

Implementation Toolkit Resource Guidance

SmoothMovesYHT.org

Section I: Resource Overview

Summary

SmoothMovesYHT.org is an evidence-based, online health promotion/transition information website designed to orient youth to the topic of health transition, create role awareness around personal healthcare and independence, and offer an opportunity for knowledge enrichment on the transition process. The site hosts a library of teen friendly resources developed by universities and content experts around the country.

Resource Description

SmoothMovesYHT.org is a health promotion/transition information website that offers quick read topics, activities to build life-skills, and access to a library of transition tools developed by universities and content experts across the country.

Purpose

The overarching goal for this health information website is to promote transition readiness as youth navigate the transition from pediatric to adult health care and independence.

As a health information website, SmoothMovesYHT.org serves as a reliable resource for adolescents and young adults seeking health promotion/transition information on the internet **and** provides an educational tool to support clinic based YHT programs.

SmoothMovesYHT content seeks to orient youth to the topic of health transition, create role awareness around personal healthcare and independence, and offers an opportunity for knowledge enrichment on the transition process.

The use of a web-based platform as an educational resource was informed by findings from the Pew Research Center, which demonstrated that 95% of the target population uses the internet.

Intended User

Transition aged youth and young adults are the intended users of this resource.

Intended Beneficiaries/Target Population

SmoothMovesYHT.org delivers a teen-friendly, evidence-based resource for transition aged youth seeking web-based health promotion/transition information **and** offers primary and specialty care providers an easy to implement education resource to support YHT programs.

Materials Required

Materials to develop an online transition resource include a web-host, URL, transition topic content and graphics. A manuscript that includes a detailed account of the SmoothMovesYHT project and site evaluation is available upon request from patti.barovechio@la.gov.

Section II: Using the Resource

How to Use this Resource

Programs/providers/educators engage youth with the topic of health transition, deliver appropriate anticipatory guidance, and refer adolescents/young adults to the website for transition information and tools.

Internal Capacity (Staff Needed to Develop this Resource)

The original SmoothMovesYHT website was the product of a doctoral student project at the Louisiana State University School of Nursing – New Orleans. The Louisiana Title V Children’s Special Health Services team also shared their expertise and resources to support the project. Many organizations/work-groups around the country contributed to the success of the project by providing permissions to disseminate transition materials through the site.

Collaboration/Partners (External Partners who Helped Develop the Resource)

The following collaborators/partners were essential to the implementation or success of SmoothMovesYHT:

- Children’s Special Health Services (CSHS) team shared expertise and transition tools developed through Title V work.
- Since publication in 2015, CSHS has disseminated and promoted the website through CSHS webpages, the Family Resource Center at Children’s Hospital New Orleans, CSHS clinics and community event attended by CSHS Parent Liaison staff, and at bi-annual provider education events. The communication specialist also utilizes social media to promote the resource.
- LSU Human Development Center (HDC) promotes and markets the resource through the Leadership Education Neurodevelopmental Disorders Program trainings and HDC webpages.
- Families Helping Families partners support dissemination of the resource.
- Bureau of Family Health Sickle Cell and School Based Health Programs promote and disseminate the resource.
- Universities and workgroups supplied permissions for use of various YHT resources.
- Content expert reviewers supported evaluation of website content.

Lessons Learned

Successes: The site has received positive feedback from end users. Site visit rates have also increased. Recently the site reached a monthly site visit record of over 1100 visitors – the monthly average is 700 hits.

Challenges: Current challenges include the that the existing platform skews on some mobile devices. Keeping topics current and interesting and engaging providers with YHT projects can also be challenging.

Lessons to Share: It is important to carve out adequate time for content development and ongoing content review and site maintenance. It is also valuable to utilize interns to bring a fresh perspective to overall content.

Next Steps

Currently the site is transitioning to a new 'mobile optimized' platform. This new platform allows for expanded topic content and improved graphics (SmoothMovesYHT.org 2.0 planned launch summer 2019). Following the launch of SmoothMovesYHT.org 2.0, a comprehensive 2.0 website evaluation is planned. In addition, the SmoothMovesYHT team is expanding site analytics, to learn more about how young adults find and use the site, and exploring adding a guest commentary page and/or transition blog.