

* Services & Programs FOR TEENS ONLY

Sequoia Teen Wellness Center is committed to providing health care services with YOU in mind. Our goal is to treat you with **respect** and provide **support**, while maintaining your **privacy**. Our Wellness Center's youth-friendly staff is both male and female, and enjoys working with teens. The services offered at Sequoia Teen Wellness Center include:

Services:

[Confidential Services](#)

[Medical Services](#)

[Health Education](#)

[Case Management](#)

[School Outreach Clinic](#)

And....a word about:

[Confidentiality](#)

CONFIDENTIAL SERVICES

Our clinic offers the following confidential services **FREE** to all teens from 12 – 21 years old, regardless of insurance.

- **Free** condoms
- **Free** emergency contraception
- **Free** birth control counseling and birth control
- **Free** pregnancy testing
- **Free** reproductive health care
- **Free** testing and treatment for sexually transmitted infections

MEDICAL SERVICES

Our clinic offers the following services to teens 12 – 21 years old, who **DO NOT** have private insurance or who have Blue Shield, Aetna, Healthnet and Health Plan of San Mateo. * **For teens who have other insurances - immunizations and sports physicals are offered for a fee.**

- Complete physical exams
- Sports physical exams
- Immunizations
- TB screening
- Vision and hearing screening

- Care for acute illnesses
- Management of chronic conditions
- Referrals to Mental Health resources
- Referrals to eye and dental services

HEALTH EDUCATION

- Individual health education
- Small group education

CASE MANAGEMENT

- Enrollment in
 - The PACT program
 - The WELL Program
 - Medi-Cal
 - Healthy Kids
 - Healthy Families.

SCHOOL OUTREACH CLINIC

Our clinic has a School Outreach Clinic (SOC) providing confidential and reproductive health services to schools and community groups. This program was designed to make it easier for the youth to access services provided at the main clinic. The SOC clinic provides the following services:

- Enrollment in the PACT program
- Individual health education and decision making
- Classroom reproductive health education
- Birth control counseling
- Pregnancy testing
- Family planning methods
- Testing for sexually transmitted infections
- Treating sexually transmitted infections
- Attending youth events and health fairs

An example of some of the schools and community groups that have been visited by the SOC clinic are: Menlo Atherton High School, Woodside High School, Redwood Continuation School, High Tech High School, Community School Central, the Compass program, and Gateway continuation school. If you are interested in having the SOC clinic visit you or your organization, please contact Sequoia Teen Wellness Center.

In addition to the collaborative partners of San Mateo Medical Center and Sequoia Union High School District, this program also works closely with the Teen Pregnancy Prevention Coalition, Male Involvement Project and OICW.

Privacy, Respect, Support

Confidentiality

You have the right to receive confidential care. Confidentiality is central to the trust between you and your health care provider. The personal information you share with your provider and any information about the services you receive are confidential. This information can not be given to others unless you consent or give your permission. However, your personal and medical information may be shared with other members of Sequoia Teen Wellness Center's health care team.

A parent consent form is required for teens under 18 to receive general medical and mental health care. We have a general parent consent form for this purpose. A teenager under 18 years old can sign their own consent form for reproductive health care services.

TIPS FOR TEENS

The Truth About CONFIDENTIALITY...

Confidentiality means privacy. It means that when you, as a young person from 12-17 years old, talk with your health care provider about certain issues like sex, drugs, and feelings, he or she will not tell your parents or guardians what you talk about unless you give your permission.

What should I talk to the doctor or nurse about?

You can talk to your doctor or nurse about ANYTHING! Fill your doctor or nurse in if you...

- Think you might be pregnant.
- Need birth control.
- Think you have a sexually transmitted disease (STD).
- Need information about alcohol, tobacco, or other drug use.
- Want to talk about personal, school, family issues, or feelings about sex and sexuality.

What will my doctor or nurse tell my parents?

According to the laws of the State of California, your doctor or nurse cannot tell your parents or guardians anything about your exam if you are seen for any confidential service. These include care for problems or concerns in the areas of sexuality, mental health and substance abuse. You, as a young person, can consent for care on your own in these areas. You need your parent or guardian's consent for other health services such as physicals, care for colds, flu, and injuries.

HOWEVER...

Some things cannot remain confidential. Your health care provider may need to contact someone else to help if you say...

- You are being assaulted or abused, physically and/or sexually.
- You are going to hurt yourself or someone else.
- You are under 16 and having sex with someone 21 years or older.
- You are 13 or younger and having sex with someone 14 years or older.

Even though you don't have to ask your parents, it's a good idea to talk with them or another adult you trust about the health care you need. We want you to be safe. If you have any questions about confidentiality, please ask us!

Minor Consent:

California has a minor consent law which allows teens under 18 to receive certain medical services without parental consent. These services are:

- Pregnancy testing
- Birth control
- Abortion
- Prenatal care
- Infectious diseases testing and treatment (including sexually transmitted infections and HIV)
- Mental health counseling for: substance abuse, sexual and/or physical assault and abuse, harm to self or others

A general parent consent form is required for teens under 18 to receive general preventive health visits. We have a general parent consent form for this purpose. Teens do not need parental consent for an abortion.

Health care providers are not permitted to inform a parent or legal guardian without a minor's consent, if the minor has received any of the services listed above. In order to release any of this information to a parent or legal guardian, the teen would have to complete a consent form which gives the provider permission to release information to the parent or legal guardian.

We wish to thank the Adolescent Health Working Group for providing us with this information. For more information go to: www.ahwg.net.