

# 2022

## COMMUNITY IMPACT REPORT







## ADOLESCENT MEDICINE



### NOTE FROM OUR MEDICAL DIRECTOR

There is a safety net of services and supports ready and waiting for every teen that comes to Teen Health Connection. Each year, we find new ways to grow and specialize these resources. I'm proud to lead a practice that helps teens reach their fullest, healthiest, most resilient potential.

**Shamioka Dixon, MD**  
*Medical Director*

## MAKING TIME

One-on-One time with a medical provider helps teens take greater responsibility for their health and care. Having a provider that teens can trust and talk to is important when topics of behavioral health, sexual health, substance use, and safety come up.

The American Academy of Pediatrics recommends children spend "one-on-one" time with their healthcare provider starting at age 11.



## NOTE FROM OUR EXECUTIVE DIRECTOR

Thank you for celebrating Teen Health Connection during our 30th anniversary year. Since 1992, we have delivered over 231,300 comprehensive care visits for Charlotte-area teens. We've been at the forefront of emerging best practices in adolescent care and prevention. Today, because of the generosity and commitment of our community, Charlotte teens and families have access to premiere medical care, innovative behavioral health services, and data-driven health education and prevention programs.

**Libby Safrit, MA**  
*Executive Director*

**In honor of our 30 years of serving teens, February 25th was proclaimed "Teen Health Connection Day" by the Mecklenburg County Board of County Commissioners.**



### PRIMARY CARE

**5,041**  
MEDICAL VISITS

**2,185**  
UNIQUE PATIENTS



### CENTER FOR GENDER HEALTH

**66%** increase in patient visits  
between 2021 and 2022



### CENTER FOR DISORDERED EATING

Relaunched in October, delivering integrated medical care, individual and family therapy, nutrition counseling, and parent education



### TEENS AND TOTS

Delivering integrated care, well-child checks, and parent education for teen parents and their infants



# BEHAVIORAL HEALTH

## THERAPY SESSIONS

**8,193**

THERAPY SESSIONS

**848**

UNIQUE PATIENTS

## RESPONDING TO COMMUNITY NEED

Behavioral health “triage” clinicians are critical to Teen Health Connection’s integrated care model.

Triage clinicians address daily questions and concerns from teens and family members, providing education and brief intervention. They help link teens to behavioral health services as necessary, including therapy with one of our behavioral health clinicians.

## IMPACT OF THE PANDEMIC ON BEHAVIORAL HEALTH SERVICES

	2019	2020	2021	2022
Behavioral Health Triage	1,038	1,343	2,405	2,705
Outpatient Therapy Sessions	4,166	5,957	7,432	8,193

## ASSESSMENTS FOR YOUTH IN FOSTER CARE

An **integrated medical home** delivers preventive care and healthcare services while conducting routine behavioral health screening and psychoeducation with licensed clinicians.

**The Independent Psychological Assessment** provides comprehensive assessments and service recommendations for youth entering child welfare custody.

**Pre-custody assessments** inform behavioral health services and residential placements to potentially prevent further child welfare involvement.

**Pre-adoption case reviews** and consultations help youth achieve permanency in adoptive homes by preparing their new families.





# I'M REACHING A DIFFERENT PLACE OF HEALING

I've done therapy before, and it worked really well. But I still had trouble being around people and going to public places. Memories [of the assault] were still affecting me. After the first session of Brainspotting, I couldn't believe how different it felt. I processed things that I had not consciously thought about before. I've done three Brainspotting sessions total and I feel a huge shift in my thoughts and feelings. I'm reaching a different place of healing.

– Lily (18 years old)

**Brainspotting** is an adaptation of the well-known evidence-based EMDR\* treatment method and harnesses the brain and body's ability to self-heal. Having this treatment modality adds an important tool in our work with adolescents. We've been able to immediately use the method with our teens experiencing a wide range of challenges, and it's helping them experience and process their thoughts and feelings at a deeper level.

\*Eye Movement Desensitization and Reprocessing



**Betsy Thompson, LCMHC**  
Manager of Behavioral Health Services



## HEALTH EDUCATION AND PREVENTION



**The Empower: Teen Leadership Summit** returned to Queens University with 91 attendees.

"At Summit, I learned no matter how small I feel, my voice matters and I can make a difference at any age."

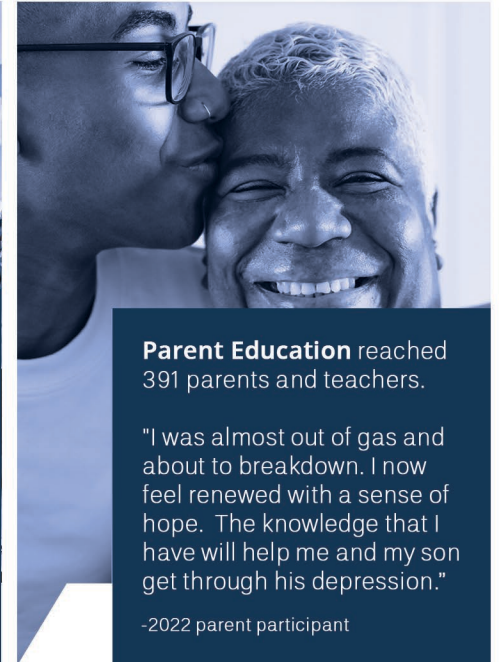
-2022 Summit participant



**The Big Picture** returned to the stage, reaching over 1,274 teens and adults.

"They weren't afraid to talk about the big things and got so many things right. It reminded me to ask for help when I need it, prioritize my mental health, and be a better support system, for myself and others."

-9th grade student



**Parent Education** reached 391 parents and teachers.

"I was almost out of gas and about to breakdown. I now feel renewed with a sense of hope. The knowledge that I have will help me and my son get through his depression."

-2022 parent participant



**Real life has no rewind button. Hit pause and talk with your teen today.**

**Help Prevent Underage Drinking. TeenHealthConnection.org**

**TEEN HEALTH CONNECTION**

2022 Billboard designed by the Teen Advisory Board

**Multimedia awareness campaign** including radio PSAs, billboards, and social media reached over 500,000 community members.

"I like getting to advocate for what's important. I've led important conversations with teens and adults and learned the importance of talking to others with different experiences to really change things. Getting the conversation started among teens is difficult, but it's crucial for our well-being."

-2022 Teen Advisory Board member



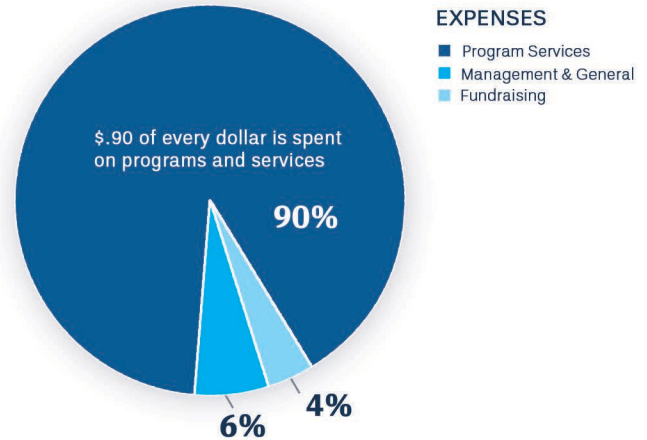
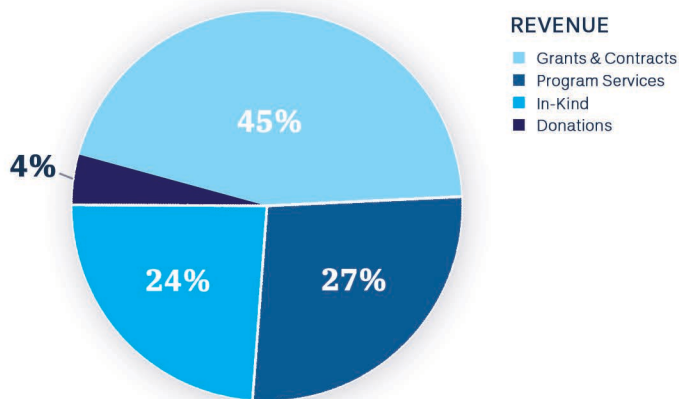


## NOTE FROM OUR BOARD PRESIDENT

As the President of the Board of Directors, I am awed by the lives that are changed by Teen Health Connection every day. Through our exclusive collaboration with Atrium Health, we have the opportunity to create and sustain new service lines and programs that have a meaningful impact for Charlotte teens and families.

**Maureen Karhut**  
2023 Board President

## FINANCIAL INFORMATION



## 2022 BOARD OF DIRECTORS

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Community Leader

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Tracie Taylor  
Atrium Health

Stephen Valder  
Pediatrician

Holly Wenger  
Deloitte



### 10 YEARS OF TEEN MERIT: THE JOHNSTON-ZIEGLER SCHOLARSHIP

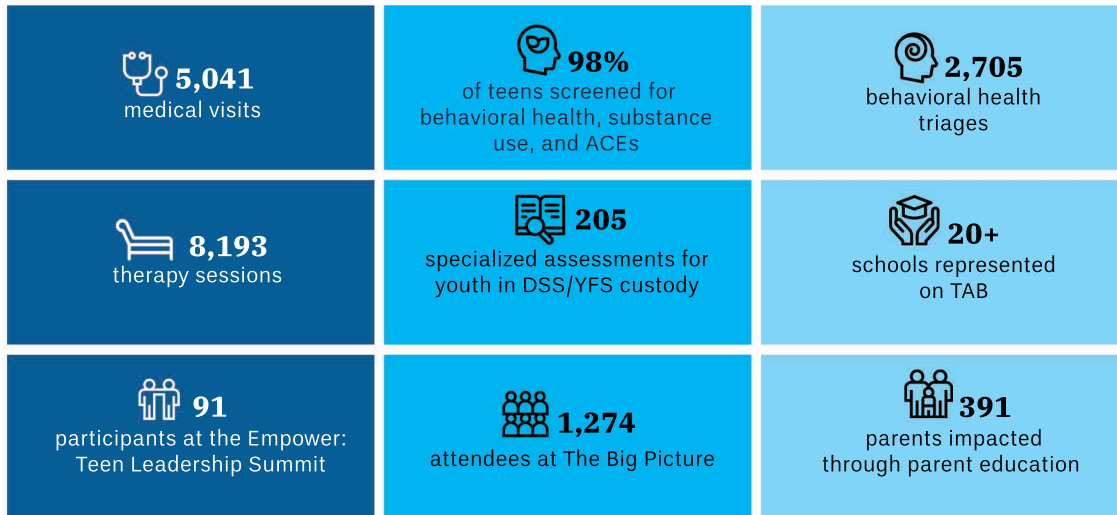
Established in 2012, this scholarship recognizes a local high-school senior who, like our founders Dr. John Johnston and Barbara Ziegler, has demonstrated outstanding leadership, advocacy, or service for adolescents.

2022 Recipient:

**Jewel Wood, Hopewell High School**

# 2022 IN REVIEW

Through our innovative care lines and community programs, Teen Health Connection actively contributes to the translation of research into practice. As we continue to grow, we will apply new best practices and teach others how to deliver programs that help teens become healthy and resilient.



## DEMOGRAPHICS

### RACE



### ETHNICITY



### AGE



### GENDER



**66%** of teens receiving clinical services are insured through Medicaid.

**MISSION:** To improve the health of adolescents by providing adolescent medicine and behavioral health services, education, advocacy, leadership development, and research through connections among adolescents, parents and the community.



**TeenHealthConnection.org**

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