

Equipping professionals, parents and youth with tools that unite empowered voices to positively impact youth risk and health.

During adolescence there is a **deficiency** in preventative services, risk education and resources that empower youth to make healthy, lifelong decisions.

P4C provides technology, training and support to bridge the gaps between professionals, parents and youth.

TECHNOLOGY

TRAINING

SUPPORT

RAAPS

Rapid Adolescent Prevention Screening®

RAAPS age specific, validated risk screening tools support professionals in addressing the factors impacting health, well-being, and academic success in youth.

- Older Child: 9-12 years
- Standard: 13-18 years
- Young Adult: 19-24 years
- Public Health: 11 additional questions capture the prevalence of social determinants of health.

"I used to dread coming up with a way to discuss risk. RAAPS gives me a way to not only bring it up, but identify behaviors that warrant intervention."

ACT

Adolescent Counseling Technology

ACT modules provide busy professionals with a virtual health educator that engages youth with interactive, evidence based risk screening and counseling.

The modules work either independently or with the RAAPS.

- [ACT for Nicotine & Tobacco](#)
- [ACT for Sexual Health](#)

"The online counseling from ACT has been great – youth are really engaged, and we can be sure that all the information they receive is evidence-based and standardized."

MITEY CHANGE

Motivational Interviewing Training for Empowering Youth towards Change

Dynamic and engaging online course and workshops to improve professional's knowledge, skills, and confidence in using motivational interviewing (MI) strategies to provide effective and efficient youth risk coaching.

"This training was insightful – the skills & techniques I learned will definitely be applied to my work. The trainers did an excellent job with modeling, teaching and practicing skills/techniques along side the participants."

TEEN SPEAK™ PARENT WORKSHOPS

Training of Educators

Training of educators workshops equip professionals with the skills to facilitate Teen Speak workshops for parents, to assist them in improving communication with their youth to reduce risks and build strong family relationships.

TEEN SPEAK

Comprehensive learning package you can offer to parents for understanding and communicating with teens. **Teen Speak how-to guide, supporting workbook, and online learning course** provide a detailed road map on how to get conversations started and use proven strategies to support stronger relationships and safer decision-making.

"Essentially Teen Speak is the closest thing to an owner's manual for parents of teenagers."

RESOURCES

Supplemental materials to assist in supporting youth risk reduction coaching:

- Pocket Guides
- Infographics
- Brochures and Posters

"My go-to guide for guides for supporting my work!"

How We Are Different

As a Nurse Practitioner and Director of the University of Michigan School-Based Health Center program, Dr. Jennifer Salerno faced the daily challenge of identifying and reducing risky behaviors among the youth she served. She lacked the necessary tools, technology and systems to pinpoint potential issues and effectively create change. Considering nearly 75% of serious injury and adolescent death is a result of preventable, risky behaviors, Jennifer knew something needed to be done. There needed to be a change.

Out of that experience, Possibilities for Change was born. With her team of advisors, researchers, interdisciplinary professionals, and most importantly, youth, Jennifer developed the initial RAAPS risk screening system while at the University of Michigan. She started Possibilities for Change in order to expand access to RAAPS and provide professionals, parents and youth with the technology, training and support necessary to positively impact youth risk and improve their health, well-being and overall success.



The Benefits:

- ✓ Engages youth and allows for more honest disclosure
- ✓ Facilitates partnerships between professionals, parents and youth
- ✓ Standardizes care
- ✓ Identifies risks in a shorter amount of time
- ✓ Provides evidence based foundation for discussions about risks
- ✓ Features comprehensive reporting
- ✓ Offers enhanced reimbursement

