems), liver disease, and muscle or joint problems.
- Support your teen to make behavior changes by focusing on their motivations, interests and strengths.

Dietitian

- Assess your teen's individual nutrition needs.
- Identify specific health and wellness goals from the teen and family.
- Support your teen and family to achieve and maintain realistic health-related goals.
- Provide nutrition education and counseling about how food works, balanced meal patterns and eating for activity.

Fitness Specialist

- Assess your teen's needs, abilities, and interests in sports, recreation and leisure activities.

To Learn More

- Adolescent Wellness Clinic 206-987-2028
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers 206-987-2280 (TTY).

- Discuss with your teen ways to use these activities to build their strength, endurance and flexibility, and create an activity plan to meet their needs.
- Support your teen to achieve and maintain fitness goals.

Social Worker

- Talk with you and your teen to find out what factors may affect your teen's success in making changes and reaching goals.
- Help your teen and family address any challenges that have been identified.
- Make suggestions for community resources.

Other support staff, including a nurse, medical assistant and family service coordinator, will be available to help you find services and offer support.

How will I be involved?

Parents and caregivers will:

- Be actively involved. Making behavior change is difficult and teens cannot do it by themselves. Teens are most successful when they have support from family members.
- Attend all visits. Use the visit as a time to get your questions answered.
- Allow some privacy for your teen. Teens develop best when their needs are respected. For this reason, we often meet alone with your teen for the first part of the visit.

We look forward to supporting your teen and family towards achieving important health and wellness goals!