



Comprehensive Adolescent Medical and Mental Healthcare

Welcome to Teen Health Connection!

Thank you for choosing Teen Health Connection for your adolescent's health care. We want you and your adolescent to be **VERY HAPPY** with your visit. Understanding the services we provide is important. Below is a description of those services and how we provide them.

- The team at Teen Health Connection consists of doctors, nurse practitioners, residents, nurses, mental health clinicians, a dietitian, health educators, and administrative personnel. We encourage teens to schedule appointments with the same medical provider each time they visit so they can get to know each other.
- We offer primary care services to adolescents 11 to 22 years of age. Patients are seen for a variety of reasons, including regular physical exams or “check-ups”, treatment when patients are sick or management of long term issues such as ADD/ ADHD and Eating Disorders. We also offer consultation services in adolescent medicine and adolescent gynecology.
  - *Consultation* means we can see teens for a specific health issue while they continue to see their regular primary care provider. **Some insurance companies may require a referral from the primary care provider for consultation services.**
- In addition to primary care services, we provide short and long term individual and/ or family counseling for issues such as behavior problems, poor school performance, depression, anxiety and ADHD.
- Parents and/or guardians are welcome at each appointment, or your teen may come to appointments alone (after the first visit). During each visit, your health care provider will likely spend some time with the adolescent and parent/guardian together, as well as time alone with the teen.
  - We will spend time talking to your teen about certain topics, ensuring that your teen is safe and healthy while respecting your family's values. When we talk with your teen alone, they may want our discussion to be *confidential (just between your teen and us)*; however, we **always** encourage open communication between teens and their parents.
  - We may provide certain examinations, treatment and medications confidentially as allowed by North Carolina Law.

Teen Health Connection is committed to empowering adolescents to be healthy, safe and successful. We believe that it is very important for a teen to have involved and caring adults in their lives and we commend you for your years of dedication to your adolescent! Please feel free to discuss any of the above information with the health care provider.

TO SCHEDULE AN APPOINTMENT  
PLEASE CALL 704-381-TEEN (8336)