



## **Chestnut Ridge** Pediatric Associates

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To our Parents,

Congratulations! Your child is now an adolescent—an age when mental, physical, and hormonal changes have started to occur even if they are not yet visible. This means that adolescents are no longer children. The American Academy of Pediatrics (AAP) recommends that health care providers offer adolescents a different approach to their care. To respond to the changing health care needs of adolescents, we have the following guidelines:

- 1) Your adolescent will now have an opportunity to talk with the health care provider alone. We will encourage him/her to share his/her health concerns with you but will allow your adolescent some privacy if s/he feels that s/he needs it. We will still talk with you as well to address your questions and concerns about your adolescent's health, make sure that you understand our plans, and encourage your support and participation. What the health care provider discusses alone with your adolescent will remain private unless your adolescent wishes to share the conversation with you or the health care provider feels that your adolescent or someone else's health is in danger. If that is the case, your adolescent will be told that you will all discuss the concerns together.
- 2) We are interested in your adolescent's physical *and* mental health and well-being. We talk about this directly with all our adolescent patients and ask them to talk with us about any questions or concerns they may have related to any aspect of their health care, including some concerns that they may feel are confidential.
- 3) We follow the AAP guidance for adolescent health care. An adolescent's health care involves routinely screening for sensitive behaviors and routinely performing screening tests, such as for depression or for sexually transmitted diseases. We will only notify for results that require intervention. Depending on your insurance provider, laboratory tests may incur copays or co-insurance charges.
- 4) We continue to see all young adults until their 23rd birthday, so even when they are in college, we will continue to provide a medical home for them. We are also happy to help with their transition to care through adult medical services when that time comes.

We believe that these guidelines are an important step in helping your adolescent to learn the best way to stay healthy and begin taking responsibility for his/her health.

The recommendations in this publication do not indicate an exclusive course of treatment or serve as a standard of medical care. Variations, taking into account individual circumstances, may be appropriate. Original document included as part of *Addressing Mental Health Concerns in Primary Care: A Clinician's Toolkit*. Copyright © 2010 American Academy of Pediatrics. All Rights Reserved. The American Academy of Pediatrics does not review or endorse any modifications made to this document and in no event shall the AAP be liable for any such changes.

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