



Title V
Maternal Child Health Block Grant

Adolescent Health

The Adolescent Health unit at the Department of Health (DOH) resides in the Thriving Children and Youth section of the Office of Family and Community Health Improvement in the Division of Prevention and Community Health. The Adolescent Health unit works to ensure equitable opportunities for improved social, emotional, and physical health and well-being for adolescents and young adults where they live, learn, work, and play. We use a health equity lens to address social determinants of health, disparities, and other barriers to optimum health for adolescents and young adults, specifically priority populations.

Program goals include providing access to quality age-appropriate health services; ensuring safe and supportive environments at home, school, and in the community; increasing sexual health services and information; and planning and developing policies to promote new knowledge and competence in adolescent health. We strive to be human-centered, collaborative, inclusive, data-driven, and innovative.

October 2021



More young
people live in
Washington
than ever
before.



In 2020, there were
1,492,072 people aged 10-
24 in Washington State
([OFM 2021](#))

This is an increase of over
130,000 young people
since 2010.

State Action Plan

Our Title V state action plan for adolescent health focuses on sexual and reproductive health and education, access to appropriate health care services, and support for pregnant and parenting teens.

Priority Areas

- Optimization of the health and well-being of children and adolescents, using holistic approaches
- Awareness of and access to youth-centered mental and behavioral health information, care and treatment
- Access to youth-friendly and quality health care and services in places that are convenient to young people
- Promotion of safe, healthy and supportive communities for young people

Implementation Strategies

- Partner with young people as healthcare consumers and experts on adolescent and young adult health issues
- Increase the number of school-based health centers with licensed mental health services
- Promote and support integrated behavioral health care and services
- Reduce the stigma around behavioral health conditions and treatment among young people and their families
- Promote and support standardized behavioral health screenings for adolescents and young adults

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Current Projects

- Implementation of [SHB 1225](#) to expand and sustain school-based health centers in Washington
- Formalization of internal structures for ongoing and regular youth engagement through youth volunteer and internship opportunities, and forming a Youth Advisory Council
- Qualitative data collection to learn more about young people's and healthcare provider's perceptions and experiences with adolescent and young adult healthcare treatment
- Development of strategies to make health care delivery and services youth friendly and creating Adolescent and Young Adult Friendly Centers of Excellence
- Promotion of health literacy for young people
- Promotion and support of adolescent well visits, and addressing challenges and barriers for youth, their families and providers



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Publication number: 141-041