

HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES

TuftsMedicine

HOPEful Care for Adolescents

Tips for healthcare providers who want to provide HOPE-informed care to adolescents

Relationships

- Talk directly with the patient, even when the caregiver is in the room.
- Take your time and be curious to learn more.
- Build trust and rapport by following up on conversations about interests or struggles that were discussed at previous relationships.
- Ask open-ended questions.

Privacy

- Be clear about what conversations remain private and what needs to be shared with others.
- Ask caregiver(s) to step out of the room to promote direct interaction with the adolescent. This is particularly crucial when asking about sensitive topics related to substance use, identity, and sexuality.

Engagement

- Include youth in decision making processes related to treatments.
- Explain things in plain terms in a way youth can understand.
- Provide time and space for youth to ask questions.

Emotional Growth

- Begin with the positive! Identify, honor and promote PCEs.
- Directly ask about stress, coping skills for big emotions, and school pressures.
- Encourage youth to take charge of their well-being.
- Be Curious. Ask open ended questions about their health, friendships, and how they deal with conflict. Use their responses to plan ways to deal with stress, big emotions and pressures at home and in school.
- Celebrate the small wins!