

# The **Primary Promise** Campaign

Building the Nation's Model Health System for Children

## Teen-to-Adult Care Transitions

**PROJECT OBJECTIVE:** Address emerging health needs

**What if...** you could ensure kids with severe, chronic health conditions have an opportunity to thrive as they become adults?

### THE SITUATION

Intermountain and Primary Children's Hospital are uniquely positioned, along with the University of Utah, to solve the challenge of treating and supporting adolescents and young adults who are suffering from congenital and chronic health conditions — helping them make a smooth transition to adult medical care and empowering them to sustain their own well-being. Consider that:

- Chronic and congenital illness is surprisingly common among adolescents and young adults, affecting nearly 20% of the population in the U.S.
- Without a structured transition plan, these young adults will suffer many adverse consequences, including poor health, increased visits to the emergency room, and even premature death.

- Adolescents with chronic illness are exponentially more likely to engage in risky behaviors that negatively affect their health and well-being.

### THE CRITICAL NEED

Cystic fibrosis, asthma, type 1 diabetes — these are just a few of the chronic illnesses that plague one in five adolescents in the U.S., and that number continues to increase. Thankfully, medical treatments have advanced, ensuring children with chronic conditions live longer, healthier lives. But with those advancements come challenges not previously anticipated. As adulthood approaches, these children experience disruption as they transition from familiar, family-supported pediatric care to more independent adult care. These patients frequently struggle to safeguard their health and are more likely to engage in risky behaviors such as alcohol and drug use.

They are at greater risk of being bullied and are much more likely to suffer depression and other emotional health issues.

We spend years and immense efforts as parents, society, and healthcare systems bringing these children with chronic conditions into adulthood. We must also provide them with the skills and resources they need to maintain health and well-being as adults.



### **THE PROMISE: Ensure Chronically Ill Adolescents and Young Adults Live Their Healthiest Lives**

Intermountain and Primary Children's Hospital are uniquely positioned to solve the challenge of teen-to-adult healthcare transitions. Building on the hospital's track record of helping children with cystic fibrosis and diabetes transition to healthy adulthood, we will now expand those services to all youth with chronic and congenital illnesses.

The Teen-to-Adult Care Transitions program will ensure each of these patients successfully enters their adult years empowered to live a healthy lifestyle. A transition team will work with each patient, providing services including:

- Transition readiness assessments.
- Assistance locating medical providers qualified to address the patient's physical and emotional health needs, including those with special needs who are not able to live independently.
- Educational and skill-building programs that support the young adult's ability to manage his or her condition.
- Educational programming to prepare caregivers to assist patients on an ongoing basis.
- Support services to safeguard the patient's emotional well-being and resilience.

### **HELP US KEEP THE PROMISE**

In the U.S. healthcare system, there is no payment for these types of transition services. Philanthropy will play a pivotal role in our ability to ensure that young people with chronic diseases become adult survivors who take charge of their health and life.

*The Primary Promise Campaign* seeks philanthropic support to create a Teen-to-Adult Care Transition program, ensuring all young adults have the opportunity to live their healthiest lives.

