Children's

# Background

- To have a successful transition, adolescent and young adult (AYA) patients with chronic health conditions need to develop skills to manage their condition(s) and transfer to comprehensive health care services in adulthood
- Health care team members and caregivers play an essential role in introducing skills and education needed for pediatric patients to begin exploring healthcare independence
- Patients can also benefit from learning from other AYAs
- Engagement of individuals with lived experience in the co-design of interventions on transition skills has been demonstrated to bring unique knowledge and experience and well received by AYA participants

## Aim

- Within the context of an institution-wide approach to transition support, the Center for Healthy Adolescent Transition (CHAT) and hospital AYA Advisory Council aimed to co-design and implement a virtual workshop series to provide:
- Support to patients aged 15-21
- Education, tools, and resources to help patients feel confident about their transition to adulthood and adult care

## Methods

- Fifteen AYA Advisory Council members used their lived experience to narrow the list of transition topics previously identified through patient focus groups
- Ten council members formed a workgroup to co-design and develop a workshop series focused on the top three topics identified by the larger council
- Workshop #1: Healthcare transition and independence
- Workshop #2: Insurance
- Workshop #3: Self-care and support
- Advisory Council members were compensated at an hourly rate for their time, expertise, and experience
- Varied opportunities for workgroup to engage in the co-design process in ways that best fit their schedules (Table 1)
- Introduced the hospital's Patient & Family Education (PFE) Health Literacy and Marketing guidelines and updated workgroup on approval process of submitted material
- Incorporated feedback within the parameters of marketing visual and health literacy standards and presented to workgroup members for final edits

## Table 1. Co-Design Opportunities

Engagement Opportunities	Maximum # of Hours
<b>Content Review: Suggestions and Feedback</b>	
Bi-weekly, virtual meetings	12
Electronic survey or email feedback	2
<b>Content Development &amp; Implementation</b>	
Developing AYA-friendly supplemental resources	5
Preparing for and facilitating breakout rooms	2
Implementation Feedback	
Attending workshops and providing feedback	6
Debrief meetings to inform future implementation	3

# USC University of Southern California

# Workshops to Support Transition-Age Patients Co-designed and Developed with Adolescent and Young Adult Advisory Council

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Room

Facilitation

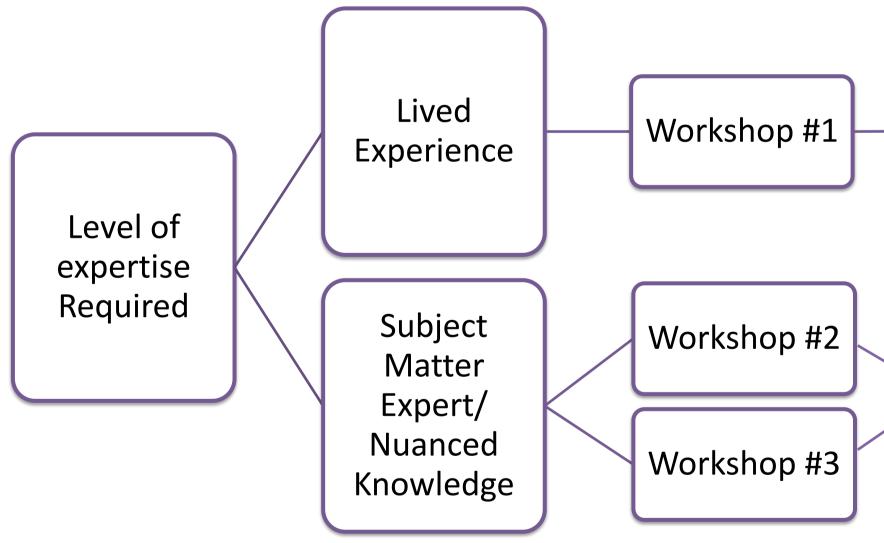
Suggestions

and Feedback

Incorporated

## Center for Healthy Adolescent Transition (CHAT) Chi Ready, Set, Adult: Hos Navigating Life Beyond CHLA Join us for "Ready, Set, Adult," a virtual workshop series that will help adolesce adult (AYA) patients feel confident about their transition to adulthood and a **Don't Miss Out!** Workshops p CHLA's Ad What's Next? Preparing for Your Next Young Adu in Healthcare Independence Council become more involved in your care & prepare for your future using tools, resources & self-advocacy. Thursday, July 11, 6-7:30 pm Navigating Insurance: Understanding the Basics to Get Don't wait! Learn the basics to help you expect & make informed decision healthcare insurance coverage Thursday, July 25, 6-7:30 pr **Prioritizing Myself: Self-care and Support** Learn self-care strategies to help you prioritize your ellness & build a support system you can lean on Thursday, August 8, 6-7:30 pm

## Figure 2. AYA Co-design Involvement Tailored A



## **Figure 3. Supplemental Resources Created**

Sharing Your Healthcare Story – **Cheat Sheet** 



Cheat sheet to help patients share their healthcare story while practicing selfadvocacy in different situations

**Transitioning to the Adult** Healthcare System – Asking the Right Questions



List of questions for patients to ask themselves, their current medical team(s),

and adult providers to help them prepare for transition to adult care

**Differences Between Pediatric** and Adult Healthcare



Outlines the differences between pediatric and adult healthcare systems to help patients learn more about what to expect

Set, Adult: Children's Hospital	Workshop attendees	Workshop #1	Workshop #2	Workshop #3
ting Life Beyond CHLA		n (%)	n (%)	n (%)
	Total # of Attendees	45	23	18
"Ready, Set, Adult," a virtual workshop series that will help adolescent and young AYA) patients feel confident about their transition to adulthood and adult care.	Identified as parent/caregiver	22 (48.9)	14 (60.9)	9 (50.0)
iss Out! Workshops presented by	Table 3. Results from Evaluation Sur	vev		
t's Next? Preparing for Your Next ps in Healthcare Independence CHLA's Adolescent & Young Adult Advisory Council & CHAT	All workshops (n=25)			n (%)
ow to become more involved in your care &				11 (70)
are for your future using tools, resources, & self-advocacy.	How helpful was this workshop?* Unhelpful			1/4 0
& self-advocacy. Thursday, July 11, 6-7:30 pm	Neutral			1(4.0) 3 (12.0)
	Helpful			11 (44.0
Navigating Insurance: Understanding the Basics to Get Coverage	Very Helpful			10 (40.0)
Don't wait! Learn the basics to help you know what to	Workshop #1 (n=6)			20 (1010
expect & make informed decisions about your healthcare insurance coverage. Thursday, July 25, 6-7:30 pm	The workshop helped me feel more co	nfident in preparing fo	r transfer to adul	t
	care**			1/10 7
Prioritizing Myself: Self-care and Support	Disagree			1(16.7)
Learn self-care strategies to help you prioritize your wellness & build a support system you can lean on.	Agree Strongly Agree			4 (66.7 1 (16.7
Thursday, August 8, 6-7:30 pm	Workshop #2 (n=9)			I (IO.7)
	The workshop helped me learn about o	different types of healt	h insurance **	
Register for virtual (Zoom) workshops using one of the ways below: • Click <u>here</u> to register	Agree			4 (44.4)
• Scan the QR code using your phone	Strongly Agree			5 (55.6)
Enter the link below into your web browser: <a href="https://childrensla.sjc1.qualtrics.com/jfe/form/SV_5ziCUGy3npqPYIU">https://childrensla.sjc1.qualtrics.com/jfe/form/SV_5ziCUGy3npqPYIU</a>	Workshop #3 (n=9)			- ()
Questions? Contact Chatleadership@chla.usc.edu   323-361-8592 Approved by PFE: 6/18/24	The workshop helped me learn differen	nt ways to cope with s	tress**	
	Agree	<i>,</i> ,		4 (44.4)
	Strongly Agree			5 (55.6)

- Co-designed workshop flyer that includes workshop titles, layout, and colors to appeal to AYA patients while abiding by PFE and marketing guidelines (Figure 1)
- Tailored workgroup involvement in each workshop based on content and level of expertise required (Figure 2)
- Developed supplemental material introduced to patients in Workshop #1 (Figure 3) • 149 patients/parents registered for the workshop series
- 86 patient and parent/caregiver attendees across all three workshops (Table 2)
- 47.8% of workshop #2 attendees also attended workshop #1 and 68.4% of workshop #3 attendees attended at least one other workshop
- 25 workshop evaluation surveys completed across all three workshops
- Survey responses indicated most attendees found the workshops helpful (Table 3) Respondents agreed that workshops helped them feel more confident in preparing for transfer to adult care and helped them learn about different types of health insurance and ways to cope with stress (Table 3)

## Conclusions

- AYA Advisory council members were successfully incorporated in the co-design and development of three workshops implemented in the summer of 2024
- Despite being advertised as an opportunity for patients, workshop registration and attendance indicated strong interest in topics among parents/caregivers
- Continuing discussions with AYA and Family Advisory Council members around the inclusion and/or engagement of parents/caregivers in this workshop series
- Evaluation data and council member feedback will inform modifications to workshops, marketing material and strategies, and registration and evaluation surveys
- AYA virtual workshop series will take place twice a year