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Parent / Guardian Caregiver Handout for Adolescent Integrative Mental Health Care

Welcome to Pilcher Health and Bodyworks! Dr. Paula Pilcher is pleased to be a part of your teen's health and wellness team, to assist on the road to better mental and physical health.

Adolescence is a time of rapid change and development. Teens and young adults need specialized medical care and a provider with whom they can discuss anything, from normal body growth and development, illness, preventive care, sexual concerns and emotional problems. Parents and guardians also benefit from special guidance and support through these years. Dr. Pilcher's practice goal is to provide comprehensive health care to her patients **and** their families.

As teens begin to develop into adults and take more responsibility for their lives, we ask for more input from them about their health. Starting around age 14, it is practice in the state of Oregon to ask all parents or guardians to wait outside for part of the visit.

If teens feel they can speak with Dr. Pilcher in confidence, this opens the door for conversations about the risks of certain behaviors that may lead to serious problems. Sometimes teenagers will hide their behavior so parents are not the first to find out. Dr. Pilcher's goal is to help prevent and identify any issues before they become serious. Data indicate that many youth are facing health challenges that with which Dr. Pilcher is well-positioned to help treat.

Among 11th graders in Oregon*:

- 27% were depressed in the past year
- 15% seriously considered suicide in the past year
- 45% have had sex
- 31% drank in the past month
- 21% used marijuana in the past month

Dr. Pilcher knows that parents and guardians are an important source of health information for youth, and that you likely help in decisions around your teen's care. **She always encourages the teen to discuss important issues with their parent or guardian.** Private time during the visit helps youth gain more independence in accessing health care, and helps to build trust in their care team. The best approach gives parents a role in young people's lives while empowering our teen patients to take responsibility for their own health.

Dr. Pilcher lets all teen patients know that her services are confidential. However, safety of her patients is her priority, and there are some cases when she is required to break confidentiality for safety reasons.

Dr. Pilcher is always available to discuss health problems or answer questions. She wants to work with you to help your teen make the best choices for a healthy future. Please let her know if you have any questions or concerns.

I understand and agree with what I've read in this Handout: _____

(Parent / Guardian Signature)

*2013 Oregon Healthy Teens Survey.